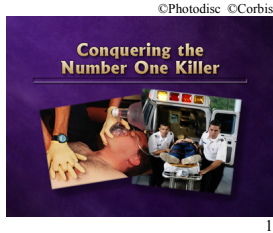
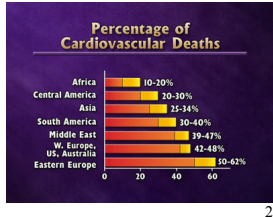


Conquering the Number One Killer (Heart Disease)



Do you know what the number 1 killer is, in developed countries throughout the world?
It's Heart Disease.



(Note to presenter: Choose the country and percentage that is relevant to your audience)

In _____ [name of the country] heart disease accounts for _____ [number] percent of all deaths.

Africa	10-20%
Central America	20-30%
Asia	25-34%
South America	30-40%
Middle East	39-47%
Western Europe	42-48%
United States	42-48%
Australia	42-48%
Eastern Europe	50-62% ¹

These deaths affect not only the individuals, but prematurely rob families of those they love.

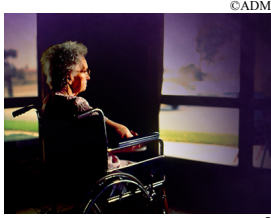


Contrary to popular misconception, heart disease is not just a disease of men.



It is a leading cause of death in both men and women alike.

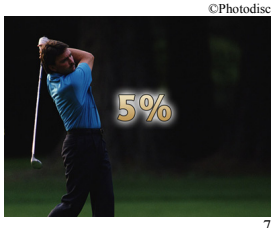
Conquering the Number One Killer (Heart Disease)



And it is no longer just a disease of older people.



A full **45%** of heart attacks occur in people under the age of 65.



And **5%** strike young people under the age of 40.



When an airline jet crashes, and 200-300 people perish, it makes world headlines.

But in the United States alone,



an equivalent to more than 10 jumbo jets of people die **each** day from heart disease;



That's an astounding 2,600 people every day.

Conquering the Number One Killer (Heart Disease)



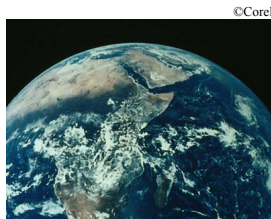
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Why is it that we hear so little about the millions dying of heart disease? Sadly, it's because most people have come to accept heart attacks as a “normal” part of life!



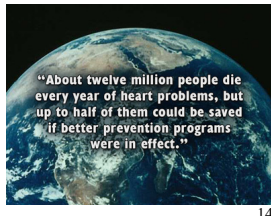
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For many people with heart disease, death comes as unexpectedly and suddenly as in an airplane crash.



13

The World Health Organization has stated that worldwide...



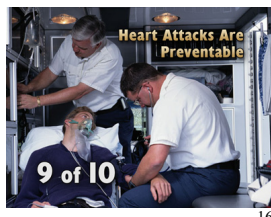
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“About **twelve million** people die every year of heart problems, but up to **half** of them could be saved if better prevention programs were in effect.”²



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While “**better**” prevention programs could cut fatal heart disease by about 50 percent, some research suggests that with the **best** prevention we could reduce heart disease deaths by as much as 90 percent.



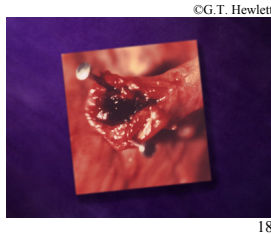
16

Simply put, **nine out of ten** heart attacks may be preventable!

Conquering the Number One Killer (Heart Disease)



The first step to conquering heart disease is to understand what causes it.



Heart disease usually develops silently over many years. Vital arteries that supply the heart with oxygen, become narrowed and hardened,



...like old, rusty water pipes. Eventually they become plugged up. While it is very common, this disease process is not normal.



In fact, the vast majority of people living in societies where people have a simpler diet and lifestyle, suffer very little heart disease.



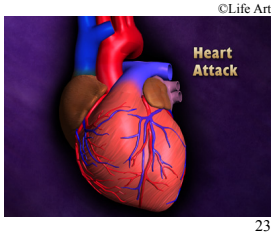
Significant cholesterol plaque already occurs in 1 out of 6 American teenagers...



