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Dr. Uday Jani presents integrative approach to heart disease prevention

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Despite enormous progress in identifying its causes, and dramatic advances in treatment, cardiovascular disease remains the No. 1 killer of men and women in the U.S. An understanding of risk factors is not enough to win this battle. Preventing those risk factors is the key. A well-respected internist with a fellowship in integrated medicine, Dr. Uday Jani will share an Integrative approach to preventing heart disease and maintaining heart health at a series of free community lectures in February.

“There is no doubt that healthier habits and living spaces, along with better management of high blood pressure, high cholesterol and diabetes are effective measures, and we actively promote their use,” says Jani. “But we can do more, with an integrated medicine approach that goes well beyond the traditional. Alternative methods, including use of super foods, herbal supplements, mind-body techniques and acupuncture, are proving increasingly effective in both preventing heart disease and maintaining heart health.”

Jani will also explore integrative medicine strategies for living with heart disease that complement the many advances in treatment and intervention over the past decade. “Bypass surgery, valve replacement, stents and statins, which are cholesterol-lowering medications, are proven strategies to help patients with heart disease live longer,” says Jani. “An integrative medicine approach can be used along with these vital procedures to greatly enhance the quality of life and help keep the heart healthy.”

He urges all community members to learn more about heart disease during the month dedicated to recognizing prevention and treatment advances. “Many still consider this just a man’s disease, and for that reason, women are often more focused on the risk of breast cancer,” he says. “The fact is that heart disease and stroke are the No. 1 killers of women. One in three women dies of these diseases, but they are preventable.”

Jani points to the alarming rise in childhood obesity as a compelling reason for families to understand and adopt heart-healthy practices, including regular exercise, maintaining a normal

weight and a nutritious diet. “We know without a doubt that heart disease can be prevented by identifying risk factors such as obesity, and changing those you can. The earlier in life you recognize them, the sooner these changes can be incorporated into daily life,” he says.

The role of nutrition in optimizing heart health will be addressed by Jani, with a look at different types of snack options. The presentations will feature a sampling of healthy choices, including Susie Sunshine Sprouts’ unique sprouts, lentils and wheatgrass offerings from local farmer Susie Weber.

Also presenting with Jani is licensed acupuncturist Denise Demback, who will provide an expert perspective on the value of acupuncture in preventing and living with heart disease. In practice since 2002, Demback is a graduate of the Maryland Institute of Traditional Chinese Medicine in Bethesda, completed the Chinese Herbal Program at the TAI Sophia Institute and received clinical training at the Shanghai University of Traditional Chinese Medicine and at Shanghai hospitals.

“I encourage the community to attend these informative sessions and learn more about these promising new routes to heart health,” says Jani. “Cardiovascular disease doesn’t affect all groups of people in the same way -gender, age, race and family history all make a significant difference in risk and treatment, making it even more important to consider diverse approaches.”

The public is invited to hear Jani speak during American Heart Month at 5.30 p.m., Friday, Feb. 20, at Milton Public Library, 121 Union St; at 2:30 p.m., Wednesday, Feb. 25, at Lewes Public Library, 111 Adams Ave.; and 2:30 p.m., Friday, Feb. 27, at Rehoboth Beach Public Library, 226 Rehoboth Ave. For more information, call 302-684-0990 or go to www.udayjanimd.com.

