

GARDEN STATE CLE LESSON PLAN

A 1.5 CLE CREDIT COURSE

FREE DOWNLOAD LESSON PLAN AND EVALUATION

Heart Disease & the Stressed-Out-of-Your-Mind Middle-Aged Lawyer

WITH

Steven Lederman, M.D.

AND FEATURING

ROBERT RAMSEY, SENIOR INSTRUCTOR

Program Description

Nothing kills more attorneys each year than heart disease. You don't have to be a victim. This 1.0 credit CLE may literally save your life. Garden State recommends this CLE for every lawyer in private practice.

I. INTRODUCTION

- **Garden State CLE**
- **Panelists**
[Steven Lederman, M.D. and
Robert Ramsey, Esq.]
- **Scope of Topic**
[1:07 duration and 8 pages of materials]

II. WHY CARDIOLOGY?

- **“Doctor Dan the Bandage Man”**

III. THE PREVENTION OF HEART DISEASE in Attorneys

- **Stress elevated blood pressure**
- **Makes it more difficult to take care of yourself**
- **Lifestyle changes could prevent much of the type of problem he treats**

IV. STRESS in the Lives of Attorneys

- **Most importantly: stress prevents you from doing the things you know that you need to do in terms of lifestyle changes, etc.**
- **Prolonged stress may be a significant risk factor for other items related to the disease**

V. HIGH BLOOD PRESSURE

VI. WEIGHT & SEDENTARY LIFESTYLE

VII. SMOKING & ALCOHOL

VIII. DIABETES

IX. THE ROLE OF GENDER

- **Women lag behind men UNTIL menopause arrives**

X. FAMILY HISTORY

- **HUGE risk factor**

XI. ALCOHOL

- **Has an indirect effect**

XII. LIPID PROFILES OF LDL/HDL

- **Higher LDL increases your risk**
- **Lower HDL increases your risk**
- **Very high HDL may be a risk**

XIII. INSULIN RESISTANCE AND MILDLY ELEVATED BLOOD SUGARS ARE SIGNIFICANT RISK FACTORS

XIV. DENIAL OF SYMPTOMOLOGY

- **Chest discomfort (not necessarily pain): tightness, heaviness, pressure fullness and burning in the chest and many other factors**
- **Back pain and jaw pain**
- **Left arm, across back**
- **Usually comes on with activity and subsides with rest. Call your Doctor!**
- **Physical cause: Blockage in artery leading to heart**
- **Angina is pain**

- **Significant impairment is 70% or more**
- **Heart attack pathophysiology:
Clot at plaque site, blocks artery and you
have a heart attack**

XV. DENIAL CAN BE DEADLY

- **Better safe than sorry**
- **Go to your ER and hope to find
out it was acid reflux**

XVI. SURGICAL OPTIONS

- **Bypass is the restoration of blood flow
through a blocked pipe, in essence**
- **Angioplasty is the first line of treatment to
help avoid bypass**
- **Internal mammary artery is the most
resilient of all and reserved for the most
important blockages. The Docs today are
talented at diagnosis and treatment with
stents and angioplasty. Coated stents make
lesser the issue of buildup of amino acids etc
on the stents of today.**
- **Can you get non-invasive bypass surgery?
Yes, of course. Small incisions are capable of**

being given, but it depends on location, size, seriousness, etc.

XVII. WORD ASSOCIATION

- **Arrhythmias are electrical problems in the chambers of the heart**
- **Tachycardia is an abnormal rhythm, the seriousness is related to the source/mechanism of the problem.**
- **Aortic aneurism: outpouching of the wall of the aorta and can involve any portion of it and weakness in the aortic wall. Hypertension is often in the family history for aneurism victims.**
- **Ascending and descending aorta, abdominal aorta too.**
- **Abdominal aorta is involved most often in aneurysm. You are likely to remain asymptomatic until death.**
- **Heart valve problems: There are four valves. Generally, left side of the heart is the problem, they can be leaky or blocked, regurgitant or stenotic.**
- **Aortic stenosis is the most common valve problem.**

XVIII. HEART ENLARGEMENT

XIX. TRANSPLANTS

- **They are life savers**
- **There are alternatives like mechanical hearts like the former vice-president had---before his transplant**
- **Age cut off for transplants could be a medical cutoff date due to Co-morbidities etc. (e.g. Lung and liver)**
- **Statins may help reduce cholesterol metabolism in the liver**
- **Damage to other organs IS possible**
- **Muscle side effects too**
- **HDL/LDL drugs**

XX. CORONARY HEART DISEASE REVERSAL

- **Dead muscle can't be reversed, but the heart's reserve capacity is great**
- **Ejection fraction: amount/volume of blood ejected with each beat**

XXI. THE PLANT-BASED DIET OPINION

- **Minimize meat intake and maximize vegetables and plant based foods**
- **Vegetables are zero cholesterol foods**
- **Some Veggies are high fat, and other non meat foods have fats and oils**
- **Vegan diets are less calorie dense than the typical Western diet**
- **High fiber**
- **Not in favor of eggs**
- **Calories are not something that you need to worry about**

XXII. FATALITIES IN HEART ATTACKS

- **13% to 15% of all heart attacks result in death in the FIRST instance**
- **Take care of yourself: if you are a stressed out attorney, you DO NOT have to DIE**