

#1 Cause Of Death

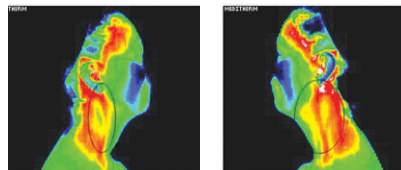
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Heart disease and stroke, the main results of cardiovascular disease, are the leading causes of death for both men and women in the United States and account for nearly 40% of all deaths. Over 927,000 Americans die of cardiovascular disease each year, which amounts to one death every 34 seconds. Heart disease and stroke are also the main causes of adult deaths in Canada. By the year 2020, heart disease and stroke will become the leading cause of both death and disability worldwide, with the number of deaths projected to increase to more than 20 million a year, at the current pace.

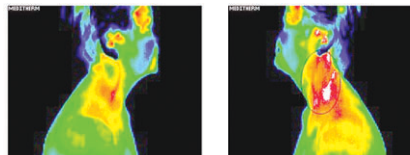
Digital infrared thermal imaging (DITI), known as thermography, is approved by the FDA to measure, record and view thermal patterns generated by the human body. It is intended for use as an adjunct to other clinical diagnostic procedures in the screening and diagnosis of abnormalities where a physician chooses to use thermography.

Measuring temperature changes in the body using an infrared camera can show abnormal physiological activity as "hot spots". Changes in the thermal images of veins and arteries may indicate early signs of cardiovascular disease. Early detection

of possible cardiovascular disease can lead to earlier and more effective treatment. Thermography is non-invasive and safe for the patient, and may help in the early detection of disease. With a positive thermograph, further clinical assessment and testing is recommended to confirm and evaluate the findings.



Patient with elevated C-reactive protein, thought by many to be a positive risk factor for heart disease.



Patient with an advanced mitral valve infection, shown on a thermograph.

The thermal images produced using DITI can also show inflammatory patterns along the carotid arteries, which alongside elevated C-reactive protein levels in the blood confirms the presence of an internal inflammatory process. There is increasing evidence now to show that inflammation in

the body could be a common trigger of heart attacks or even a predictor of such risk. Early detection can be important because such internal inflammation can be lowered in many ways.

The major independent risk factors for heart disease and stroke are high blood pressure and high blood cholesterol. A 12-13 point reduction in blood pressure can reduce heart attacks by 2%, strokes by 37% and all deaths from cardiovascular disease by as much as 25%.

You can lower your risk for cardiovascular disease by making healthy lifestyle choices.

- Eat a healthy diet to prevent or reduce high blood pressure and high blood cholesterol.
- Maintain a healthy weight.
- Control your alcohol intake.
- Don't smoke.
- Exercise as directed by your doctor.
- Lose weight if you are overweight or obese.

If you have a family history of heart disease and stroke you can take charge of your health by making the above changes. A screening thermogram can be useful and provide indications for further testing.