

Health Corner TV®
Reversing Heart Disease

Coronary heart disease is the number one killer of adult Americans. "Heart disease is a disease of lifestyle. It's not about medicine," says Dr. Tissa Kappagoda, Director of the Cardiac Rehabilitation Program at Davis. Regular exercise reduces heart disease by 20%. "We offer a three-leg approach. Exercise, low fat diet and stress management. If you neglect a leg, the stool falls over," says Debbie Lucus, RD at Davis. The program is a two year commitment. Heart attack survivor Leroy Miller says, "When I started the exercise program, I wasn't sure I could do it. But now I can do even more." Another program participant Henry Edwards says, "I was brought up on fried foods. I've totally changed my diet. I feel like I got a second chance." "It's never too late to reverse heart disease," says Dr. Kappagoda.