



## Prevention Is Key To Heart Health



WRITTEN BY:  
LAURA C. JANES, D.O., PC

Every minute a woman dies in this country from cardiovascular disease. Cardiovascular disease claims nearly 500,000 women's lives every year. Of the 1 million people who die of cardiovascular diseases, 53% are women.

### Cardiovascular disease includes:

- Heart attack
- stroke
- TIA
- hypertension
- congestive heart failure
- congenital defects
- peripheral vascular disease and
- blood clots.

**MYTH:** Heart disease is a man's disease.

**FACT:** Each year heart disease kills more women than men.

38% of women die within one year of suffering a heart attack, compared to 25% of men.

**MYTH:** Breast cancer is the greatest health risk for American women.

**FACT:** Heart disease affects many more women than breast cancer.

More women die of cardiovascular disease each year than the next 6 causes of death combined.

Risk factors help predict who is more likely to develop heart disease. The non-modifiable risk factors include: family history, age and race. Our risk increases after the onset of menopause, and African-American women have a higher risk of death from heart attack than white women.


Modifiable risk factors include diabetes, high cholesterol, smoking, hypertension, obesity and inactivity. **Obesity** is not only an independent risk factor for heart disease; it is a **magnifier** of the other risk factors.

The total number of American women age 20 and older with diagnosed and undiagnosed diabetes is approximately 10 million.

The wellness and weight loss program that my office offers is a medically designed protocol that results in fat loss while sparing muscle. It was developed in France over 20 years ago by a physician who focused his career and research on nutrition with an emphasis on the treatment of obesity. Our method helps stabilize blood sugar while burning fat and maintaining muscle.

It is also an excellent support for **cellulite reduction**. Our protocol has been shown to help lower blood pressure and high cholesterol, and treat those with Type I and Type II diabetes. We will teach you about 3 types of food that affect your weight—those that make you gain, those that **do not** make you gain weight, and those that can **prevent** you from losing weight. You will also add our protein-based foods, which consist of high biological value proteins, to build complete meals. Weight loss is quick and a loss of 15-20% over 12-16 weeks is typical.



 This February 4th is **National Wear Red Day**, to raise awareness of heart disease in women. Make it your mission to fight heart disease among women by wearing red, helping raise funds, raise awareness about how we can fight back, and by loving our own hearts by being physically active, eating a heart healthy diet and being educated.

Please call our office and speak with Jennifer for more information. **(609) 653-2101.**

*Dr. Laura Janes is a graduate of the University of Health Sciences, Kansas City, Missouri. She completed her residency training in Family Medicine at the University of Medicine and Dentistry of New Jersey. She is Board Certified in Family Medicine. Dr. Janes has been in private practice in Linwood for 11 years. She is a member of the American Osteopathic Association, the American College of Family Physicians and the New Jersey Association of Osteopathic Family Physicians.*

**Laura C. Janes, D.O., PC**  
Board Certified Family Medicine

Linwood Commons  
2106 New Road  
Suite D7  
Linwood, NJ 08221

Phone: 609.653.2101  
Fax: 609.653.2247  
drljanes@comcast.net



### Jennifer's Story...



### 6 MONTHS, 50 POUNDS LATER

It has now been 6 months since I started the diet. To date have lost a little over 50 pounds. I am now on the "maintenance" part of the diet. It is now very easy to eat healthy foods everyday because I am allowed to eat my forbidden foods one day a week. I can't believe I haven't gained any of the weight back. The weight loss has had a great deal of effect on me both physically and mentally. I truly feel so much better and I am so much more positive. The knowledge I have about eating properly has led me to feed my family differently. My whole outlook on life is different now. It certainly takes alot of work to lose the weight, but it is totally worth it. I will never go back to my old self .... ever!

~ Jennifer