

Escaping the Broken Health System: A pathway to better health

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WHAT PEOPLE
ARE SAYING



OBJECTIVES

- 1. Identify the parts of the broken health system
- 2. Reveal the underlying cause of most chronic disease
- 3. Show a systematic yet individualized process for people to take responsibility for their health and reverse disease

IN GENERAL, ARE PEOPLE GETTING HEALTHIER OR SICKER?





HEALTH DISPARITIES

The State of Health Disparities in the United States NIH National Library of Medicine
Jan 11, 2017

- For racial and ethnic minorities in the United States, health disparities take on many forms, including higher rates of chronic disease and premature death compared to the rates among whites. It is important to note that this pattern is not universal. Some minority groups—most notably, Hispanic immigrants—have better health outcomes than whites (Lara et al., 2005). This “immigrant paradox” appears to diminish with time spent in the United States, however (Lara et al., 2005). For other indicators, disparities have shrunk, not because of improvements among minorities but because of declines in the health of majority groups.

HEALTH DISPARITIES

The 20th century began with a life expectancy difference of 14 years between Black and white Americans. The gap decreased to four years recently thanks to improved access to health care and economic status. The COVID-19 pandemic has put a stop to the progress. The average life expectancy is down by a year for everyone. Nov 17, 2023

6 Examples of Health Disparities & Potential Solutions - Executive MHA

- usc.edu
- <https://healthadministrationdegree.usc.edu> › blog › exam...

Transform
Your Body,
Mind and Life!

America's Health Crisis

You're Being Lied To



We've all
been lied
to!

It's all about
\$\$\$\$!

