



The Okyanos Heart Disease Lifestyle Report

– November 2014

Life with Heart Disease Today – Living Longer with Less

Executive Summary

This Okyanos Living with Heart Disease Report reveals lifestyle details of over 675 respondents mainly between the ages of 55 and 75 who live with various phases of heart disease ranging from mild to serious. The majority say their heart disease is “manageable with care,” but the survey responses show that “manageable with care” still means living under the restrictions of ongoing symptoms like chronic fatigue.

- 24 percent of respondents with heart disease say that their heart condition is serious and an additional 63 percent say their heart condition is manageable with care.
- The most common symptoms of heart disease experienced are fatigue, shortness of breath and exercise limitations.
- 40 percent have also been diagnosed with Congestive Heart Failure, 28 percent with Diabetes and 18 percent with COPD.
- 68 percent of heart patients are affected emotionally by their condition. Of these, 53 percent say they are determined to improve or resolved to carry on but 26 percent are experiencing fear, sadness and depression.
- Heart patients are evenly split on the impact of their heart condition on their sleep. 45 percent say that it does not keep them up at night. If it does, it is due to thinking about their condition, physical discomfort or that they can't sleep anyway.
- When it comes to exercise only 26 percent exercise regularly; 51 percent exercise sometimes.
- Over 30 percent of heart patients say that the one thing they wish they could do that their heart condition now prevents them from doing the type of exercise they want to do. This includes walking, running, playing sports, dancing and having sexual relations
- 74 percent were open to traveling outside the United States to receive treatment.
- 92 percent would consider an alternative option.

Introduction

When you have heart disease, what kind of lifestyle do you have? The answer to this question says a lot about how heart disease has changed what one would define as leading a “normal life.”

Most heart disease patients live a life “managing” their heart disease, but also live day-to-day with the symptoms of shortness of breath, fatigue, angina and limitations on any kind of exercise. Compounding their challenges, many patients also suffer from other conditions such as Diabetes, COPD, High Blood Pressure and Heart Attacks. Most are not kept up at night by their condition, though of those that are, it is mainly due to breathing issues.

Heart disease also takes its toll on personal relationships and emotional well-being, causing the greatest amount of friction amongst spouses and partners. Yet despite this, most are resolved to carry on and determined to improve. Negative emotions such as being fearful, sad or depressed do impact a good number but few are fighting the feeling of being hopeless or apathetic.

The majority of heart disease patients in the age group of 55-75 are used to living very active lives and this is the one area that is, for most, creating the greatest impact on quality of life.

Walking, running, dancing, sports, travel and sex are all activities listed as “the one thing” that patients wish they could do but which

their condition now prevents. This is due to the key symptoms from heart disease which they say they are experiencing such as fatigue, shortness of breath, and general loss of energy. Just “being able to be active” is a loss. Ironically, in spite of the constant media attention on exercise for heart health, many people with a heart condition are not able to exercise regularly because of their ongoing symptoms.

Today’s heart disease patients are keeping themselves up to date “moderately” by doing their own research through the internet and reading magazines, news and other sources. This may be because most say their cardiologist has not discussed alternative options with them, even though a very high majority would consider an alternative option if one were presented.

Today’s heart disease patient is someone who fights daily for energy and breath, has limited the activities they used to do so freely before heart disease, is searching for alternatives and wants to improve the quality of their life. Most feel their treatment could be better. Their “normal life” today has been redefined by heart disease.

Methodology

The Okyanos Living with Heart Disease Report summarizes the lifestyle and challenges for people living day to day with chronic heart disease. Okyanos operates a first-of-its-kind facility led by US-licensed medical staff offering adult stem cell therapy derived from a body's own fat. In a highly regulated environment, Okyanos provides a new standard of care adhering to U.S. surgical protocols under a world class cardiology team.

This quarter's Okyanos Living with Heart Disease Report is based on information from over 675 respondents to an Okyanos survey of patients with heart conditions. The survey was conducted September 15th through September 25th, 2014 and represented people across multiple U.S. geographies and age groups, 75 percent of whom were 74 -75 years old. The survey respondents were asked about their daily life, lifestyle challenges and habits, and related experiences.

Heart Disease Definition:

Any person who has indicated that they have been diagnosed with heart disease.

The Heart Condition

According to the Okyanos survey, while 24 percent say they have a serious heart condition, 63 percent of heart disease patients say that it is “manageable with care” and only 13 percent say it is mild.

