

---

## Jefferson Cardiology Association Happenings

---

### **More Benefit of Exercise**

Past research has demonstrated that moderate exercise up to 3 times per week was associated with a 20% reduction in heart attacks and stroke. It is less well known that exercise may reduce the risk of cancer.

In a recently published study examining more than a million European and American subjects, greater levels of leisure time activity was associated with reduced risk of developing a number of different forms of cancer. Exercise was found to reduce the risk of 13 of 26 types of cancer. For those 13 cancers, the risk reduction ranged from 10 to 42%.

The types of cancers benefited by exercise included esophageal, liver, lung, kidney, stomach, uterine, colon, leukemia, myeloma, rectal, head and neck, bladder and breast. Prostate cancer and melanoma were not benefited by exercise.

The mechanism by which exercise reduces cancer is no known. Also unknown is the type and duration of exercise needed to reduce cancer risk. It appears that relationship between physical activity and cancer risk is strongest for cancers of the stomach, intestinal tract and malignant blood disorders.

Although specific guidelines for exercise to reduce cancer have not been developed, researchers advocate recommendations put forth by the Communicable Disease Center. It is recommended that adults get 150 minutes of moderate intensity cardiovascular exercise and muscle strengthening activities 2 or more days per week using all major

muscle groups including legs, hips, back, abdomen, chest, shoulders and arms. An alternate would be 75 minutes per week of vigorous aerobic activity such as jogging or running each week combined with muscle strengthening activity 2 or more day per week.

### **HOPE – 3**

One of the more publicized and provocative studies presented at the recent Scientific Sessions of the American College of Cardiology was the HOPE – 3 clinical trial

In short this study was structured to assess whether a blood pressure pill or a statin could reduce future cardiovascular events in persons with one risk factor. This study included 12, 000 persons from all over the world including on third from China and South Asia. The participants included men over 55 and women over 65 with at least one risk factor.

The subjects were broken into two groups. In one group, persons were given the blood pressure pill Atacand Hydrochlorothiazide or a placebo, or fake pill. Many of the people in this arm had normal blood pressure.

In the other arm, persons were given the cholesterol pill, Crestor, or a placebo regardless of their cholesterol level.

The results showed no benefit of the blood pressure pill unless person had a baseline history of high blood pressure. This information may strengthen the concept that blood pressure should not need be treated unless over 140mm mercury.

On the other hand, Crestor reduced cardiovascular events by 25% over 10 years. However those with relatively low risk for cardiovascular events received less benefit.

These results tend to affirm previous studies that preventive therapy is most effective when based on a patient's

risk for cardiovascular events. Physicians have access to several scoring systems to assess this risk. Using these systems, physicians can then consider the potential benefit of blood pressure or cholesterol treatment to best protect persons at risk.

### **FRUIT SALSA**

#### **Ingredients:**

2 Kiwis, peeled and diced	1 tablespoon brown sugar
2 Golden Delicious apples-peeled, cored and diced	2 tablespoons white sugar
8 ounces raspberries	10-10 inch flour tortillas
1 pound strawberries	Butter flavored cooking spray
3 tablespoons fruit preserves, any flavor	2 cups cinnamon sugar

#### **Directions:**

1. In a large bowl, thoroughly mix kiwis, apples, raspberries, strawberries, white sugar, brown sugar and fruit preserves. Cover and chill in the refrigerator at least 15 minutes.
2. Preheat oven to 350 degrees F.
3. Coat one side of each flour tortilla with butter flavored cooking spray. Cut into wedges and arrange in a single layer on a large baking sheet. Sprinkle wedges with desired amount of cinnamon sugar. Spray again with cooking spray.
4. Bake in the preheated oven 8 to 10 minutes. Repeat with any remaining tortilla wedges. Allow to cool approximately 15 minutes.
5. Serve with chilled fruit and spice mixture.

Nutritional Facts: Calories 99.3, Protein 7g, Carbs 99.3, Sodium 349mg, Fat 5.5g, Cholesterol 0mg, Fiber 6g, Calories from Fat 10%, Calories from Carbs 83%, Calories from Protein 5%.

---

*A publication of Jefferson Cardiology Association*  
**Alan D. Bramowitz, M.D. Michael S. Nathanson, M.D. Gennady Geskin, M.D.**

Jefferson Hospital Medical Building  
Suite 464, Coal Valley Road  
Clairton, PA 15025

Belle Vernon Office  
1533 Broad Ave Ext  
Belle Vernon, PA 15012

TEL : (412) 469-1500

FAX : (412) 469-1531

E-mail: [contact@jeffersoncardiology.com](mailto:contact@jeffersoncardiology.com)

<http://www.Jeffersoncardiology.com>