STRESS – THE UNDERLYING CAUSE

Physical



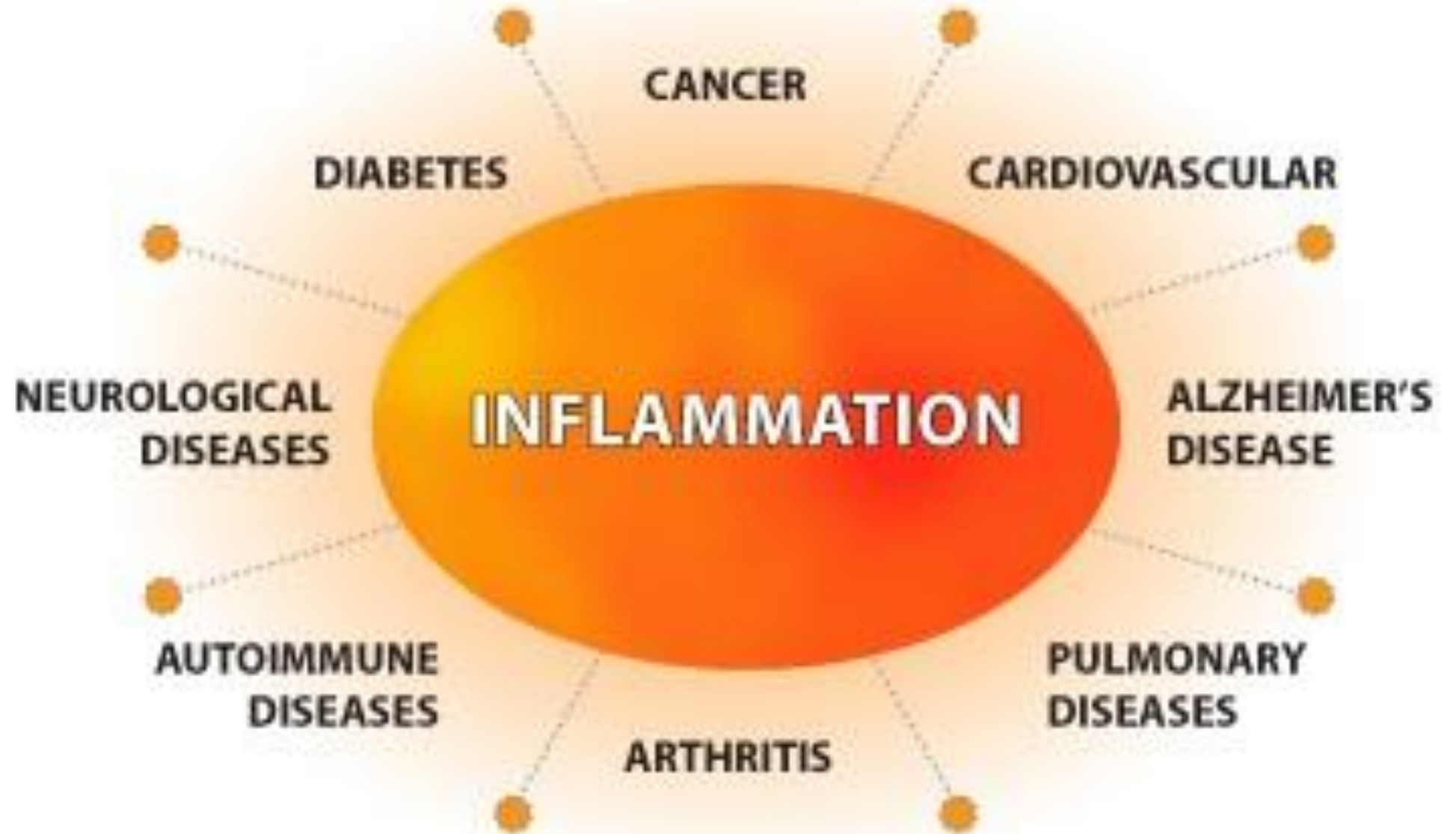
Chemical



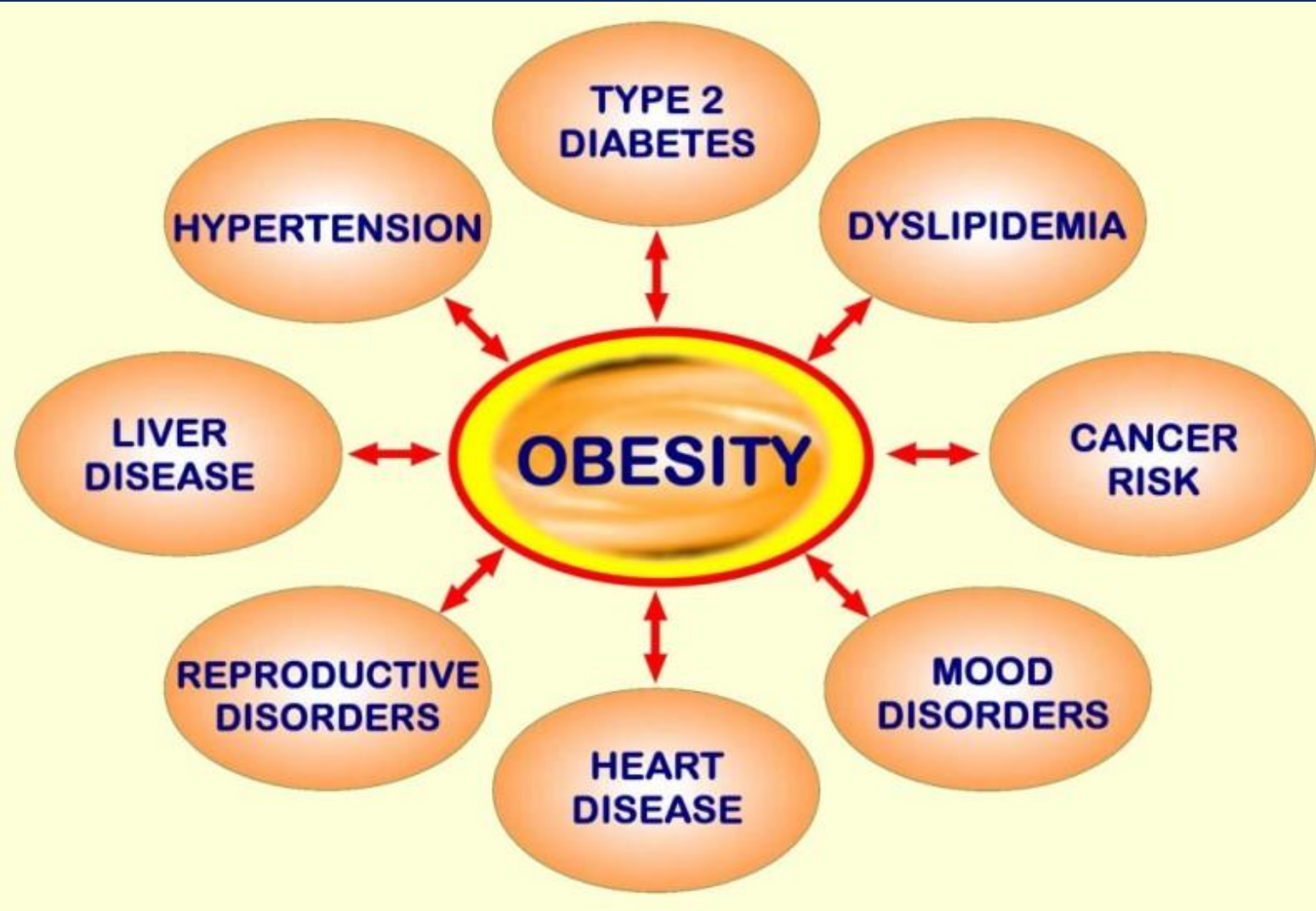
Emotional



CHRONIC INFLAMMATION RISKS



OBESITY RISKS



From: Clinical Problems Caused by Obesity
Ioannis Kyrou, M.D., PhD, Harpal S Randeve, MD, PhD, FRCP, Constantine Tsigos, MD, PHD, Grigorios Kaltsas, MD, FRCP, and Martin O Weickert, MD, FRCP

THE CURRENT MEDICAL HEALTH SYSTEM IS BROKEN

Do you want to continue in a broken system and you get broken?

- ✓ *Over 42% of deaths in US are due to heart disease*
- ✓ *Over 12% of US population is diagnosed with DM*
- ✓ *People with diabetes have 60% increased death risk*
- ✓ *Over 42% of American adults are obese, 31% overweight.*



THE CURRENT HEALTH SYSTEM IS BROKEN.

Disease starts well before symptoms occur.

- ✓ *Heart disease starts 20-40 years before diagnosis*
- ✓ *Cancer is growing 15-20 years before diagnosis.*
- ✓ *Alzheimer's is worsening 30-50 years before diagnosis*



Over 95% of all chronic disease is preventable and reversible

America's Health Crisis

Unacceptable COSTS and Unacceptable Outcomes

- **\$3.5 Trillion spent ANNUALLY on health care**
- **90% is on Chronic Health Conditions**
- **Double the amount of other developed nations**
- **70% of all deaths cause by top 5 chronic diseases**
- **US ranked 37 out of 40 in health outcomes**

WHAT DISEASE IS THIS?

Severe Allergic Reactions (rash; hives; itching; difficulty breathing; tightness in the chest; swelling of the mouth, face, lips or tongue); chest pain; dark urine; fever, chills, or persistent sore throat; flu like symptoms; nausea; muscle pain; tenderness or weakness; painful or frequent urination; pale stools; red , swollen, blistered, or peeling skin; severe stomach pain; diarrhea; swelling of the hands, ankles and feet; increasing blood sugar; yellowing of the eyes or skin.