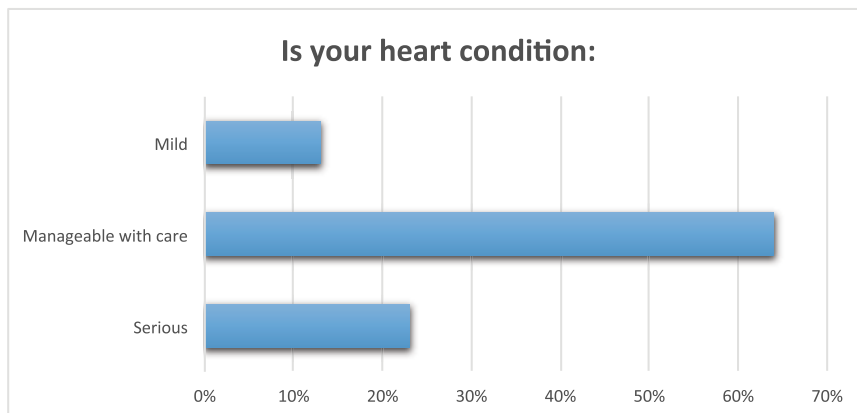


Figure 1. *The severity of the heart condition*

When asked what other conditions heart patients have been diagnosed with, high blood pressure was the most common. In addition, 56 percent said coronary artery disease, 44 percent said they had had a heart attack and 39 percent said congestive heart failure. A number of other types of conditions are also prevalent with heart disease such as COPD (18 percent) and Diabetes (28 percent). The survey also found that 23 percent had various other types of conditions such as Asthma, AFIB and valve problems. One individual answered that their heart attack was a result of Broken Heart Syndrome.

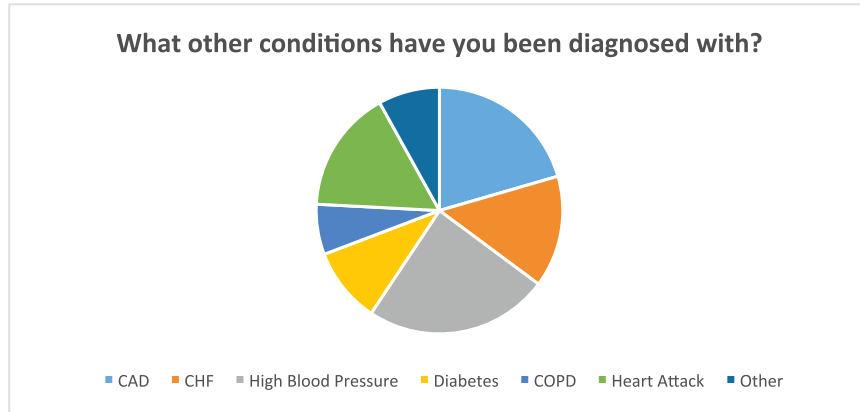


Figure 2. *Other conditions diagnosed.*

The Emotional Toll and Heart Disease Symptoms

The majority of heart disease patients are still living day to day with 2 heart disease symptoms that continue to place limitations on living “a normal life”: fatigue (66 percent) and shortness of breath (61 percent). 56 percent said that limitation on their exercise is also a symptom they experience. Angina was the next most common symptom experienced (37 percent), while other symptoms included leg pain, swelling and an irregular heartbeat.

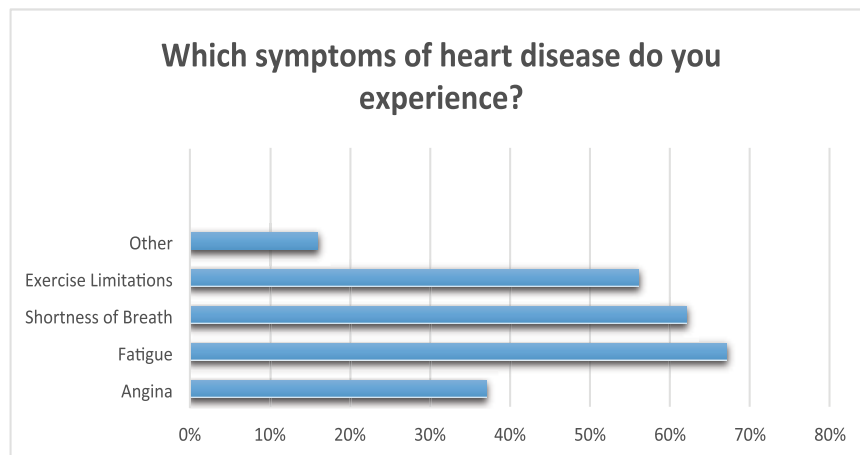


Figure 3. *Symptoms of heart disease experienced*

When asked if their heart condition affected them emotionally 68 percent said yes, but 53 percent said they felt determined to improve or resolved to carry on, even though 16 percent were sad or depressed.

