

**About your editor...**

JOHN EDWARD SWARTZBERG, M.D., F.A.C.P. is the Chair of the Editorial Board of the *University of California, Berkeley Wellness Letter* and co-author of the Complete Home Wellness Handbook. An internist and a specialist in infectious disease, with over 30 years of clinical experience, he is Clinical Professor of Medicine at UC Berkeley and UC San Francisco and Director of the UCB-UCSF Joint Medical Program in the Division of Health and Medical Sciences at Berkeley's School of Public Health.

RONALD M. KRAUSS, M.D., F.A.H.A., is Senior Scientist and Director of Atherosclerosis Research at Children's Hospital Oakland Research Institute and Guest Senior Scientist in the Genome Sciences Division at the Lawrence Berkeley National Laboratory. Board-certified in internal medicine, endocrinology, and metabolism, Dr. Krauss's research involves studies of genetic, dietary, and pharmacologic effects on coronary artery disease risk.

Dr. Krauss has been a Senior Advisor to the National Cholesterol Education Program, and is actively involved with the American Heart Association (AHA), having served as Chairman of the Nutrition Committee. He has published more than 300 research articles and reviews and is currently Principal Investigator of two large research programs: "Institute for Genetics and Nutrition" and "Pharmacogenetics and Risk of Cardiovascular Disease."

**About the publisher...**

Founded in 1984, the *Wellness Letter* has more than 225,000 subscribers in the U.S. and Canada, plus thousands of readers of its foreign-language editions. It has been rated No.

*A new report from the University of California, Berkeley Wellness Letter reveals how you can ...*

## **Lower your cholesterol by 40 points — and reduce your risk of heart attack up to 38% — this year!**

Using the latest research, experts at the School of Public Health at UC Berkeley reveal how you can lower your levels of bad cholesterol, increase the "good" cholesterol in your body, and reduce your risk of heart attack, stroke, and other cardiac illness within months — even weeks!

**For a risk-free 30-day preview copy of this vital research report on lowering your cholesterol levels ... and improving your cardiac health ... [click here now.](#)**

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Dear Reader:

The latest statistics on cholesterol and heart disease in Americans have come out.

And they are frightening — to say the least:

- More than 105 million Americans have high cholesterol.
- About a third of these men and women — 36.6 million — have cholesterol levels so high that they are clearly at risk for a heart attack.
- Nearly 15 million Americans suffer from coronary artery disease (CAD) — the number one killer of both men and women in the U.S.
- Some 865,000 Americans suffer a heart attack each year — and about one fifth of them die because of it.
- It's true that more men than women have heart attacks, and they have them at a younger age. But after menopause, rates of heart disease in women increase two to three times — and their risk of a heart attack rises dramatically.

That's the bad news.

But there's also good news....

More progress is being made in controlling cholesterol — and reducing the incidence of coronary artery disease — than at any time in U.S. history! Even better, all the important advances in cholesterol research that you need to know about are collected — and condensed — in a new 64-page Special Report from the *University of California, Berkeley Wellness Letter* ...

### **Introducing the new 2007 Wellness Report: *Controlling Your Cholesterol***

With more than \$2 billion a year spent in the U.S. on heart disease research,

1 by *U.S. News & World Report*, *Baltimore Sun*, *Money Magazine*, and the *Washington Post* for its “brisk,” “reasoned” coverage of health issues.

The *Wellness Letter* relies on the expertise of the School of Public Health faculty and other researchers at the University of California, Berkeley, as well as top scientists from around the world. It translates this leading-edge research into practical advice for daily living—at home, at work, while exercising, and in the market or health-food store.

Rather than simply reporting quick health stories of the day, the *Wellness Letter* puts the news in perspective and evaluates it. In particular, it clarifies the often conflicting and superficial health information presented by the popular media. It doesn't promote faddish diets or other anecdote-based regimens. Nor does it simply repeat conventional medical advice from mainstream health organizations or pharmaceutical companies.

