



[www.drjoelkahn.com](http://www.drjoelkahn.com)

# Dr. Kahn's GUIDE TO Avoiding a HEART ATTACK



**Joel K. Kahn, MD**

*Clinical Professor of Medicine and Cardiology  
Wayne State University School of Medicine  
Consultant, Reader's Digest Magazine  
Journalist, Huffington Post  
America's Heart Attack Prevention Doc*

**Copyright © 2016. Dr. Joel Kahn/J Kahn Corporation**

All rights reserved, including the right of reproduction in whole or in part in any form.

This publication contains the opinion of the author. It is intended to provide helpful and informative material on the subject matters covered. It is sold with the understanding that the author and publisher are not engaged in rendering medical or other professional services in this report. If the reader requires personal medical health assistance or advice, a competent professional should be consulted.

The author and publisher specifically disclaim any responsibility for any liability, loss, or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this report.

# Praise for Dr. Joel Kahn

*"I have known Dr. Kahn for many years and he has always been an inspiring and innovative leader in our field, as well as being a knowledgeable and compassionate doctor. His current goal to prevent 1 million heart attacks by early detection and lifestyle education is just what this country needs as it suffers from so many chronic diseases. By focusing on prevention with lifestyle, our future will have more healthy aging, making more productive and enjoyable lives. Congratulations to Dr. Kahn for taking this on!"*

**Kim Allan Williams, Sr., M.D., FACC, FAHA, FASNC**  
**President, American College of Cardiology**  
**James B. Herrick Professor**  
**Chief, Division of Cardiology**  
**Rush University Medical Center**

*"Dr. Kahn is the rare physician who practices both state of the art cardiac care, including interventional therapies, combined with advanced training in nutrition. His lectures and his writings, and his clinical benefits in treating his patients with plant-based whole-food diets have inspired many and placed him as a leader in lifestyle medicine. To top it off: his precepts and practices are congruous; he practices what he preaches. All of this making him a model for the physician of the future. "*

**Hans Diehl, DrHsc, MPH, FACN**  
**Founder of the Lifestyle Medicine Institute and the Complete Health Improvement Program Clinical. Professor of Preventive Medicine**  
**Loma Linda University, School of Medicine**

# TABLE OF CONTENTS

Dr. Joel Kahn: Professional Biography	4
Fact: One Million Preventable Heart Attacks Will Happen Within the Next Two Years.	6
The Statistics Prove It and It's Not Pretty!	8
Heart Disease Affects One in Three People	9
Dr. Kahn's Guide To Avoiding Heart Attacks LIFESTYLE: The Key to Living Heart Attack Free	10
Summary: Heart Attack Proof Your Lifestyle	17
One More Thing	17

# Dr. Joel Kahn: Professional Biography

## About Dr. Kahn



Known as “America’s Holistic Heart Doc”, Dr. Kahn’s unique brand of cardiology combines the best of Western, nutritional, and complementary therapies for the total healing of his patients. Over 3 decades, he has improved the lives and vitality of thousands of patients, taking them from chronic health conditions to vibrant living.

Dr. Kahn is on a mission to prevent 1 million heart attacks, a mission embraced by the Surgeon General and the U.S. Department of Health & Human Services.

Dr. Kahn graduated Summa Cum Laude from the University of Michigan Medical School, Ann Arbor, and has been practicing preventive cardiology in Detroit since 1990. He is a Clinical Professor of Medicine (Cardiology) at Wayne State University School of Medicine. In 2013, Dr. Kahn was honored to be the first physician in the world to receive a certification from the University of South Florida in Metabolic Cardiology.

His devotion to patient care, passion for education and prevention has earned him respect from his colleagues and patients alike, and he has been nominated as a “Top Doctor in Cardiology ” for many years. Reader’s Digest magazine selected Dr. Kahn to author their Holistic Heart Doc column and have published his book, “The Whole Heart Solution,” a #1 Bestseller, and currently a popular PBS Special. He has gone on to author 4 more books

including "Dead Execs Don't Get Bonuses," another #1 bestseller, and his newest work, The Plant Based Solution.

