

# True Prevention Possible at Any Age

**Whether you're in your 40s or 90s, a personalized strategy can eliminate the chance of a heart attack, stroke, and even diabetes.**

It's safe to say that Judy Vergason is not afraid of change.

"I was a Roman Catholic nun for many years," recalls Judy, "but I left to marry a man named Jim Mitchell. We lived in Oklahoma and Florida, traveling around the country in our RV."

However, that wouldn't be the end of Judy's story.

"Unfortunately, I lost Jim in 2002," she shares. "In 2005, I married another gentleman named David Vergason, but he also passed away a few years after that."

With such a fascinating journey to share with others, she wrote a book about parts of her life titled, *The Transparent Veil, The Judy Mitchell Story*.

Adventures aside, Judy realized she needed to focus on her overall wellness.

"My blood pressure medicine hadn't been changed since 1997," says Judy. "I had been diagnosed as a borderline diabetic, but was told that diet and exercise would keep the condition under control, which it didn't."

Judy's friend encouraged her to attend a seminar on heart attack and stroke prevention led by John Lourie, MD, of the Heart Attack Prevention Center in Bradenton.

"The more Dr. Lourie talked, the more I realized this was the type of doctor I wanted to see," reveals Judy. "Someone that wanted to help me get better rather than just prescribing medications to decrease my symptoms and get me out of the office."

At the time of Judy's first appointment with Dr. Lourie, she was 68 years old, weighed approximately 209 pounds, and wasn't content with her physical state.

"I needed to take care of myself," she says. "I have a zest for life."

A cardiologist who focuses on providing heart attack and stroke preventive services within a concierge medical practice, Dr. Lourie is on a mission to keep his patients alive and well.

"Judy's blood pressure was not well

controlled," says Dr. Lourie. "She was significantly overweight. Although she wasn't aware, she had full-blown diabetes, which was untreated. The lack of treatment and years of poor dietary habits, as well as hidden genetic factors, put her at a very high risk for a heart attack or stroke."

Judy underwent a comprehensive, personalized evaluation, including



**John Lourie, MD, FACC**, has received board certifications by the American Board of Internal Medicine, Specialty Boards in Cardiovascular Disease, Interventional Cardiology, and the Certification Board of Nuclear Cardiology. He graduated from DePauw University in Indiana and completed his internal medicine internship and residency at Emory University School of Medicine in Atlanta, Georgia. He received his cardiology fellowship degree from Medical University of South Carolina. He is a Fellow of the American College of Cardiology. His professional memberships have included the American Heart Association, American Medical Association, American Society of Nuclear Cardiology, and the Society of Cardiac Angiography and Intervention. He has been the medical director of Blake Medical Center's cardiac catheterization laboratory for the past ten years.

genetic tests, blood analysis, and screening for cardiovascular disease.

"We use high-frequency ultrasound to detect plaque build-up on artery walls in different parts of the body," explains Dr. Lourie. "We can look at specific areas and know that it's a reflection of what's happening in the entire system."

According to Dr. Lourie, insurance companies and Medicare do not consider this screening medically necessary, one of the many factors that led him to change his practice from traditional to concierge.

"National statistics show cardiovascular disease as the number one killer of men and women," he states. "We should be screening for the top risk, but we don't."

## Reversing cardiovascular risk

Dr. Lourie firmly believes that catastrophic heart attacks and strokes can be prevented with early screenings, medication, and lifestyle changes.

"Like anything in life, if it's caught before a large amount of damage is done, the effort to fix it is lower and the long-term benefit is greater," says Dr. Lourie. "When we see someone headed for danger, we can start to work at reversing the process and put safety nets under them. That's what we did for Judy."

Ready for a transformation, Judy made



Judy Vergason

FHCN PHOTO BY MARC EDWARDS

Judy Vergason, former Roman Catholic nun and book author, lost over 30 pounds and is no longer in the danger zone for heart disease.

the choice to turn her situation around.

"It's a combination of exercise, dietary recommendation, and medication," notes Dr. Lourie. "I just tell

himself available to patients.

"I fell and badly bruised my knee and arm early on a Sunday," Judy recounts. "I called Dr. Lourie at six o'clock in the

## HEART ATTACK PREVENTION CENTER JOHN LOURIE, MD, FACC

patients what not to eat, which in Judy's case meant avoiding most carbohydrates and alcohol because both get converted into sugar in our bodies. In three short months, she has not only lost thirty pounds, but also no longer meets any of the three accepted definitions of diabetes. That's true disease reversal."

Judy is thrilled with all the progress she has made.

"My cholesterol levels are down, and all of my numbers are headed in the right direction," reports Judy. "My weight has dropped more than thirty pounds. I feel fantastic!"

Judy credits her vast improvement to Dr. Lourie and the Heart Attack Prevention Center.

"I'm very thankful that I found a doctor who takes the time to sit down with me, run tests I need, and tells me exactly what I can do to be healthier," she says. "Dr. Lourie is very personable and willing to listen."

It also didn't take long for Judy to see firsthand how much Dr. Lourie makes

morning because I have his cell phone number. He talked me through the situation and even asked me if I needed to meet him at the office. Dr. Lourie prescribed me medication and told me to call him with an update. He didn't wait, and called me later in the day to find out how I was doing."

Many patients like Judy have found success at the Heart Attack Prevention Center.

"We implement tools that have been proven to work, which is the basis of true prevention," Dr. Lourie emphasizes. "It's going above and beyond the average model of care to provide *optimal* care."

Judy has recommended Dr. Lourie to several friends in hopes of showing that it's never too late to make a change, something with which she has plenty of experience.

"If I keep doing what I'm doing in regard to medicine, exercise, and diet, I should have a very long life," concludes Judy. **FHCN**—Jennifer L. Moore

## To Learn More

For more information on concierge heart care and heart attack prevention, or to attend one of his seminars on heart attack and stroke prevention, please contact John Lourie, MD, at (941) 746-5200. His office is located at 4900 Manatee Avenue West, Suite 201, in Bradenton.

Dr. Lourie's scope of practice includes early detection of heart attack, stroke, and diabetes risk with reversal treatment; nuclear cardiology testing and interpretation, interventional cardiology, interventional peripheral vascular disease treatment, and clinical consultation.

## What is Private Medicine?

Private medicine, sometimes called "concierge" medicine, is a new and better way of delivering health care to patients. It eliminates the influences that distort and dilute the doctor-patient relationship, and it provides a physician the ability to focus intensely on serving a small group of patients.

### Heart Attack Prevention Center offers:

- An individualized plan and oversight to keep you well instead of waiting for you to get sick.
- Access to your doctor 24/7, 365 days a year by office visit, personal cell phone, text message, email, Skype, or house call.
- Your medical records "in your pocket," placed on a thumb drive that fits on your keychain, that are accessible to you or to anyone with whom you choose to share them.
- A center of disease prevention and reversal intent on keeping you well.

\* Provided by Heart Attack Prevention Center

Please visit Dr. Lourie on the web at [www.heartattackpreventioncenter.com](http://www.heartattackpreventioncenter.com)