

NON-INVASIVE HEART TREATMENTS

..... newer therapies for angina pectoris

“There is more to angina than medication, angioplasty and bypass”

***Now Blocked Blood Vessels
can be treated without Operation***

EXTERNAL COUNTER PULSATION (ECP)

What is External Counter Pulsation?

What ECP does?

How does ECP increase the blood flow?

How is ECP done?

How long does the treatment take?

How successful is ECP treatment?

Is ECP a recognized treatment?

Where else is ECP available?

What is the current status and the expected future of ECP?

Are doctors at Sibia Medical Centre well trained in ECP?

ARTERY CLEARANCE THERAPY (ACT)

What is Artery Clearance Therapy (ACT)?

How is Chelation Therapy done?

How does ACT work?

How effective is ACT?

What is the present status of ACT?

Why are there controversies about Chelation therapy?

Are doctors at Sibia Medical Centre trained in Chelation Therapy?

What patient's say after ACT and ECP?

ECP AND ACT – Common questions

Which patients can benefit by ECP and ACT?

How are ACT and ECP beneficial in so many conditions?

What are the advantages of ECP and ACT?

Are the treatments safe and comfortable?

Are ECP and ACT possible before angioplasty and bypass or if they fail?

How does the patient know he has improved?

Which tests can show improvement with ECP and ACT?

Can angiography assess ECP and ACT progress?

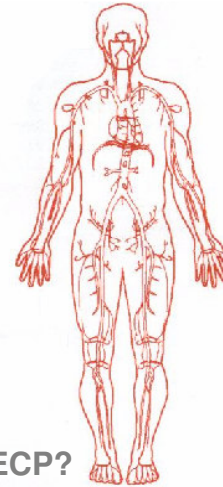
What if ECP or ACT fails?

Comparison of Angioplasty, Bypass, ECP and ACT.

Are we against Surgery?

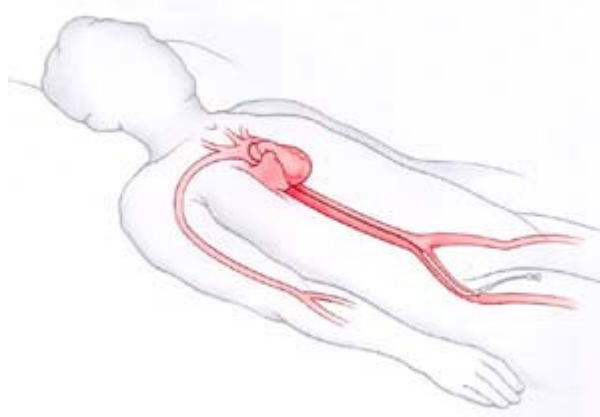
Facilities at Sibia Medical Centre.

Your partners in health.



EXTERNAL COUNTER PULSATION

Creating Bypass Naturally



**Technical know-how from
World ECP leaders
CANTON**

EXTERNAL COUNTER PULSATION

What is External Counter Pulsation?

ECP increases blood flow by creating collaterals without surgery from outside the body by creating special pressures.

What ECP does?

ECP increases blood flow:

- To heart by 20-42%
- To brain by 22-26%
- To kidneys by 19%

ECP also increases heart's output (stroke volume) by 12% by reducing after load. This improves LVEF.

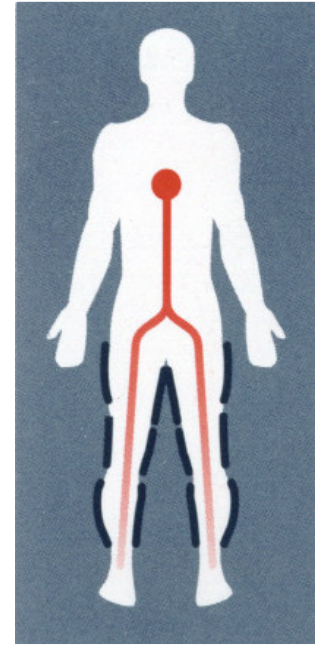
How does ECP increase the blood flow?

- Dilating blood vessels - Small blood vessels enlarge.
- Opening dormant blood vessels lying closed since birth.
- Angiogenesis – Forming new blood vessels.

How is ECP done?



Patient lies on the ECP bed wearing eight pressure cuffs - around calves, thighs, hips and arms (older ECPs had six cuffs). These increase blood flow by heart beat synchronized inflate and deflate synchronized with the heartbeat to.



How long does the treatment take?

