Reversing Heart Disease With Dr. Dean Ornish
Pictured here and on the cover is Dr. Dean Ornish, who advocates eating a whole-food, plant-based diet. Nearly 40 years of research shows that his program can reverse the progression of heart disease.

Beebe Brings Dr. Dean Ornish Program to Sussex County

Beebe Healthcare is proud to announce that the Dr. Dean Ornish Program For Reversing Heart Disease™ will soon open at Beebe Health Campus on Route 24 in Rehoboth Beach.

This program is nationally recognized—through the results of more than 35 years of peer-reviewed, published research—for reversing the progression of heart disease. Over the years, participants have reported that they no longer have chest pain, they have more energy, their cholesterol levels and blood pressure have lowered, and they have kept off weight lost while taking part in the program. They also have reported that they have been able to reduce the amount of medication they took for years.

“We are extremely pleased to bring the Dr. Dean Ornish Program to Sussex County,” says Jeffrey M. Fried, FACHE, President and CEO of Beebe Healthcare. “Although Beebe and our doctors provide care for patients with cardiovascular disease through such advanced medical programs as Interventional Cardiology and Cardiac Surgery, the Dr. Dean Ornish Program will allow Beebe to help patients learn how they, themselves, can actively participate in reversing their heart disease.”

Cardiovascular disease is the number-one
Managing stress is one of the four elements of the Dr. Dean Ornish Program. Yoga is one of the stress reduction techniques taught in the Program.

killer in the United States. Heart and vascular disease are all too common in Delaware. More than 12 percent of people in Sussex County have diabetes, which is a risk factor for cardiovascular disease. Nearly two-thirds of the population in Sussex County are overweight or obese, which also is a risk factor for cardiovascular disease.

WHAT IS THE PROGRAM?

The premise of the Dr. Dean Ornish Program is simple yet requires personal commitment and action: Adopt a healthy lifestyle based on the four key elements—a low-fat, whole foods, plant-based diet; at least 30 minutes of exercise each day; a practice of stress-management techniques; and active engagement in supportive relationships.

Documented and published results for thousands of participants across the nation have overwhelmingly shown that the program works, so much so that Medicare and several private insurance plans pay for patients to attend. All that is required is a referral from a physician and the patient’s commitment to adhere to program guidelines. Adherence includes, first and foremost, the giving up of smoking, which research links to many diseases, including heart disease.

Participants are not left alone to figure out how they are going to change their lives. Instead, they attend a comprehensive program consisting of 18 four-hour sessions in which an experienced staff teaches them how to prepare a whole-food, plant-based diet; how to exercise; techniques such as yoga and meditation to help them manage their stress; and even methods of communication through group discussions.

“People adopt this new lifestyle because they feel so much better so quickly,” says Dean Ornish, MD, Clinical Professor of Medicine at the University of San Francisco, and President and Founder of the Preventive Medicine Research Institute. “They have found the inner sources of health, joy, and well-being.”

For more information, please visit www.beebehealthcare.org/ornish.

A whole-food, plant-based diet is important.

NUTRITION

**What you eat**

What you include in your diet is as important as what you exclude.

Well-balanced fitness includes stamina, strength, and flexibility.

**How much activity you have**

FITNESS

STRESS MANAGEMENT

**How you respond to stress**

Releasing stress empowers you to react in healthier ways.

Giving and receiving love and support makes you healthier and happier.

**How much love & support you have**

LOVE & SUPPORT
Love and support and moderate exercise represent two important elements of the Dr. Dean Ornish Program.

Interview with Dr. Dean Ornish

Dr. Dean Ornish, MD, Clinical Professor of Medicine at the University of San Francisco, and President and Founder of the non-profit Preventive Medicine Research Institute, took part in a telephone interview in November with Beacon editor Susan Towers to share his thoughts about his program.

