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**THE SOUTH BEACH HEART PROGRAM**

The 4-Step Plan That Can Save Your Life

(Rodale, 2007)

By Arthur Agatston, M.D.

**A REVOLUTION IN CARDIAC CARE CAN PREVENT HEART ATTACKS  
AND STROKES**

Miami Beach: Heart attacks and strokes can be prevented. Yet there are nearly 900,000 new and recurrent heart attacks and 700,000 strokes in the United States each year. With the medical knowledge we already possess, why do nearly 500,000 women and over 400,000 men die of cardiovascular disease annually?

In ***The South Beach Heart Program***, Dr. Arthur Agatston describes the reason as a difference in practice, what he calls the “plumbing” versus “healing” approach to treating heart disease. According to Agatston, “The majority of people in this country are being treated with an out-of-date “plumber’s” approach to heart disease. This is despite the experience of a growing number of physicians using a “healer’s” approach. The healers are seeing heart

attacks disappearing from their medical practices. This little known fact is one of the best-kept secrets in America today.”

In his cardiology practice, Agatston has helped his patients avoid having invasive heart procedures such as angioplasties and coronary bypasses. And he rarely sees a heart attack or stroke among his patients. In ***The South Beach Heart Program***, he explains why seemingly healthy people can suddenly have a heart attack, and why people with great cholesterol numbers can be walking time bombs. He also enlightens readers on why heart imaging and advanced blood testing — when used for most men over 40 and most postmenopausal women over 50 — can save lives. And he explains why traditional screening tests are too often inadequate. Dr. Agatston also describes why belly fat plays such an important role as a cardiac risk factor and as an early warning sign for future heart disease.

Says Agatston, “Our health-care system’s incentives favor invasive approaches for heart disease even though studies indicate that noninvasive strategies work better. ***The South Beach Heart Program*** can help people partner with their physicians to manage their own heart health and keep heart attacks at bay.”

In his book, Dr. Agatston draws on a wealth of research and personal experience from his more than 30 years as practicing cardiologist, and provides readers with a comprehensive look at heart health and the risk factors associated with heart disease. He shares the 4-step program that has helped so many of his patients avoid invasive procedures and lead long and healthy lives. The program includes:

- Heart-healthy eating, following the principles of the South Beach Diet
- Heart-healthy functional fitness, including cardio and core exercises
- State-of-the-art advanced blood testing and noninvasive heart imaging
- Heart-protective medications, as necessary

"This book is designed to help people do all they can to reverse heart disease and prevent heart attacks and strokes using a noninvasive approach," Dr. Agatston says.

***The South Beach Heart Program, The 4-Step Plan That Can Save Your Life***, (January 2007, Hardcover, \$25.95 U.S. and \$31.95 Canada) Health, 304 pages, 30 black-and-white illustrations and photographs.

**South Beach Diet companion books include:**

- *The South Beach Diet* (Hardcover/Rodale, \$24.95, April 2003)
- *La Dieta South Beach* (Trade Paperback Original/Rodale/Spanish Language, \$17.95, January 2004)
- *The South Beach Diet Cookbook* (Hardcover/Rodale, \$25.95, April 2004)
- *The South Beach Diet* (Trade Paperback/St. Martin's Griffin, \$14.95, April 2005)
- *The South Beach Diet* (Mass Market/St. Martin's Paperbacks, \$7.99, April 2005)
- *El Recitario de La Dieta South Beach* (Trade Paperback Original/Rodale Spanish Language, \$19.95, April 2005)
- *The South Beach Diet Good Fats/Good Carbs Guide*: (Trade Paperback/St. Martin's, \$7.99, April 2005)
- *The South Beach Diet Quick & Easy Cookbook: 200 Delicious Recipes Ready in 30 Minutes or Less* (Hardcover/Rodale, \$27.95, October 2005)
- *The South Beach Diet Dining Guide* (Paperback/Rodale, \$7.99, December 2005)
- *The South Beach Diet Parties & Holidays Cookbook* (Paperback/Rodale, \$25.00, October, 2006)

**ABOUT ARTHUR AGATSTON, MD**

Arthur Agatston, M.D., FACC, is a cardiologist and an associate professor of medicine at the University of Miami Miller School of Medicine. Over the years, Dr. Agatston's pioneering work in noninvasive cardiac imaging has resulted in computed tomography scanning methods and measures for screening coronary calcium that

continue to bear his name. Today, the Agatston Method and the Agatston Score are recognized worldwide. He has published over 100 scientific papers and abstracts and has reviewed manuscripts for many of the leading cardiology and internal medicine journals.

In 2004, Dr. Agatston founded the Agatston Research Foundation for the purpose of conducting and funding original research on diet, cardiac, and disease prevention. His goal is to educate and empower both his patients and the public about healthy lifestyle choices and disease prevention, encouraging the practice of such prevention in America and throughout the world. In creating the Agatston Research Foundation, Dr. Agatston is fulfilling a personal dream to play an important role in the ongoing revolution in cardiac prevention going on in America. The Agatston Research Foundation is dedicated to improving the heart health and wellness of the nation through research, education, and prevention.

Dr. Agatston lectures extensively on preventive cardiology both nationally and internationally. In addition to his work with his wife, Sari, on the South Beach Diet and The Agatston Research Foundation, Dr. Agatston maintains a full-time cardiology practice in Miami Beach, where they reside. The Agatstons have two sons, currently attending college.

For more information, visit [www.southbeachdiet.com/heart](http://www.southbeachdiet.com/heart)

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