

## Chronic Conditions: Innovations in Prevention and Cure

### Arterial Disease

Cited Sources and Articles  
January 2012

1. Forrester, DD, A Path to World-Class Service for Medical Organizations, 2011, Physicians Executive Journal, July/August, 46-53.
2. Ardell, DB, *High Level Wellness: An Alternative to Doctors, Drugs, and Disease*, Ten Speed Press, 1986.
3. Anderson, RN. "Deaths: leading causes for 2000." National Vital Statistics Reports 50(16), 2002. Also Morbidity/Mortality Report CDC.
4. Medco Health Solutions, Inc. Study, 2008 reported in Sacramento Bee, 5/19/2008, AP story by Linda Johnson.
5. Gordon NP. Characteristics of Adult Health Plan Members in Kaiser Permanente's Sacramento Valley Service Area Population, as Estimated from the 1996,1999,2002,2005,2008 Member Health Survey. Division of Research, Kaiser Permanente Medical Care Program, Oakland, CA, Mar 2010. Available at: [http://www.dor.kaiser.org/external/mhs/documents/mhs08sv\\_e/](http://www.dor.kaiser.org/external/mhs/documents/mhs08sv_e/).
6. Classen, DC et al, The Timing of Prophylactic Administration of Antibiotics and the Risk of Surgical Wound Infection, Jan 30, 1992, NEJM, v 326, n 5, p 282.
7. Classen, DC et al, 'Global Trigger Tool' Shows Adverse Events in Hospitals May Be Ten Times Greater Than Previously Measured, Health Affairs, 2011, v 30, n 4, p 581-89.
8. Meadows, DH, Places to Intervene in a System, Whole Earth Magazine, Winter, 1997.
9. Strom, A & Jensen, RA, Mortality from Circulatory Diseases in Norway 1940-1945, Jan 20, 1951, p 126-9.
10. Enos, WF et al, Coronary Disease among United States soldiers killed in action in Korea. JAMA, v 152, n 12, July 18, 1953.
11. McNamara, JJ et al. Coronary Artery Disease in Combat Casualties in Vietnam, May 17, 1971, JAMA, v 216, n 7, p 1185-7.
12. Stary HC et al, Evolution and progression of atherosclerotic lesions in coronary arteries of children and young adults. Arteriosclerosis, 9(1 Supp), Jan-Feb 1989.
13. Campbell, TC et al. Diet, Lifestyle, and the Etiology of Coronary Artery Disease: The Cornell China Study, Nov 26 1998, Am J Card, v 82, n 10B, p 18T-21T.
14. Strong, JP et al, Prevalence and Extent of Atherosclerosis in Adolescents and Young Adults: Implications for Prevention From the Pathobiological Determinants of Atherosclerosis in Youth Study, 1999, JAMA, v 281, n 8, p 727 – 735.

15. Steinbrecher et al, Proc Natl Acad Sci USA (1984): Peroxidation and degradation of LDL phospholipids by endothelium.
16. Harrison et al, J Clin Invest, v80, (1987): Diet restores endothelium-mediated relaxation.
17. Ambrose et al, J Am Coll Card, v12; Little et al, Circulation, v78, (1988): Acute coronary events not related to severity of stenosis and usually less than 50% stenosis.
18. Simon et al, J Clin Invest v86 (1990): oxidized LDL impairs relaxation of endothelium.
19. The China Study
20. Furchgott, Robert F, Endothelium-Derived Relaxing Factor: Discovery, Early Studies, and Identification as Nitric Oxide, Nobel Lecture Dec 8, 1998. Bioscience Reports, v 19, n 4, p 235-51, 1999,
21. Vogel, RA et al. Effect of a Single High-Fat Meal on Endothelial Function in Healthy Subjects, Am J Cardiol 1997; v 79, p 350-4.
22. Vogel, RA et al. The Postprandial Effect of Components of the Mediterranean Diet on Endothelial Function, Nov 1 2000, J Am Coll Card, v 36, n 5, p 1455 – 60.
23. Simopoulos, AP, The importance of the ratio of omega-6/omega-3 essential fatty acids, Biomed Pharmacother, v 56, p 365-79, 2002.
24. Novick, J., Oil to Nuts: The Truth about Fats, DVD, Presentation McDougall Advanced Study Weekend, 2010.
25. Ornish et al, Can lifestyle changes reverse coronary heart disease, Lancet, v336, 1990.
26. Ornish et al, Intensive Lifestyle Changes for Reversal of CAD, JAMA, v280, 1998.
27. Esselstyn, Ellis, et al, "A strategy to arrest and reverse CAD: A 5 year longitudinal study of A single physicians practice", J. Family Practice, 41; 560-568, 1995.
28. Esselstyn, CB, Resolving the Coronary Artery Disease Epidemic Through Plant-based Nutrition, Preventive Cardiology 4:171, 2001.
29. Esselstyn, CB Jr. *Prevent and Reverse Heart Disease*. New York , New York: Avery, Penguin Group, 2007.
30. Frattaroli, J. et al, Angina Pectoris and atherosclerotic risk factors in the Multisite cardiac lifestyle intervention program. Am J Cardio, v101, n 7,911-918, Apr 1, 2008.
31. Esselstyn, CB Jr. *Prevent and Reverse Heart Disease*. New York , New York: Avery, Penguin Group, 2007.
32. Dod, Bhardway, Ornish, et al., Effect of Intensive Lifestyle Changes on Endothelial Function & Inflammatory Markers of Atherosclerosis. Am J Cardio online, p362-7, 9/09.
33. Green, DJ et al., Exercise and cardiovascular risk reduction: Time to update the rationale for exercise, August 2008, J Appl Physiol, v 105, p 766-7.

