

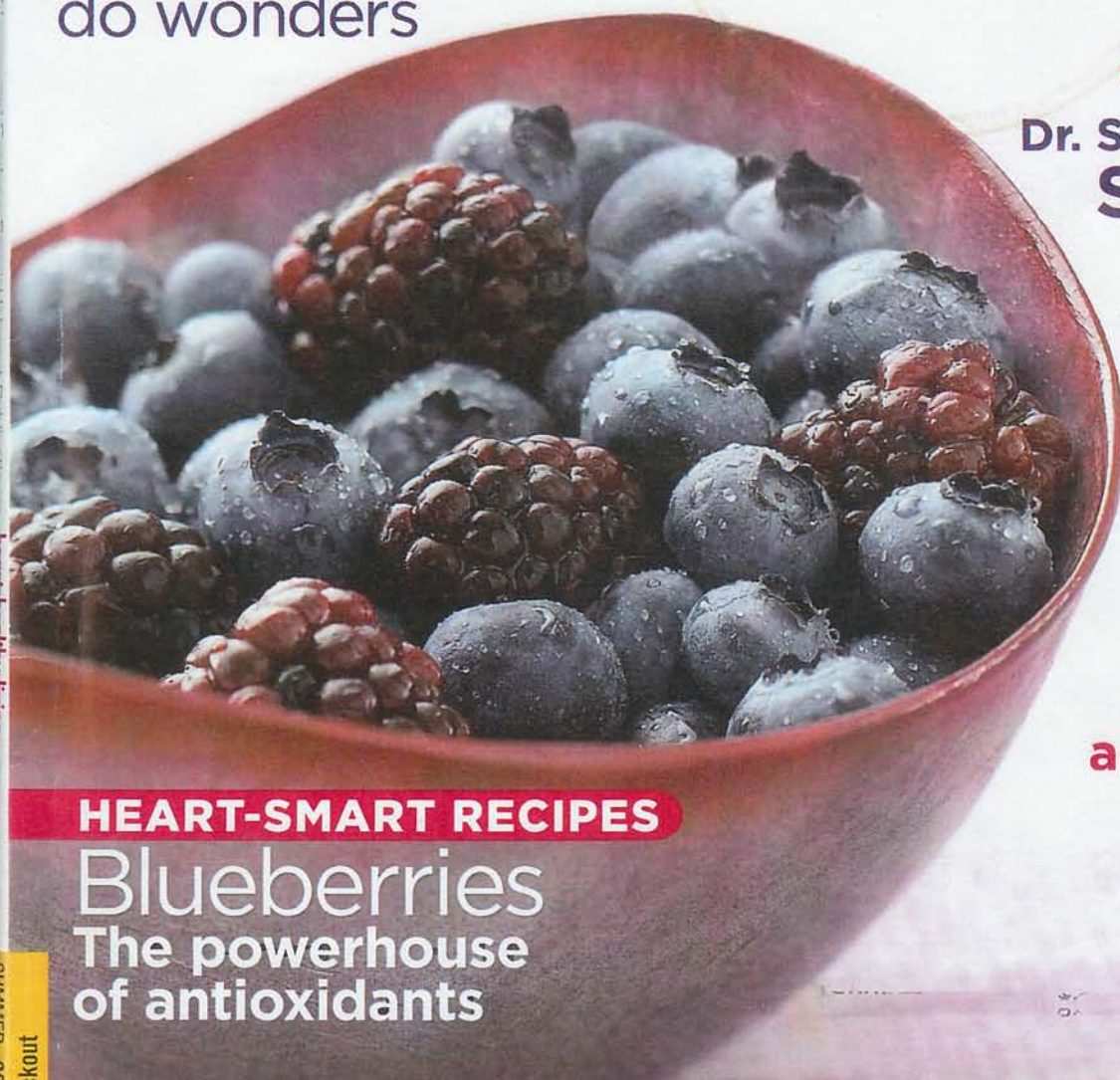
Summer 2008
Display until August 12

heart healthy LIVING™

HeartHealthyOnline.com

Lower your cholesterol!

