



INTERVENT®

Fall Issue 2001



How “Stress Hardy” Are You?

The tragic events on September 11 in New York City and Washington, D.C. have changed our lives forever and re-defined how we think of and deal with stress. Being “stress hardy” means you are physically, mentally, and emotionally fit to deal with the stresses of life – before they occur. If you are “stress hardy,”

- Your vital organs (heart, lungs, and circulatory system) are stronger and better able to function properly when exposed to stress.
- You are more resistant to infections because your immune system is stronger.
- You are able to concentrate on important tasks and stay productive.
- You have the energy and stamina to perform physical tasks that require a higher level of performance than usual.
- You maintain a positive and confident attitude and look for creative ways to solve problems and meet challenges.
- You avoid negative responses to stress, such as smoking, overeating, drinking too much alcohol, or abusive or aggressive language.
- You practice positive stress management techniques, such as regular aerobic exercise, relaxation techniques, and assertive communication.

Military personnel, policemen, fire fighters, public safety personnel, postal and government personnel, hospital and health care workers, and other public officials need to be fit and ready to serve. People experiencing layoffs due to the downturn in our economy need to stay positive and productive. Parents and teachers need to be healthy, positive role models for our children during these difficult times.

Every American needs to be “stress hardy.” Being “stress hardy” requires a proactive, rather than reactive, approach to stress management. INTERVENT’s comprehensive lifestyle management programs can help you be “stress hardy.”



Brenda Elmgren joined INTERVENT because her cardiologist, Dr. Kenneth Hardigan, recommended the program following her quadruple bypass surgery. Dr. Hardigan is a member of the INTERVENT^{MD} Network.

INTERVENT Participant Speaks Out

Weight loss was a major goal for Brenda Elmgren. She had attended other programs in the past and had even lost weight. But the weight always came back. She found INTERVENT was very different than other weight loss programs she had tried.

Upon starting INTERVENT, Brenda reviewed her eating and exercise habits. Brenda says, “I was raised in the South on fried chicken, gravy, and vegetables cooked in fat. At every special function and holiday meal, high-fat foods were what you expected. Not only did I have poor eating habits, I had never exercised. I believed exercise had to hurt really

bad to be good for you.”

From the beginning, Brenda’s INTERVENT mentor explained the step-by-step process to make gradual lifestyle changes. INTERVENT is not a “quick fix” program. Brenda says, “I had no confidence in my ability to do what I was being asked to do. However, with a lot of help and encouragement, I managed to get on the elliptical trainer for two minutes on ramp two, doing 70 steps per minute. At the end of 12 weeks, I was able to exercise for 30 minutes on ramp five with the intensity of 105 steps per minute. I enjoyed every visit. While exercising, I listened to the INTERVENT audios and escaped into my own world.”

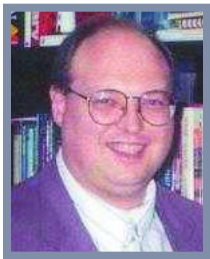
Brenda has also changed her eating habits. “We no longer settle for unhealthy fast food. We eat more fresh fruits and vegetables and less meat. I feel that I have made a new, fresh start in life. Each day, when I see the scar from my surgery, I become more determined than ever to maintain a healthy lifestyle. INTERVENT is a way of life and I believe in it. I will continue on the INTERVENT path. Thank you INTERVENT for helping me change my life!”

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More Participants Speak Out



Reverend Marshall Kurfees, a Baptist minister in Franklin, Virginia, participates in INTERVENT through our Call Center. His

appointments are conducted over the telephone by Claire Watson, MS.

Reverend Marshall Kurfees joined INTERVENT to increase his energy and stamina, to deal with the stress in his life, and to have an overall healthier lifestyle. When he began the program, he did very little exercise.

After three months, Marshall is walking six days a week for 35 to 40 minutes. He has also reduced his portion sizes and makes healthier food choices. And, he's learned new techniques to manage stress. Marshall says, "I've lost 19 pounds, and I'm very happy with the program."

Liz O'Brien attends INTERVENT at the Emory Healthcare site on the campus of Emory University in Atlanta. Her mentor is Scott Kallish, MA.



After six months in INTERVENT, Liz O'Brien had lost 30 pounds. She says, "I have lots more energy, and I am able to fit into clothes I could not even imagine wearing again. I love the way I look and feel. Now I am able, on occasion, to borrow my daughter's clothes!"

Liz is very motivated to achieve and maintain her healthy weight goal. Although her schedule is demanding, she makes time for exercise every day or nearly every day.

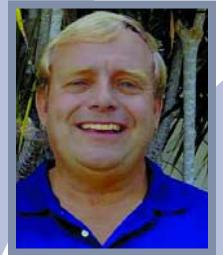


Kim Jones (left) is a member of the City of Savannah Police Department. Allyson Rose, MS, is her mentor.

For Kim Jones, the support of others has been key to her success. Her husband has helped with the shopping and cooking, and now everyone in the family is making healthier food choices. Also, her co-workers are on her team. They are aware of her INTERVENT appointment on Thursday afternoons, so inquiries about her progress are the topic of conversation on Friday mornings. Even her boss sent her a card saying "Hang in there!"