Dr. Kahn has appeared on the Dr. Phil Show, The Doctors television show and is a health commentator on Fox TV 2 in Detroit. His medical views are shared regularly by the Huffington Post, MindBodyGreen, Thrive Global, and his podcast, Heart Doc VIP (on iTunes). He owns GreenSpace Cafe in Ferndale and Royal Oak, Michigan with his family.

To learn more about Dr. Kahn, visit [www.drjoelkahn.com](http://www.drjoelkahn.com).



**Fact:**

**One Million Preventable  
Heart Attacks Will Happen  
Within the Next Two Years.**

Heart disease is the number one cause of early and unexpected death in the Western world.

But can we prevent One Million heart attacks in the next Two Years? Is that achievable or just another lofty goal? Fair question. In this book you will find the facts from the Center for Disease Control based in Atlanta, Georgia. They started a program a few years back to spread the word. Have you heard of it? Seen it in newspapers, or on TV? Discussed by policy makers? The chances are you have not.

## **I've made it my mission to get the word out, and Prevent 1 Million Heart Attacks in the Next Two Years: Starting With Yours.**

You might be surprised that a trained cardiologist is advocating to prevent heart attacks. I have been on the front lines, and seen the effects that are caused by this disease. For the past 25 years I have worked in a hospital catheterization lab. I've treated tens of thousands of people by inserting a delicate, tiny tube up their groin to open blockages in their arteries leading to their heart. Sometimes I have to use a stent to keep the arteries open to allow for proper blood flow to the heart.

Quite frankly, I've seen a lot of horrible things and very sick people in my years as an interventionist cardiologist. What is very clear to me is that we are failing as a nation with regard to our health. We're addressing the wrong problem. We're trying to heal those who are sick. I believe the future of medicine is to avoid getting sick. That means doing things, many quite simple, that keep us healthy and heart attack-free.



# The NOT So Pretty Statistics

- Nearly every 1 in 3 deaths in the US each year is caused by heart disease and stroke. At least 200,000 of these deaths could have been prevented through simple life style changes.
- The good news is that the number of preventable deaths has declined in people ages 65-74. The bad news is that the numbers have remained virtually unchanged in people under 65.
- The really bad news is that more than half of preventable heart disease and stroke deaths happen to people under age 65. These are young people! Many with families and jobs and people who depend on them.

# Think of Two Friends. Picture Yourselves Together. One of You Will Die From Heart Disease.

Stop for a minute and think about that. One out of every three persons will die of heart disease. Real people. Like a 42 year-old accountant, a 56 year old doctor, a 54 year old stay at home mother, a 65 year old surgeon, a 63 year old heart surgeon.

These are just some of the people I have known that have unexpectedly dropped dead of heart disease recently. They left loved ones that will miss their presence forever and they were robbed of seeing sunrises and sunsets, weddings, grandchildren, vacations, and laughter.

I do not want that to happen to you or anyone you love. It is my number one professional goal to teach as many people as possible that heart attacks are PREVENTABLE.

We have the science to prevent heart attacks, or at least 90% of them. Hundreds of thousands of people dying every year would not have died if they read and implemented this short guide.

Please, read this, share this, and practice the simple lifestyle steps that reduce the chance of having a heart attack by nearly 90%. Don't negotiate the lessons we have learned, just do every part of the simple formula for health and happiness. **This guide explains the lifestyle that makes you heart attack free.**

My program, Young at heart by Design is a step-by step guide that tells you exactly what you need to do to prevent heart disease, reverse the aging process and make you feel younger than your years.



# Dr. Kahn's Guide To Avoiding Heart Attacks **LIFESTYLE: The Key to Living Heart Attack Free**

If a new medication could drop the risk of heart attack by 80-90% it would be an instant billion dollar drug. Pharmacies would run out of stock, doctors would prescribe it like crazy, and people would remember to take it daily. Well, there is no such pill nor do I think there will be but there is such a treatment. It is a lifestyle of health born out of many large scientific studies. I call it vitamin L! Let's look at those studies to learn what you need to do every day. The first study dealt with diabetes prevention.

