

Five Things Every Guy Should Know To Stay Healthy

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Holistic Approach To Health

- The belief that a patient is a unique person with a unique life/set of circumstances that affect his/her health or wellness
- The patient IS NOT a constellation of conditions or disease states
- Because each patient is unique, he/she requires an individualized approach to health and wellness.



A Holistic Approach To Health

- A focus on wellness and prevention
- Getting to the “root cause” of disease and asking “Why is this happening?” rather than how do we treat certain symptoms
- Using traditional medicine, but emphasizing lifestyle changes and/or evidence-based alternative therapies when possible.



#1 (Have A Primary Care Physician!)

- Your medical home
- Your “Quarterback” to help you navigate your health journey
- See your doctor at least once a year for an Annual Wellness Visit and labs
- If you have chronic medical conditions, see you doctor more often (e.g.- Every 3 months for Diabetics, Every 6 months for Hypertension, etc)



Have A Quarterback!



#2 (Focus On Screening and Prevention)

- Must capture the “low hanging fruit”
- The key is to prevent illness/disease, but also identifying disease early when present.
- Schedule an Annual Wellness Visit



#2 (Focus On Screening and Prevention)

What Is An Annual Wellness Visit and Why Is It Important?

- A visit once a year with your doctor where a comprehensive physical and health questionnaire is performed
- Screening measures and preventive measures are reviewed and updated
- Labs and other screening tests are ordered
- Specific problems should not be addressed
- Most insurance companies require and sometimes offer incentives



#2 (Focus On Screening and Prevention)

What Screening and Preventative Measures Are Important For Men?

- Routine labs at least once a year
- Colon cancer screening
- Prostate Cancer screening (Will discuss later)
- Special screenings
- Immunizations



#2 (Focus On Screening and Prevention)

Colon Cancer Screening

- Age 50-75 historically. New recommendation is to start at age 45.
- Screen sooner with a family history of Colon Cancer
- Colonoscopy is the gold standard!
- Alternatives to colonoscopy (Cologuard, Annual Fecal Occult Blood Testing)



#2 (Focus On Screening and Prevention)

Special Screening

- Abdominal Aortic Aneurysm (Any male age 65-75 that has ever smoked!)
- Lung Cancer Screening
 - Ø Age: 50-80
 - Ø 20 pack year history of smoking
 - Ø Includes those that have quit in the last 15 years
 - Ø Annual Low-Dose CT Scan



#2 (Focus On Screening and Prevention)

Immunizations

- Pneumococcal (Everyone gets at age 65. Some patients will get before age 65 with certain health conditions)
- Shingles vaccination (Age 50)
- Tetanus (Every 10 years)



#2 (Focus On Screening and Prevention)

Don't forget retinopathy screening!!!

- Annually for Diabetics
- A good idea every couple of years with Hypertension



#3 (Know Your Numbers!)

- **Blood Pressure**
 - Ø Guidelines have changed!
 - Ø Persistent BP > 130/80 is considered HTN
- **Heart Rate (60-100)**
- **Pulse Ox (95-100%)**
- **Body Mass Index (18-25)**



#3 (Know Your Numbers!)

- **Cholesterol**

- Ø LDL ("Bad" cholesterol: As close to or < 100 depending on risk factors)
- Ø HDL ("Good" cholesterol: Goal is 50 or above)
- Ø Triglycerides (< 150)

- **Fasting Blood Glucose/Hemoglobin A1C**

- Ø Fasting blood glucose: Ideally, less than 100.
- Ø Hemoglobin A1C (3 month average): Less than 5.7

- **PSA (< 4)**



#4 (Focus On Lifestyle Modification)

- Good physical health is not an isolated point in time. It is a life-long continuum of adhering to a healthy lifestyle.
- A contract with yourself and your physician (You have to do your part!)
- Genetics impacts your health, but doesn't control it.
"Genetics loads the gun, but lifestyle pulls the trigger."



#4 (Focus On Lifestyle Modification)

- Exercise! (Start slow and aim for 150 minutes per week)
- Follow a healthy diet
 - Ø One diet doesn't suit all. Discuss with your doctor and/or nutritionist.
 - Ø "In=Out Concept"
 - Ø "Let food be thy medicine"
-Hippocrates



#4 (Focus On Lifestyle Modification)

Three Realms of Health

1. Physical
2. Mental
3. Spiritual

- Optimal health occurs when all 3 are balanced
- When one realm suffers, the others suffer.



#4 (Focus On Lifestyle Modification)

Keeping the Mind Healthy

- Practice mental check-ins
 - Ø How am I doing?
 - Ø Anxiety/depression?
 - Ø Am I overwhelmed?
 - Ø Life stressors
- Meditate
 - Ø Use an app (“Headspace”)
 - Ø Guided imagery
 - Ø Silent reflection
 - Ø Journaling
- Sleep
 - Ø Aim for 8 hours
 - Ø Practice good sleep hygiene (Put the devices away!)
- Diet and exercise
- Go outside and get natural sunlight
- When there is a problem, talk to your doctor.



#4 (Focus On Lifestyle Modification)

Keeping the Spirit Healthy

- Does not necessarily equate to religion or a specific belief
- Your connection to the world/others
- Power of prayer and self-reflection
- Acknowledge your blessings
- Spend time with family and friends



#5 (Know Male Specific Health Issues)

Prostate Cancer

- Ø 1 in 8 men will be diagnosed
- Ø Second leading cause of cancer death in men
- Ø Third most common cancer overall
- Ø PSA Screening
 - I. “Routine” screening is no longer recommended
 - II. Discuss risks/benefits with your doctor between the ages of 55-69
 - III. Do not routinely check/screen after age 70
 - IV. Above rules do not necessarily apply if having prostate symptoms or with a family history



#5 (Know Male Specific Health Issues)

Hypogonadism (Low Testosterone)

- A testosterone level is not a “routine” test performed
- Should be checked if having symptoms (Fatigue, bedroom issues, weight issues, etc)
- Have to have two low readings for diagnosis
- It is important to identify cause (Primary vs. Secondary) before starting treatment in younger men



#5 (Know Male Specific Health Issues)

BPH (Benign Prostatic Hyperplasia)

- "Enlarged Prostate" as a result of age and/or other factors
- Symptoms
 - Ø Frequent night-time urination
 - Ø Urinary urgency
 - Ø Frequent urination after bladder emptying
 - Ø Difficulty urinating
- Treatment
 - Ø Medication (Alpha-Blockers/5-alpha-reductase inhibitors)
 - Ø Procedures (Urolift)



Final Points

- Health and wellness is an individualized journey for the individualized person
- Navigate your journey with a physician that understands this concept
- Each patient requires a wellness/treatment plan that is as individual as they are
- Concept of "Precision Medicine." Using cutting edge medical science combined with lifestyle modification to prevent and treat illness.



Final Points

- Ask questions!
- When you notice a change, tell your doctor.



Final Points

- The holidays are coming, but health is not a seasonal concept.
- Let holidays be a time of joy and not stress
- It's okay to enjoy food and beverages during the holidays. Just don't overindulge.
- Do not look at the New Year as a resolution to go on a diet and/or exercise. Consider it a "New Beginning."

"The journey of 1000 miles begins with the single step"



“Start by doing what’s necessary; then do what’s possible; and suddenly you are doing the impossible.”

~St. Francis of Assisi



Thank You!!!

- Enjoy the holiday season
- Stay healthy!

