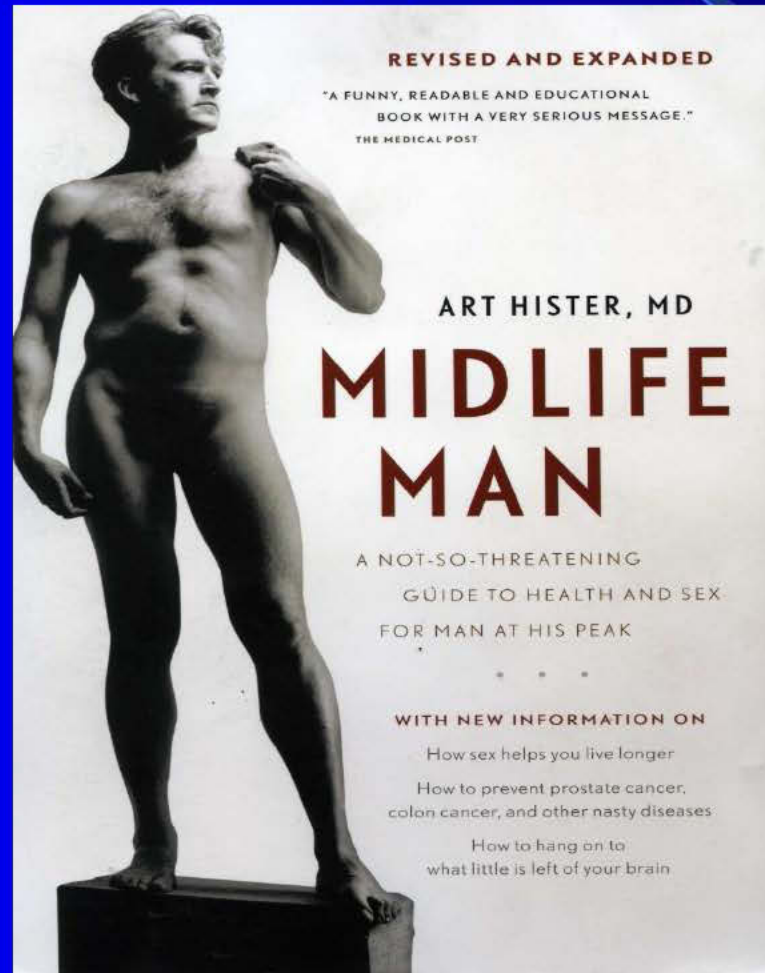


# **Yes You Can: Simple Steps for a Longer, Healthier, Happier Life**

Dr. Art Hister

**A great buy for your husbands,  
your sons, and especially your  
sons-in-law**



**My son's suggestion for a  
better title for this talk**

S. O. S.

**So how are we doing?**  
**The good news is that we're**  
**living far longer than ever**

● Life expectancy:	<u>Male</u>	<u>Female</u>
● Canada (est.)	78.5	83.1
● US (est.)	75.2	80.4
● BC (born 2005)	78.76	83.43

# But some people live much longer than others

● Life expectancy:	<u>Male</u>	<u>Female</u>
● <u>Canada</u> (overall)	78.2	82.9
● <u>Canada</u> (aboriginals)	<b>68.9</b>	<b>76.6</b>
● <u>Argentina</u> (South America)	71.5	78.3
● <u>Morocco</u> (Middle east)	69.7	74.4
● <u>Japan</u> (Asia)	79.2	85.9
● <u>Ethiopia</u> (Africa)	51.7	54.3
● Everywhere, <u>women live way longer!</u>		