Natural foods that do wonders



HOUSE CALL

Dr. Sharonne Hayes:
Slow down plaque buildup

Outsmart fat cells
12 weight-loss tips

6 ways to **stop a stroke before it strikes**



EXTREME MAKEOVER

TV's Paul DiMeo retools for a heart-healthy life

HEART-SMART RECIPES

Blueberries

The powerhouse of antioxidants

BHG SIP Yellow Checkout





Dangerously high cholesterol forced Paul DiMeo of ABC's *Extreme Makeover: Home Edition* to remodel his life. He loves what he has built and says if he can do it, anyone can.

By Leslie Pepper



Extreme Cholesterol Makeover

Paul DiMeo can turn even the most dilapidated old shack into a showhouse. He just hopes he has that much luck with his arteries.

Paul, the emotional, bespectacled master carpenter on ABC Television's Emmy-winning show *Extreme Makeover: Home Edition*, was surprised to learn at a routine doctor's visit in 2003 that his cholesterol was dangerously high—around 340 mg/dL. His LDL, or "bad" cholesterol, was very high at 254 mg/dL, and his HDL, or "good" cholesterol, score of 56 mg/dL wasn't high enough to counter that.

Like the homes that he and his team redo inside and out, Paul had to make some major changes—and those changes didn't involve studs or drywall.

"When you're on the road building a home you eat whatever you're offered, whenever you have an opportunity to eat—usually fast food or something unhealthy," he says.

He also was smoking 1½ packs of cigarettes a day and doing nothing to combat the stress of working on a new TV show.

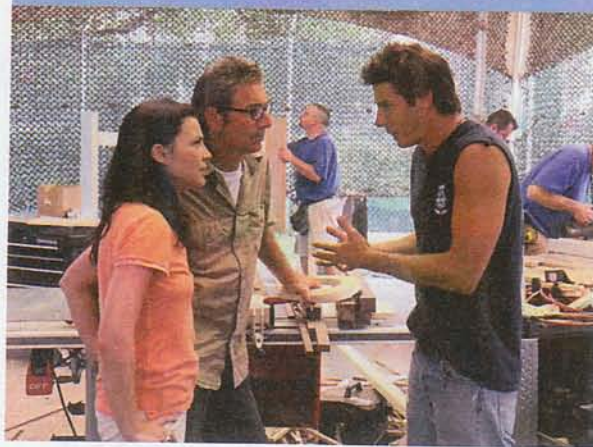
Like the craftsman he is, Paul asked his doctor how he could repair the damage. The job list was tough: He had to stop smoking, cut out fried foods and excess fat, eat more fruits and vegetables, and exercise more. Paul did it all.

After six months, Paul had his cholesterol checked again, convinced that he would see a change. Instead it had improved only marginally. That, coupled with the fact that both his parents had struggled with high cholesterol, prompted his doctor to recommend medication. Paul began taking a daily dose of the statin Crestor, and after six months his cholesterol had plummeted 220 points to a healthy 120 mg/dL.

Rebuilding began early

Paul's no stranger to extreme makeovers. His real life experiences have echoed those in the show.

His first renovation came when he was 5 years old and the family home in Media, Pennsylvania, burned to the ground. After the contractor left the rebuilding job unfinished, Paul's father handed Paul a hammer



and together they rebuilt the house. Paul learned many things from that experience, one of which was that nobody can do it on his or her own.

"I watched how a community can come together to help a family in need, and my dad taught me that you should never say no to help," he says.

When Paul found out that 60 percent of U.S. adults being treated with cholesterol-lowering statins did not know their target cholesterol goal—and even fewer people knew what atherosclerosis is—he wanted to help educate others. He joined forces with AstraZeneca, the maker of Crestor, on a campaign called Us Against Athero (athero.com). The campaign's goal is to raise awareness about atherosclerosis and encourage people to improve the health of their arteries.

"A cholesterol-lowering program is a lot like a home makeover project," Paul says. "You have to determine a specific goal, identify the necessary steps to reach that goal, and work according to plan, checking in on your progress along the way."

