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Cardio-Pulse Wave Device and Heart Disease 2008 Measuring the Health of Our Cardiovascular System

Dr. R. Jay Shetlin, Dr. Mark A. Snow; West Valley City, UT; September, 2008 [Part I]

I have been educating patients for years on ways to improve their health and the health of their family.

Of course, my focus has always been “preventative” rather than “reactive;” Life-style changes over drugs and surgery; True “health care,” rather than the “disease/crisis care,” we are taught to call ‘health’ care in this country.

The following is revolutionary technology in the prevention arena:

HEART DISEASE

Heart disease is clearly the leading killer in America and rapidly spreading around the world. If you have been to one of my health workshops you know that 1 in 3 Americans die of heart disease. In 47% of cases the first sign of a problem is DEATH. That’s right, they felt fine on Sunday then Monday they died of a heart-attack.

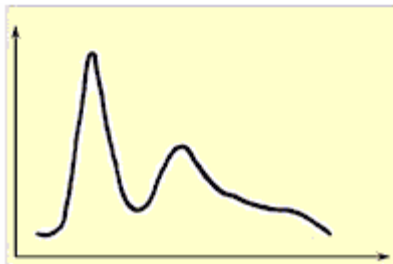
Heart disease is clearly a ‘life-style’ disease which means it is both *preventable* and *reversible*.

However, until recently there was no way to objectively measure (non-invasively) the health of a person’s cardiovascular system. Furthermore, we didn’t understand how easy

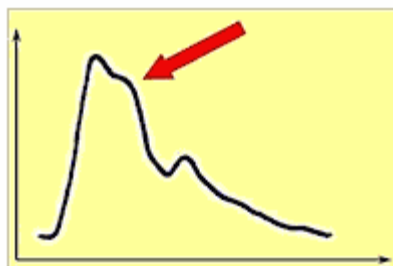
it was to reverse the affects that lead to the deadly extreme of a sclerotic¹ cardio-vascular system.

OBJECTIVE MEASUREMENT

New technology that originated at Stanford University and was improved upon by Dr. Joe Prendergast, results in an accurate and portable way to objectively measure the health of an individual’s cardiovascular system. The new “[Cardio Pulsewave Device](#),” is being used to give individuals a ‘benchmark’ of where their cardiovascular system rates on a scientifically calculated chart of averages per age.



Age 25 Years



Age 47 Years

What is Pulsewave Analysis?

When your heart beats, it radiates a Pulsewave down the lining of your arteries. That pulse wave is met with a certain amount of resistance from the walls of the artery, and this causes a rebound wave, or “echo wave” to travel back in the other direction. The elasticity of the arterial walls determines the size of that wave. The stiffer the wall, the larger the wave. The Pulsewave travels to your fingers and toes then back. The frequency and strength of

¹ Scarred or plaque filled

this wave can help doctors determine the overall health of your cardiovascular system.

Pulse Rate:

With each heart beat your blood is being ejected carrying oxygen. If your heart beats are too slow, less oxygen is being transported to your body's cells. If your heart beats are too fast, premature aging of the heart can occur.

Pulse Height or Strength:

Measuring your Pulse Height determines the velocity or how fast your blood travels through your vascular system. Slow moving blood means a slow delivery of oxygen. A lack of oxygen can result in a lack of energy, memory loss and a poor immune system.²

The test is very simple, painless and takes less than 5 minutes. Of course, the test only tells an individual where they rate; what to do about it needs to be discussed with your doctor. I will go over treatment methods and suggestions in my 'part II' article.

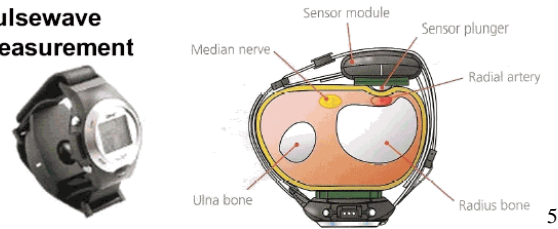
I can tell you this, exercise is always important, chiropractic helps more than you think, but diet and the right supplements can really accelerate the body's ability to heal and restore elasticity to arteries and vessels.

There is a great deal of research pointing to L-arginine, an amino acid, which initiates vessel relaxation. "L-arginine, by more than one pathway, activates endothelial nitric oxide(NO) synthesis which relaxes cardiovascular tissue."^{3 4}

² <http://www.synergyteamglobal.com/drsnow.cardio-pulse-wave.html>

³ Receptor-mediated activation of nitric oxide synthesis by arginine in endothelial cells
Mahesh S. Joshi, T. Bruce Ferguson, Jr., Fruzina K. Johnson, Robert A. Johnson, Sampath Parthasarathy, and Jack R. Lancaster, Jr.
Proc Natl Acad Sci U S A. 2007 June 12; 104(24): 9982–9987.
Published online 2007 May 29. doi: 10.1073/pnas.0506824104.
PMCID: PMC1891228

Pulsewave Measurement



As you can see, the device simply wraps around the patient's wrist like a wrist-watch. It has a special sensor just over the radial artery to measure the pulse waves. The monitor is connected to a computer to collect and analyze the data.

In a matter of minutes an individual can know and understand the health of their cardiovascular system. They can see if they have the heart and arteries of a teenager, normal for their age, or are at risk of having a heart attack.

If the individual measures in a margin for concern this should be addressed with their doctor. Custom diet and lifestyle modifications can be prescribed. The individual can then be re-checked every 90 days to monitor change and improvements.

Currently there is only one machine of this kind. Dr. Snow and I schedule tests in our office every couple of weeks as the machine is being shown across the country to other doctors in order to spread the word.

We are working diligently with Bill Styles, Eric Glenn, and Dr. Prendergast to duplicate and bring this technology to more doctors and patients.

Knowing the "age" of your cardiovascular system creates a better self awareness.

Using that awareness in conjunction with proper nutrition and lifestyle changes you can monitor cardiovascular improvement...***and that could save your life!***

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<http://altmedicine.about.com/cs/herbsvitaminsad/a/Arginine.htm>

⁵ Images compliments of synergyteamglobal.com