# It's very risky to be male

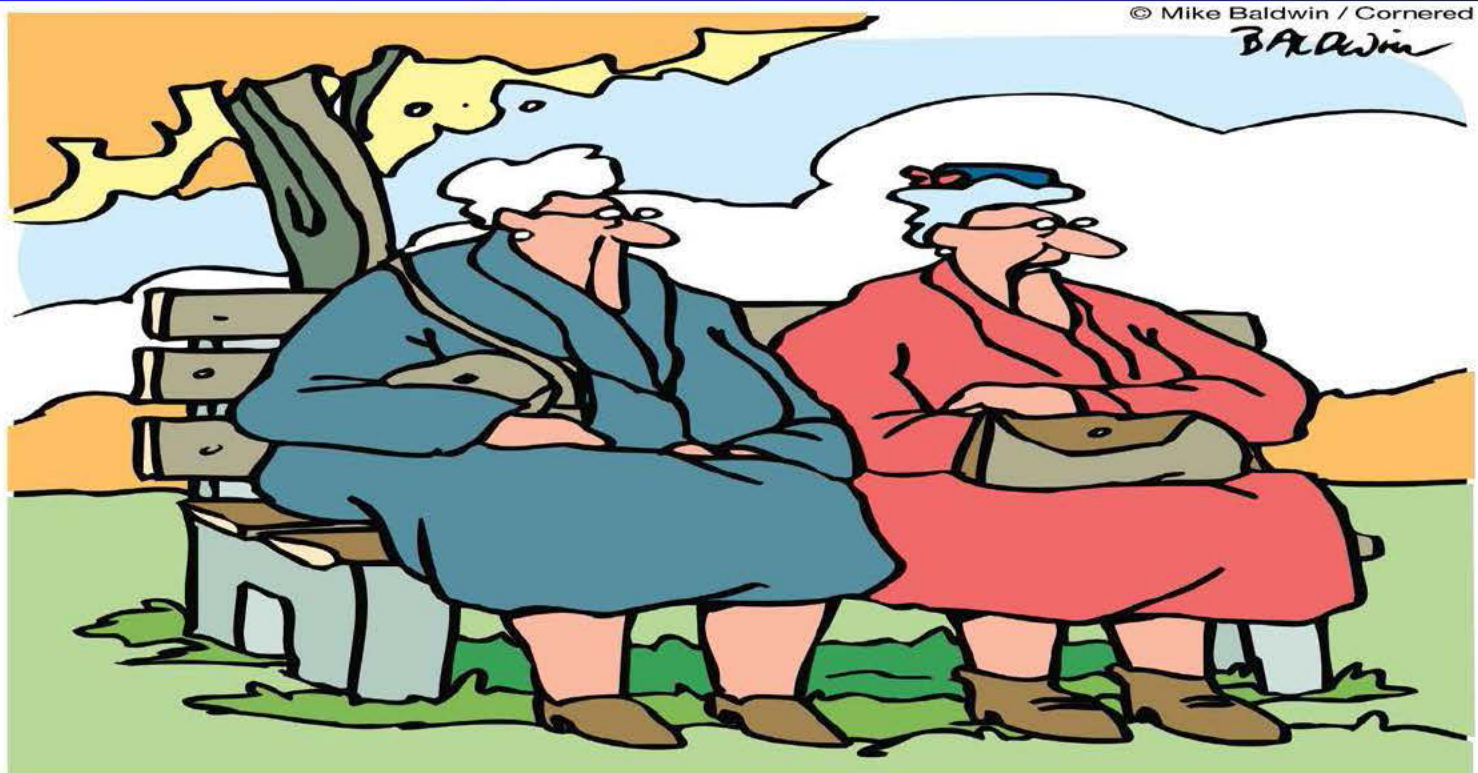
- Being male is the single largest demographic risk factor for early mortality in developed countries

- *Kruger DJ Evolutionary Psychology 2004 2:66-85*

# The odds against men get worse with age

- Of the over 53,000 centenarians alive in the US in 2010
- 83 % were women
- In other words, at age 100, there are 6 women out there for every man
  - *US census data, 2012*

# So why do women live much longer than men?



“I know what you’re going through, dear. I buried my husband last year – but they found him in time.”



# **A key reason men die sooner: Men are hormonally challenged**

- **Men don't have lots of estrogen**
- **And estrogen may improve health**
- **Or maybe it's that testosterone harms health**
  
- **God gave men a penis and a heart**
- **But only enough blood to work one at a time**

*Robin Williams*

# Testosterone a particular problem in Canadian men

- A “cup” to protect the testicles was first used in hockey in

- 1874

- A helmet to protect the brain was first used in hockey in

- 1974

# Why women live longer: the 3 "S" theories

- 1: Support systems
- 2: Stress
- 3: Sleep

# **1: Support systems**

**Women talk to their friends about their lives and health concerns**

**Men rarely talk about their private concerns, and never about their health worries**

## **2: Stress**

**Women may be less adversely affected by stress than men**

**3 possible ways to interpret that:**

- 1) Women deal with stress better**
- 2) Women have less overall stress**
- 3) Women cause excess stress in men**

### 3: Sleep

Women get better quality sleep  
than men

Is there a single woman in the  
world who believes that?

# **Two best reasons why women live longer**

- 1: Women **make better lifestyle choices**
- 2: Women **follow health advice**
- **In countries where women begin to live like men, they begin to die like men, too!**

**Main reason men die  
sooner?**

**Men don't listen!**



**Now the bad news  
1: Life expectancy may be  
shrinking for today's kids**

- **The steady rise in life expectancy during the past two centuries may soon come to an end**

- *S. Jay Olshansky, Ph.D., et al, NEJM, Volume 352:1138-1145, Number 1*

## **More bad news**

### **2: More chronic illness in ever younger populations**

- **Cardiovascular conditions**
- **Diabetes**
- Many cancers
- Arthritis
- Osteoporosis
- Neurological diseases
- Dementia
- Sensory loss: vision, hearing, balance
- Chronic pain
- **Disability of daily living**

# Aging alone is not the main cause of chronic disease and premature death

- Unhealthy lifestyle is!
- Seven modifiable factors account for 60 % of all chronic health problems

– WHO Annual Report 2005

# Lifestyle especially affects the risk of heart disease

- 90 % of heart attacks occur from modifiable risk factors

- *Yusuf S et al, Lancet 2004; 364: 937-52*

# Healthy living greatly lowers the risk of many cancers

- 1/3 of all cancers linked to poor lifestyle habits (smoking causes another 1/3)

- *World Cancer Research Fund Annual Report, Feb 25, 2009*

- 38 % breast cancers
- 45 % colo-rectal cancers
- 69 % esophageal cancers
- 70 % uterine cancers
- 25 % kidney cancers