HEALTH CRISIS EXPOSED

Atorvastatin (Lipitor)
(all statins)

Find Deficiencies

mytavin.

Blog Contact Our Data

Bring balance back to health

Identify medication-caused nutrient deficiencies with Mytavin's curated search tool.


+ Search Medications **Find Deficiencies**

Atorvastatin x

Popular Searches: **Metformin** **Omeprazole** **Escitalopram**


Results for Atorvastatin: 4

[Evidence Rating Scale](#)

D
1 studies 


Copper

Summary: Statin treatment was associated with a significant reduction in mean serum copper (9%). [Read More](#)

A
7 studies 


CoQ10

Summary: The meta-analysis showed a significant reduction in plasma CoQ10 concentrations following treatment with statins. [Read More](#)

D
1 studies 


Selenium

Summary: During the 9-year follow-up, similar plasma selenium declines were observed in all the sub-groups ($p=0.33$) despite plasma selenium levels being higher in fibrate users and lower in statin users ($p=0.0004$). The mechanisms underlying these data are not yet totally understood, but considering the risk of selenium deficiency in the elderly and its relationship with poor health status further clinical trial is needed to verify the proposed hypotheses. [Read More](#)


D
1 studies 


Zinc


Summary: In addition to reducing serum total and low-density lipoprotein (LDL) cholesterol ($p < 0.0001$), statin treatment was associated with

A
7 studies 

CoQ10

A
2015 

A
2019 

A
2005 

C

The meta-analysis showed a significant reduction in plasma CoQ10 concentrations following treatment with statins.

