



PRINCE WILLIAM CARDIOLOGY ASSOCIATES

# HEARTBEATS

3rd Quarter 2010

*Resolutions for a Healthy Heart*

## Complimentary and Alternative Medicine with regard to Heart Disease

By Dr. Christopher J. Leet

Alternative medicine is a term for healing medical practices and products that are not part of standard care. Standard care is what medical doctors and allied health professionals, such as registered nurses, practice. Alternative medicine is treatments that are not part of standard care such as acupuncture, meditation, massage therapy, hypnosis, yoga, and herbal supplements.

Heart disease can be very scary for both the patient and family members. In our high-tech atmosphere many patients search for other options beyond standard care. The use of integrative, or alternative, medical techniques may often help in the prevention of heart disease, as well as help manage some of the complications of standard care.

Some of the positive benefits to alternative medicine include the treatment of stress disorders. Stress is a major factor for heart disease and the use of mind-body alternative therapy including meditation, yoga and massage therapy can be effective in

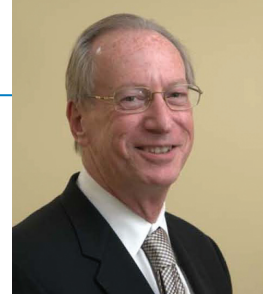
reducing high blood pressure, relieving anxiety and depression. This results in improving overall risk factors. Stress reduction is important in dietary control since most obesity issues have an element of anxiety at their base. Dietary changes are important in reducing cholesterol levels, controlling weight and keeping blood pressure at optimal levels. While the American Heart Association recommendations of a low fat/low sodium diet are clearly valuable, many people have been successful with more drastic dietary changes by following a vegetarian diet or the Rice Diet. Although these are not standard dietary recommendations, they can be life-saving for selective people.

When considering the use of herbal supplements or other non-pharmacologic substances, precaution is necessary as these supplements are not regulated by the FDA and the possibility of poorly-controlled

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### R. Preston Perrin, MD

Dr. Perrin grew up in Fairfax County and is excited to return here for cardiology practice. His wife, Maggie, is a neurologist. They have two children. In his free time, Dr. Perrin enjoys jogging, playing piano and drums, and cheering for the New York Giants.

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## Heart Healthy Recipe

### Halibut with Tomato Basil Salsa

Dietitian's tip: Halibut — in addition to cod, flounder and perch — is a lean fish, having less than 2.5 percent fat by weight. For a variation to this recipe, grill the halibut and spoon the tomato basil salsa over each fillet to serve.

Serves 4

#### Ingredients

- 2 tomatoes, diced
- 2 tablespoons fresh basil, chopped
- 1 teaspoon fresh oregano, chopped
- 1 tablespoon minced garlic
- 2 teaspoons extra-virgin olive oil
- 4 halibut fillets, each 4 ounces

#### Directions

- Preheat the oven to 350 F. Lightly coat a 9-by-13-inch baking pan with cooking spray.
- In a small bowl, combine the tomato, basil, oregano and garlic. Add the olive oil and mix well.
- Arrange the halibut fillets in the baking pan. Spoon the tomato mixture over the fish. Place in the oven and bake until the fish is opaque throughout when tested with the tip of a knife, about 10 to 15 minutes.
- Transfer to individual plates and serve immediately.

Nutritional Analysis (serving size: 1 fillet)

Calories 160, Cholesterol 36mg, Protein 24g, Sodium 65mg, Carbohydrate 3g, Fiber 1g, Total fat 5g, Saturated fat 1g, Potassium 672mg, Calcium 66mg, Monounsaturated fat 3g



### Benefits of Vitamin D

Vitamin D is found in many dietary sources such as fish, eggs, fortified milk, and cod liver oil. The sun also contributes significantly to the daily production of vitamin D, and as little as 10 minutes of exposure is thought to be enough to prevent deficiencies. The term "vitamin D" refers to several different forms of this vitamin. Two forms are important in humans: ergocalciferol (vitamin D2) and cholecalciferol (vitamin D3). Vitamin D2 is synthesized by plants. Vitamin D3 is synthesized by humans in the skin when it is exposed to ultraviolet-B (UVB) rays from sunlight. Foods may be fortified with vitamin D2 or D3.

The major biologic function of vitamin D is to maintain normal blood levels of calcium and phosphorus. Vitamin D aids in the absorption of calcium, helping to form and maintain strong bones. Recently, research also suggests vitamin D may provide protection from osteoporosis, hypertension (high blood pressure), cancer, and several autoimmune diseases.

By Mayo Clinic Staff

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manufacturing may lead to unintended side effects. Certain substances should be absolutely avoided. Ephedra has been banned from most sales due to the possibility of sudden death. Ginkgo Biloba has been felt to improve mental ability, but controlled studies have not confirmed this. Additionally, there is a bleeding risk associated with this which may complicate the use of standard blood thinning medications. Chelation therapy is a potentially dangerous, and rather expensive, therapy which has been erroneously reported to remove plaque from the arteries. No controlled study has validated this report. This therapy not only has the potential to cause kidney damage, but has also delayed the implementation of appropriate standard cardiovascular care.

A 2002 survey of US adults 18 years and older conducted by the National Center for Health Statistics (CDC) and the National Center for Complementary and Alternative Medicine indicated that 74.6% had used some form of complementary and alternative medicine (CAM). The most common CAM therapies used in the US in 2002 were prayer (45.2%), herbalism (18.9%), breathing meditation (11.6%), meditation (7.6%), chiropractic medicine (7.5%), yoga (5.1%), body work (5.0%), diet-based therapy (3.5%), progressive relaxation (3.0%), mega-vitamin therapy (2.8).

Careful selection of alternative medicine options can be beneficial in preventing heart disease.