## 2001

The Harvard School of Public Health reported on a study of 84,941 female nurses that were free of heart disease, cancer and diabetes. A low-risk lifestyle was defined as staying trim, eating a lot of plant fiber and polyunsaturated fats, regular moderate to vigorous exercise (at least 30 minutes a day), no smoking and drinking at least half an alcoholic drink daily. During follow-up, 3,300 women were diagnosed with diabetes. The single most important predictor was being overweight or obese. Sadly, only 3.4% of the women fit the entire profile of the low risk lifestyle. These women, however, had a 91% lower chance of diabetes compared with the other members of the study.

### **Bottom Line:**

Diabetes, a major reason people develop heart disease and heart attacks, can be prevented over 90% of the time by managing your lifestyle as well as you manage your check book.

# 2004

The INTERHEART study measured the risk of heart attacks in 52 countries and found 15,000 cases. They found nine risk factors which accounted for 90%-95% of the cases of heart attacks... and all of these factors can be controlled! So, I'll bet you are curious, what factors predicted the likelihood of having a heart attack?

They were smoking, had elevated bad cholesterol, high blood pressure, diabetes, abdominal obesity (waist over 35 inches for a woman and 40 inches for a man), high mental stress, few fruits and vegetables daily, lower alcohol intake and lack of physical exercise.

## **Bottom Line:**

The question is, can you take charge of your life and create a lifestyle where you don't smoke, have an occasional glass of red wine, learn stress management techniques like meditation, know and control your blood pressure, cholesterol and blood sugar and trim that waist down? Would that checklist be worth 95% freedom from a heart attack during your career and after? If you do 9 out of 9 steps, you can nearly eliminate your risk of ever having a heart-attack. Not a pill or an operation but a daily lifestyle. You can do it!

## 2006

Harvard researchers analyzed data from 43,000 men in the Health Professionals Study between the ages of 40-75 who had no heart disease at the beginning of the study. The healthy lifestyle subjects had normal weight, were non-smokers, were physically active for more than 30 minutes a day, used moderate alcohol, and had a diet comprised of more nearly half healthy plants.

Over the 16 years of follow-up, a heart attack developed in 2,183 men, some of which were fatal heart attacks. Men who had five out of five low risk characteristics had an 87% lower rate of heart attacks! During the study, men who made two or more lifestyle changes to move closer to the ideal low risk group had a lower risk of heart attacks, too.

### **Bottom line:**

It is never too late to change, and change should start today. These are five simple steps. Remember, don't smoke, maintain your weight near goal, walk, have an occasional drink if not an issue, and eat plants, lots of plants, every day. That is not a hard list.

## 2007

Swedish investigators studied over 24,000 women after menopause who were free of heart disease. 308 cases of heart attacks developed over six years of follow-up. A low risk diet (high scores for fruits and vegetable intake, whole grains, legumes, fish, moderate alcohol intake), along with not smoking, walking or biking 40 minutes daily, and maintaining a trim waist-to-hip ratio reduced the risk of heart attacks by 92%!

## 2008

Harvard scientists reported on over 43,000 men from the Health Professionals study and over 71,000 women from the Nurses' Health Study. This time the risk of stroke was assessed and evaluated in terms of lifestyle habits in persons with no history of stroke.

If you want to avoid approximately 50% of strokes, you would need to match the following healthy lifestyle habits: no smoking, a body mass index of under 25, 30 minutes a day of moderate activity, modest alcohol intake and a diet in the top 40% of healthy factors (eat your vegetables comes up over and over).

### **Bottom Line:**

After menopause, women are at increased risk of heart attacks and stroke, but they can be almost completely eliminated by LIFESTYLE MEDICINE. Get on the program and live heart attack-free.

### **Bottom Line:**

Strokes are devastating, career-ending and often fatal. Cut your risk by 50% by following lifestyle recommendations derived from over 100,000 persons.

In the MORGEN study, researchers in the Netherlands studied almost 18,000 men and women without heart disease. They followed them for up to 14 years, and in that time more than 600 of the group had heart attacks including deaths. They found that if people followed four steps they were able to lower their risk of heart attacks by 67%:

1. Averaging 30 minutes a day of physical activity.
2. Eating a healthy diet in the Mediterranean style rich in fruits, vegetables and whole grains.
3. Not smoking.
4. Enjoying more than one alcoholic beverage a month.

