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GUNN TOWBIN CENTER
GYNECOLOGY FEMALE UROLOGY WOMEN'S WELLNESS



Heart Attacks and Strokes are Proven to be Preventable

A recent medical study (The Jupiter Trial) has shown that a cholesterol-lowering statin medication, Crestor, reduced the risk of heart attack and stroke by 45% in people with normal cholesterol and who had an elevated level of a blood protein called CRP-HS (C-Reactive Protein-Highly Sensitive). In December 2009, the findings of this study led the FDA Advisory Panel to recommend that all "healthy" men and women 50 years and over, regardless of their cholesterol levels and risks, be given the statin medication Crestor for the primary prevention of heart attacks and strokes.

CRP-HS is a protein produced by the liver and circulates in the blood stream. The levels reflect low-grade inflammation associated with chronic diseases (such as diabetes, hypertension or rheumatoid disorders). CRP-HS is also a prognostic indicator for cardiovascular disease due to the buildup of cholesterol plaque along the walls of arteries (called atherosclerosis or hardening of the artery). Statin medications specifically reduce both cholesterol levels and inflammation, dramatically lowering the risk of plaque growth and rupture – the cause of heart attacks and strokes.

The Jupiter Study underscores the importance of testing for CRP-HS, in addition to measuring the traditional cholesterol panels. "The Jupiter Study validates the Gunn Towbin Center's conviction that even individuals with normal LDL cholesterol should still take steps to prevent heart disease and stroke," said PK Kaliban, Director of WOW, the Center's Wellness Overview for Women. CRP-HS levels are measured by a simple blood test that is routinely included in the WOW program. While statins may be a breakthrough for the prevention of heart disease, it is important that patients do not think statins are a "cure-all". Healthy lifestyle changes and reducing other risk factors continue to be important parts of preventive medicine.

Learn about your CRP-HS and find out if you have any plaque in your arteries that may lead to a heart attack or stroke. Experience the WOW Program – Get the real facts. Know your options.

Call the Gunn Towbin Center @ 714-447-4800 for a consultation.

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