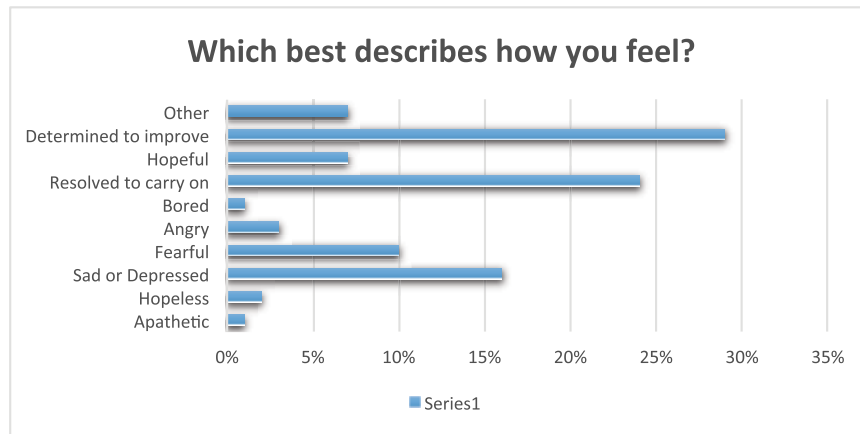


Figure 4. Emotional effects

Heart disease also takes its toll on sleep, though it is an even split with those who are not impacted. Yet, of the 50 percent that say yes, both physical discomfort (14 percent) and the psychological discomfort of thinking about their condition (13 percent) or not being able to sleep anyway (15 percent) play a major role resulting in the average night’s sleep being 6 hours.

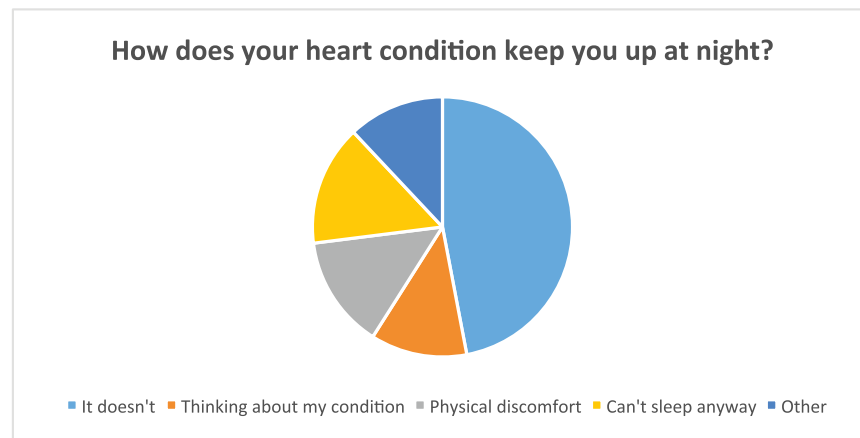


Figure 5. What keeps you up at night?

The good news is that in spite of the emotional and physical effects, most (69 percent) say that their heart disease has not caused friction in their personal relationships. Of those who have experienced friction in relationships, a high number (55 percent) say the friction lies between them and their spouse or partner.

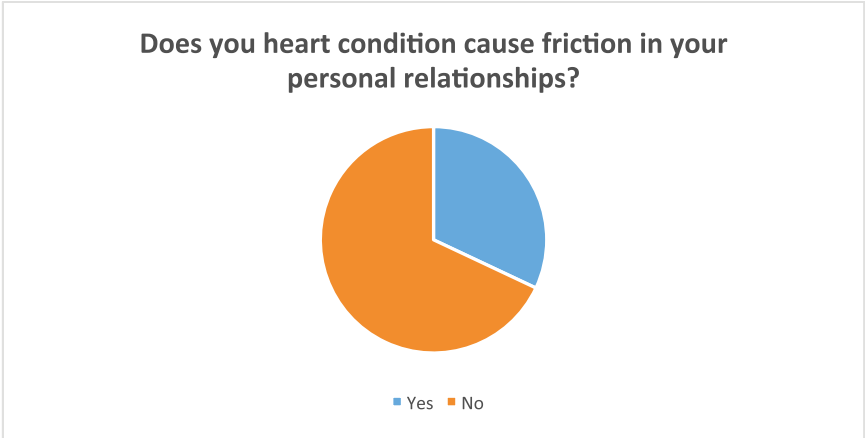


Figure 6. Does your heart condition cause friction in your personal relationships?