34. Sivasankaran, S et al, The effect of a six-week program of yoga and meditation on brachial artery reactivity: do psychosocial interventions affect vascular tone. *Clin Cardiol*, v 29,n 9, 393-98, 2006.
35. Annual Latest in Clinical Nutrition Series, Michael Greger MD, Director Public Health and Animal Husbandry, The Humane Society of the United States, Volumes 1-5.
36. Welch, AA et al., Dietary intake and status of n-3 polyunsaturated fatty acids in a population of fish-eating and non-fish-eating meat eaters, vegetarians, and vegans and the precursor-product ratio of  $\alpha$ -linolenic acid to long-chain n-3 polyunsaturated fatty acids: results from the EPIC-Norfolk cohort. 2010, *Am J Clin Nutr*, v 2010, n 92, p 1040-51.
37. Kornsteiner, M et al., Very low n-3 long-chain polyunsaturated fatty acid status in Austrian vegetarians and vegans, *Ann Nutr Metab*, 2008,52(1): 37-47. Epub 2008 Feb 28.
38. Kruzikova, K, et al., Mercury in human hair as an indicator of the fish consumption, *Neuro Endocrinol Lett.*,2008,Oct:29(5):675-9.
39. Brantsaeter, AL et al., Exploration of biomarkers for total fish intake in pregnant Norwegian women, *Public Health Nutr* 2010, Jan; 13(1): 54-62. Epub 2009 Jun 3.
40. Turunen, AW, et al., Dioxins, polychlorinated biphenyls, methyl mercury and omega-3 polyunsaturated fatty acids as biomarkers of fish consumption, *Eur J Clin Nutr*, 2010, Mar;64(3):313-23. Epub 2010 Jan 27.
41. Ramirez, AJ et al., Occurrence of pharmaceuticals and personal care products in fish: Results of a national pilot study in the United States, *Environ Toxicol Chem*, Dec 2009, v28,12, 2587-2597.
42. Rawn, DF, et al., Persistent organic pollutants in fish oil supplements on the Canadian market: polychlorinated biphenyls and organochlorine insecticides, *J Food Sci.*, 2009, Jan-Feb; 74(1): T14-9.
43. Pot, GK et al., No effect of fish oil supplementation on serum inflammatory markers and their interrelationships: a randomized controlled trial in healthy, middle-aged individuals, *Eur J Clin Nutr*, 2009, Nov;63(11):1353-9. Epub 2009 Jul 22.
44. McDougall, J. Protein History, Newsletter December 2003.
45. McDougall, J. Protein Sources, Newsletter April 2007.
46. Staker, LV, Changing Clinical Practice by Improving Systems: The Pursuit of Clinical Excellence through Practice-Based Measurement for Learning and Improvement, *Quality Management in Health Care*, 2000, 9(1), 1-13.
47. S. Berkow and N.D.Barnard, "Blood Pressure Regulation and Vegetarian Diets, *Nutrition Reviews* 63 (2005): 1-8.
48. Melby CL, Lyle RM, Poehlman ET. Blood pressure and body mass index in elderly long-term vegetarians and nonvegetarians. *Nutr Rep Int*. 1988; 37:47-55.
49. Ophir, O. et al, Low Blood pressure in vegetarians: the possible role of potassium. *Am J Clin Nutr*. 1983, 37, 47-55., et al.

