

JUNE 1, 2003

## Don't name and blame but link and think

This past week, at a medical meeting in Tucson, I met a wonderful cardiologist from Boston who teaches some at Harvard. I had refreshments (red wine, of course) with Dr. Richard Delany, who is board certified in five specialties. He related his practices, which are much akin to my heart. This is the right choice for the right patient at the right time. Rather than naming and blaming, it is linking and thinking. The former is done by conventional doctors, the latter by those who are on the cutting rather than the bloody edge. Dr. Delany notes individuals genetic differences. In addition to family history, other risk factors such as APO-E, and the subclasses of a lipid (cholesterol) profile that includes LDL and HDL cholesterol, both the good and the bad are reviewed. Patterns of A and B LDL and 2 and 3 in the HDL, the former being good, and the latter not so good are noted.

We talked about the wrong diet, which has high carbohydrates with mostly processed foods, and low monounsaturated, Omega 3s, colored vegetables, fruits, fiber and high trans fats (hydrogenated oils), Omega 6 (vegetable oil), saturated fats with high animal and low plant protein are also unhealthy. We discussed how to decrease our oxidative stressors that ultimately damage blood vessels, causing premature aging and an earlier death which can be prevented with the combination of

Dr.

J.E.

Block



antioxidants such as vitamin C, coenzyme Z10, lipoic acid, selenium, gamma E and tocotrienols. These all can be found in a soluble fiber rice bran available at most health food stores. The lipid lowering drugs such as Lipitor, Pravachol and Zocor help lots, but deplete the body of coenzyme Z10. These drugs, which actually improve the lining of the blood vessels, will lower the blood pressure as well as the cholesterol.

Most doctors feel that narrowing of the blood vessel lumen (hole) is what causes disease. However, most of the disease is in the blood vessel wall and when there is less than 50 percent narrowing, a heart attack could occur. I suspect that doctors 30 years from now will look at what we are doing to help the patient and call us plumbers rather than the scientific physician. This wonderful physician has a website,

**HYPERLINK**

<http://www.drdelany.com>

[www.drdelany.com](http://www.drdelany.com) where much more of this information can be obtained.