

FOR IMMEDIATE RELEASE

What Would You Be Willing to Do To Live Younger, Longer?

*Vascular Surgeon, Dr. Richard Furman,
Explains the Steps to Take to Live Better Longer.*

As a vascular surgeon for over thirty years, Dr. Richard Furman used his medical skills to fight for the lives of his patients and wondered why the person lying on the table hadn't been more careful. What could have been done to prevent this life threatening battle from taking place? Heart disease is the number one killer of men and women in America, and in most cases it is completely preventable. So why are we, as a nation, slowly destroying our bodies and killing ourselves? And what can we do to turn it around?

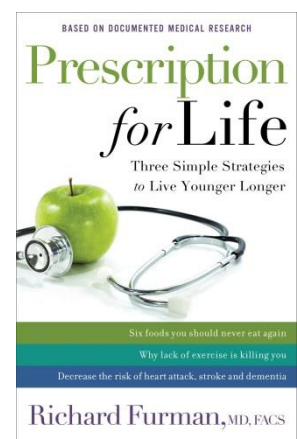
In *Prescription for Life: Three Simple Strategies to Live Younger Longer*, Dr. Furman explains that making simple, sustainable lifestyle changes can mean the difference between health and infirmity, between life and death. Putting his three decades of experience and education to work, Dr. Furman offers the strategies we need to live not just longer, but *younger*. Based on documented medical research, this essential resource to health will help you:

- Achieve and maintain an ideal weight
- Reduce your risk for life-threatening diseases
- Make exercise a natural part of your life
- Learn what foods to eat and what foods to avoid

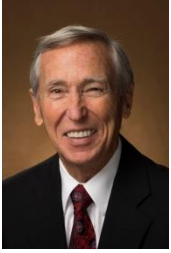
Following Dr. Furman's plan you can not only eliminate heart disease, but it will also keep you safe from various cancers, dementia, diabetes, stroke, erectile dysfunction, and other age- and obesity-related problems.

"Over half of all Americans will die because of the war going on inside their arteries," says Dr. Furman. "I have been fighting this war all my surgical life....Instead of operating on the symptoms of aging, I have decided to try to save lives by teaching people like you how to prevent these common health problems. "

Poor health during one's "golden years" is not inevitable. It can and should be avoided at all cost. Following Dr. Furman's expert advice, we can live long, healthy, vibrant lives, enjoying time with friends and family instead of wasting it in doctors' offices and hospitals.



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Richard Furman, MD, FACS, spent over thirty years as a vascular surgeon. He is passionate about helping people prevent the problem that kills over half of all Americans. Furman is past president of the North Carolina Chapter of the American College of Surgeons, past president of the North Carolina Surgical Society, and a two-term governor of the American College of Surgeons. He is cofounder of World Medical Mission, the medical arm of Samaritan's Purse, and is a member of the board of Samaritan's Purse. He lives in North Carolina.

*Author's proceeds from this book will be donated to World Medical Mission and Samaritan's Purse to help build housing for doctors abroad.

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Endorsements for Dr. Richard Furman and *Prescription for Life*

*"I know Dick and the motivation behind this book. When you spend days together in a thatched-roof mud hut, and perform surgery together in a makeshift operating room, using only flashlights to illuminate the operative site, you get to know someone pretty well. Those are memories Dick and I made during the yearly trips to mission hospitals throughout Africa we took together when I served in the U.S. Senate. I know his heart. He realizes that he can save more lives and help more people to live younger with **Prescription for Life** than he did in his productive career as a surgeon operating one-on-one. – from the preface by **Bill Frist, MD**, former U.S. Senate Majority Leader*

*"While many respond negatively to the thought of exercising, dieting, and changing their lifestyle, Dr. Furman has managed to take what is threatening and make it thrilling. When you finish this read, you will actually be excited about the possibility of a longer, healthier life." – **Dr. David Jeremiah***

Dr. Furman is available for interviews and can speak on a number of topics including:

- What it means to live younger, longer.
- The cornerstone of the aging process.
- The one food you should never eat and why.
- Foods to place off limits – by choice.
- How blockages begin.
- Discussion of the initial symptom that can be more devastating than death.
- Dementia or *sunset club syndrome* and how it can be prevented.
- Alzheimer's – the 5th leading cause of death in people over 65.
- Understanding cholesterol, both LDL and HDL, and using it for prevention.
- Prevention – the key to staying as young as possible.
- The ten-minute factor: the secret to self-control.
- The importance of genetics.
- Determining your ideal weight.
- The penalty for being overweight.
- Weight loss secrets.
- The hidden factor to combat aging – exercise.
- What's more dangerous?
 - o being a couch potato
 - o smoking
 - o having high blood pressure
- The effect of exercise on stroke, dementia and cancer.
- Dementia explained.
- Lifestyles that prevent cancer.
- Erectile dysfunction and heart attacks.

For an interview with Dr. Richard Furman or to get more information about this new book, please contact Claudia Marsh at (616) 676-9185 x 394 or cmash@RevellBooks.com

PRESCRIPTION FOR LIFE
Suggested Interview Questions

1. What type of reader is *Prescription for Life* written for? Who should be reading it?
2. What makes *Prescription for Life* different from all the other multitude of books written on weight loss and a healthy lifestyle?
3. You say that the health of your arteries is the single most important factor in determining the aging process of your body. Why is this so?
4. I hear so much about eating foods that cause your cholesterol numbers go up and then I read you can eat all the fat you want. What light does the medical literature shine on cholesterol and how important is it to know my cholesterol numbers?
5. There are certain foods that I feel I can't give up for good. May I stick to the program during the week, but eat some of my favorites on the weekend?
6. Are there any foods one should never eat again?
7. Of the six bad foods named in your mind picture, which is the most harmful to our health?
8. How important are lifestyle changes in general? What can be directly affected simply by changing your lifestyles?
9. You say there are three lifestyles that determine your health: eating the proper foods, maintaining an ideal weight, and exercise. I think I am at a good weight and I exercise fairly regularly but I pretty much eat what I want. Are two out of three okay?
10. Having a heart attack is the number one killer in America. *Prescription for Life* says it is preventable. How so?
11. I am about as afraid of dying from cancer as I am of dying from a heart attack or stroke. Is there anything I can do to prevent cancer?
12. Most women say they would do anything whatever to help prevent breast cancer. Are there suggestions in the medical literature pointing out what I should be doing to cut my chances of developing breast cancer?
13. Is there anything someone who has just had a first heart attack can do to prevent another one from ever happening?
14. Having a stroke is the leading cause of long-term disability in adults, and the fourth leading cause of death. Are strokes as preventable as heart attacks?

15. Probably the one health problem that scares more people than anything else is getting Alzheimer's. I realize there is no treatment or cure once you get it but what does the medical literature say concerning preventing it? Are there studies that tell us what the people who do not get Alzheimer do that are different from those who do get it? If so, I want my lifestyle to be the same as those who do not get it.
16. You state erectile dysfunction could be a huge warning sign for a future heart attack. What is the correlation?
17. There are a multitude of supplements advertised as being good for your health. I want to do everything possible to be as healthy as I can but there are so many choices, I don't know which ones to take or leave out. What does the medical literature say about such supplements?

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