

A Holistic Approach to Healing After a Heart Event

(NAPSA)—A recent survey of more than 800 heart patients found that 87 percent of patients surveyed said their heart condition was a wake-up call—a spur to live a healthier life and focus on what is important. Additionally, patients who are following through with their doctor's treatment orders reported being more knowledgeable about managing their heart condition. However, almost 30 percent of patients who have experienced a heart event due to a condition known as acute coronary syndrome discontinued at least one of their prescribed heart medications three months after hospital discharge.

Now, a new public education campaign is said to be striking the right chord with patients who have had a heart attack and/or stent placement. The program, called Hearts in Harmony™, provides patients and their families with important information about dealing with both the physical aspects of recovering from a heart event, as well as the often-overlooked emotional aspects of the recovery process.

Sponsored by Mended Hearts, Daiichi Sankyo, Inc. and Eli Lilly and Company, Hearts in Harmony is intended to provide patients as well as their family and friends with information and tools that can help them make the most of their second chance. This includes information available on the program's Web site—www.HealthyHeartsInHarmony.com—about the importance of fitness, nutrition and adhering to therapies as prescribed by their physician.

A Holistic Approach

In addition to encouraging adherence to medication and lifestyle modifications including diet and exercise, what makes the program unique is a focus on the benefits of music therapy and an emphasis on maintaining emotional health during the recovery process.

The program's Web site presents this holistic approach to recovery by organizing the content into "Mind," "Body" and "Soul" sec-



According to a new national study, nearly nine out of 10 heart patients say being diagnosed with heart disease was a wake-up call to live healthier.

tions. Each section addresses how music therapy, emotional impact, fitness, nutrition and following health care provider recommendations all contribute to adopting a heart-healthy lifestyle. Additionally, interactive tools will enable visitors to send motivational e-cards to friends and family, as well as test their heart health knowledge by participating in a quiz.

The Web site also includes advice from bestselling author and Hearts in Harmony spokesperson Dr. Bob Arnot, award winning documentary film maker, lead medical correspondent for Google Health's online video series and author of the book "Seven Steps to Stop a Heart Attack." According to Dr. Arnot, "The information patients will find online encourages a holistic approach to getting well, which is important because a heart event takes its toll on the mind and soul, not just the body."

He also maintains that it is essential that heart patients follow their doctor's recommendations for staying on their heart medications, being physically active and eating right, which are also important steps to regaining their health.

Lifestyle

"Hearts in Harmony is a unique program that encourages patients to work with their doc-

tors and loved ones to make healthy lifestyle changes and pay attention to their mind and soul by recognizing that music therapy and emotional well-being can be helpful components of the recovery process," said Donnette Smith, national volunteer officer of Mended Hearts. "For most people, experiencing a heart event like a heart attack or getting a stent is frightening, but surviving it may cause one to re-evaluate their life and make changes for the better."

"Through this program, patients will learn how music therapy can help to reduce stress and may also help to improve recovery during rehabilitation," said Dr. Joanne Loewy, director of the Armstrong Music Therapy Program at Beth Israel Medical Center and Hearts in Harmony expert panel member.

The Benefit of a Wake-up Call

Much of the material on the Web site mirrors the key findings of the Hearts in Harmony survey. The survey, conducted by GfK Roper, also found that:

- Information may play a critical role in helping patients make the most of their second chance: The vast majority of patients in the survey felt that information about managing heart health—such as learning how to reduce stress or getting ideas for healthy eating and fitness plans—would be helpful.

- Ninety-five percent of patients in the survey believed they had been given a second chance to follow their doctor's orders.

- Although 72 percent of respondents found it easy to follow the doctor's orders for taking their medication, only 43 percent found the exercise and nutrition recommendations as simple to follow.

Overall, the Hearts in Harmony survey showed that those who were consistent with their doctor's recommendations report being happier, healthier and more optimistic than those who falter and fail to follow through. To take the first step toward getting back to life, visit www.HealthyHeartsInHarmony.com.