

Perspective

# Novel strategies halt cardiovascular, diabetes, and cancer strips

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## Abstract

In this article, we introduce briefly several strategies for preventing atherosclerotic cardiovascular disease and promoting healthcare for non-communicable diseases (NCDs). These novel strategies include four core elements of health – sleep, emotion, exercise, and diet – and consist of SEED intervention (SEEDi) and E(e)SEEDi due to supplementation of the environment as a core element, and Hu's healthy lifestyles intervention (HHLi) which originates from E(e)SEED-BasED healthy lifestyles. They are suitable for the early evaluation of risk factors, and play a key role in the prevention and management of human NCDs when combined with the RT-ABCDEF strategy and the Grade 210 prevention, which include obesity-OSA-hypertension syndrome and C-type hypertension, especially in halting cardiovascular, diabetes and cancer (CDC) strips we first discovered. After successful clinical practice, we may expect our novel strategies for controlling these chronic diseases according to the conception of mass prevention and treatment.

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## Introduction of novel strategies

Since we first discovered cardiovascular, diabetes and cancers (CDC) strips<sup>1</sup> and further disclosed their

mechanisms, classifications, and clinical significances, attention has increased on how to prevent and halt them. We already developed a series of new strategies for the prevention and management of hypertension<sup>2</sup> and atherosclerotic cardiovascular disease (ASCVD)<sup>3</sup> as well as for healthcare.<sup>3–5</sup> These novel strategies, which are based on sleep, emotion, exercise and diet (SEED) intervention (SEEDi), were also called “Chinese vaccine” or “hero for human health (HHH).” As important strategies of “Grade 210 prevention” which is a new synthetic strategy for delivering policy prevention (grade-zero prevention) as well as primary and

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secondary prevention,<sup>6</sup> they play a key role in the prevention and management of human chronic non-communicable diseases (NCD) when combined with the RT-ABCDEF strategy.<sup>3–5</sup> For example, the authors observed and named obesity-OSA-hypertension (OOH) syndrome<sup>4–7</sup> and C-type hypertension (CtH). In this article, considering several conceptual and technical breakthroughs, we briefly introduce these novel strategies.

After the healthy “SEED” rulers were developed in 2005,<sup>3,8,9</sup> we actively used and conducted these novel strategies in the clinical setting for the primary and secondary preventions of ASCVD as well as for healthcare, and cited them in the related literature. SEED rulers were further developed into the E(e) SEED rules in 2007 due to the important role of the environment.<sup>4</sup> These new strategies were further developed into the more novel “E(e)SEED-BasED” rules and renamed “Hu’s healthy lifestyles (HHL)” in 2009 (Table 1).<sup>3</sup>

### Novel strategies for the early evaluation of risk factors

ASCVD is worldwide, it causes 17.5 million deaths every year, which creates a substantial global public health burden. Moreover, it plays a key role in the development of CDC strips. Single gene defects and target diseases have now come to include multi-genetic and multi-factorial diseases, such as ASCVD, neuro-degenerative diseases such as Parkinson’s disease, type 1 or type 2 diabetes mellitus (T1DM or T2DM), and cancer, especially CDC strips. Therefore, screening and evaluating early cardiovascular status is very important for predicting and preventing cardiovascular events and CDC strips. Both previous experimental and

clinical studies confirmed the role of single factors in the development of human disease. However, little is known about the detailed role of a series of risk factors or multi-risk factors, especially 5 to 10 or more, although there are some related studies.<sup>10,11</sup>

We developed the Chinese E(e)SEED-BasED score (CEBS) according to our “E(e)SEED-BasED” healthy lifestyles. These healthy elements and related risk factors play a very important roles in human health. If people intervene early with these risk factors, they can effectively avoid CDC strips. As shown in Table 1, we have already developed these new strategies for improving healthcare. We even developed a novel strategy that was based on our Q&A list and CEBS (Table 2). According to CEBS, people can determine their hazard levels of CDC strips from low to moderate to high, and accordingly adopt effective measures including follow-up and intervention with SEED, E(e) SEED, or HHL (i.e. SEEDi, E(e)SEEDi, or HHLi). We believe that CEBS will be better for the early evaluation of NCDs, especially CDC strips based on previous work and this innovative idea.

Here we may easily compare with other scores such as QRISK a new CVD risk score for the United Kingdom, Framingham CVD algorithm (FA) and Scottish score (ASSIGN) (Table 2). These scores focus on standard, common, classic, multiple modifiable or non-modifiable (e.g. positive family history) risk factors, but we think that CEBS is advantageous, validated, and global with 15 classifications of risk factors due to its comprehensive and systematic way of controlling the CDC strips, generally by early evaluation and intervention of major risk factors. Of course, regarding degree of improvement, the population in question, and other questions, we must perform the analysis in a real cohort population.

Table 1  
Core elements and contents of related healthy lifestyles.

Core elements	SEED (version 1.0)	E(e)SEED (SEED version 1.5)	Hu’s healthy lifestyle (HHL) [E(e)SEED-BasED healthy lifestyle] (SEED version 2.0)
E(e)		Environment	Environment
S	Sleep	Sleep	Sleep
E	Emotion	Emotion	Emotion
E	Exercise	Exercise	Exercise
D	Diet	Diet	Diet
B			Behavior
/a			Age
/s			Safety sex study
E			Education employment ethnic
D			Disease drug

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