



Lahey Clinic's

## Executive Health Program

**W**e are pleased to announce that Bruce Campbell, MD, is the newly appointed medical director of Executive Health. Dr. Campbell is a graduate of Harvard Medical School and completed his Internal Medicine training at Lahey Clinic. In 1998, he was Chief Medical Resident at Lahey and has been a member of the Department of General Internal Medicine since 1999.

Dr. Campbell had been intimately involved in medical education and has served as Associate Program Director for the Internal Medicine Residency Program. He has been a pioneer of group visits at Lahey Clinic innovating the Men's Educational Group Appointment (MEGA) program for men's health, which was featured on NBC's *Today* show and has developed a national reputation in men's health as an engaging and entertaining speaker.

"We would like to thank Dr. Samir Kassissieh for his years of dedication to the Executive Health Program," said David Barrett, MD, president and chief executive officer, Lahey Clinic. "Fortunately, the program has been placed in the hands of an equally talented physician, Dr. Bruce Campbell, under whose leadership Executive Health at Lahey Clinic will continue to grow and prosper."

*"Our mission is to empower busy executives to protect their most important asset—their health. Our team of medical experts is dedicated to increasing patients' awareness of their specific health issues, and providing the knowledge to promote a healthy lifestyle."*

*—Bruce Campbell, MD, Director, Executive Health*

### Our Physicians

Lahey Clinic has an exclusive team of physicians across many medical specialties dedicated to treating Executive Health patients. Members of this team include:

Joseph Corkery, MD  
*Chief Medical Officer*

Guy Napolitana, MD  
*Chair, General Internal Medicine*

Bruce Campbell, MD  
*Medical Director, Executive Health*

#### Department of General Internal Medicine

Betsy Crawford, MD  
Judith Feldman, MD  
John Przybylski, MD  
Jennifer Rehm, MD

#### Department of Nephrology

Christopher Ying, MD

#### Heart & Vascular Medicine

Bartholomew Woods, MD

*For more information about the Executive Health Program or to schedule your next appointment, please call 781-744-8401 and select option 2.*



*Bruce Campbell, MD*



## Taking Diabetes to Heart

Exercise and eating healthy are two simple lifestyle choices that have huge implications. About two-thirds of Americans are overweight and type 2 diabetes is on the rise. The correlation, however, isn't a coincidence.

"We know that obesity, a sedentary lifestyle, genetics and environmental factors all contribute to insulin resistance, which, over a span of time, may turn into full-blown diabetes," says Richard W. Nesto, MD, chair, Cardiovascular Medicine.

The cluster of abnormalities that are linked to heart disease—glucose intolerance, elevated blood triglycerides, low HDL and high LDL cholesterol, obesity, and high blood pressure—have come to be known collectively as "metabolic syndrome." By helping patients recognize and diminish these risk factors, Lahey is working to assure that patients with insulin resistance or diabetes live long, healthy lives.

Twenty-four percent of the overall population has metabolic syndrome—including 50 percent of men and women over the age of 60. "And yet, if you asked 1,000 people about metabolic syndrome, you might find only one or two people who know what it is," says internist Jerry M. Blaine, MD.

Physicians diagnose metabolic syndrome by assessing the patient's overall risk factors, such as blood pressure and cholesterol levels. C-reactive protein (CRP)—commonly associated with inflammation—is an excellent predictor of the severity of a patient's condition.

According to Nesto, "CRP measurements are most valuable in people with metabolic syndrome. These individuals generally don't have cholesterol levels high enough to mandate using cholesterol-lowering drugs, and yet they are at elevated risk for coronary disease."

A heart-healthy lifestyle is often the simplest and most effective key to managing the symptoms of metabolic syndrome.

For those who are overweight, regular exercise has been shown to decrease blood pressure and increase the body's sensitivity to insulin. It may also help in preventing complications like heart and blood vessel disease. "Exercising enough to lose just 10 pounds can make a big difference," says Blaine. "People who are fit and overweight are much healthier than people who are unfit and overweight."

*If you would like to receive additional information, or be removed from our mailing list, please call 781-744-8401 or e-mail [ExecutiveHealth@lahey.org](mailto:ExecutiveHealth@lahey.org).*



### Features of Metabolic Syndrome

- Insulin resistance or type 2 diabetes
- Abdominal obesity
- Glucose intolerance
- Low HDL and high LDL cholesterol
- High blood pressure
- Elevated blood triglycerides

The factors used to diagnose a patient with metabolic syndrome are also proven risk factors for cardiac disease, which is why it is important for patients with insulin resistance or diabetes to live a heart-healthy lifestyle.

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