Q. How did you come to the conclusion that heart disease can be reversed by lifestyle?

A. For the past 37 years, I have directed a series of research and demonstration projects that have shown, for the first time, that a lifestyle that includes eating a whole-food, plant-based diet; moderate exercise; stress management techniques; and having more love, community, and social support reverses heart disease and Type II diabetes. My colleagues and I were also the first to prove through randomized, controlled trials that lifestyle change may slow, stop, or even reverse early stage prostate cancer. We were the first to prove that lifestyle changes can reverse aging at the cellular level by lengthening telomeres, the ends of our chromosomes that control how long we live. We also observed changes in gene expression, turning on genes that help us and keep us healthy and turning off genes that cause heart disease, diabetes, and the most common forms of cancer.

The more closely people followed the lifestyle program, the more they improved—at any age.

There is a new field emerging called “lifestyle medicine,” using lifestyle to treat disease, not only to prevent disease.

Q. How does your program differ from others?

A. Our program doesn’t just give information. It is not just a diet. It offers a comprehensive lifestyle and gives patients the guidance and support to transform their lives. It also is based on science.

We have partnered with Healthways, the leading wellness company that has infrastructure and a network, to train health systems, doctors’ offices, and hospitals across the country. We are creating a new paradigm and are excited to do this at Beebe.

Q. Why does the average person adopt your lifestyle?

A. Because they want to feel better, reverse their chronic diseases, and enjoy life more fully. When people make comprehensive lifestyle changes, the underlying biological mechanisms in our bodies are so dynamic that they usually feel so much better, so quickly, it reframes the reason for making lifestyle changes from fear of dying to joy of living. Adherence to our lifestyle program is more than 85–90 percent after a year.

“I am grateful to be partnering with Healthways so that we can bring this program to Beebe and get it to people who can benefit from it. Together, we can co-create a new paradigm of healthcare that provides the training, support, and reimbursement to help people empower and transform their lives.”

Visit www.UndoItWithOrnish.com for more information about Dr. Ornish’s program.

Daily exercise is a key component in a healthy lifestyle.
Steve, 58, a fast-food restaurant manager in Pittsburgh with Wendy's, admits he used to be a couch potato, eating all the wrong things. His unhealthy lifestyle contributed to obesity, Type II diabetes, and such serious heart failure that at age 50 he would have died without a heart transplant. But even a heart transplant didn’t make him change his lifestyle, until his weight starting shooting up again.

“My doctor told me that my new heart would not be able to take my weight gain,” he recalls. “That what I was doing was detrimental to my health.”

Steve’s wife Tracy, a critical care nurse, knew about the 18-session Dr. Dean Ornish Program For Reversing Heart Disease™ and urged Steve to enter it. That was nearly five years ago.

“IT changed my life,” Steve recalls, pointing out that he still adheres to the program. “I can do the things I never thought I could do. My energy is sky high. I improved so much that I’ve dropped most of my medications.”

While participating in the program, Steve says he learned to relax, and though he doesn’t continue with the yoga, he continues to practice his deep-breathing exercises whenever he finds that he is under stress. He follows much of the diet and still meets up with the people in the group from the program.

“I want people to know that there is hope, that life can be good again.”

Steve’s story, including details on his participation in the 2014 Transplant Games of America, can be found at www.ornishspectrum.com/living/stories.

Reversal Hummus

If you’re trying to reverse heart disease or prevent the recurrence of cancer, this recipe meets Dean Ornish’s “Reversal Program” nutritional guidelines.

DESCRIPTION

Traditional hummus has about 3–6 grams of fat per serving, blending in the added fats of tahini and olive oil. Those extra fats can add up. The good news, however, is that added fats are not necessary to make a rich, creamy, and delicious hummus. This heart-healthy alternative leaves out the added fats and includes only health-promoting ingredients such as the garbanzo beans, garlic, and lemon juice. The tahini and oil are replaced with silken tofu, which provides a rich and creamy texture.

INGREDIENTS

3 CUPS garbanzo beans cooked, canned or bottled
1/4 CUP garlic roasted
1 CUP silken tofu
1/4 CUP fresh lemon juice

1/4 TEASPOON fresh rosemary finely chopped, optional
1 TEASPOON salt
1/4 CUP hot water

DIRECTIONS

Place all the ingredients in food processor or high-powered blender. Blend until well mixed and creamy.
New Heart Procedure Calms “Fish Flopping Feeling” in Ocean View Women’s Chest

Heart disease is not in Kathleen Elliott’s family history, or at least she hadn’t heard that it is. So, when she retired in 2004 and she and her husband George moved to a home they had built in Ocean View, she didn’t give it a second thought.

