WESTSIDE
MEDICAL IMAGING

September 18th, 2007

Cardiovascular News Update

Dear Colleague,

Westside Medical Associates of Los Angeles (WMALA) in conjunction with Westside Medical Imaging (WMI) would like to provide you with this weekly update on important new developments in cardiovascular care.

Effect of Homocysteine (HCY) Lowering on Mortality and Vascular Disease in Advanced Chronic Kidney Disease and End-Stage Renal Disease: A Randomized Controlled Trial

Homozygous hyperhomocysteinemia is associated with arterial and venous occlusive disease in children. Levels of Hcy above the population median are associated with an increase in incident MI and strokes, venous thromboembolism, and recurrent vascular events; and Hcy levels rise markedly in chronic renal disease. Despite the biologic plausibility, lowering the folic acid with moderate- to high-dose B vitamins was not effective in coronary disease, strokes, thromboembolic disease, and now chronic renal disease. One explanation is that the relative risk of Hcy levels is too low to demonstrate a benefit. However, another consideration should be an adverse effect of B vitamin supplements, as has been shown with the antioxidant vitamin E and several combinations.

Early detection saves lives. That's what we do. Find out more at Westside Medical Imaging's website at www.westsidemedimaging.com

Research suggests plaque detected by 64-slice Cardiac CT Angiography (CTA) may predict an increased risk of cardiac events in the absence of hemodynamically significant stenosis.

"Low-density coronary plaque detected by multi-slice CT angiography (CTA) predicted an increased risk of cardiac events in the absence of hemodynamically significant stenosis," according to research reported at the American Society of Nuclear Cardiology meeting. "CTA identified low-density plaque in almost half of patients who developed unstable angina or myocardial infarction during almost three years of follow-up," reported Yuichi Sato, M.D., of Nihon University in Tokyo. Dr. Sato and colleagues found that those "patients with low-density plaque also had triple the likelihood of acute coronary syndrome during follow-up." Dr. Sato added that the "presence of low-dens[ity] plaques on CT without hemodynamically significant stenosis was an independent predictor of future cardiac events" for those with several risk factors for heart disease. This is consistent with the experience at **Westside Medical Imaging (WMI)** in Beverly Hills where an even larger scale evaluation will be conducted. **Drs. Lepor, Madyoon, Geft and Duffy** confirm that the coronary plaques most likely to rupture and cause clinical events cause less then 50% stenosis and cannot be identified by stress testing and are best suited to be identified by cardiac CTA. **WMI is a pioneer in cardiac CT imaging.**

WESTSIDE
MEDICAL IMAGING

Study suggests excess weight may independently increase risk of coronary heart disease.

"Pounds weigh heavily on the risk of developing coronary heart disease, independent of traditional risk factors, according to a meta-analysis" published in the Sept. 10 issue of the *Archives of Internal Medicine*. "Excess weight alone increases the risk of coronary heart disease by 17 percent to 49 percent, depending on weight," reported Rik P. Bogers, Ph.D., of the National Institute for Public Health and the Environment in Bilthoven, the Netherlands, and colleagues. The researchers analyzed "data from 21 studies...that included 302,296 healthy, mainly white persons." According to the researchers, "Obese individuals had an 81 percent increased risk compared with normal weight individuals," while "moderately overweight individuals had a 32 percent increased risk." **As a response to the obesity epidemic and to assist you with the care of obese patients**, **Westside Medical Associates of Los Angeles has developed and excellent nutritional intervention program under the direction of Vicki Nussbaum. Please call 310-289-9955 or email belindat@westsidecardio.com for additional information.**

Study suggests virus may be responsible for chronic fatigue syndrome.

