A proven lifestyle program that is professionally gratifying, emotionally satisfying, and economically rewarding

References
The Ornish Lifestyle Medicine™ program is an innovative, comprehensive lifestyle change program that focuses on eliminating all unhealthy behaviors, should be the foundation of treatment in stable CHD.

The right idea at the right time

- Clinical Practice Guidelines, 2012
- American College of Physicians
- American College of Cardiology Foundation
- American Heart Association
- American Association for Thoracic Surgery
- Society of Thoracic Surgeons
- Preventive Cardiovascular Nurses Association
- American College of Physicians
- American Heart Association
- Society of Thoracic Surgeons
- Preventive Cardiovascular Nurses Association

"Over 75 percent of the nearly three trillion dollars in annual U.S. healthcare costs are spent on chronic diseases that can be largely prevented and improved through comprehensive lifestyle changes. These realities put programs like Dr. Ornish’s Proven Program for Reversing Heart Disease® front and center in the effort to transform our healthcare system.

"What sets Ornish Lifestyle Medicine™ apart from other programs are four key areas of lifestyle change that includes moving exercise, healthy eating, emotional support, and stress management.

We focus on four elements of a participant’s life

- Nutrition
- Stress management
- Activity
- Emotional support

Rapid results plus emotional support yield uncommonly high adherence

- % of 37,000 New-to-Statin Patients Remaining on Therapy
- Zocor
- Pravachol
- Mevacor
- Lescol
- Lipitor
- 2-15

Potential health benefits of program participation include:

- Reduced risk of cardiac events and their recurrence
- Regression of coronary artery stenosis
- Decreased size and severity of myocardial perfusion abnormalities
- Significantly greater exercise capacity
- Safe avoidance of surgical and percutaneous coronary revascularization procedures in eligible patients
- Improvements in LDL cholesterol, BMI, blood pressure, and fasting blood glucose
- Decreased frequency and severity of angina

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Quickly begin to undo a lifetime of damage

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Compare with adherence to pharmacotherapy

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Higher adherence leads to sustained gains at 5 years

"I was using a cane to walk, and riding a wheelchair to shop. I used to get chest pain after walking 75 feet; now I can walk more than 2 miles or ride a stationary bike from 8 to 10 miles a day without any pain. I no longer use a cane or a wheelchair. I feel like the Energizer Bunny."

- Wesley Miller
- West Virginia

For more information, visit OrnishProgram@mednet.ucla.edu or contact an Ornish Care Specialist, 310.794.1800.

Certified and trained staff

- Registered Dietitian
- Stress Management Specialist
- Exercise Physiologist
- Program Medical Director
- Nurse Case Manager
- Group Support Facilitator (psychologist/social worker)

Endorsed and fully reimbursed under Medicare and other plans

- 72 hours of intensive cardiac rehab, offering an integrated experience with exceptional clinical outcomes
- 18 total sessions x 4 hours per session = 72 total hours
- Senior Vice President,
- Provider Engagement and Contracting, WellPoint

Each 4-hour session reinforces 4 key areas of lifestyle change:

- Nutrition: healthy eating guidance during a shared meal
- Stress management: relaxation techniques
- Activity: supervised exercise
- Emotional support: group discussion

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1 referral activates a team of health experts to enhance your effectiveness, efficiency, and profitability, while improving patient outcomes

Participating facilities and staff are certified and trained to meet the exacting standards of this Medicare-approved program.

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