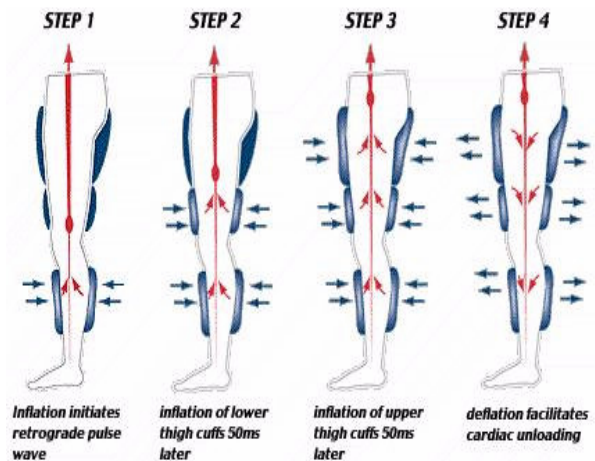
ECP is done one or two hour a day for 35 hour.

How successful is ECP treatment?

Upto 90% patients improve. Most feel better in 15 to 20 hours treatment. ECP benefits last 3 to 7 years or more. ECP is so successful that in USA insurance reimbursement for ECP has gone up by 6 % whereas that for other procedures like angioplasty, bypass surgery etc. has decreased by 7%.

Is ECP a recognized treatment?

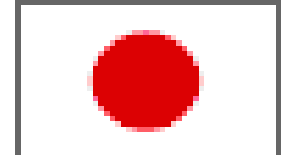
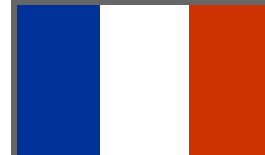
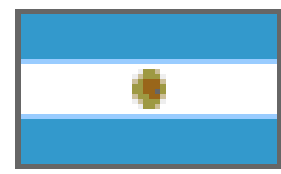
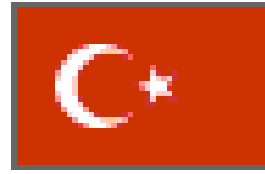
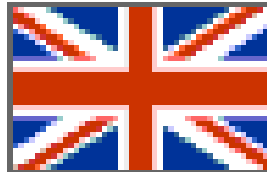
ECP is internationally recognized by FDA (USA), CE Mark (Europe) etc. ECP is



mentioned in medical textbooks. Many articles have been published in the Journal of the American College of Cardiology, Cardiovascular Reviews Reports, Cardiology, Mayo Clinical Proc., Clinical Cardiology, Journal of External Counter Pulsation, etc.

Where else is ECP available?

ECP is available world-wide in most leading hospitals such as Cleveland Clinic, Johns Hopkins, JFK Medical Centre, Mayo Clinic, Miami Heart Institute, Texas Heart Institute, Hammersmith Hospital, London, etc



What is the current status and the expected future of ECP?

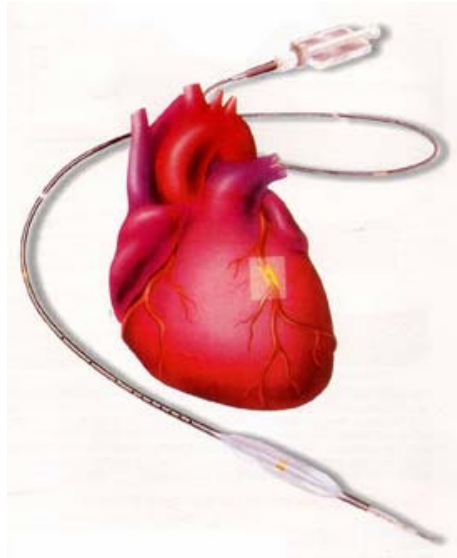
Leading technology for treating cardiovascular disease is slowly moving from very invasive methods to less invasive. Medical history witnesses that in the seventies bypass surgery was the big news in the treatment of coronary artery disease. In the eighties it was balloon angioplasty and in the nineties it was the stent now we can move still a step further to a totally noninvasive treatment with ECP. The Future belongs to those who succeed and ECP is now provided world-wide by leading hospitals. The success of ECP can be judged by the fact that in the US Medicare reimbursement rate for ECP has increased by 7% whereas that for other procedures like angioplasty and bypass surgery decreased by 6%.

Are doctors at Sibia Medical Centre well trained in ECP?

Dr.Sibia has been trained at Red Cross Hospital, Canton and at Guangzhou Medical Apparatus & Instrument Factory (China) where ECP originated. Sibia Medical Centre introduced ECP in North India in 2002 and is authorized by the Chinese to train doctors in ECP.