Kim is especially grateful to the management of the City of Savannah for making the INTERVENT program available. "I lost 37 pounds after 12 weeks in the program. After six months, I've lost 70 pounds. It's a great program!"

Reverend Rick Lazor, a minister living in Honolulu, Hawaii, participates in INTERVENT through our Call Center. Claire Watson, MS, is his mentor.



Although he has never met Claire "face to face," Reverend Rick Lazor says it's almost like chatting with her in person when they talk by telephone during his regularly scheduled INTERVENT appointments. "Claire has my individualized reports in front of her when we visit, and it's good to be regarded as an individual. She remembers to ask about my family and other recent events in my life."

Rick enjoys reading the educational kits, which he downloads from the INTERVENTUSA website. He also uses his exercise and food diaries to stay on track. He knows it is important to be well prepared when Claire calls. She says he's doing a great job.

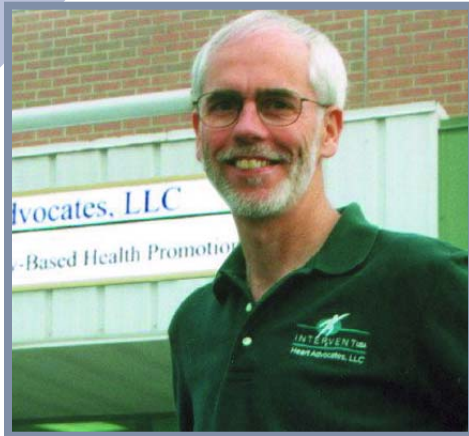
INTERVENT^{USA} Staff Presents at the American College of Sports Medicine Conference in Baltimore, Maryland



Shown left to right: Leah Adams, PharmD, Brenda Mitchell, PhD, Neil Gordon, MD, Richard Salmon, DDS

Meet Our Staff and Affiliates

Heart Advocates, LLC Brings INTERVENT to Hudson Valley, New York



Tom Savona is President and Founder of Heart Advocates, LLC.

Tom Savona, MA, left his job as Director of Cardiology Services at St. Luke's Hospital in Newburg to start Heart Advocates, LLC, a company offering individualized health promotion services in Orange, Dutchess and Ulster counties. After 22 years of experience in cardiac rehabilitation and health promotion, Tom recognized the need for effective and affordable chronic disease prevention programs. He selected INTERVENT as the primary system to meet this need after an extensive evaluation process that looked at numerous other programs. "I wanted to expand beyond the scope of traditional cardiac rehabilitation by providing comprehensive risk reduction and disease prevention. I really think INTERVENT is the system to fill the 'treatment gap' that currently exists between the preventive services we know people need and the actual services available to them."

Heart Advocates opened for business in September 2001. Its primary location is in Meadow Hill Plaza in Newburgh, on Route 300/Union Avenue, one-half mile north of Route 84. Newburgh is in northeastern Orange county on the Hudson River between Middletown and Poughkeepsie. As demands for the programs increase, sites may be added in Middletown and Poughkeepsie.

Individuals may enroll in INTERVENT

without a referral from their physician at any time. However, in the future, Tom expects to work closely with physicians who want to ensure their patients get appropriate preventive services. Patients will be encouraged to enroll in INTERVENT by their physician and the physician will be actively involved in their patients' INTERVENT programs. INTERVENT supplements and supports the care provided by physicians, but does not replace it. Physicians may review, revise, and approve the goals and recommendations for lifestyle change established by INTERVENT, including exercise and meal plans.

During the next few months, Tom will be contacting area employers to discuss the benefits of providing INTERVENT programs for their employees as a health benefit. A large organization in Florida that has implemented the INTERVENT program for its employees realized a significant reduction in health care claims during the first six months of the program.

Local health clubs could also be sites for INTERVENT programs. "We'll go where the business takes us," says Tom. "Lots of people need help in making changes in their lifestyles. I'm excited about the opportunity to help people improve the quality of their lives."

For more information about programs and services from Heart Advocates, contact Tom Savona at 845-564-5407.



Dr. LaFranchise Presents at National Conferences

During the last year, Dr. Frank LaFranchise has presented at two major national conferences. A study entitled "Cardiovascular Disease Risk Factor Status of Patients Referred to a Private Practice Stroke Secondary Prevention Program" was presented at the 124th Annual Meeting of the American Neurological Association in Seattle, Washington. He also presented a study



Dr. LaFranchise is the Medical Director of the INTERVENT Stroke Risk Reduction Program at the Neurological Institute of Savannah.

entitled "Need For and Clinical Effectiveness Of a Neurologist Supervised, Nurse Case Managed Stroke Risk Reduction Program" at the 26th American Heart Association International Stroke Conference 2001 in Ft. Lauderdale, Florida.