Exercise

We hear so much today about the importance of regular exercise to stay healthy. It is clear from the survey that these respondents very much wish to stay active, yet most of the activities they have had to restrict due to their heart condition are physical activities (running, walking, sports and dancing) resulting in the majority (51 percent) who say that they can only exercise sometimes. A small percentage (26 percent) are able to exercise regularly. Sadly, even sexual relations (35 percent) are impacted by their condition.

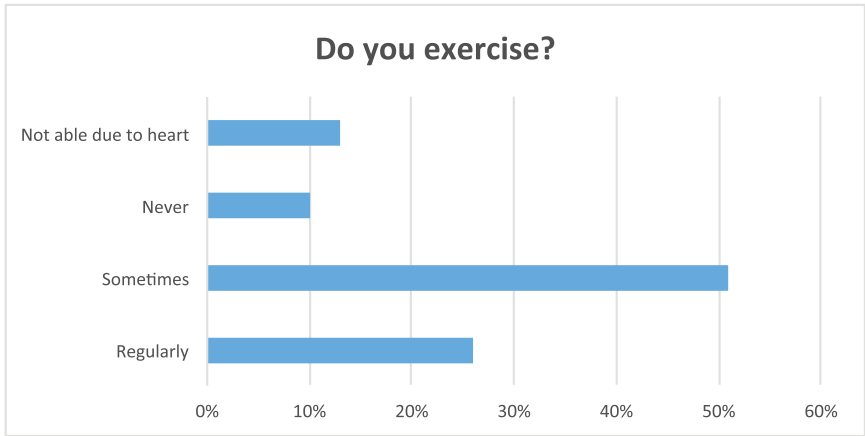


Figure 7. Do you exercise?

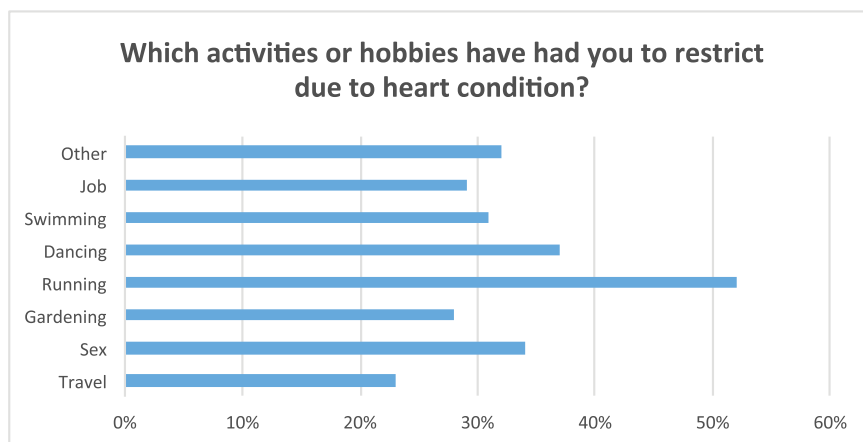


Figure 8. *What activities or hobbies have you had to restrict...?*

If I could still do just one thing...

We all have hobbies or activities that are very special to us, and this is no different for someone living with heart disease. When asked, "What is the one thing you wish you could still do that your heart condition now prevents you from doing?" the answers varied, but the common theme (30 percent) was evident: movement—exercise, walking, running, sex, gardening, travel, playing sports, eating and even breathing. Whether one is playing golf or playing with their grandchildren, traveling for fun or traveling to see family, or just having enough energy to walk a short distance, every respondent still wishes they could just do one thing they use to do.

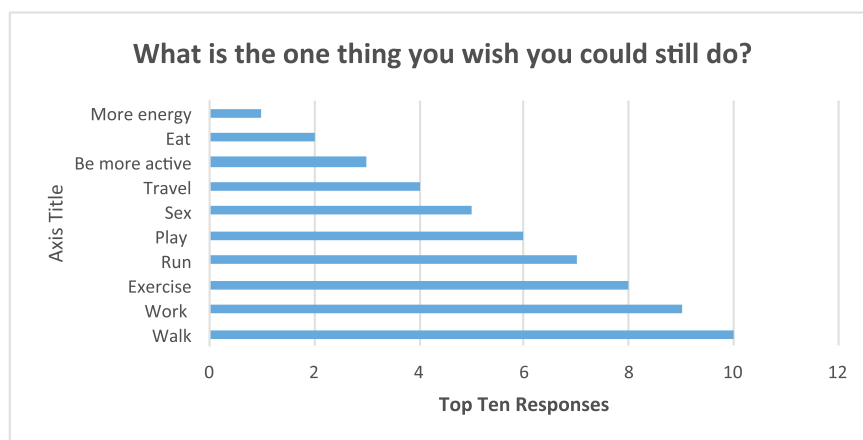


Figure 9. *What is the one thing you wish you could still do...*

Do I have all the information available?

