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Assessment of actual impact of diets and drugs on heart disease requires quantitative measurement. The time for close enough is over.

Richard Fleming, PhD, MD, JD | FHFI-OI-Camelot

This debate following recent publications highlight the specific problem we are confronted with as we talk about the impact of diets and heart disease. In neither this paper nor the Annals papers, nor the recent Rubin article in JAMA, was there any measurement of the actual disease we are talking about - viz. coronary artery disease (CAD).

As I laid out in the "Inflammation and Heart Disease" and "Angina" theories almost two decades ago; CAD is an inflammatory process which is produced by the interaction of multiple factors - including cholesterol, homocysteine, lipoprotein (a) and more - with the specific genetic responses of each person.

As we also published in 2008, merely measuring these blood tests - cholesterol, CRP, fibrinogen, et cetera - does NOT tell you what is happening to the coronary arteries. To understand the actual impact of diets OR drugs on heart disease, you must measure the changes occurring within the coronary arteries as a result of these diets or drug treatments (statins, et cetera). True quantification or measurement of this is only possible using FMTVDM, which is the Fleming method for tissue and vascular differentiation and metabolism and which uses nuclear imaging to quantify heart disease. Nothing else can actually measure the anatomic and functionality changes of these arteries and it is this change which defines CAD.

Until we conduct an FMTVDM study comparing changes in coronary arteries following these diets (an actual measurement of both the anatomy and function of the coronary arteries) we will not be able to intelligently and honestly tell people with the confidence the general public expects from us, what do these different foods and their associated diets do to the coronary arteries of people.

I refer you to this recent article, of which I am the first author.

Fleming RM, Fleming MR, Dooley WC, Chaudhuri TK. The Importance of Differentiating Between Qualitative, Semi-Quantitative and Quantitative Imaging - Close Only Counts in Horseshoes. Eur J Nucl Med Mol Imaging. DOI:10.1007/s00259-019-04668-y. <https://link.springer.com/article/10.1007/s00259-019-04668-y>

CONFLICT OF INTEREST: The patent on FMTVDM is issued to me.

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