

Heart Disease & Stroke in Women – An Update

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Consider the Following Facts:

- Approximately 50% of the women who die each year in the U.S. do so as a result of a heart attack or stroke. Hundreds of thousand of additional women survive their initial event with varying degrees of disability.
- Cardiovascular disease (heart attacks, strokes and peripheral artery disease) is the number one cause of death in the United States, causing over 900,000 deaths in men and women each year.
- For an excellent overview of cholesterol and the role of plaque in causing heart attacks, strokes and peripheral arterial disease visit:
www.webmd.com/cholesterol-management/cholesterol-and-artery-plaque-buildup
- Good News: Over the past two decades major advances in the research of cardiovascular disease and the role of cholesterol and atherosclerotic plaque has demonstrated that this process is potentially preventable or reversible, thereby preventing heart attacks and strokes.
- In 2005 I began a clinical study using office vascular ultrasound testing to diagnose the presence of cholesterol plaque within the arteries (carotid) to the brain, abdomen and lower extremities. When present I use follow-up ultrasound studies to chart the status of plaque buildup within the arteries.
- My goal: Document if the natural progressive course of the buildup of plaque within the arteries could be stopped or even reversed.
- Results to date: In patients who have made significant efforts to change their lifestyle habits the result has been very encouraging. In over 1700 patients the progression of their disease has been stopped, stabilized and even reversed. In fact, I have a number of patients who NO longer have any evidence of their previous plaque. The ramifications of these findings are monumental for the potential of significantly reducing the mortality and the morbidity caused by this disease.
- Remember: Plaque may be common as we age, but it is NOT normal. It is a disease that can be stopped and even reversed.
- The Key:
 - Diagnosing the presence of plaque before it ruptures and causes an event.
 - Treating the diagnosed and asymptomatic patients in the same manner as those patients who have had a heart attack or stroke and survived.