Most respondents (40 percent) consider themselves moderately up-to-date about newly available cardiac treatments while a smaller percentage (29 percent) consider themselves highly up to date. 63 percent feel their treatment could be better,

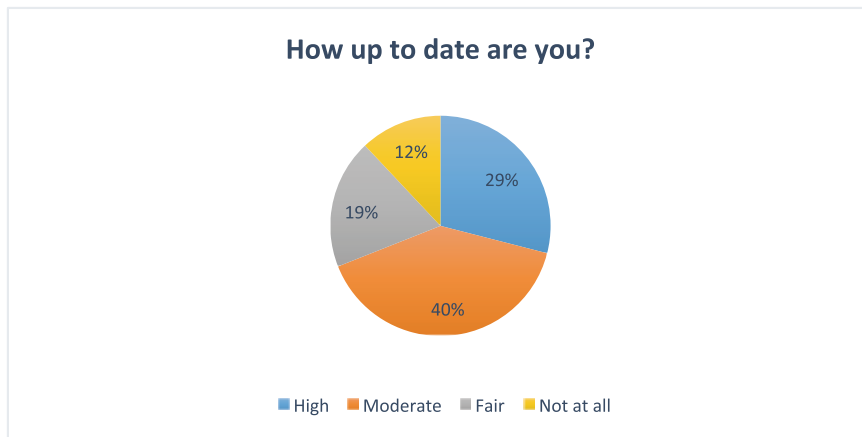


Figure 10. *How up to date are you?*

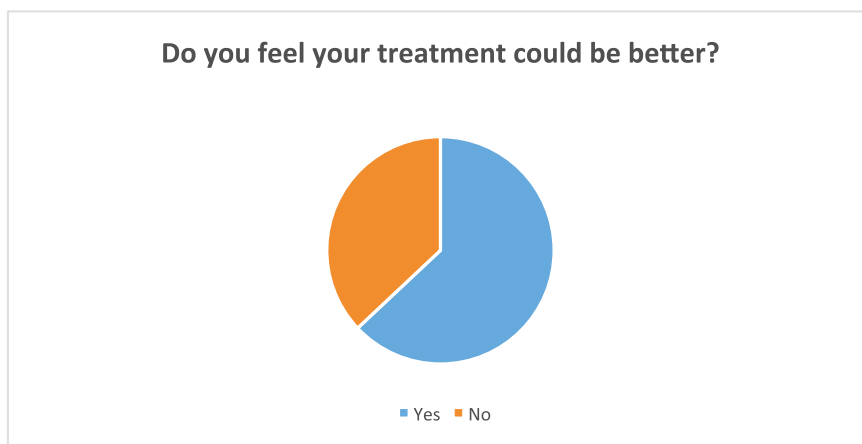


Figure 11. *Do you feel your treatment could be better?*

and 66 percent say that their cardiologist has not discussed alternative options with them. An extremely high number (93 percent) of respondents say they would consider an alternative option if it were presented.

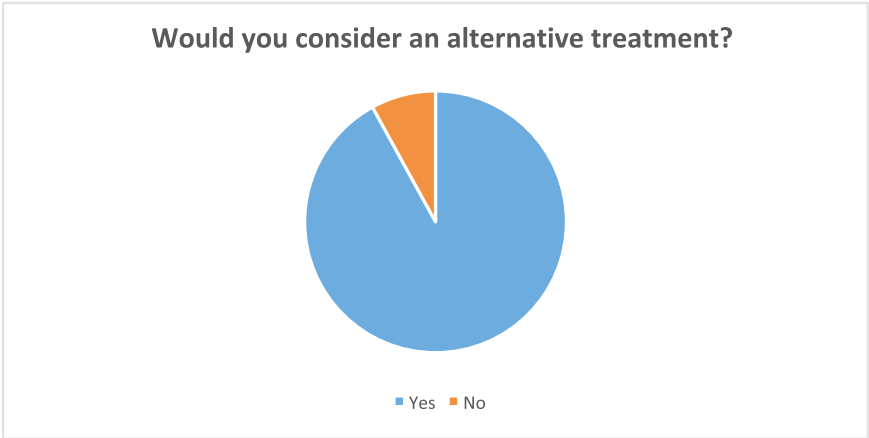


Figure 12. *Would you consider an alternative treatment?*

As a result, many are doing their own research through internet and reading research (72 percent) while others continue to ask questions of their doctors or rely on friends, family and other sources for information.

