Many people think of effective medical treatment as expensive and high tech. More than 30 years ago, Dr. Dean Ornish set out to prove there was a simpler, more compassionate path back to wellness.

The data gathered over the next three decades was so compelling that in January 2011, Medicare joined several private health insurers in covering The Dr. Dean Ornish Program for Reversing Heart Disease™ under the specially created category of Intensive Cardiovascular Rehabilitation or ICR.

Still, many have questions about how the Ornish approach can undo heart disease without the use of medication or surgery. People are also eager to learn how the program could work for themselves or their loved ones.

Enclosed are some frequently asked questions that may help in understanding the scientifically proven program.
What is the Dr. Dean Ornish Program for Reversing Heart Disease™?

It’s a program of comprehensive lifestyle changes scientifically proven to reverse heart disease without drugs or surgery.

What is different about it?

Unlike medications and invasive procedures, this program deals with the root causes of your heart disease and not just its effects.

What proof is there that the Ornish approach can reverse my heart disease?

More than 30 years of scientific research conducted by leading academic institutions using state-of-the-art measures showed that this program can often reverse the progression of even severe coronary heart disease. These studies were published in leading peer-reviewed medical journals, including the *Journal of the American Medical Association*, *The Lancet*, *American Journal of Cardiology*, *Proceedings of the National Academy of Sciences*, and others.

How soon could I feel the health benefits of Dr. Ornish’s program?

Many people report feeling better just days after beginning Dr. Ornish’s program and soon notice their ability to get back to doing the things they love to do. Research shows that by sticking with the program participants can reduce their risk of a heart attack and the need for serious interventions like bypass surgery.

Selected Study Highlights:

1983

A study showed, for the first time, that even severe heart disease could be reversed by committing to the lifestyle changes that make up the Ornish program.¹

1990

Another study proved that after one year, the Ornish program decreased blockages in the arteries that nourish the heart without drugs or surgery.²

1995 to present

There was even more reversal of coronary artery blockages after five years than after one year, compared to patients in Usual Care.³ Cardiac PET scans revealed that 99% of patients stopped or reversed their heart disease,⁴ and there was a 300% improvement in blood flow.⁵
Heart disease runs in my family. Can the Ornish program really work for me?

Fortunately, your genes are not your fate. Dr. Ornish and his colleagues found that over 500 genes were changed when people went through his program, “turning on” disease-preventing genes and “turning off” genes that promote heart disease, type 2 diabetes, and the most common forms of cancer.7

Will I be able to stick with the program?

Yes. 87.9% of people who began the 72-hour program were still following it and healing their hearts a year later.8

Is the program more effective for certain kinds of patients?

The Ornish program works for most patients with coronary heart disease. In general, the more people changed their lifestyle, the more they improved and the better they felt.9

Will I still see my regular doctor?

Yes. Your doctor remains in charge of your care, including your medications. Program staff regularly communicate with your doctor so that you have a whole team working together for your care.

For more information, visit www.undoitwithornish.com or contact an Ornish Care Specialist, 1-877-888-3091.
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8. 2011 Outcome data managed by Highmark Inc.