Founded in 1868, the University of California, Berkeley was recognized by the American Council on Education as “the best balanced distinguished university in the country.” Nobel Prizes in science, literature, and economics have been awarded to 20 members of the Berkeley faculty. Berkeley is consistently rated as the country's #1 public university by *U.S. News and World Report* in its “America's Best Colleges.”

The campus is recognized as a leading research center in chemistry, biology, and many other scientific fields. The discovery of vitamin E, the isolation of the human polio virus, and the discovery of new chemical elements are among the many accomplishments at Berkeley.

#### Our Board of Advisors

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Professor Emerita and former dean, Public Health

Lily Chaput, M.D., M.P.H.  
California Department of Health Services

information on preventing and treating high blood pressure, high cholesterol, atherosclerosis, and related conditions is accumulating at a breakneck pace. And this creates a problem.

A health-minded individual looking for cholesterol advice online will rapidly suffer from “information overload” — a recent search on Google found 45.4 million Web pages referencing cholesterol.

Obviously, no one person can keep up with all the new developments in cholesterol research.

And unless you're an M.D. yourself, do you really have the background to separate the good science from the hype?

That's where the *University of California, Berkeley Wellness Reports* can help save you time and money while improving your health.

Our editorial advisors, all M.D.s or Ph.D.s with impressive credentials in their specialties, conduct an exhaustive search of the medical literature on a particular topic – in this case, cholesterol.

They then carefully review the research to ensure that it's based on scientifically sound methods . . . and to confirm the accuracy — and reliability — of the findings.

Next, our editors painstakingly convert medical jargon, formulas, and statistics into clear, plain English.

You'll find it fascinating reading — and useful. Our experts tell you exactly what you need to know about your cholesterol ... plus, how to apply key research findings to improving and maintaining your own health.

Here's just a sampling of what you'll discover in our just published *UC Berkeley Wellness Report: Controlling Your Cholesterol 2007* —

- Why even a small improvement in your “good” HDL cholesterol can result in a substantial improvement in your cardiac health. See page 4.
- These 6 nutritional supplements are regularly promoted as reducing cholesterol. Most of them are ineffective or unproven ... and 2 of them can actually harm you. Page 50.
- 5 common conditions that intensify your risk of cardiac disease and heart attack. Can you name them all? Page 28.
- Did you know the guidelines for levels of LDL “bad” cholesterol have been revised? Here's the target level of LDL cholesterol you should aim for now. Page 16.
- Even small elevations of this protein, produced by your liver, could mean you are at increased risk for diabetes, stroke, and heart attack. Should you be tested? Page 33.
- Are you at high risk for stroke or heart attack? Ask your doctor about these 10 essential medical tests – and which ones you should have. Page 22.
- The little-known facts about low-carbohydrate diets, weight loss, and cardiac health. Page 8.

Diane Driver, Ph.D.  
UC Resource Center on Aging

Lois Swirsky Gold, Ph.D.  
Director, Carcinogenic Potency  
Project

Janet C. King, Ph.D.  
Professor Emeritus, Nutritional  
Sciences

Ronald M. Krauss, M.D.  
Adjunct Professor, Nutritional  
Sciences

Guy Micco, M.D.  
Clinical Professor, UCB/UCSF  
Joint Medical Program

William A. Pereira, M.D., M.P.H.

