

4<sup>th</sup> International Conference on

# Clinical & Experimental Cardiology

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## Bradley Field Bale

Bale/Doneen Method, USA

### *A guarantee for arterial wellness*

We live in an exciting era of medicine where we now possess the technology and knowledge which allows us to maintain cardiovascular wellness. Atheroma is a prerequisite for a cardiovascular event. It forms silently, but we now have safe, inexpensive, painless, reliable technology to detect this arterial disease prior to an event. It is now possible to halt this disease process to prevent atherosclerosis or to stabilize pre-existing disease. Inflammation is causal of atheroma and atherothrombotic events. Inexpensive bio-markers can elucidate the degree of inflammation. Numerous pathologies can create arterial inflammation. They include lipids, insulin resistance, oral disease, sleep issues, hypertension, psychosocial disorders, nicotine, obesity, physical inactivity and poor diet. A holistic approach can sort out the culprit disorders in an individual patient. These pathologies can be effectively managed resulting in extinguishing the 'fire' in the arteries. We can now migrate away from the inferior platform of treating end stage disease and onto a superior platform of preventing disease or treating it before it is evident. Individuals now have the opportunity to live out their lives free of devastating arterial disease.

### Biography

Bradley Field Bale and his partner, Amy Doneen, attach a 'guarantee' to their personalized approach of CV risk assessment and management. Their research on CVD prevention has been published in such respected medical journals as Atherosclerosis, Post Graduate Medicine, Journal of the National Medical Association, Journal of Clinical Lipidology, Physician's Weekly, Alternative Therapies in Health and Medicine, Cardiology Roundtable and Advance for Healthy Aging. He is on the editorial board for the medical journal: Healthcare in Low-resource Settings. He and Amy Doneen published a book for the public, Beat the Heart Attack Gene which was released January/February 2014.

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