



## **Overall Quality of Health Improvements under Chiropractic Care**

**-BREAKING NEWS – Healthy Habits Heal Heart-**

**“Changes in Diet and Exercise can Make a Big Difference within Six  
Months of ACS”** **Reed Miller**

### **Purpose:**

Show benefits of healthy behavior - improving diet, exercising more, and quitting smoking - through reduction of ACS (Acute Coronary Syndrome) risk

### **Points:**

Quitting smoking cut the risk of MI (myocardial infarction) by almost half compared with persistent smoking.

Diet and exercise adherence also reduced the risk of MI by nearly half compared with non-adherence

Patients are much less likely to follow their doctor's advice on smoking, diet, and exercise than they are to stick with a drug regimen, although lots of patients do neither

The biggest challenge for all healthcare providers is to help their patients maintain a healthy lifestyle

### **Results & Conclusions:**

- A successful CRSP (Cardiac-Rehabilitation/Secondary-Prevention) program can lay foundation for beneficial change, the process of behavior modification is lifelong and requires a concerted and cohesive effort from the patient, cardiologist, and primary-care provider.
- Healthy habits light the way for long-term benefit but fall to pieces without life-time commitment by provider and patient to process