“ECP to bypass the bypass”

ARTERY CLEARANCE THERAPY (ACT) ®©



**An alternative to Surgery
Reversing & Preventing Heart Diseases**

**ACT technical know-how from
ARTERIAL DISEASE CLINIC,
London and Manchester ((UK)**

ARTERY CLEARANCE THERAPY

What is Artery Clearance Therapy (ACT)?

ACT is non-operative treatment for blocked blood vessels. It consists of ACAM (USA) protocol for Chelation Therapy along with Dr. Dean Ornish's methods for Lifestyle management and antioxidants and nutrients.

How is Chelation Therapy done?

We use the Chelation protocol recommended by the American College for Advancement in Medicine (ACAM). In Chelation Therapy medicines are given by intravenous drip lasting about 2½ to 3 hours. The number of drips depends on the severity of the disease and are usually about 30.



How does ACT work?

Exact mechanism is not known.

- Chelates remove calcium and as blood vessel elasticity is decreased by calcium deposits and also plaque is composed of 70% calcium, 23% lipids and 7% other material; chelation by removing calcium increase blood vessels elasticity and may also decrease calcium in the plaques.
- Removal of heavy metal pollutants from the body decreases free radical formation leading to a healthier life.
- Improved collateral circulation.

This enhances blood flow and restores blood flow and you will feel better.

How effective is ACT?

About 80 to 90 out of 100 patients treated with ACT improve.

What is the present status of ACT?

- Chelation protocol is recommended by the American College for Advancement in Medicine (ACAM) whose protocol is used at Sibia Medical Centre.
- Chelation Therapy is recognized by the National Health Services (NHS) in UK
- Chelation Therapy is available in about 1500 clinics in America and many in England, France, Germany, Australia, Italy, Switzerland, Netherlands, and Spain etc.
- Chelation Therapy is has been appreciated by the twice Nobel Prize Winner Dr. Linus Pauling and others
- However though lifestyle management, nutrients and antioxidants are well established all cardiologists do not subscribe to the view that Chelation Therapy is effective in vascular diseases.

Why are there controversies about Chelation therapy?

Medical science being an incomplete science there are many controversies in medicine and Chelation Therapy is one of them. Chelation Therapy is a patient proved therapy, but not double controlled blind study proved. This means that millions of patients world over have experienced the benefits of Chelation therapy but sufficient scientifically controlled trials are lacking. We believe that if experience has shown a therapy to be of benefit we need not wait for scientific trials which may take years or never be done if no one gets financial benefit.

There is also criticism as the exact mechanism is still not known and many patients improve symptomatically and can walk more and faster, have less chest pain and need less medicines but on angiography show little or no improvement. There may be mechanisms causing improvement other than visible on angiography. Again we believe that benefit of a therapy need not be denied to our patients simply because science has lagged behind the experience.

Studies both in favour and against Chelation Therapy are available and more double blind controlled studies are required before it becomes universally accepted. As things stand today Chelation will not be universally accepted as more clinical trials are warranted and Chelation will not die because patients are getting significant health benefits.

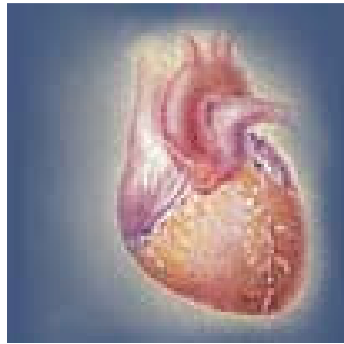
Are doctors at Sibia Medical Centre trained in Chelation Therapy?

In North India only Sibia Medical Centre has doctors appropriately trained in Chelation Therapy at Arterial Disease Clinics in London and Manchester (UK) and introduced it in India in 1994. Dr.Sibia is members of ACAM (USA).

After ACT and ECP patient's say:

- "I forget that I have a bad heart,"
- "The treatment is safe and comfort"
- "I feel-good benefits of the treatment"
- "Activity gets a boost after treatment"
- "Angina pain subsided with treatment"
- "Treatment helped renew energy levels"
- "Quality of life improved after treatment"
- "Treatment helps energize and invigorate"
- "Treatment helped me achieve life long goals"
- "Noninvasive treatment provides optimal results"
- "Attacks of angina have cleared up after treatment"
- "The treatment gave me more strength and energy,"
- "Now I wake up in a good mood. I'm happy to be alive,"
- "I have grandchildren and a great-grandchild, and I'm happy that I'm still around"
- "I even forget to take my nitroglycerin with me when I go out because I don't need to take it anymore."

