



## TITLE: The Effect of COVID19

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### ABSTRACT (upto 300 words)

Most of the major diseases, and atherosclerotic cardiovascular disease (ASCVD) in particular, are made to happen by patient actions. Relevantly, it has been said that 95% of ASCVD, diabetes, hypertension and lipid disorders are curable: made to unhappen. Cardiovascular disease (CVD) is the leading cause of mortality and morbidity in industrialized countries including the United States. Lifestyle factors interacts with underlying genetic susceptibility becoming manifest in time (aging). This affects the incidence of not only CVD, but multiple other diseases. Most diseases occur if, and ONLY if, the person with a particular genetic tendency does what is necessary to express that genetic tendency. By changing behaviors, we can prevent the expression of those genetically-originated and behaviorally induced medical conditions. The basic requirements: clean air and water, a 90+% minimally-processed, high-fiber ideally organic whole foods diet with any pleasure-once in a while, exercise to developing abdominal clear lines of definition/demarcation, and the avoidance of unrealistic expectations. This article provides the Preventive Medicine Center's (PMC) philosophy and outlines guidelines that lead to significant regression of ASCVD and reduce the disease burden in our communities as a whole. These recommendations are an invitation to consider and provide the reasonable probability of freeing the patient from the risk of disease by the "unhappening" of (heart) disease.

### BIOGRAPHY (upto 200 words)

H. Robert Silverstein, MD, FACC, is the Medical Director of the Preventive Medicine Center, a clinical assistant professor of medicine at the University of Connecticut School of Medicine, a member of the Preventive Cardiology Committee of the American College of Cardiology and the division of Cardiology at St. Francis Hospital in Hartford, Connecticut. He is the prior winner of the Outstanding Practitioner for the International Society for the Treatment of Hypertension in Black's (ISHIB), and similarly for the Connecticut Holistic Health Association.



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