Lawrence Livermore National  
Laboratory

James P. Seward, Ph.D., M.P.P.  
Clinical Professor, Public Health

Stephen Shortell, Ph.D., M.P.H.  
Dean, School of Public Health

Kirk R. Smith, Ph.D.  
Professor, Environmental  
Health Sciences

Craig Steinmaus, M.D., M.P.H.  
Associate Adjunct Professor,  
Public Health

S. Leonard Syme, Ph.D.  
Professor Emeritus,  
Epidemiology

- Abnormally high triglyceride levels can increase your risk of potentially life-threatening damage to your pancreas. Here's what you can do today to lower your triglycerides to safe levels. Page 21.
- The Food and Drug Administration recommends eating soy as a way of lowering cholesterol. So why doesn't the American Heart Association agree with them? Page 35.
- Your doctor tells you your blood pressure is 125/88. Are you safe — or in trouble? Page 26.
- Not all olive oils are rich in antioxidant "phenolic" compounds that can promote good cardiac health. When at the supermarket, here are the olive oils you should buy. Page 36.
- Dietary fiber acts as a "filter" to stop your small bowel from absorbing cholesterol-raising lipids. New guidelines show you how much fiber to eat — and which foods to get it from. Page 43.
- Proven way to safely lower LDL cholesterol levels if you suffer from diabetes. Page 27.
- Read the latest research findings on smoking and risk of heart disease. You'll throw away your cigarettes — fast. Page 25.
- Taking folic acid to control your homocysteine levels because you read that it helps reduce your risk of heart attack and stroke? Why you may want to stop. Page 34.

### **FREE 30-Day Preview**

- A simple change in diet that can cut your risk of dying from cardiovascular disease in half. Page 29.
- There are at least half a dozen prescription drugs proven to reduce levels of LDL "bad" cholesterol. But only one can lower your LDL cholesterol level by a whopping 63%. Page 54.
- Nuts are loaded with fat and calories. So why can nuts keep blood vessels healthy — and reduce the risk of heart disease? Page 46.
- 5 proven ways to raise your levels of HDL "good" cholesterol. Page 49.
- New research conclusively shows whether taking B vitamins can help prevent a heart attack. Page 34.
- Ordering steak for dinner? Make it a tuna steak instead of a beefsteak, and you could reduce your risk of heart disease by up to 36%. Page 47.
- Exercise can help you lose weight and improve your cardiac health. But if you haven't exercised recently, here's why you should visit your doctor before you go to the gym. Page 39.
- 5 habits that can dramatically lower your risk of a heart attack. How many of them do you practice? Page 10.

- Taking a statin drug to control your cholesterol? Is it safe to drink your morning grapefruit juice — or should you pour it down the drain? Page 56.
- Why the foods you're eating may be filling your arteries with trans fats – even if the label says the trans fat content is zero. Page 37.
- Is there something fishy about omega-3 supplements? Or can fish oil really make your heart healthier? Page 47.
- Obesity is a proven risk factor for heart attack and other cardiac disease. Thousands of overweight men and women who followed these 5 simple steps lost 30 pounds or more – and kept the weight off for 5 or more years. Page 42.
- Are you at risk for a heart attack? Easy-to-use formula helps you calculate the odds. Page 20.
- Boost your body's levels of "good" HDL cholesterol with these 5 simple steps. Page 49.
- Taking CoQ-10 to counteract the effect of your statin drug to lower your body's CoQ-10 levels? Here's why you should not. Page 57.

And so much more.