A new study "links chronic fatigue syndrome (CFS) with enteroviruses, which cause acute respiratory and gastrointestinal infections." Over "70 different types of enteroviruses...can affect the central nervous system, heart and muscles, all of which is consistent with the symptoms of CFS." Dr. John Chia, an infectious disease specialist in private practice in Torrance, Calif., "dr[ew] some 3,000 blood samples from patients, looking for viral genes." European researchers "had found enteroviruses in the brain, muscle, and heart of a CFS patient who had committed suicide." However, "brain and heart biopsies are virtually impossible to perform in living people." Chia stopped looking in patients' blood and began "looking in the viruses' 'area of replication,' meaning the stomach." After taking "stomach biopsies and perform[ing] endoscopies on 165 CFS patients, all of whom had had longstanding gastrointestinal complaints (these are common in CFS patients)," Chia found that "eighty-two percent of the specimens from CFS patients tested positive for enteroviral particles, compared with just 20 percent of the samples from healthy people." The research was reported in the Sept. 13 online issue of the *Journal of Clinical Pathology*.

Study suggests trastuzumab (Herceptin) may be associated with an increased risk of heart failure.

"Neoadjuvant trastuzumab (Herceptin) may improve breast cancer response rates in combination with anthracycline-based chemotherapy." However, "some oncologists remain skeptical about cardiac toxicity." At the American Society of Clinical Oncology's Breast Cancer Symposium, Luca Gianni, M.D., of the Istituto Nazionale Tumori in Milan, Italy, and colleagues reported that "more patients on trastuzumab developed heart failure (2.2 percent versus 0 percent) or had at least a 10 percent decrease in left ventricular ejection fraction (23 percent versus 16 percent) compared with those who did not receive trastuzumab." Although Dr. Gianni described this as "acceptable cardiac safety," Daniel F. Hayes, M.D., of the University of Michigan Comprehensive Cancer Center in Ann Arbor, said, "I think the risk of heart failure is enormous."

WESTSIDE
MEDICAL IMAGING

Women at risk for heart disease less likely to make lifestyle changes.
"Women at risk for heart disease don't make lifestyle changes as often as men," according to research reported in the *American Heart Journal*. Researchers at University of Southwestern Medical Center in Dallas "looked at data from more than 2,400 people between age 30 and 50 and analyzed the link between family history of heart disease and risk factors for cardiovascular disease." The researchers "found that women with a family history of heart disease were less likely than men to change habits such as smoking and infrequent physical activity." Moreover, these women "were more likely to engage in lifestyle choices that increase their risk of heart disease than are women" without a family history of heart problems.

Not all HDL is good as study suggests a meal high in saturated fat may decrease HDL's anti-inflammatory properties.
"An occasional meal or snack loaded with saturated fat" may "diminish your body's ability to defend itself against heart disease," according to research published in the *Journal of the American College of Cardiology*. Study leader Dr. David Celermajer, Scandrett professor of cardiology at the Heart Research Institute and the Department of Cardiology at Royal Prince Alfred Hospital, and researchers had 14 study participants "eat two meals, spaced one month apart. Each meal consisted of a slice of carrot cake and a milkshake." However, "in one case the foods were made with saturated fat, and in the other case the meal was made with polyunsaturated safflower oil, a much healthier choice." The researchers "obtained blood samples from the participants so they could evaluate whether the anti-inflammatory properties of...HDL cholesterol had decreased." According to the researchers, these "properties did decrease after the saturated fat meal." But, they "improved after the healthier polyunsaturated fat meal." While Celermajer said that the "effects may be temporary," he is "concerned because the effect may be occurring over and over, each time a person eats a high-fat meal."

Sleep deprivation may be associated with hypertension in women.
Sleep-deprived women are at greater risk than men for developing...hypertension, according to research reported in *Hypertension*. Study leader Francesco Cappuccio, of the University of Warwick's Warwick Medical School, and researchers "analyzed data from a study" that included 6,592 participants. According to the findings, "women who slept five hours or less were twice as likely to suffer from hypertension as women who slept seven hours or more a night." The researchers, however, found that this link did not apply to men.

Westside Medical Associates of Los Angeles (WMALA) and Westside Medical Imaging (WMI) are premier centers in cardiac diagnosis and treatment.

Please feel free to contact
Norman Lepor MD, Hooman Madyoon MD or Ivor Geft MD
at (310) 289-9955
or check our website at www.westsidemedimaging.com.

If you would like these newsletters to be sent to other friends or colleagues, please note their names and corresponding email addresses by clicking here

If you do not wish to receive future newsletters, you can unsubscribe by clicking here. Please include your full name and email address.