Regardless of its definition, statin intolerance is an important phenomenon, leading to a poorer control of the LDL cholesterol levels among high-risk Japanese patients. We need to understand the risk factors, as well as the potential nocebo effect, so that we can accurately discriminate the pseudo statin intolerance from true statin intolerance and reduce their LDL cholesterol more effectively using the golden standard drug. Alternatively, we could consider using other LDL-lowering therapies, such as ezetimibe, PCSK9 inhibitors and fibrates, or some agents that have been shown as add-on/alternative therapies to statins, such as certain nutraceuticals, or coenzyme Q10(7-9).

Several trials demonstrate coenzyme Q10 depletion subsequent to statin initiation.^{42,43} There is conjecture about this depletion as the cause of statin-associated adverse effects (e.g., myopathy) with exogenous coenzyme Q10 supplementation as a possible mediating treatment. This assertion is refuted by a more recent crossover trial⁴⁴ that found no significant coenzyme Q10 drop after initiation of selected statins. Several doxorubicin (Adriamycin) trials, mostly in animal models, have noted a reduction in cardiac coenzyme Q10 depletion and cardiotoxicity associated with coadministration of coenzyme Q10. The clinical implications on disease state and adverse reaction profile with coenzyme Q10 supplementation in depleted states requires further evaluation.

Even brief exposure to atorvastatin causes a marked decrease in blood CoQ(10) concentration. Widespread inhibition of CoQ(10) synthesis could explain the most commonly reported adverse effects of statins, especially

HEALTH CRISIS EXPOSED

Atorvastatin (Lipitor)
(all statins)

HEALTH CRISIS EXPOSED

Article

October 11, 1995

Treatment of Hyperlipidemia in Women

[Judith M. E. Walsh, MD, MPH](#); [Deborah Grady, MD, MPH](#)

Author Affiliations

JAMA. 1995;274(14):1152-1158. doi:10.1001/jama.1995.03530140064034

[FullText](#)

Abstract

Objective. —To assess the evidence that lipid lowering prevents coronary heart disease (CHD) events in women.

Data Sources. —English-language literature assessing the effects of cholesterol lowering with dietary and/or drug interventions as primary or secondary prevention on CHD events in women.

Main Outcome Measures. —Coronary heart disease and total mortality were the primary outcomes assessed. Angiographic regression of coronary atherosclerosis was a secondary outcome.

Study Selection, Data Extraction, and Data Synthesis. —All nine of the identified studies that met the criteria were included. Relative risks for CHD and total mortality were calculated from available data. Summary relative risks were calculated using meta-analytic techniques.

Conclusions. —There is no evidence from primary prevention trials that cholesterol lowering affects total mortality in healthy women, although the available data are limited. Limited evidence suggests that treatment of hypercholesterolemia in women with coronary disease may decrease CHD mortality. Future research should address the role of dietary and other nondrug treatment of hypercholesterolemia in women at high risk for CHD. (*JAMA*. 1995;274:1152-1158)

The Journal of the American Medical Association

reported in 1995 that there is *no* evidence linking high cholesterol levels in women with heart disease.

NUMBERS NEEDED TO TREAT WITH STATIN THERAPY

The NNT to prevent one major vascular event in those at the lowest levels of risk for which statins could be recommended

- was 40 according to the 1994 and 1998 guidelines

Reference: Statins for primary prevention of cardiovascular disease – NCBI, National Institutes of Health (.gov)

<https://www.ncbi.nlm.nih.gov/articles/PMC6532821>

NUMBERS NEEDED TO TREAT WITH STATIN THERAPY

The NNT to prevent one major vascular event in those at the lowest levels of risk for which statins could be recommended

- was **73** according to the 2004 and 2007 guidelines

Reference: Statins for primary prevention of cardiovascular disease – NCBI, National Institutes of Health (.gov)

<https://www.ncbi.nlm.nih.gov/articles/PMC6532821>

NUMBERS NEEDED TO TREAT WITH STATIN THERAPY

The NNT to prevent one major vascular event in those at the lowest levels of risk for which statins could be recommended

