

THE ROAD TO HEALTH & WELLNESS



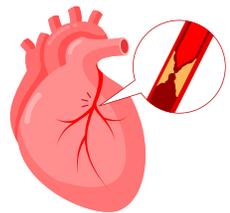
News and advice
courtesy of
ELITE
PERSONAL TRAINING
AND FITNESS
SOLUTIONS

In this issue

- Inflammation Series
- Health Tip of the Month
- Did You Know?
- Research Shows....
- Medication & Food

The single biggest killer of Americans is not cancer, diabetes, injuries, or lung disease. It's heart disease. One in every four deaths in America is directly attributable to heart disease. This adds up to nearly 650,000 lives lost every year.

The most common type of heart disease is coronary artery disease. It stems from the buildup of fatty, cholesterol-laden plaque inside the arteries of the heart. Previous theories held that a lifetime of eating fatty foods left globs of cholesterol in the inner surface of the blood vessels, eventually blocking blood flow and leading to a heart attack or stroke.



Now, a more nuanced understanding has emerged in which chronic inflammation plays a pivotal role. For example, we now understand that when particles of LDL [the bad cholesterol] infiltrate the innermost layers of the arterial walls, inflammatory cells bind with endothelial cells to begin the inflammatory process. The immune system views the newly formed plaque as a foreign substance and initiates a response to wall off the plaque from the blood flow. This causes the artery wall to thicken and stiffen, narrowing the channel for blood flow.

Inflammation Series

David Trumbore
PT, DPT, CSCI, CWT, CPI



Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

Plaque in the artery is covered by a layer of tissue known as a fibrous cap. If this pops open, the plaque can rupture, spilling its contents into the blood stream. Platelets and other blood cells attach to the injury and form a clot, which can eventually grow large enough to block the flow of blood. If the clot blocks blood flow into a vessel that feeds the heart, it can lead to a heart attack. If the blockage is to the blood vessels that supply the brain, it can set off a stroke. Either is a potentially life-threatening development.



Typical treatment for inflammation that leads to heart disease is prescription medication. Cholesterol-lowering statins are the most commonly prescribed drugs. However, statins carry a high adverse reaction profile.

The 2019 CANTOS study found that monoclonal antibody drugs like Canakinumab effectively target inflammatory cytokines cells, which in turn reduces inflammation and lowers cholesterol. Canakinumab isn't widely prescribed because of its high cost and its higher risk for infections.

We can't say it often enough: The very first line of defense for heart disease should always be a healthy lifestyle!



Proper nutrition, exercise, smoking cessation, limited alcohol intake and appropriate supplementation remain the cornerstones of cardiovascular health. All are recommended by major organizations like the American Heart Association.

Medications absolutely serve an important purpose. However, some are hard on the pocketbook, and all are hard on the body. Let EPT help you to make healthy, long-term lifestyle changes. Healthy living has helped many clients reduce, (and often eliminate!) some of their medications. Want to join their ranks? Give us a call.

To Be Continued On The Next Page...

Our newsletters present overviews of highly complex topics. For more in-depth discussion of vitamins, minerals, supplements, weight loss or ANY health-related topic, please contact our office.



Health Tip of the Month

Getting too much or too little sleep can both derail your short and long-term health. Over and under sleeping can increase your risk of illness, including heart disease, diabetes, depression and obesity. Research shows that the sweet spot for sleep for almost all individuals is 6-8 hours.



Did You Know...

Plaque on your teeth could lead to plaque in your arteries. There is a strong association between gum disease and cardiovascular disease. Gum disease begins with the sticky plaque that builds up around your teeth. This is not the same as the fat and cholesterol-laden plaque that lines your arteries when you have heart disease, but the two conditions are more closely related than you might think. People with gum disease face a 50% higher risk of heart attack than people without gum disease.



Many people with heart disease have healthy gums. Likewise, not everyone with gum disease will develop heart problems. There is growing evidence that gum disease may be an independent risk factor for cardiovascular problems. What could account for a connection between the two diseases? Their shared risk factors are smoking and diet. Heavy smokers and junk food bingers are far more prone to clogged arteries and inflamed gums.

It's scary, but true. Bacteria from the mouth can show up in blood vessels far away. When you have gum disease, that bacteria in your mouth doesn't always stay put. It can cross into your bloodstream and enter the heart, provoking inflammation in the arteries and infecting vulnerable heart valves.

There is no guarantee that regular brushing and flossing will prevent a heart attack. But given the strong connection, we recommend good oral hygiene for your heart as well as your gums.



Research Shows

A high-quality research study that compared colostrum supplementation versus flu vaccination found that colostrum, both in healthy subjects and high-risk cardiovascular patients, was at least 3 times more effective than vaccination to prevent flu and is very cost-effective. For more details on colostrum, see our Health Topic for September 5, 2022.

Medication & Food

If you have diabetes and take metformin or a proton pump inhibitor, you are at risk for vitamin B12 deficiency. One symptom of a deficiency in this vitamin is paresthesia - a medical term that refers to a burning or pins-and-needles sensation in certain areas of the body, especially the hands and feet.

Unfortunately, this symptom of B12 deficiency overlaps with symptoms related to diabetic neuropathy — nerve damage caused by high blood sugar that can cause pain and numbness in the extremities. People with diabetes taking metformin are at a higher risk of developing B12 deficiency because this medication reduces its absorption in the body. So, a B12 deficiency could be misdiagnosed as peripheral neuropathy in people with diabetes. As a result, many experts recommend that people taking metformin be screened regularly for vitamin B12 deficiency.



Our newsletters present overviews of highly complex topics. For more in-depth discussion of vitamins, minerals, supplements, weight loss or ANY health-related topic, please contact our office.