50. Margetts, BM et al., A randomized control trial of a vegetarian diet in treatment of mild hypertension. *Clin Exp Pharmacolo Physiol*. 1985; 12:263-266.
51. Rouse IL et al., Blood-pressure-lowering effect of a vegetarian diet: controlled trial in normotensive subjects. *Lancet*. 1983; 1: 5-10.
52. Lindahl, O et al. A vegan regime reduced medication in the treatment of hypertension. *Br J Nutr*. 1984;52: 11-20.
53. Thompson, IM et al. Erectile Dysfunction and Subsequent Cardiovascular Disease, Dec 21, 2005, *JAMA*, v 294, n 23, p 2996-3002.
54. Vermeer, SE et al, Silent Brain Infarcts and the Risk of Dementia and Cognitive Decline, Mar 27, 2003, *NEJM*, v 348, n 13, p 1215-
55. Newman, MF et al. Longitudinal Assessment of Neurocognitive Function after Coronary-Artery Bypass Surgery, Feb 8, 2001, *NEJM*, v 344, n 6, p 396-402.
56. Kauppila, LI et al. Lumbar Disc Degeneration and Atherosclerosis of the Abdominal Aorta, 1994, *Spine*, v 19, n 8, p 923-29.
57. Kauppila, LI et al. MR Aortography and Serum Cholesterol Levels in Patients with Long-Term Nonspecific Lower Back Pain, *Spine*, v 29, n 19, p 2147 – 52.
58. Draeger, A. et al, Statin therapy induces ultrastructural damage in skeletal muscle in patients without myalgia. *J Path Sep*; v 210, n 1, p 94-102, 2006.
59. Scott, D. et al, Statin Therapy, muscle function and falls risk in community-dwelling older adults. *Q J Med Sep*; v 102, n 9, p 625-33, 2009.
60. Lea, LJ et al, Consumers' readiness to eat a plant-based diet, *Eur J Clin Nutr* 2006, 60, 342-51.
61. Lisle, D & Goldhamer, A., *The Pleasure Trap*, Healthy Living Publications, 2003.
62. Maruyama, K. et al., Exposure to exogenous estrogen through intake of commercial milk produced from pregnant cows, *Ped Inter* (2010) 52, 33-38.
63. Yokel, RA et al., Aluminum bioavailability from basic sodium aluminum phosphate, an approved food additive emulsifying agent, incorporated in cheese, *Food Chem Toxicol*, 2008, Jun;46(6):2261-6. Epub 2008 Mar 10.
64. Schechter, A et al., Intake of Dioxins and related compounds from food in US population. *J Tox Environ Health Part a* 63:1-18,2001.
65. Vogt F, Armstrong D, Marteau TM, General practitioners perceptions of the effectiveness of medical interventions: an exploration of underlying constructs. *Implement Sci* 2010 Feb 16; 5(1): 17.
66. Lewis CE, Clancy C, Leake B, Schwartz JS, The counseling practices of internists. *Ann Intern Med*. 1991; 114:46-53.
67. Frank E, Rothenberg, R, Lewis C, Belodoff BF. Correlates of physicians' prevention-related practice. *Arch Fam Med* 2000; 9:359-367.
68. Frank E, Breyan J, Elon L., Physician disclosure of healthy personal behaviors improves credibility and ability to motivate. *Arch Fam Med* 2000; 9:287-290.

69. Yarnall, KSH et al, Primary Care: Is There Enough Time for Prevention?, Am J Pub Health, April 2003, v 93, n 4, p635-41..
70. Meadows, DH, Dancing with Systems, Whole Earth Magazine, Winter, 2001.
71. Hawken, P., Lovins, A., and Lovins, HL, *Natural Capitalism: Creating the Next Industrial Revolution*, Chapter 6, p 111-124, Little, Brown, and Co., 1999.
72. Kauer, Robert PhD, Advanced Financial Analysis and Cost Management Seminar, The Institute for Advanced Study, American College of Physician Executives, September 1997.

Don Forrester BSChE MD CPE