



ISCVDP

International Society for Cardiovascular Disease Prevention

Board of Directors/Exec. Committee

- **Mahfouz El Shahawy, MD, FACC, FESC**
President
Prof. of Medicine UF and USF
Sarasota, Florida
- **Jay Cohn, MD, FASH**
Vice President
Prof. of Medicine University of Minnesota
Minneapolis, Minnesota
- **Anthony DeMaria, MD, FACC**
Vice President
Past President Am. College of Cardiology
Professor of Medicine
San Diego, California
- **Nanette Wenger, MD, MACC**
Vice President
Prof of Medicine Emory School of Medicine
Atlanta, Georgia
- **Thomas Kelly, MD, FACS**
Secretary/Treasurer
Cardiothoracic Surgeon
Sarasota, Florida
- **Stephen Kopecky, MD, FACC**
Assistant Secretary
Professor of Medicine Mayo Clinic
Rochester, Minnesota

Board Members at Large

- **Keith Ferdinand, MD, FACC**
Professor of Medicine Tulane University
New Orleans, Louisiana
 - **Prof. Dayi Hu, MD, FACC, FESC**
President Chinese Society of Cardiology
Beijing, China
 - **Fausto Pinto, MD, FESC,**
Past President European Soc. of Cardiology
Lisbon, Portugal
 - **William Roberts, MD FACC**
Chief Editor American Journal of Cardiology
Dallas, Texas
 - **Prof. David Wood, MD, FESC, FACC**
President World Heart Federation
London, England
 - **Sir Professor Magdi Yacoub, MD**
Professor of Cardiothoracic Surgery at the
National Heart and Lung Institute
Imperial College, London, England
- Board Members at Large Representing:**
- **Africa/Egypt: Prof. Gamila Nasr, MD**
 - **America/US: Prof. Anne Curtis, MD
Prof. Elizabeth Ofili, MD**
 - **Asia/Beijing: Prof. Dong Zhao, MD**
 - **Australia/New Zealand: Prof. Harvey White, MD**
 - **Europe: Zlatko Fras, MD, FESC, FACC**

May 2020

Recommendations for Your Good Health

Regarding: Coronavirus (COVID-19) and Cardiovascular Health

Statement of the International Society for Cardiovascular Disease Prevention [ISCVDP] & The Cardiovascular Center of Sarasota Foundation for R & E By Mahfouz El Shahawy, MD, MS, FACP, FESC, FSCCT, FACC, FAHA President of the International Society for Cardiovascular Disease Prevention & The Cardiovascular Center Sarasota, FL

For patients at higher risk of severe illness from COVID-19 (**which includes patients with chronic heart conditions and diabetes**) the CDC recommends that “during a COVID-19 outbreak in your community, (individuals should) stay home as much as possible to further reduce your risk of being exposed.”

The International Society for Cardiovascular Disease Prevention [ISCVDP] would like to emphasize this: it is imperative that not only elderly individuals with cardiovascular disease, but everyone should focus on optimal control of their risk factors for cardiovascular disease. They should follow the **[A, B, C, D, E]** rubric and try their best to avoid the **three S’s** below to achieve optimal risk factor control, and to hopefully reduce the impact of the coronavirus on their wellbeing. Optimal control according to the most current ACC/AHA guidelines include the following:

- A.** Hemoglobin A1c in diabetic patients.....<6.5 and
fasting blood sugar..... <100mg %
- B.** Blood pressure120/80 mmHg
- C.** Cholesterol: LDL...< 100mg % but for High Risk <70mg%
Triglyceride.....<100mg%
- D.** Diet: Heart healthy diet (maintaining ideal weight)
- E.** Exercise: at least 30-60 minutes daily, 5 times per week
(Exercise is your best pill!)

P.O Box 433, Sarasota, Florida, 34230, USA, Tel: 877-278-5300, Email: info@ISCVDP.org, Website: www.ISCVDP.org

The International Society for Cardiovascular Disease Prevention, Inc is a 501(C)(3) Not-For-Profit Corporation and all Gifts Made to the Society are Tax-Deductible to the Extent Provided by Law. Federal Tax ID Number is 81-4098165. Copy of the Official Registration and Financial Information May Be Obtained From the Florida Department of Agriculture and Consumer Services, Division of Consumer Services by Calling Toll-Free (1-800-435-7352) within the State or by Visiting www.Freshfromflorida.Com. Registration Does Not Imply Endorsement, Approval, or Recommendation by the State. State Registration Number Ch-52757.

Avoid the three S's

- 1. Smoking** to be avoided
- 2. Spirit**/alcohol consumption to be minimized
- 3. Stress** to be avoided (as much as possible)

By achieving optimal risk factor control, the short-term risk of coronavirus infection may be reduced, as well as the substantial reduction of long-term risks of heart attack and stroke. Again, we emphasize that now more than ever is paramount for optimal control of cardiovascular disease risk factors. In addition to adherence with any indicated medications, patients must strive to be at an optimal goal according to the current guidelines. Every person, including healthcare providers and particularly elderly and chronically sick patients, must follow these guidelines.

We vigorously support the CDC emphasis on healthy behavior to prevent coronavirus infection:

- Practicing good respiratory hygiene by sneezing or coughing into facial tissue or bent elbow, also apply for reducing the risk of infection
- Maintain a safe social distance of 3-6 feet
- Frequent hand washing with soap and water for a duration of at least 20 seconds
- Avoid touching your face
- Rest, nutrition, and exercise will also keep your immune system healthy
- Avoid any situation with a large gathering of people
- Avoid contact with infected individuals
- Avoid non-essential travel
- Patients with Diabetes should always be current with their influenza and pneumonia shots

We would like to conclude with this final advice:

One ounce of **optimal** cardiovascular risk factor control today may not only reduce the likelihood of severe coronavirus infection, and its devastating complications, but also may preclude pounds of late treatment for heart attacks and strokes. The key is to early detect to protect. The sooner the better!

For more information about ISCVDP please visit: www.iscvdp.org

Stay well with our best wishes.

Mahfouz El Shahawy, MD, MS

FACP, FCCP, FESC, FSCCT, FASH, FASPC, FAHA, FACC

President International Society of cardiovascular Disease Prevention [ISCVDP]