

# ON THE Camelback CORRIDOR NEWS

News & Information Exclusive to Camelback Road's Business, Residential, Culinary & Retail Communities

## Getting to the Heart of the Matter

**T**he American Heart Association released a 2009 update by the World Health Organization (WHO) estimating that approximately 17.5 million people died of cardiovascular disease (CVD) constituting 30 % of all deaths globally.

Known as the silent killer, cardiovascular disease remains the leading cause of death in the world, with one in every four women dying from heart attacks. Research shows that every year close to a million Americans will experience a heart attack and another half million, who have already had one or more heart attacks, are more likely to have another.

In the 1970s the pharmaceutical industry began to market various brands of statins – claiming they would one-day “wipe out” cardiovascular disease because of the ability of this drug to reduce the production of cholesterol in the liver. Over 30 years later, heart disease remains the leading cause of death.

### Good versus Bad Cholesterol

Experts agree that while lowering our cholesterol level is important, focusing on the reduction of our bad cholesterol is critical. Our HDL (high-density lipoprotein) is the good type of cholesterol and the LDL (low-density lipoprotein) is the bad type, but you knew that!

When we have high blood pressure, smoke or consume too much saturated fat and sugar, the inner layer of our arteries becomes inflamed and damaged signaling our body to send these low dense lipoproteins to the area as a patch for the damaged area.

Our immune cells then gobble up this bad LDL driving it into the inner layer of our arteries and begin the formation of plaque. The good cholesterol (HDL) then tries to clear

out the LDL, yet without enough HDL and too much LDL, this is often a losing battle.

This is why we want more good cholesterol than bad cholesterol. A good start is to eliminate those foods in our diet with saturated fat, exercise more and add a few helpful nutrients like niacin, B vitamins, and omega-3 fatty acids, just to name a few.

Regular cardiovascular exercise will help increase the good cholesterol and with the help of diet and supplementation - reduce the bad cholesterol. The exciting news is that scientists can now identify the worst types of bad cholesterol allowing experts a more targeted approach in the treatment of heart disease.

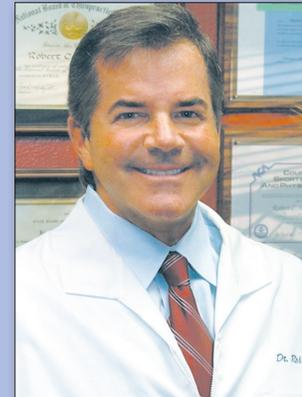
### Advancements in Cholesterol/ Lipoprotein Testing

Standard cholesterol testing only gives you part of the picture of cardiovascular risk and leaves many people with “normal” cholesterol numbers unaware that they are still at risk for heart attack. Laboratories can now identify and measure the smaller, more dense types of lipoproteins that are linked to a greater risk of cardiovascular disease.

Scientists believe that it is easier for the smaller dense lipoprotein particles containing LDL to penetrate the arterial wall increasing plaque formation and blocking normal blood flow.

Spectracell Laboratories, ([www.spectracell.com](http://www.spectracell.com)), provides a Lipoprotein Particle Profile (LPP), which measures our total cholesterol as well as identifying all the sub-categories of bad cholesterol and other factors contributing to CVD.

Anyone with a family history of heart disease or diabetes, currently being treated for heart disease or high-blood pressure and metabolic syndrome should have this test performed annually.



By **DR. XANTHOS, D.C., C.C.N.**

Clinical nutritionists and dieticians can design a personalized nutritional protocol, once they have assessed the quality and quantity of your cholesterol by including a Lipoprotein test along with regular lipid testing.

### Recommended Reading

A no-nonsense approach in the treatment of CVD is found in a book called Prevent and Reverse Heart Disease by Caldwell Esselstyn, Jr., MD. This former Cleveland Clinic surgeon shares his twenty years of research and suggests that with the right diet and exercise, you can reverse the damages of cardiovascular disease.

The Wellness Center regularly provides nutritional consulting and specialty lab testing, including the Spectracell Lipoprotein Particle Profile. Most insurance is accepted.

On the Camelback Corridor News readers can schedule a complimentary health consultation by calling 602.264.4040.

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