Eating healthiest at home

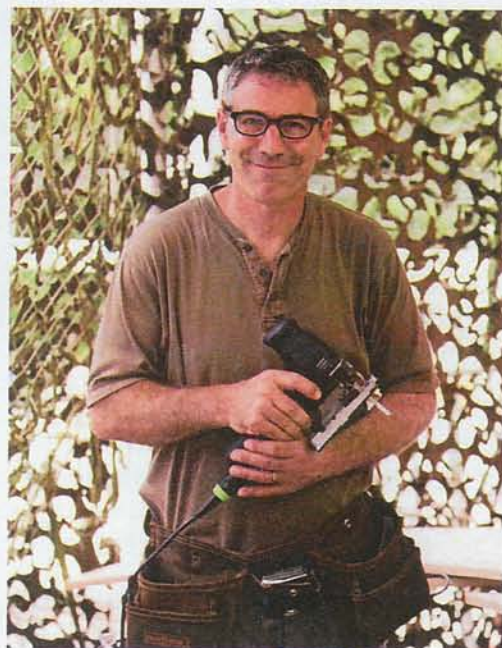
When he's back home in Los Angeles in his 1920s Hollywood Hills house, Paul says he has little problem eating a healthy diet and exercising regularly. He and his wife, Kelly, mostly eat home-cooked meals so they can control what they consume.

Paul, 50, admits to indulging in a little chocolate now and again—though only a little, he says. For stress relief, he loves to play with his two puppies, Nizhoni and Lucy. On the road, however, it's harder. Paul travels about 250 days of the year, making it a real challenge to stay focused on his new heart-smart lifestyle. But, he says, he makes the effort. "Managing my heart health is a lifetime commitment, and I'm working with all the tools that I've got," he says.



“Managing my heart health is a lifetime commitment, and I’m working with all the tools that I’ve got.”

—Paul DiMeo



How to Renovate Your Cardiovascular House

Here are Paul DiMeo’s tips for a healthy on-the-go routine: **START OFF EACH DAY WITH A BOWL OF OATMEAL.** The soluble fiber found in oats and oat bran has been shown to help reduce LDL cholesterol when eaten as part of a heart-healthy diet.

WALK, WALK, WALK. “I’m lucky enough that my job is physical—I’m lifting and hammering stuff all day,” Paul says. If your job is sedentary, walk down the street around your hotel. If the weather is bad, find a treadmill in the hotel or run up and down the stairs.

DO EVERYTHING IN MODERATION. “Then even if you’re eating poorly, you’re not eating a lot of it,” he says. Stay away from anything that says “super size.” “I enjoy a pork chop on the road, but I make sure it’s only 6 to 8 ounces,” Paul says.

ALWAYS ORDER A BIG SALAD BEFORE EVERY MEAL, with the dressing on the side. And with almost all fast-food restaurants serving salads, there is no excuse.

EAT REGULARLY THROUGHOUT THE DAY. “Don’t wait until you’re famished and you’re going to order three cheeseburgers with fries,” he says.

NEVER SKIP STRESS RELIEVERS. “I work in a field where I get to swing a hammer. I highly recommend hitting things hard to relieve stress,” he says. Paul also depends on music to soothe his nerves. “I carry my guitar on the road, or I find a piano in a hotel lobby, which really calms me.”

INDULGE OFTEN IN FRESH, LOCAL FOOD. “I swear I ate 20 pounds of blueberries when we were in Maine,” he says. “In Seattle and New York, the apples were phenomenal.”

HAVE A GOOD CRY. Paul is known as the weepy one on the TV show. He doesn’t care. He says it’s a great stress reliever. “I can be exhausted after an emotional outburst—it’s wonderful to take that burden and let your emotions do what they want to do.”

STAY IN TOUCH WITH YOUR DOCTOR. No matter how much you travel, keeping in touch with your doctor is critical to staying healthy. High cholesterol can lead to atherosclerosis, which can lead to heart disease. **HHL**