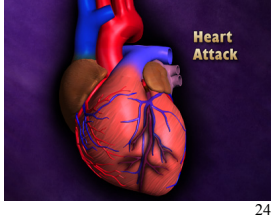
...and by the age of 40, an incredible 70% have narrowed, hardened arteries.³ By this time it is not unusual for arteries to be halfway plugged.

Even at this stage, most people will feel normal and not have any symptoms. A person may feel great and yet be on the verge of a major heart attack.

Conquering the Number One Killer (Heart Disease)



In a heart attack, a complete...



...blockage of one of the coronary arteries occurs, and the...



...heart muscle actually dies.



The main symptom is chest pain, frequently described as a heavy feeling of pressure in the chest.



If the person survives, they are left with scar tissue in that area, instead of muscle. Two out of three times this will result in a permanent disability.⁴



So, who is at risk for a heart attack?

Is it you, your spouse, or one of your family members? How can you know?

The more risk factors a person has, the greater their likelihood of suffering a heart attack.

Conquering the Number One Killer (Heart Disease)



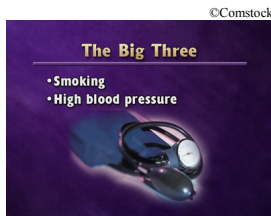
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Let's look at the "big three" risk factors for heart disease:⁵



30

About 30% of cardiovascular deaths are due to smoking.⁶ The good news is that those who stop smoking can reduce their risk by up to 75% within just 5 years.⁷



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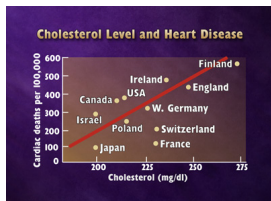
And what about high blood pressure? Even small increases in the blood pressure will significantly increase one's risk of heart disease. By simply reducing your blood pressure by 10 points, you reduce your risk by 30 %.⁸

In many cases, an elevated blood pressure can be corrected with simple lifestyle changes, such as diet and exercise.



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Overall, high cholesterol is the number one contributor to heart disease. The higher one's cholesterol, the more rapidly the clogging of arteries occurs.



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Notice on this graph that the countries with the lowest cholesterol levels, like Japan, have the lowest rates of heart disease.

On the other hand, as cholesterol levels rise, so do the death rates.

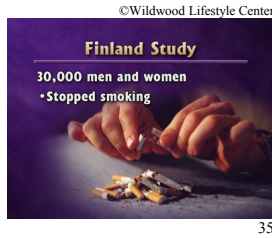
As you can see Finland tops the scale, with very high average cholesterol and also a very high cardiac death rate.⁹



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In a serious effort to reduce heart disease in Finland, about 30,000 men and women were convinced to make lifestyle changes.

Conquering the Number One Killer (Heart Disease)



(They) Stopped smoking



Lowered high blood pressure



(and) Decreased (their) cholesterol intake



The result?

The men reduced their deaths from heart disease by more than half (55 %).

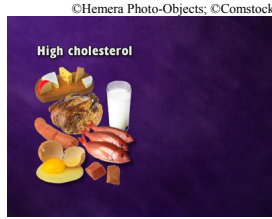


And the women did even better, reducing their risk by nearly 70%.

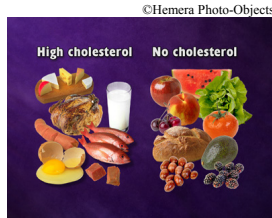


So how can we improve cholesterol levels? First we need to understand **which** foods contain cholesterol.

Conquering the Number One Killer (Heart Disease)



Many do not realize that cholesterol is **only** found in animal products, such as meat, milk, cheese, and eggs.



On the other hand, **all** plant foods (fruits, grains, vegetables and nuts) are 100% cholesterol-free.

By increasing the plant-based foods and reducing or eliminating the animal products in our diet, we can reduce our cholesterol levels significantly.



Plant foods are also rich in fiber, phytochemicals, vitamins, and antioxidants that work together to help protect us from high blood pressure, obesity and other risk factors for heart disease.

What else can we do?