People who added a fifth health habit — sleeping seven or more hours at night on average — lowered their risk of heart attacks by 83% compared to those not following these steps.

### **Bottom Line:**

In addition to the prior health recommendations, you need to sleep! Sleep lets your body recover from a tough day at the office, gym or in the car on the cellphone. Do not cut sleep out of your health plan. If you are not sleeping, see a specialist and find out if you have sleep apnea, which can be tested for at home in your own bed. At least 8 out of 10 heart attacks don't need to happen!



The Karolinska Study in Sweden examined more than 20,000 men free of heart issues and followed them for 11 years. They found that there were certain lifestyle factors that lowered the risk of heart attacks, including:

1. A diet rich in fruits, vegetables, legumes, nuts, whole grains and reduced fat.
2. Not smoking.
3. Moderate alcohol consumption daily.
4. Low amount of abdominal fat.
5. More than 40 minutes of daily physical activity.

Sound familiar? Men who followed all five of these lifestyle habits had an 86% lower chance of developing or dying of heart attacks than those who followed none. Sadly, only 1% of the Swedes studied followed all five habits!

### **Bottom Line:**

Be one of the 1%, the group that practices all five healthy heart habits. Be at the top of your class in health habits and go almost 90% heart attack-free with little effort and expense. Seriously, how hard is it?

# Summary:

## Heart Attack Proof Your Lifestyle

You don't need a \$100,000 heart operation, a pacemaker or a stent to make your heart healthy, to enjoy life, and to avoid a heart attack. You need to have a healthy lifestyle every day and you will feel so much better you will be thankful that you learned the steps. So join me in living a heart attack free life by being sure every day to:

1. Don't Smoke
2. Walk at least 30 minutes
3. Eat 5 or more servings of fruits and vegetables
4. Keep your weight and waist trim
5. Sleep 7 hours a night
6. Enjoy a small amount of red wine if not an issue
7. Have a sense of gratitude and love

## One More Thing:

There's one more thing to do. While I strongly urge you to incorporate all or most of the 7 guidelines I've outlined above, I want to add another highly recommended suggestion. If you or close family member have been advised that you have 2 or more high risk factors for heart disease I urge you to consider what is known as a Coronary Artery Calcium Scan or CACS.

CACS using a CT or CAT scan is used to determine the hardness of your heart arteries (calcium like bone) and helps detect levels of calcium in the lining of the blood vessels. The science in support of CT heart calcium scoring has skyrocketed. ***More than 1,000 studies show that calcium scoring is one of the most powerful screening tools for silent heart disease.***

**How the test works.** A CT scan detects the calcium in your heart blood vessels. These special "multi-slice" machines are available at most hospitals and some physician offices. All you have to do is find a machine, lie down for a moment or two, and hold your breath.

**What your score means.** The ideal score is zero. If your score is between 1 and 10, be very motivated to change your lifestyle. If you score between 11 and 100, get serious about learning more about heart disease prevention and making some changes. If you score between 100 and 400+, follow up with a stress test, take a serious look at your habits, and make a commitment to change many of them to prevent and reverse this coating of bone in your heart pipes.

**Who should have it done.** The American College of Cardiology strongly recommends this exam for anyone with some risk for early heart disease. Because this test delivers a dose of radiation, however, hold off until you are 50 or older, unless you have a major risk factor for heart disease such as a strong family history of early heart disease, are a smoker, or have diabetes.

**The cost.** Most insurance companies do not cover this screening exam, but many hospitals now charge only \$100 or less for it. Call around.

You can learn more about the CT Scan, other tests and easy to follow lifestyle changes that can be incorporated into your daily routine by reading my book, ***"The Whole Heart Solution: Halt Heart Disease Now With the Best Alternative & Traditional Medicine"*** published by Readers Digest and a #1 Top Selling Book. You can order online via our website [www.dr.joelkahn.com](http://www.dr.joelkahn.com).