

# 19<sup>TH</sup> ANNUAL CARDIOLOGY CONFERENCE

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## Regression of Atherosclerosis: A study of statins vs. low calorie high anti-inflammatory diet

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**Statement of the Problem:** There is a decrease in morbidity and mortality from the use of statin drugs for known coronary artery disease (CAD) as well as those without clinical evidence of CAD. Regression of atherosclerotic plaque occurs after lipid lowering begins. This can best be characterized through intra-coronary or carotid ultrasonography. Using statins alone, studies have shown plaque regression occur earliest at 12 months. Furthermore, chronic inflammation plays a part in multiple unstable plaques in different coronary arteries.

**Methodology & Theoretical Orientation:** A randomized controlled study on 1500 patients over 12 months with inclusion criteria of hyperlipidemia, and known coronary or carotid atherosclerosis. The statin arm: Zocor 20 mg, 40 mg, 80 mg and usual American diet. Low-calorie diet arm meal plan: Breakfast will be three eggs any way with any vegetables. Lunch will be the detox juice (which I myself have tried for 6 months with incredible outcomes for both BMI and lipids), with three red apples, 1 cup spinach, 1 cup kale, 1 cup celery. Dinner will be 1 cup brown rice, 1 cup any meat cooked anyway and 1 cup vegetables.

**Findings:** This study will take one year of dedicated research for data collection. Outcomes to be studied will be a) LDL b) HDL c) TG d) BMI e) CRP f) carotid and coronary vessel wall thickness.

**Conclusion & Significance:** Hypothesis of study: A low calorie-high anti-inflammatory diet as the detox juice diet plan may be as effective as statins in regression of atherosclerotic plaque.

### Biography

Lobina Kaniz Kalam is an Assistant Professor of Medicine at Albert Einstein College of Medicine, Montefiore, Bronx, NY. She has a distinguished fellowship in Cardiology from The American Academy of Cardiology, 2007.

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