

Moderator: Are there any recommendations for dietary intake or other ways to reduce the risks for heart disease and strokes?

Dr. Eric Yeo: Certainly not from a dietary point of view, other than standard health related dietary issues. From heart disease and stroke, hypercholesterolemia is a significant issue that can be impacted by diet. With respect to stroke, heart disease and vascular disease, heart disease a primary prevention of 1 mg ASA, if there is no contraindication, makes a great deal of sense and there is very little downside and quite significant upside. With respect to what I talked about today with deep vein thrombosis (DVT), there are a lot of unanswered questions about primary prevention. If you are a patient known to have a high titre, ACA (anticardiolipin antibody) or a lupus anticoagulant (LAC), certainly when you travel, wearing support stockings will help. A lot of people, including myself, would suggest using prophylactic low dose, low-molecular-weight heparin for travel beyond four to five hours on a plane. I don't know how many are doing this but if you came to my antiphospholipid antibody clinic that is what we would recommend.