

# Back To Health and Living SDC News Letter



**Clarksburg WV**

**DATE: May 27, 2004 L5**

**WEEKLY MEETING:**

**BHLC SDC**

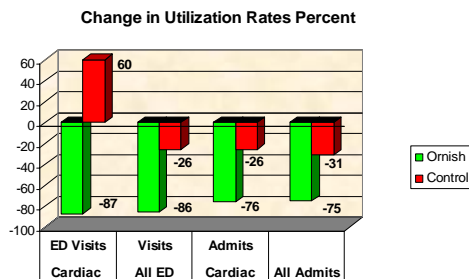
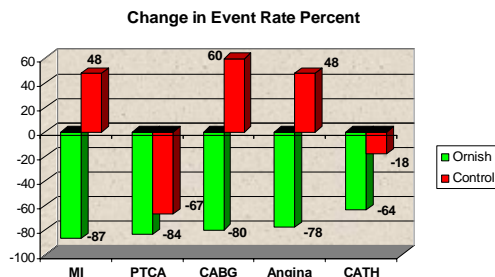
**FIRST BAPTIST CHURCH NUTTER FORT**

**219 Maryland Avenue**

**AGENDA – THURSDAY May 27, 2004**

- I. 5:00 Exercise**
- II. 6:00 Stress Management**
- III. 7:00 Group**
- IV. 7:30 Dinner POT LUCK**

**EDITORIAL:** The program takes time and patients with a commitment to the 4 modalities of the program. Below are graphs of the change in event rates and utilization rates, cumulative two year follow-up. Below the zero is less % problems and above the zero line is more % problems.



From: Medical Management Analysis; Financial impact of the Dr. Dean Ornish Program for Reversing Heart Disease. Highmark Informatics Department. June 2003.

**SDC:**

The Clarksburg SDC will be discussing over the next few weeks plans for a yearly fall meeting of area Self Directed Communities. Any ideas are welcome from all readers of the news letter, we need ideas for the agenda, and do we want separate groups, special speakers or similar to last years meeting? Also any SDC that would want to host the SDC yearly meeting, please contact us. We measure success as a journey and not a destination. We are all one group under one umbrella, and here to help each other.

**UNITED HOSPITAL NEWS:**

Cohort 8 has started at the Hospital and anyone in the SDC is welcome to attend a Tuesday meeting to discuss the SDC with the new cohort. Please contact Frank Taylor for details.

**RECIPES: Cole Slaw My Way**

*From The Kitchen of Violet Stackpole*

3 cups shredded cabbage (may use package cole slaw mix)

½ cup carrot slivers

½ cup red pepper slivers

½ cup green pepper slivers

1 teaspoon celery seed

½ cup raisins

To this mixture, add dressing:

½ cup fat free mayonnaise

½ cup vinegar

2 packets Splenda

1 teaspoon mustard

Mix and add to cabbage mixture. Toss well.

Sprinkle paprika on top of slaw.

**COMMENTS: By – Larry Massey**

My First 18 Weeks. This is a long story I am sorry but I am so thrilled with the program I cannot stop talking about it, and the miracles I have seen with my fellow cohorts. Decreases in weight, changes in cholesterol, sugar levels, blood pressure, triglycerides and out looks on life.

In June 1990 I had double by pass surgery, I did exceptionally well for about 8 years. I then had problems controlling my weight and my blood pressure was increasing. I have been taking Tenormin to help with my heart rate and blood pressure. I have a genetic problem with my HDL and LDL Cholesterol. I have been on Lopid, Lescol, Lipitor, Mevacor, and Zocor, with combinations of (Mevacor & Niaspan), (Mevacor & Tricor) and (Zocor & Niaspan). I had some success with each but no major changes in my ratio of LDL to HDL, and my quality of life was decreasing.

My weight had increased to over 210 pounds, my energy level was very low, and it was hard for me to work because I would get short of breath. I applied for the program and was accepted in the April 4, 2002 class. I had a stress test on March 13 2002, which was abnormal with exercise induced ischemia (poor circulation to parts of the heart, possible blockage). I was concerned for my life and being able to survive another heart surgery. I did not want to die and leave my wife, daughter and grand son. I thanked God for the opportunity to get in this program.

The program is not easy (as I thought it would be) and is a complete life style change. You have to commit 100% to following the program. At UHC the staff provided me with the motivation and training to learn how the program works.

The staff at UHC were the most knowledgeable and caring group of exceptional people that I have ever meet. Each one had love in their hearts for the cohorts in the program. I will say that I have enjoyed every minute of the 12 week program and my 6 weeks on the stage two of the program. The 12 weeks is a learning program of how to exercise, breath and relax, shop for the correct foods, prepare the correct foods, be open with yourself, understand others, preparing a better lifestyle for our friends and future generations. My knowledge increased every class, and I found that I was doing something not according to the program each week.

My 12 week results shocked me. I knew I felt a 1000 times better, I had a stress test on June 5, 2002 it was satisfactory with no signs of ischemia, I walked on the treadmill until the my doctor said you can stop when you want too.

My blood pressure decreased and I did not expect this. I slowly went off the Tenormin with my doctor consent. **Always consult you doctor before decreasing or stopping any medications.**

After the 12 weeks on the Dr. Ornish program I see the LDL/HDL ratio has a 12% decrease. This is significant that I now have 12 more good lipoproteins to get rid of the bad lipoproteins in my blood. Heart disease reversal takes years (sometimes a 8% reversal in 5 years).

I have now been in my new lifestyle change for over 2 years. I have maintained my loose of weight, I have kept my blood work stable, and my out look of life is great. I can do things now that I could not do 3 years ago. I thank God for showing me the Dr. Ornish Program. I love everyone in the program, and those associated with the program, and I now love life.