Jerusalem Preventive Medicine

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Who are the patients? Those with precursors to heart disease and arterial blockages.

Smoking, high blood pressure, diabetes, imbalance in cholesterol.

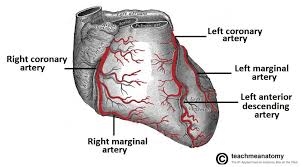
To prevent surgery in those who are stable: Angiogram and Coronary artery bypass graft (CABG).

Also this healing oriented plan showed the reversal of early grade prostate cancer.

To all patients I give this booklet to teach healthy physiology.

The principal treatment is to stop smoking, exercise, a vegetarian diet and Yoga.

I consult with patients on the Whatsapp.



At the time of chest pain due to less blood flow to the heart: the treatment is to decrease the need for oxygen and increase the delivery of oxygen to the heart.

To stabilize chest pain (MONA).

Morphine, Oxygen, Aspirin, Nitrates

Intravenous morphine decreases pain and decreases oxygen consumption to the heart. I realize that no one keeps intravenous morphine at home, only in and ambulance.

Oxygen causes the saturation of hemaglobin, maximizing oxygen delivery to the heart.

The hemaglobin gives the red blood cell its color. The red blood cell contacts oxygen in the lungs, and delivers oxygen to all the body. What is important is the saturation of hemaglobin.

Nitrates enlarge the lumen of blood vessels that deliver blood to the heart. A side effect of nitrates is a headache because blood vessels to the brain are enlarged.

Aspirin prevents platelets to congregate thus continuing blood flow (and oxygen) to the heart arteries.

BLOOD FLOW IS EXPONENTIAL TO THE RADIUS.

An anesthesiologist looks primarily at the delivery of oxygen from the lungs to the heart, and from the heart to all the body's vital organs. And the elimination of co2 through the lungs.

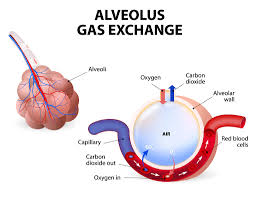
With lifestyle changes: stopping to smoke, exercise, and vegetarian diet it is possible to treat coronary artery disease, and other arterial blockages.

In the heart there is collateral circulation….the same area of the heart receives blood flow from two different arterial sources.

With an Angiogram only the narrowing of the artery is seen, not the collateral flow.

With a nuclear study the red blood cells are tagged with nuclear substance and the flow to the heart tissue is measured.

Medical investigations showed those who made lifestyle changes not only opened the blocked artery after 1 year, but also increase flow to the heart tissue, and more importantly eliminated chest pain and increase exercise tolerance.



The lungs exchange gas in the structure called the alveolus. Oxygen enters the blood and co2 leaves. In the lungs of a smoker the alveolus is destroyed, and the possibility to exchange gas is diminished. Co2 in the blood increases and oxygen in the blood is lessened.

The small airways are smaller because the elastin which holds the small airways open is destroyed, this changes the (PPP) positive pressure point. This decreases airflow. The destruction of small airways causes Chronic Obstruction Pulmonary Disease.

In the small airways of a smoker there are secretions which also decrease air flow.

Also, in a normal lung there are cilia, muscles in the small airways which push secretions out, in a smoker they are not working.

Smoking causes coronary (heart) artery disease.

PHYSIOLOGY OF STOPPING TO SMOKE, EXCERSICE AND A VEGETARIAN DIET:

Increased oxygen to hemaglobin and increased delivery of oxygen to vital organs

Decreased secretions in the small airways in the lungs

Stabilize the destruction of the alveolus

Cilia begin to work again

Increased airflow

Increased exercise tolerance

Decreased chest pain

Increase collateral blood flow to the heart

Opening of the narrowing of blocked arteries

Stabilize arterial plaques

Alveolar recruitment with reflex collateral blood flow to the heart

Improvement in blood glucose and Hemoglobin A1c (Hemaglobin A1c measures diabetes over the past 3 months)

Why are there heart attacks and strokes?

The cholesterol enters the wall of the artery and the platelets join the wall and block the flow of oxygen.

With lifestyle changes (quitting to smoke, exercise and mostly vegetarian diet) it is possible to treat chronic conditions early.

To those with diabetes, lifestyle changes lowers the blood glucose and the Hemoglobin A1c. This measures diabetes for the previous 3 months. Also, increases elasticity of the blood vessels, lowers blood pressure, opens the plaque with cholesterol deposits, and decreases body weight.

Those with intolerance to insulin have high glucose and high Hemoglobin A1c.

The complications of a high Hemoglobin A1c: Heart disease, stroke, blindness, kidney disease, blockages in the lower extremity arteries, and amputations.

MEDICAL MEASURMENTS

High blood pressure causes coronary artery disease and congestive heart failure. Also kidney disease and blindness.

Increased weight cause intolerance to insulin.

Angiogram dye can cause kidney failure and bleeding in the femoral artery.

Nuclear study of the heart…. At time zero and after one year.

Chest pain

Exercise tolerance

Stress EKG

Fasting glucose and cholesterol

Hemoglobin A1C (this measures diabetes over the past three months)