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

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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 pressure …………………………….120/80 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!)

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

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