- and 400 according to the 2012 and 2016 guidelines

Reference: Statins for primary prevention of cardiovascular disease – NCBI, National Institutes of Health (.gov)

<https://www.ncbi.nlm.nih.gov/articles/PMC6532821>



SEARCH

DONATE



Statins Given for 5 Years for Heart Disease Prevention (With Known Heart Disease)

83 for mortality

Benefits in NNT

83	1 in 83 were helped (life saved)
39	1 in 39 were helped (preventing non-fatal heart attack)
125	1 in 125 were helped (preventing stroke)

Harms in NNT

1 in 50 were harmed (develop diabetes: The development of diabetes is one such unanticipated



SHARE ON



OTHER EBM RESOURCES

MDCalc





SEARCH

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DONATE

125 1 in 125 were helped (preventing stroke)

Harms in NNT	
50	1 in 50 were harmed (develop diabetes: The development of diabetes is one such unanticipated harm found in a recent large study and it seems likely therefore that this applies to the data above, although this is a best guess.)
10	1 in 10 were harmed (muscle damage)

View As: NNT %

Source

Thavendiranathan P. Primary prevention of cardiovascular disease with statin therapy. Arch Int Med. 2006; 166: 2307-13.

CTT Collaborators. Efficacy and safety of cholesterol-lowering treatment: prospective meta-analysis of data from 90 056 participants in 14 randomised trials of statins. Lancet. 2005; 366: 1267-1278.

Ridker et al. Rosuvastatin to prevent vascular events in men and women with elevated c-reactive protein. NEJM. 2008; 359(21): 2195-2207.

<http://www.ncbi.nlm.nih.gov/pubmed/20167359>

OTHER EBM RESOURCES

- MDCalc
- Trip Database
- BMJ Evidence Updates
- JAMAEvidence - The Rational Clinical Exam Series



How to become a healthier city

These urban centers around the globe are leading by example



The Guardian Labs

Paid for by Bloomberg Philanthropy

Statins

This article is more than 10 months old

New statins guidance could make extra 15m people eligible in England

Guidance for NHS says extending cholesterol-lowering treatment could save thousands more lives

Andrew Gregory Health editor

@andrewgregory
Thu 12 Jan 2023 07:53 EST



WHY IS THE MEDICAL ESTABLISHMENT STILL PROMOTING STATINS?



OF THE 15M,
1.5 M WILL GET
MUSCLE
DAMAGE, AND
300,000 WILL
GET DM,
TO PREVENT
384,615 NON-
FATAL HEART
ATTACKS

SICK CARE MODEL



Wrong or Lacking Information?

WHAT DOES THIS PLANT NEED?