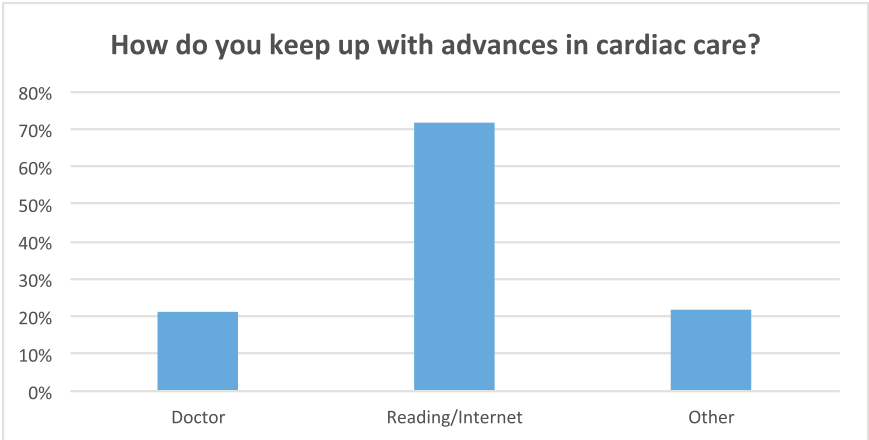


Figure 13. *How do you keep up with advances in cardiac care?*

Conclusion

People who have been diagnosed with heart disease today may be living longer with heart disease, but having the quality of life they want is still not attainable. Even though today's advanced medical care offers treatment options for lessening fatigue and shortness of breath, and improving one's energy levels, the gap between having a full, active and normal life without heart disease and living a "normal" life with heart disease is too wide for many of the survey respondents.

Have we redefined the word "normal" as a quality of life that must be accepted rather than enjoyed? And has that forced people to look for alternative treatments? It would seem so, as 74 percent said that they would or might travel outside the U.S. to receive treatment that has been tested in clinical trials and meets U.S. surgical standards of care and technology.

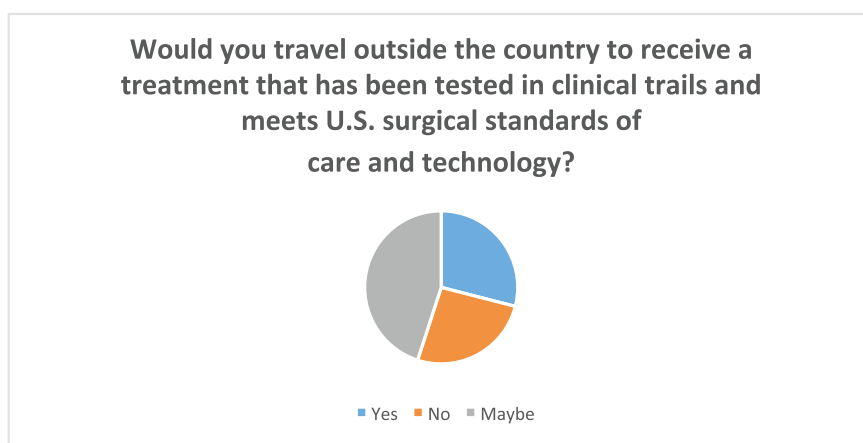


Figure 14. *Would you travel outside the country?*

About Okyanos

Based in Freeport, Grand Bahama, Okyanos brings a new standard of care and a better quality of life to patients with coronary artery disease, tissue ischemia, autoimmune diseases, and other chronic neurological and orthopedic conditions. Okyanos Cell Therapy utilizes a unique blend of stem and regenerative cells derived from patients' own adipose (fat) tissue which helps improve blood flow, moderate

destructive immune response and prevent further cell death. Okyanos is fully licensed under the Bahamas Stem Cell Therapy and Research Act and adheres to U.S. surgical center standards. The literary name Okyanos, the Greek god of the river Okyanos, symbolizes restoration of blood flow.

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