Strive to achieve your ideal weight. We have known for many years that being overweight is a risk factor for heart disease, in fact it increases one's risk by three to five times.¹⁰



Exercise regularly. Reviewing 43 well-known studies on exercise, we find that they all agree, those who are physically active...

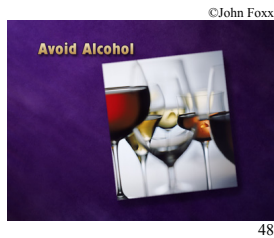


...have only **half** the risk of heart disease as compared to relatively inactive people.

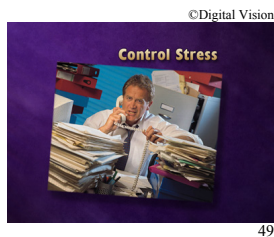
Conquering the Number One Killer (Heart Disease)



Exercise can include a variety of enjoyable activities, such as walking, biking, swimming, or gardening.

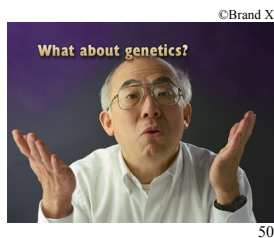


Avoid all alcohol. Alcohol use is a significant risk factor in heart disease. It damages the heart muscle.¹¹



And what about stress and heart disease?

A survey of heart attack survivors found that half of them had experienced serious stress within a day prior to their heart attack.¹² These stressful events included deadlines, fights, deaths in the family and problems with finances or at work. Learning to control stress by trusting God more fully would help protect us.



Someone may say, “what about genetics?”

While it is true that some may inherit a genetic tendency toward heart disease, it is time we stop blaming our heredity, our grandparents, and our culture.

The evidence is clear. Heart disease does not need to be the number one killer.



Faulty genetics may load the gun, but it’s our lifestyle that pulls the trigger.



Improving our lifestyle, what we do and the way we eat or exercise, will protect us.

Conquering the Number One Killer (Heart Disease)



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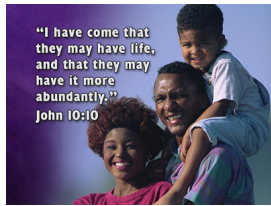
Ultimately, our personal health will be determined by whether we choose to allow ourselves to become chained to appetite and tradition,



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or to exercise our God-given freedom to live healthfully, and experience the best quality of life.



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Jesus himself said, "I have come that they may have life, and that they may have it more abundantly." (John 10:10 NKJV)

By simply practicing the best lifestyle, including a good diet and regular exercise, we too can have life more abundantly!

¹ World Health Organization Collaborating Centre in the Division of Cardiology at The Ottawa Hospital - General Site of the University of Ottawa—Cardiovascular Disease Infobase, <http://cvdinfobase.ic.gc.ca>

² Gyarfás I. Chief of the World Health Organization Cardiovascular Disease Prevention Program: World Health Day, Apr. 1992. (Source: Proof Positive)

³ 1999 statistics reported in *The Journal of Health & Healing*, vol. 22, No. 3, p. 15

⁴ American Heart Association. *Heart and Stroke Fact: 1996 Statistical Supplement*. 1995 p. 1

⁵ Vartiainen E, Puska P, et al. Changes in risk factors explain changes in mortality from ischaemic heart disease in Finland. *BMJ* 1994 Jul 2;309(6946):23-27. Quoted in Proof Positive, p. 60.

⁶ US. Preventive Services Task Force. Counseling to Prevent tobacco Use. In: *Guide to Clinical Preventive Services – 2nd edition*. Baltimore, MD: Williams and Wilkins, 1996 p. 597-609

⁷ The Harvard Health Letter, 1992.

⁸ The Harvard Health Letter, 1992

⁹ From the World Health Organization data analyzed from 1970-1980. Quoted in Proof Positive, p. 60.

¹⁰ Hans Diehl, Lifestyle capsules, p.39 and 64.

¹¹ US Department of Health and Human Services. Effects of Alcohol on Health and Body Systems. In; *Eighth Special Report to the US Congress on Alcohol and Health*. National Institutes of health (NIH) Publication No. 94-3699, Sep 1993 p. 174.

¹² Jacobs S. American heart Association meeting, 1992.