**HOLISTIC HEART HEALTH: INCREASING INTEREST, SCOPE & SIGNIFICANCE**

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We are seeing more patients with cardiac illness and resultant morbidities despite the recent advances in Medicine. Advanced imaging-revascularization techniques address patients with significant coronary artery disease (CAD) but several groups remain undertreated. There are a significant proportion of our patients having debilitating symptoms without occlusive CAD. On the other end of the spectrum we encounter patients on maximal mediations who not candidates for revascularization. Advancing age and numerous comorbidities oftentimes increases risk of iatrogenic complications. Increasingly, people are turning to alternative medicine with over a third of US adults using these therapies in 2007. Majority of our patient population have unhealthy and sedentary lifestyles. Ideally, health care providers should allocate ample time with patient and family to evaluate social, lifestyle and psychological issues. Identifying personal interests, passion, habits and life goals plays a major role in developing an individualized holistic prescription according to patient preferences. By implementing holistic health concepts in our University and VA cardiology practice, we are increasing the reach, effectiveness and scope of care. We work with qualified providers in the fields of Naturopathy, Yoga, diet based therapies, meditation, mindfulness- based stress reduction and weight control, exercise physiologists and tele-monitored cardiac rehabilitation. We emphasize understanding what motivates and engages the mind, personal interests and priorities, of each patient. In conjunction with family we explore tailored diet, exercise and lifestyle plans that are realistically achievable and sustainable for the individual. We recognize that majority of people will find it challenging to initiate and sustain these lifestyle changes. We continually realign prescription with patients’ changing medical and social circumstances. Our success is based on instilling trust, positive attitude, confidence and purpose. Increasingly patients recognize holistic health as their true nature and as the freedom to better engage in all their life pursuits.