COMMON FEATURES of ECP and ACT

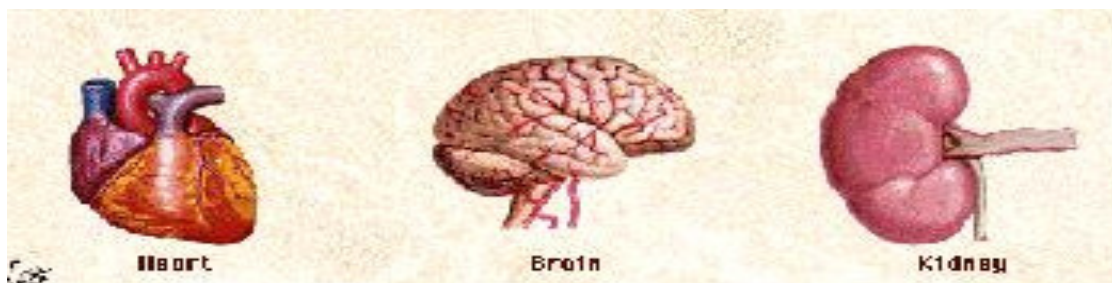


FEATURES COMMON TO ECP and ACT

Which patients can benefit by ECP and ACT?

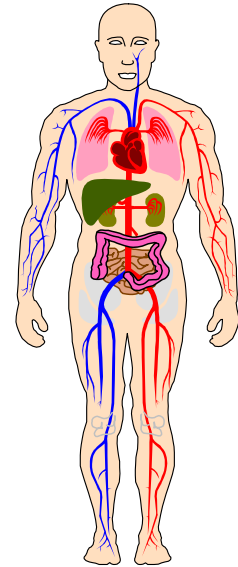
Patients with decreased circulation anywhere can be treated such as:

- Patients not fit for angioplasty and bypass surgery or do not want them
- Before angioplasty or bypass to improve the cardiac status before surgery.
- Patients with failed bypass or recurrence after bypass
- Cerebral ischaemia, atherosclerosis, embolism, TIA, Vertebro-basilar insufficiency, Senile Dementia, Alzheimer disease, Cerebellar ataxia,
- Hearing deficiency, Memory Disorders, etc
- Vascular headache and migraine
- Parkinsonism
- Renal hypertension
- Chronic fatigue syndrome
- Decreased sexual functioning due to erectile dysfunction
- To increase sports performance



How are ACT and ECP beneficial in so many conditions?

ACT and ECP are beneficial in all these conditions because all of them are due to decreased blood flow to the affected organ. As ACT and ECP increase circulation they benefit disease in any part of the body due to decreased blood flow.



What are the advantages of ECP and ACT?

They are effective, economical, Non-surgical, and non-invasive without hospital stay.

Are the treatments safe and comfortable?

Yes, They are safe and comfortable. patients can listen to music or see television during the treatment. Some patients even sleep during the treatment.

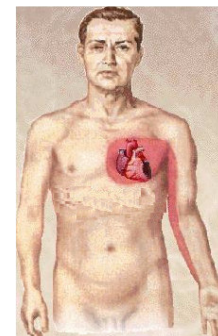
Are ECP and ACT possible before angioplasty and bypass or if they fail?

Yes, thousands of patients have been saved from angioplasty and bypass with ECP and ACT. ACT and ECP also improve heart function so patients can stand the surgery better. ECP and ACT after failed angiography and bypass and in those not fit for them can be life saving treatments.

How does the patient know he has improved?

The patients feel better and they test better.

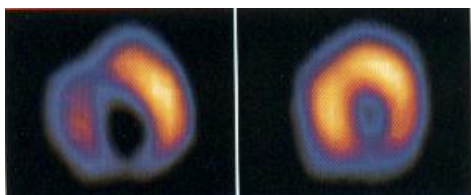
- Patient can walk more.
- Patient can walk faster
- Patient has less Chest pain
- Patient can better Breathing
- Sorbitrate need decreases
- General look and skin colour improve
- Feel increased energy & work capacity.
- Less fatigue
- Decreased pain in the legs
- Improved sexual performance
- Improved mental ability and memory



Which tests can show improvement with ECP and ACT?

