

# Heart Disease

## FACTS

1. More than one of every five persons in the United States has cardiovascular disease. Despite the declining mortality rate due to cardiovascular illness observed since 1950, 43% of all deaths are currently attributed to cardiovascular causes.
2. Mortality among the 1.5 million persons who have a myocardial infarction accounts for more than 485,000 deaths annually.
3. Smokers have twice the risk of heart attack as nonsmokers. One-fifth of the annual 1,000,000 deaths from CVD are attributable to smoking. Surveillance data indicate that an estimated 1,000,000 young people become “regular” smokers each year.
4. Between 20% and 30% of the nation’s adults (some 58 million people) are obese and thus have a higher risk for heart disease, high blood pressure, high cholesterol, and other chronic diseases and conditions such as diabetes.
5. People who are sedentary have twice the risk of heart disease as those who are physically active. Despite these risks, America remains a predominantly sedentary society. Surveys show that more than half of American adults do not practice the recommended level of physical activity, and more than one-fourth are completely sedentary.
6. **Research shows that cardiac rehabilitation and efforts targeted at exercise, lipid management, hypertension control, and smoking cessation can reduce cardiovascular mortality, improve functional capacity, and reduce the risk of subsequent coronary events.**



WE  
UNDERSTAND  
EDUCATION  
IS THE SINGLE MOST  
IMPORTANT TOOL  
WE CAN GIVE OURSELVES  
AND OUR CLIENTS.  
WE ARE COMMITTED THROUGH  
A PARTNERSHIP TO INITIATE,  
EDUCATE AND ESTABLISH  
OPTIMAL HEALTH PRACTICES  
FOR A LIFETIME OF  
EMOTIONAL AND  
PHYSICAL  
WELL-BEING.



## CARDIAC RISK REDUCTION PROGRAM



*Specialists in  
Long-term Wellness and  
Disease Management*

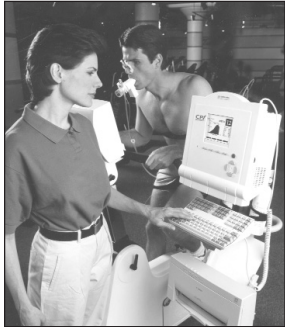


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# A Comprehensive Approach

## TO CARDIAC RISK REDUCTION



**LifeStyle Management**, under the **medical direction** of the **Minneapolis Heart Institute**, offers a comprehensive cardiac risk reduction program for busy individuals with an increased risk for heart disease. Our program teaches you how to safely and effectively exercise

to ensure positive outcomes and increased cardiovascular health. This program is recommended for patients who have experienced a cardiac event in the past, completed an in-patient cardiac rehabilitation program in the past, or for those at high risk for a coronary event.

- Our cardiac risk reduction program begins with 4-6 weeks of telemetry-monitored exercise.
- An exercise physiologist will develop an 8-, 16-, or 24-week exercise program for you to implement at your home or gym.
- This risk reduction program utilizes a pedometer, a heart rate monitor, and exercise tubing.
- An **exercise physiologist** will be available to answer any exercise-related questions, as well as, to provide you with safe exercise progression and monitoring.

A **registered dietician** is also available for medical nutrition therapy and on-going consultations.

A **clinical psychologist** is also available for individual consultations and practical stress management techniques to reduce demand on your heart.

# Getting Started

## Physical Evaluation

- Medical and cardiovascular history assessment
- Review of cardiovascular risk factors
- Testing of sub-maximal  $VO_2$  and resting energy expenditure; measurement of body weight, height, waist circumference, lean mass and fat mass; analysis of resting and exercise ECG's
- Personalized exercise prescription based on your medical history and physical assessment outcomes



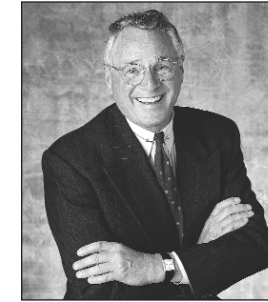
## Medical Nutrition Therapy Evaluation



- Comprehensive dietary assessment
- Review of medical diagnostic lab work
- Report of current medications for potential food and drug interactions
- Customized menu plan based on food preferences and lifestyle

## Psychosocial/Stress Management Evaluation

- A quality of life questionnaire to evaluate emotional well-being
- Heart Rate Variability Analysis to measure and monitor effectiveness of intervention techniques



**These assessments identify lifestyle stressors and ensure an optimal health management program is designed specifically for you.**



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**LIFESTYLE MANAGEMENT**

PO Box 2320

Minneapolis, MN 55402

Phone: (952) 831-6181

Fax: (612) 334-0204

Email: [information@lifestylemanagement.net](mailto:information@lifestylemanagement.net)

[www.lifestylemanagement.net](http://www.lifestylemanagement.net)