

Cutting Cardiac Risk – Without Drugs

Results of a 12-week lifestyle intervention study add to the evidence suggesting that patients with high blood pressure and other risk factors for coronary heart disease can effectively reduce their risk without taking medication:



*LDL cholesterol and fasting glucose also declined significantly (from 144 to 135 mg/dl and 144 to 127 mg/dl respectively).

SOURCE: Gordon NF, Salmon RD, Franklin BA, et al. Effectiveness of therapeutic lifestyle changes in patients with hypertension, hyperlipidemia, and/or hyperglycemia. *The American Journal of Cardiology* 2004;94:1558-61.