Then, a few years ago, she started having what she described as “feelings of a fish flopping in her chest.” She didn’t have pain, just that strange frightening feeling.

Kathleen learned from cardiologist Barry Denenberg, MD, that she had atrial fibrillation, also known as AFib. Dr. Denenberg, who is on the Beebe Medical Staff, has offices in Millville and Lewes.

“I had never heard of AFib,” says Kathleen, now 73 years old. “But then, I started talking to my neighbors and found out that three other people I know have it, too.”

AFib is the most common abnormal heart rhythm, increases in prevalence with age, and affects up to 5 percent of the population older than 69 years, and 8 percent of the population older than 80 years. AFib causes irregular and
often rapid heart rate that commonly causes poor blood flow to the body. During AFib, the heart’s two upper chambers beat chaotically and irregularly, out of coordination with the two lower chambers of the heart.

Although AFib itself usually isn’t life-threatening, it is a serious medical condition that sometimes requires emergency treatment and can lead to complications. It may lead to blood clots forming in the heart that may circulate to other organs and lead to five times higher risk of stroke, in addition to other serious conditions such as congestive heart failure. AFib can be brief and occasional for some patients; however, in others, it doesn’t go away and requires treatment. Half of the patients fail drug therapy and require further treatment.

Kathleen was able to keep her AFib under control for nearly two years with medication. But then, the “fish flopping” started again. In September and October 2014, Kathleen was rushed to the Emergency Department at Beebe four different times for recurrent AFib. “Each time they used the paddles to get my heart rate back to normal again,” she recalls. “After what I was told, I knew I needed more than the medication.”

Dr. Denenberg referred Kathleen to Firas El-Sabbagh, MD, a cardiac electrophysiologist with offices in Millsboro and Lewes, and the Medical Director of Electrophysiology Services at Beebe Healthcare. Electrophysiology is the medical specialty that focuses on diagnosis and management of all types of heart rhythm disorders. Dr. El-Sabbagh recently introduced a new treatment option to Beebe that is called “catheter cryoablation.”

Catheter cryoablation is a minimally invasive procedure that uses extreme cold (cryo) to destroy or damage abnormally firing tissue (ablation) by freezing. Dr. El-Sabbagh performs the procedure in the Electrophysiology Lab at the Medical Center in Lewes. He uses a 3-D mapping system, an advanced technology that allows him to make an electroanatomic map (real-time geometry) of the heart, displayed on a monitor in the EP Lab, to guide him.

“Recent clinical studies have shown that this procedure offers a safe and very effective option when drug therapy does not work,” Dr. El-Sabbagh explains. More than 70 percent of patients treated with cryoablation were free from AFib after one year compared to less than 10 percent of patients treated with medication.

Dr. El-Sabbagh performed the procedure on Kathleen in November 2014.

“I’m a miracle,” Kathleen said a few weeks after the procedure. “When I woke up I had no soreness at all. I wanted to go home that day but they said I had to wait another day.”

Kathleen says she didn’t have any restrictions she had to follow once she left, except that she couldn’t lift more than five pounds. But, less than two weeks after the procedure, she was back playing shuffleboard at the VFW in Ocean View.

“It was so nice to be back with my friends again,” she says. “And I feel so good. I just can’t believe it.”

What is AFib?

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• AFib causes irregular and often rapid heart rate that commonly causes poor blood flow to the body.
• During AFib, the heart’s two upper chambers beat chaotically and irregularly, out of coordination with the two lower chambers of the heart.
• Although AFib itself usually isn’t life-threatening, it is a serious medical condition that sometimes requires emergency treatment and can lead to complications such as stroke and congestive heart failure.

What is Catheter Cryoablation for AFib?

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“Recent clinical studies have shown that this procedure offers a safe and very effective option when drug therapy does not work.”