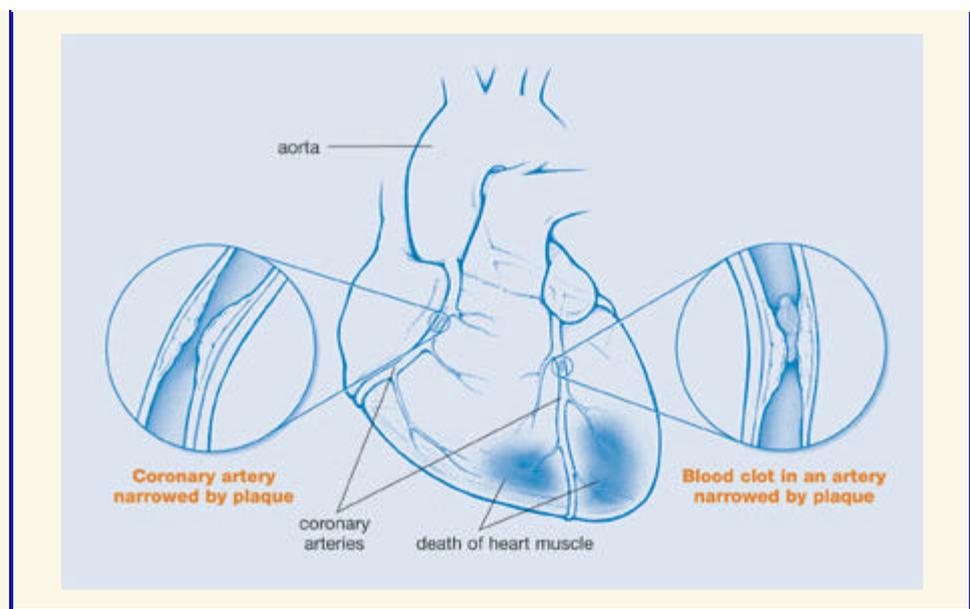
### **Why high cholesterol kills**

The underlying cause of coronary artery disease is "atherosclerosis"— a progressive buildup of fatty deposits called plaque within the walls of your arteries.

High cholesterol levels contribute to this plaque buildup: when the bloodstream carries more LDL ("bad") cholesterol than can be used by your body's cells, the excess amounts become embedded within the artery walls.

As the LDL accumulates, it combines with oxygen, triggering a reaction that causes plaque to form. Over time, the buildup of plaque stiffens and narrows the arteries, and eventually some plaques may limit the flow of blood.

When this occurs in arteries feeding the heart, it results in coronary artery disease. A plaque can also become unstable and rupture, and a blood clot then forms that may completely block blood flow to the heart — which can cause a heart attack.



### **Lower your cholesterol, save your life**

How important is it to get your cholesterol under control with the facts – and recommendations – in our *UC Berkeley Wellness Report: Controlling Your Cholesterol 2007*?

In a landmark Heart Protection Study in 2002, men and women who reduced their LDL “bad” cholesterol by about 40 mg/dl slashed their risk of heart attacks by 38%.

More recently, a review of 14 major clinical trials involving 90,000 patients confirmed that lowering LDL cholesterol levels – through medications and diet – also lowers risk of heart attack.

Every 40-point decline in LDL cholesterol levels sustained over a 5-year period lowered the relative risk of heart attack by 23% ... and the risk of death from any cause related to coronary artery disease by 19%.

### **[Preview this life-saving report risk-free in the privacy of your home for 30 days](#)**

As soon as we hear from you, we'll rush a copy of the Wellness Report on controlling cholesterol for your review.

When your *UC Berkeley Wellness Report: Controlling Your Cholesterol 2007* arrives, examine it carefully.

Read through the studies. Examine the facts, figures, numbers, and test results. Start putting the diet, exercise, and lifestyle recommendations into practice.

I'm betting the cholesterol wellness report will be among the most valuable – and important – health care information you read this year.

If not, simply return it within 30 days, owe us nothing ... and that will be the end of the matter.

But don't delay. The longer you allow your high cholesterol to remain untreated, the greater your risk of developing atherosclerosis—and of having a

heart attack.

The time to take action to lower your cholesterol is now, while you are still healthy.

If you wait until you suffer a heart attack – or stroke – irreversible damage can result ... damage that might have been prevented by following the guidelines in our *UC Berkeley Wellness Report: Controlling Your Cholesterol 2007*.

So what are you waiting for? To request your FREE 30-day Preview of the *UC Berkeley Wellness Report: Controlling Your Cholesterol 2007* ... without commitment or obligation of any kind ... just click below now:

[FREE 30-Day Preview](#)

Send no money now. We will bill you later.

Sincerely,

A handwritten signature in black ink that reads "Stuart R. Jordan". The signature is written in a cursive style with a large, stylized 'S' and 'J'.

Stuart Jordan,  
Publisher, *The Wellness Reports*

**P.S.** To keep you on the cutting edge of cardiac research, we offer an automatic annual update service to our readers.

That way, your *UC Berkeley Wellness Report* on cholesterol is always current, never out of date. Click below to find out more:

[FREE 30-Day Preview](#)

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