Dr. LaFranchise presented the results of the INTERVENT Stroke Risk Reduction Program among patients who have suffered a stroke or TIA, or who have carotid artery disease. INTERVENT complements the patient's existing medical treatment with intervention-focused lifestyle modifications. "I'm delighted and amazed at the improvements I've seen in our patients. Our patients have been motivated to make lifestyle changes that help manage not only their stroke risk, but also risks related to other chronic diseases," says Dr. LaFranchise. "The INTERVENT Stroke Risk Reduction Program is getting a lot of positive attention from the medical and scientific community."

The INTERVENT Stroke Risk Reduction Program is also available through the Neurological Institute of Waycross. You may contact the Neurological Institutes at 912-355-1010 in Savannah and 912-285-3266 in Waycross.

You're Worth It!

INTERVENT Locations and Affiliates

ATLANTA, GEORGIA

- EMORY (University) HEALTHCARE

CHARLESTON, SOUTH CAROLINA

- Trident Health System

CHATTANOOGA, TENNESSEE

- Memorial Health System

DALLAS, TEXAS

- Presbyterian Hospital

DETROIT, MICHIGAN

- William Beaumont Hospital

FT. LAUDERDALE, FLORIDA

- North Broward Hospital District

FT. WORTH, TEXAS

- Harris Methodist Hospital

HUDSON VALLEY, NEW YORK

- Heart Advocates, LLC

HURST-EULESS-BEDFORD, TEXAS

- Harris Methodist Hospital

MINNEAPOLIS, MINNESOTA

- White Bear Racquet and Swim

MOBILE, ALABAMA

- Providence Health System

NASHVILLE, TENNESSEE

- Vanderbilt University Medical Center

NORWALK, OHIO

- North Central CareNet
Fisher Titus Medical Center

OTTAWA (ONTARIO), CANADA

- Ottawa Heart Institute

PLANO, TEXAS

- Presbyterian Hospital

SAVANNAH, GEORGIA

- St. Joseph's/Candler Health System
- Neurological Institute of Savannah
- Downtown Athletic Club

TALLAHASSEE, FLORIDA

- Tallahassee Memorial Hospital
Heart and Vascular Institute

TEANECK, NEW JERSEY

- Holy Name Hospital

TOLEDO, OHIO

- The Medical College of Ohio

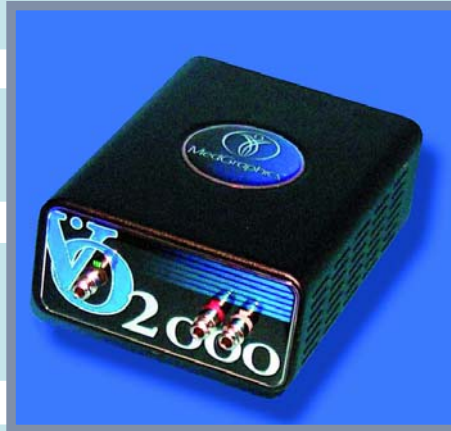
WAYCROSS, GEORGIA

- Neurological Institute of Waycross



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New Products and Services From INTERVENT^{USA}



Do You Have a "Thrifty" Metabolism?

Your metabolism or resting metabolic rate (RMR) is the rate the body uses calories for sustaining life and accounts for 60 to 70 percent of the calories you burn throughout the day. RMR is determined by genetics as well as many

other factors. Existing studies suggest that people with lower than expected resting metabolic rates are more likely to gain weight over a period of time than those with higher RMRs. People with lower RMRs have "thrifty metabolisms" that conserve calories and promote overweight. They also seem more likely to experience greater difficulty losing weight and have to restrict their daily "calories in" more to lose a given amount of weight.

Until recently, it was difficult and expensive to get an accurate measurement of resting metabolic rate. Now, using new technology developed by Medical Graphics Corporation (St. Paul, MN) – the New *Leaf* VO₂ Assessment System, INTERVENT can measure your resting metabolic rate and respiratory quotient. The respiratory quotient (RQ) is an index that tells whether the body tends to burn more carbohydrate or fat as fuel. Both of these measurements may be important in long-term weight management.

If you have your RMR measured with the New *Leaf* VO₂ Assessment System, your actual RMR value can be used to calculate your total daily calorie needs and to recommend your meal plan and target fat gram goal. Even if your RMR is lower than expected, knowing your value increases the likelihood you will be successful in your attempt to manage your weight.

Ask your mentor about having your RMR measured. The procedure is very simple and inexpensive. It is typically done in the morning and requires approximately one hour.

Is Your Doctor a Member of the INTERVENT^{MD} Network?

The INTERVENT^{MD} Network is a network of doctors who are committed to prevention for their patients. To date, several thousand doctors are part of the network. They stay involved in their patients' INTERVENT programs by reviewing their Goals and Action Plan and Follow-up Progress Reports. If your doctor is a member of the INTERVENT^{MD} Network, you may receive a discount when you join INTERVENT. To find out if your doctor is part of the network, call 912-351-9432 or toll-free at 866-476-1112.

LIFESTYLE MANAGEMENT AND CARDIOVASCULAR RISK REDUCTION PROGRAMS