—Firas El-Sabbagh, MD
Michael Clobes enjoys intense activities like dirt biking, so he was surprised when an injured finger required surgery and occupational therapy.

Backyard Soccer Led to a Serious Hand Injury for Sussex County Construction Worker

Michael Clobes lives life to the extreme. As a construction worker, he is not afraid of hard work or getting dirty. In his free time, Clobes is just as busy, often choosing high-impact activities.

So, he didn't take it too seriously when he hurt a finger playing backyard soccer.

“I was playing goalie with my 12-year-old nephew and the ball just hit my pinky finger at an odd angle,” Clobes recalls. “I thought I could pop it back in, tape it up, and it would be fine in a couple of days.”

Clobes was still having trouble with his right hand and finger a few days later. His wife Allison took him to Beebe Walk-In Care at the Beebe Healthcare–Georgetown location. While Clobes wasn’t in much pain, the doctor recommended an X-ray.

Clobes got the X-ray the next day at the Beebe Health Campus in Millville before heading to work at a construction site.

The results were sent to Beebe hand specialist and Board Certified Surgeon Scott Schulze, MD, in Lewes.

A SERIOUS INJURY REQUIRES SURGERY

“I wasn’t having any pain, so I just kept the finger taped up and was working as normal,” Clobes says. “When I saw Dr. Schulze, he told me it was a spiral fracture and I needed surgery.”

Clobes couldn’t believe it, though his hand was still wrapped up and not working too well.

“Dr. Schulze told me I would be out of work for a minimum of six to eight weeks, but I fig-
I had a hard time even picking up sticks because I am right-handed and it was difficult to use my left hand.

SURGEON DIRECTS RECOVERY PLAN

Dr. Schulze gave the direction for the recovery plan and Kuterbach followed up by addressing the wound healing and scarring, sensory awareness, pain, motion, and strength. The doctor–occupational therapist team was able to advance Clobes from little movement to improved movement and strength training using resistance bands. Clobes went from not being able to bend his pinky to nearly making a full fist.

Treatments have included hands-on manual therapy, scar and edema massage, exercises, and the provision of a home program and patient education. Customized splint fabrication started at the first session and continues:

“A good occupational therapist would never splint once; splints have to be re-checked, tweaked, or re-fabricated to adjust to changes in swelling or movement patterns,” says Kuterbach.

Kuterbach says she knew recovery for Clobes would take time. After 10 weeks, she believes he is bending his hand at 80 percent of normal.

Kuterbach has worked as an occupational therapist since 1985. For the last 15 years she has worked as a hand specialist directly with a Board Certified hand surgeon.

“I am so happy with his recovery,” Kuterbach says. “He is such a good patient, and he has made huge improvements. It is really a team effort. When the surgeon, the therapist, and the patient communicate and work together, this is the kind of success you can look forward to.”

“I want to be 100 percent,” Clobes says. “Joyce is helping me realize that it’s happening in steps and I am learning. Following directions has been hard for me, but I’m learning to listen.”

“It is really a team effort; when the surgeon, the therapist, and the patient communicate and work together, this is the kind of success you can look forward to.”

—Joyce Kuterbach, OT/L

Michael Clobes works with Beebe Rehab Services occupational therapist Joyce Kuterbach, OT/L, who specializes in hand therapy.
Bill and Allyn Wagamon support Beebe Healthcare as active members of the Board of Ambassadors for the Beebe Medical Foundation. The $103,000 raised by Beebe Medical Foundation’s 2014 Beebe Ball, pictured above, funded equipment necessary for Beebe Healthcare’s new Catheter Cryoablation to treat atrial fibrillation (See page 6). Over the past 25 years, the Foundation has raised more than $45 million to support Beebe programs and services.
Many Treatments Available to Soothe Back and Neck Pain

Back and neck pain is so common that most people will experience it at one time or another in their lives. Usually, the pain goes away within a few days.

But for those situations in which pain and stiffness linger or worsen, Beebe Healthcare—and its team of orthopaedic surgeons, nurses, physical therapists, and other specialists—is available to provide a wide variety of treatment options.

