

Prevention & Treatment of Heart Diseases

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Coronary artery disease is a condition in which the blood supply to the heart muscles is partially or completely blocked. Coronary artery disease was once widely thought to be a man's disease. On average, men develop it about 10 years earlier than women because until menopause women are protected from the disease by high levels of estrogen. However after menopause, the disease becomes more common in women. Among people age 75 and older, a higher proportion of women have the disease because women live longer. In the United States, cardiovascular disease is the leading cause of death among both sexes, and coronary artery disease is the most common type of cardiovascular disease, occurring in about 5 to 9% (depending on sex and race) of people aged 20 and older. The death rate increases with age and overall is higher for men than for women, particularly between the ages of 35 and 55. After age 55, the death rate for men declines, and the rate for women increases. After ages 70 to 75, the death rate for women exceeds that for men who are the same age. Coronary artery disease affects people of all races, but is higher among African Americans and South East Asians. The death rate is higher for African American men than for Caucasian men until age 60 and is higher for African American women than for Caucasian women until age 75. Coronary artery disease is almost always due to the buildup of cholesterol and other fatty materials (atheromas or atherosclerotic plaques) in the walls of the coronary arteries. Occasionally, the cause is a spasm of an artery or on more rare occasions a birth defect, a viral infection, lupus erythematosus, inflammation of the arteries (arteritis), or physical damage (injury or radiation therapy).

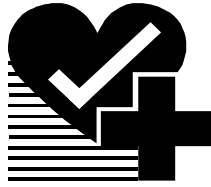
A recent study indicates that heart diseases in women is on the rise. Nearly 500,000 American women die each year of cardiovascular disease (heart diseases and stroke). Heart disease is the No. 1 killer of women over the age of 35, kills six times as many women as breast cancer and more than all cancers together. Smoking, diabetes, hypertension, hypercholesterolemia and obesity are the main factors that contribute to increase heart attack, heart failure and lower survival rates after heart attack.



In Chinese Medicine, heart attack and / or Heart disease belong to Xiong Bi (means chest blockage) and Heart Pain category. But Xiong Bi (Chest blockage) in TCM is not only limited to heart diseases in Bio –medicine. The factors that cause Xiong Bi include an unhealthy diet and life style, emotional disorders, external chest colds and bodily aging that causes the organs' energy /or function to decline.

There are six pattern of Xiong Bi in TCM. However, heart vessel blockage and phlegm blockage patterns in TCM are more common in heart attacks and angina. Heart Yang deficiency and Qi / Yin deficiency patterns are more common in heart failure. Women with heart diseases after menopause are more susceptible to kidney and heart yin deficiency. The treatment of Xiong Bi is customized depending upon the different patterns of Xiong Bi.

*What are the treatment options of
Heart diseases in Chinese
Medicine?*



1. Herbal Formulas are the most common method in treating heart disease in Chinese Medicine. In China, there are many forms of herbal formulas for the treatment of heart disease that can be taken orally, injected, IV (intravenous) and external applied. In the United States, it is strongly recommend that any acute chest pains be directly brought to the attention of a Physician.

Experienced Chinese herbalists formulate the herbal prescriptions to unblock blood vessels, move blood in the heart, move heart qi (energy), control phlegm (cleaning cholesterol plaque) and help repair and soothe the inner lining of blood vessels to further prevent clots (Invigorating blood) . The greatest benefit of using herbal formulas to treat and prevent heart disease is to minimize bleeding while retaining the results to prevent heart attack. In our clinic, we use herbal formulas to help many patients who experience angina after bypass surgery and/or after have many stents in their coronary arteries that other medications can't stop.

Dr. Hu recommends that patients take invigorating herbal tea after age 55 to promote circulation, anti-aging and prevent cardiovascular disease. Similar to how Western Medicine Doctors recommend taking aspirin daily. (Herbal tea's carry less side effects)

2. Acupuncture and Auriculars Acupuncture:

Acupuncture with moxibustion treatment on heart and pericardial meridian points can ease chest pain, angina and promote circulation while relaxing the whole body. Auricular acupuncture (a small herbal pellet put on ear point for several days) will continue to prevent heart



problems.

3. Chinese Food Therapy

Certain foods and vegetables benefit the cardiovascular system. They include onion, garlic, celery, seaweed, kelp, spinach, dandelion, turnip, black and silver fugues(mushroom), hawthorn fruit, Go Ji berry (wolf berry), water chestnut, mal berry, banana, star fruit, Reiki mushroom and safflower flower (Flos Carthami Tinctorii).

As a Traditional Chinese Medicine practitioner and follower of the TCM philosophy “*Superior doctors treat diseases before they happen,*” Dr. Hu recommends that people who are prone to heart disease or already have a history of hypertension and hyper cholesterol should take some of the following teas for prevention:

- a. Green Tea with Chrysanthemum and Hawthorn fruits,*
- b. Hawthorn fruit with Jue Ming zi tea*
- c. Hawthorn fruit with Dan Shen (Salvia Root) Tea*
- d. Safflower flower and garlic rice soup*

At Dr. Hu's Traditional Chinese Medicine Clinic, we formulate special house herbal teas that help patients with cardiovascular diseases.

Please call Dr. Hu for a consultation on herbal teas for the prevention of coronary heart disease, hypertension and high cholesterol.