Fitness

Nutrition

Hormones

Detoxification

Mentoring and Coaching

FITNESS



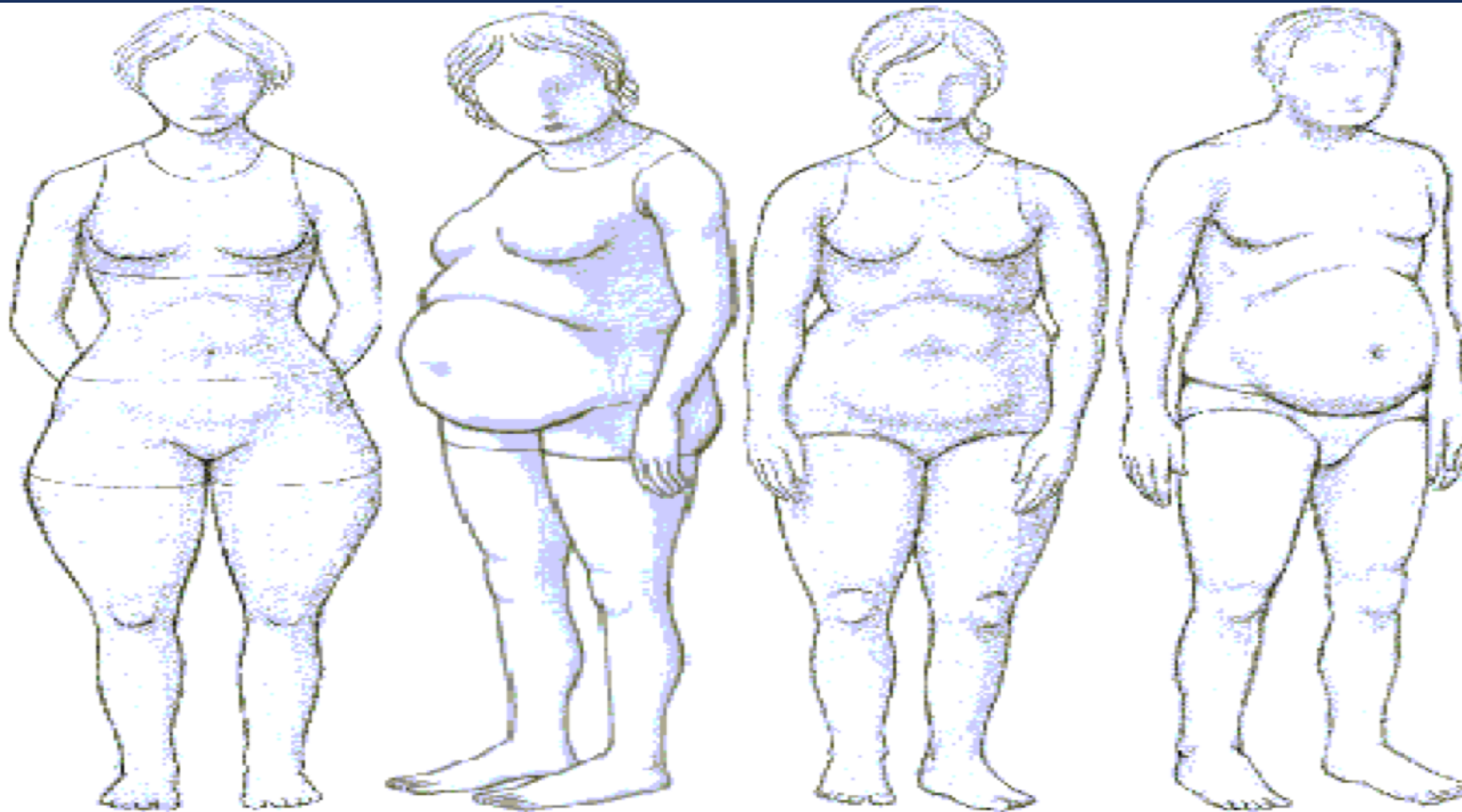
NUTRITION (REAL FOOD)

That which is eaten to sustain life, provide energy, promote growth and repair of tissues.

- *Macmillan Dictionary*



HORMONES



Estrogen

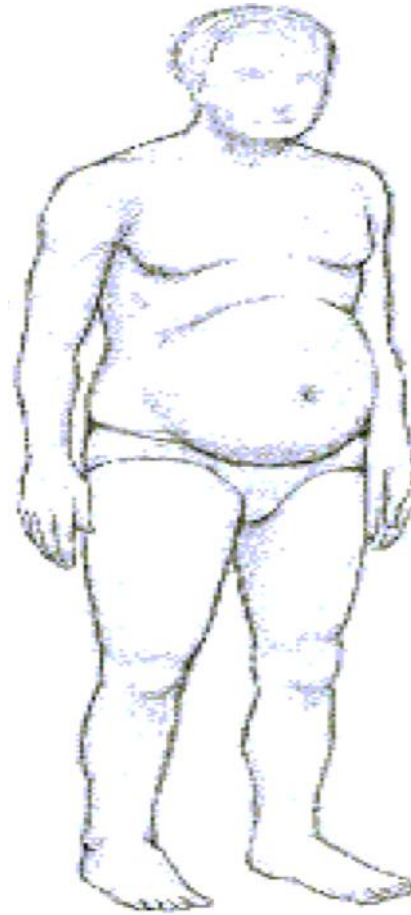
Adrenal

Thyroid

Liver

DETOXIFICATION

Chemical



Liver



MENTORING

Systematic guidance
Putting it all together
Developing a plan
Helping reach your goals



WHAT DO THESE PLANTS NEED?



EVA'S STORY



94% of people fail when they don't follow a system



INFORMATION IS ONLY GOOD IF PROPERLY USED



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