“Beebe provides total care for the spine,” says Ronald Sabbagh, MD, a Lewes orthopaedic surgeon specializing in the spine and the Department Chair of Surgery at Beebe. “The majority of patients who I see don’t need surgery. In fact, I’d say that only about 10 percent to 15 percent get surgery.”

Though Dr. Sabbagh is a Board Certified orthopaedic surgeon who specializes in spinal reconstruction surgery, he first looks for non-surgical options for his patients before offering surgery, whether minimally invasive or complex. Dr. Sabbagh regularly refers patients for physical therapy, pain management, and acupuncture. He also will suggest lifestyle changes such as diet and exercise.

“Certain foods can cause an inflammatory response which leads to pain,” he says, adding that smoking also is linked to back pain. He has even diagnosed shingles in a patient with back pain symptoms.

Lewes orthopaedic surgeon William Pfaff, MD, a member of the Beebe Medical Staff, says Beebe offers everything from “conservative, non-surgical treatments to complicated spinal reconstructive surgery.”

Dr. Pfaff is Board Certified in orthopaedic surgery and specializes in spinal reconstructive surgery of the cervical, thoracic, and lumbar spine. He also treats his patients with injections that help pinched nerves, herniated disks, stenosis, and arthritic joints. He performs minimally invasive procedures that include disk replacements and spinal cord stimulators to improve movement for patients with neuropathy.

Beebe anesthesiologist Dale Sutherland, MD, offers injection treatments for the spine for appropriate patients at the Beebe Outpatient Surgery Center in Rehoboth.

“Not one spine is the same,” says Beebe physical therapist Joshua Smith, PT, DPT, MDT, who specializes in treating the spine and works out of Beebe’s Georgetown location. He says that at Beebe Rehabilitation Services each patient receives one-on-one attention from a certified physical therapist. Beebe’s total spine program includes specialized surgical and nursing teams, and Beebe HealthyBack offers a treatment solution for chronic neck and back pain.

Beebe spine surgeons William Pfaff, MD, left, and Ronald Sabbagh, MD, take a few minutes to catch up while at the Medical Center in Lewes.
Be Screened

HEALTH SCREENINGS HELP PREVENT ILLNESS AND IMPROVE OUR LIVES

Heart disease, diabetes, and early stages of breast, prostate, and colon cancer can be occurring in our bodies without our knowledge. In many cases, by the time we have symptoms, many illnesses can be life-threatening. Yet today, we have so many opportunities to diagnose them in early stages while we still have a chance to control them with lifestyle changes and medical treatments or procedures.

We know, for example, that diagnosing diabetes in the early stages allows us to take preventive measures to avoid the disease from causing irreparable harm to our circulatory system.

The U.S. Preventive Services Task Force emphasizes the importance of screening for diabetes. “Millions more patients at risk could ultimately be identified and helped by diabetes prevention programs recognized by the CDC through its National Diabetes Prevention Program,” says AMA President Robert M. Wah, MD.

We also know that controlling high blood pressure and cholesterol through medication or lifestyle changes helps prevent stroke and heart attack.

And, data kept by the Beebe Cancer Registry shows that survival rates are much better for women with breast cancer when the cancer is found in an early stage. Between 2002–2009, cases diagnosed in stage I had a five-year survival rate of 91 percent. Cases diagnosed in stage IV had a five-year survival rate of 12 percent.

We at Beebe Healthcare urge you to get your health screenings and to regularly visit a healthcare provider.

Beebe Healthcare’s Annual Health Fair

SATURDAY, FEBRUARY 7
9 A.M. – 3 P.M.
Rehoboth Beach Convention Center
229 Rehoboth Ave., Rehoboth Beach, DE

FREE EVENT Registration is not required. Questions? Please call (302) 645-3337. In case of inclement weather, check WBOC-TV or 98.5FM and 103.9FM.

FREE HEALTH SCREENINGS for glucose, blood pressure, cholesterol, BMI, and bone density.

Booths will be hosted by many other agencies with information for the public. Physician speakers on site. Light refreshments provided.

Keep your family in good health!