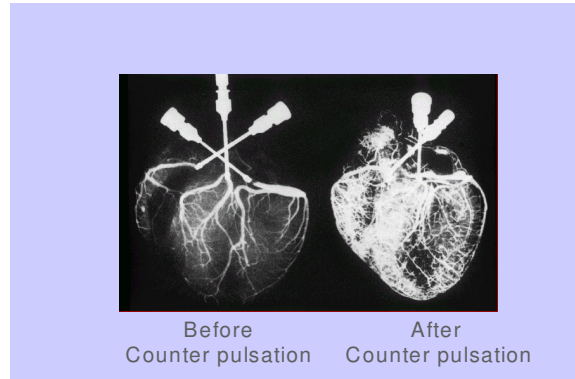
Tests that document blood flow show the improvement with ECP and ACT. Improvement can be assessed by following pre and post treatment tests:

- stress Thallium
- Cardiovascular Cartography
- TMT.



Can angiography assess ECP and ACT progress?

Angiography shows physical stenosis and not flow. As flow is not proportionate to the degree of stenosis hence angiography is not a good enough test for documenting improvement. ECP and ACT increase circulation by affecting the smaller blood vessels which are not visible with ordinary angiography. However angiography in experiments on dogs has shown increased collaterals.



What if ECP or ACT fails?

Angioplasty and bypass still remains available if ACT and ECP fail.

Surgery should be preserved for patients with crippling disease who do not respond to more conservative treatments and we should think of surgery only when all other safer treatments fail.

- Dr.Sibia

ACT, ECP and Cardiac Rehabilitation are complementary to each other and should preferably be undertaken together for better results.

A Comparison

Comparison	ANGIOPLASTY	BYPASS	A C T	ECP
------------	-------------	--------	-------	-----

Procedure	Stretch artery with balloon/ stent (spring)	Vessel around blocked site	IV drip & proper life style	With ECP equipment
Anaesthesia	May be	Needed	Nil	Nil
Blood transfusion	No	Yes	No	No
Scar of cut	No	Yes	No	No
Pain	Yes	Yes	No	No
Hospital stay	Few days	Few weeks	Few hours	1 hour daily
Return to work	In weeks	In months	Same day	Same day
Danger of procedure	+	++	Negligible	Negligible
Unfit for bypass / anaesthesia / angioplasty	Not possible	Not possible	Possible	Possible
In failed or reblock after angioplasty and bypass	Usually not possible	Usually not possible	Possible – may be life saving	Possible – may be life saving
Minor Complications	+	++	Negligible	Negligible
Procedure deaths	+ 0.4 to 1 %	++ 1 to 8%	Nil	Nil
Heart attack (MI) during procedure	+ 3%	++ 5 to 10%	Nil	Nil
Minor complications	+ 5 to 10%	++	Not significant	Not significant
Emergency CABG	Needed 2 to 5%	Itself CABG	Nil	Nil
Heart Disease Risk	Unchanged	Unchanged	Decreased	Decreased
Other benefits	-	-	Yes	Yes
Other blocks	No effect	No effect	Good effect	Good effect
Preventive effect	No	No	Yes	Yes
Acceptance by patients	Reluctant due to risk & expenses	Reluctant due to risk & expenses	Very well accepted.	Very well accepted.
Acceptance by doctors	Accepted well.	Accepted well.	Accepted but feel more research needed	Accepted - FDA approved
Cost effective	?	?	¼ cost of bypass	¼ cost of bypass



*Decision is your
- make the smart choice
You deserve
Only the best*

Because Life is Precious

We welcome you to Sibia Medical Centre to meet External Counter Pulsation and Artery Clearance Therapy patients and to enable you to become acquainted with the therapies. After you have read if you have any questions or concerns, please call, email or write to us.

We look forward to serving you.

(DR.S.S.SIBIA)

FACILITIES AT SIBIA MEDICAL CENTRE:

- Master Health Checkup
- External Counter Pulsation (ECP)
- Artery Clearance Therapy (ACT)
- Cardiovascular Cartography (Heart mapping)
- Periphery Artery Disease Treatment
- Cardiac Rehabilitation / Lifestyle Clinic
- Kidney Stone Treatment with rays (ESWL)
- Bio-electronic Tissue Engineering (QMR)
- Osteo- Arthritis Treatment with QMR
- Meditation Courses / Stress Management
- Nutritional Medicine
- Computerized ECG
- 24 Hours Blood Pressure Monitoring (ABP)
- Computerized Stress / Tread Mill Test
- Laboratory
- Ward - Rooms - Canteen - Library
- Patient Education Brochures (all diseases)



Your partners in health
- Dedicated to healthcare without trauma

SIBIA MEDICAL CENTRE

Advanced Non-invasive Health Care Centre

B/XIX-568-A & 573, Civil Lines, Near Fountain Chowk, Ludhiana 141001 INDIA

Ph/Fax: 0161-2444818, Mb: 98140-34818

Email: info@sssibia.com, Web: www.sssibia.com