

Type-A Behavior Modification

Type A behavior pattern, sometimes referred to as Type A personality, was "coined" by San Francisco cardiologist Dr. Meyer Friedman. Observing that heart patients often had similar behavior patterns, he began to catalog the commonalities and embarked on a triad of research projects.

The first, begun in 1960, involved 3,500 men who were observed and then classified as either Type A or Type B. The purpose of the study was to determine if Type A behavior pattern was predictive of future coronary heart disease. It was. Type As were shown to be seven times more prone to heart attacks than Type Bs. The second study, known as the Recurrent Coronary Prevention Project, was to determine if among those who had suffered a heart attack, a behavior modification program could prevent a recurrent heart attack. The study began in 1972. Funded by the National Institutes of Health, the study was to run five years. The curriculum was so effective, however, that the government after just three-and-a-half years stopped the study. Dr. Friedman was told to provide the curriculum to those who had been randomly assigned to the control group so they too could benefit from the program.

The third study, begun in 1989, involved 3,000 Bay Area men and women over the age of 45 who were non-smokers and who were free of heart disease. The purpose of this study was to determine whether heart disease and cancer can be prevented through a Type A behavior modification program. The behavioral intervention was recently completed and the results known within the next year. Many participants of the study were recruited from local companies such as Lockheed, Amdahl, Apple, and Tandem.

Type A behavior is manifested by two primary indicators; time urgency and hostility.

Examples of time urgency are:

- Doing more than one thing at a time to gain efficiency
- Finishing people's sentences because they don't speak fast enough
- Having a fetish about being on time
- Walking, talking, eating, reading, & driving fast in order to have more time for other priorities
- Avoiding lines in banks, grocery stores, restaurants, at the doctor's office, and on the golf course
- Driving in the fast lane or maneuvering across lanes to gain time advantage

Some examples of hostility are:

- Chronic irritability or hyper-aggressiveness
- Over-exuberant competitiveness, often with the purpose of dominating the opponent
- Deriving joy from emotional debates or arguments, the joy coming from the process itself
- Feeling the need to criticize or belittle others; their actions; or their beliefs
- Irritation over increasingly trivial events
- Using pejoratives such as stupid, ridiculous, idiotic, nonsensical
- Difficulty giving or receiving love

With repeated experience, time urgency leads to "hurry sickness:" the need to move fast and expedite events, even when there is no need to do so, or when there is no benefit for having done so. With repeated experience, hostility leads to "free floating hostility:" the need to be irritated or angry, even when there is no need to do so, or when there is no benefit for having done so. Thus, while coronary heart disease is a painful outcome of Type A behavior pattern, it can also be devastating on the individual and his or her family's quality of life. When one member of the family is a severe Type A, the family always seems to be in crisis. Additionally, careers of brilliant men and women have come crashing down because their Type A behaviors were so destructive to the overall success of the organization.

This we know as true: **Type A behavior pattern is destructive. It can be modified. Once modified, the risk for cardiovascular disease is reduced.** Once modified, the family lives a more peaceful and joyous existence. Once modified, the prospects for a successful and happy career are improved. Once modified, the Type A him/herself becomes both a loving and lovable person.

REFERENCE

Treating Type A Behavior and Your Heart By Meyer Friedman, M.D., & Diane Ulmer, R.N., M.S. ISBN 0-394-52286-9
Note: Write-up provided by Dr. Wes Alles, Board Member, El Camino Hospital

Transcendental Meditation

Effective Stress Management for Heart Health

The Transcendental Meditation technique is a simple, natural, effortless process practiced 15 – 20 minutes twice daily while sitting comfortably with eyes closed. It is unique among techniques of meditation, distinguished by its effortlessness and effectiveness at producing a deep state of orderly rest. During the practice, the brain functions with significantly greater coherence and the body gains deep rest. Regular practice dissolves stress and fatigue, promoting balanced functioning of mind and body.

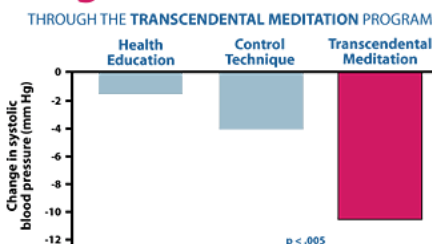
The TM technique is not a religion or philosophy and involves no change in lifestyle. It is easy to learn and enjoyable to practice, requiring no concentration or special skills. Over 5 million people worldwide have learned the technique — 1.5 million in the U.S. alone—including people from all backgrounds, cultures, races, and religions. More than 600 scientific research studies confirming the benefits of the TM technique for mind, body, behavior, and society have been conducted in 34 countries and at 200 independent research institutions and universities, including Harvard, Stanford, Yale and UCLA Medical School. Over 300 of these studies have been published in leading peer-reviewed scientific journals.

Scientific research on the Transcendental Meditation program has shown that the daily experience of this state of restful alertness leads to increased creativity, improved learning ability, higher IQ, better moral reasoning, more efficient brain functioning and a wide array of health benefits—ranging from normalized blood pressure, reduced need for doctor visits, to a younger biological age. Specific health effects related to the cardiovascular health reported in the research include:

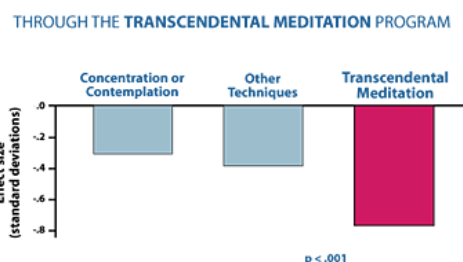
- reduced blood pressure
- reduced metabolic syndrome / insulin resistance
- reduced heart failure
- reduced carotid atherosclerosis
- reduced cholesterol

Free introductory lectures on TM are held at the South Asian Heart Center on a monthly basis. The schedule is available from the South Asian Heart Center staff. For more information on TM training at the South Asian Heart Center, you can contact Laurent Valosek at lvalosek@cwae.org or 415.599.5193.

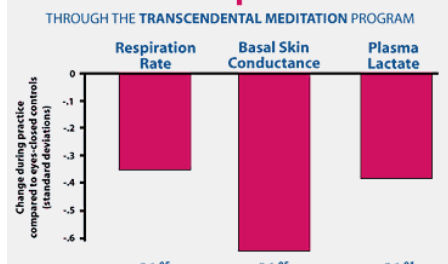
Reduction of High Blood Pressure



Decreased Anxiety



Physiological Indicators of Deep Rest



Younger Biological Age