# **Healthy living greatly lowers the risk of diabetes**

- **7<sup>th</sup> leading cause** of death in Canada (6<sup>th</sup> for those over age 65)
- **Life expectancy** is **cut** by **8 years** on average, much more for many

# Diabetes especially hurts aboriginal people

- Diabetes is 3-5 times more common in aboriginal people
- 1 in 4 individuals over age 45 of on-reserve aboriginals have diabetes

● [http://www.hc-sc.gc.ca/fniah-spnia/alt\\_formats/fnihb-dgpsni/pdf/pubs/diabete/2001\\_evidence\\_faits-eng.pdf](http://www.hc-sc.gc.ca/fniah-spnia/alt_formats/fnihb-dgpsni/pdf/pubs/diabete/2001_evidence_faits-eng.pdf)

# Diabetes especially hurts young aboriginal people

- In the general population, majority of diabetics are over age 60

- [http://www.hc-sc.gc.ca/fniah-spnia/alt\\_formats/fnihb-dgpsni/pdf/pubs/diabete/2001\\_evidence\\_faits-eng.pdf](http://www.hc-sc.gc.ca/fniah-spnia/alt_formats/fnihb-dgpsni/pdf/pubs/diabete/2001_evidence_faits-eng.pdf)

- In first nations, 53% of on-reserve diabetics are under age 40



# **Unhealthy lifestyle is the main root of earlier death and chronic illness!**

- *Whether you're young or old*
- *Whether you're sick or well*
- *Even if you inherited "bad" genes*
- *The healthier you begin to live today*
- *The better your chance to live longer in better health with more energy and happiness*

# So what should you do?

- A very contentious issue for a very long time
- The only way to keep your health is to eat what you don't want, drink what you don't like, and do what you'd druther not
  - *Mark Twain*
- Because studies about lifestyle risk factors often come to totally different conclusions

## **4 key reasons lifestyle study results vary so much**

- 1: Hard to **isolate single risk factors**
- 2: Study **participants are rarely honest**
- 3: **Researchers** see only what they want to see and **disregard inconvenient data**
- 4: Many **unrecognized differences in study participants**

# Researchers are not always totally honest

- **Anyone can make up statistics**
- **14 % of people know that**
  - *Homer Simpson*
- **The only statistics you can trust are those you falsified yourself**
  - *Winston Churchill*

# Individual differences among study subjects

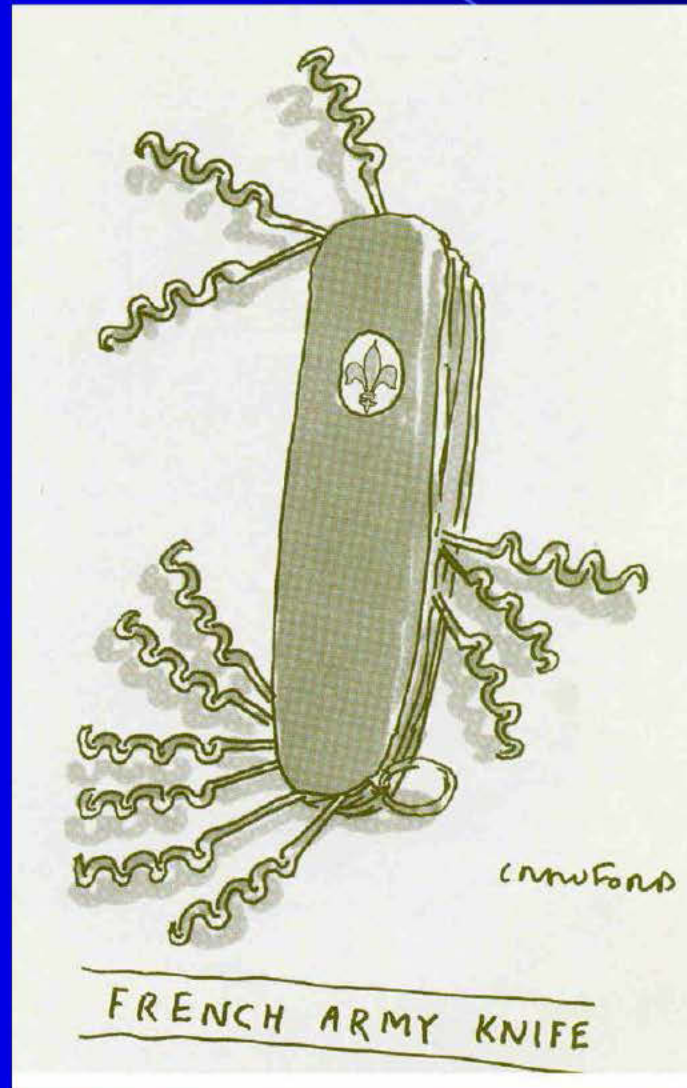
- Differing responses to being thirsty:
  - German man: I must have a beer
  - Russian man: I must have vodka
  - Frenchman: I must have wine
  - Jewish man: I must have diabetes

# Cultural differences in populations

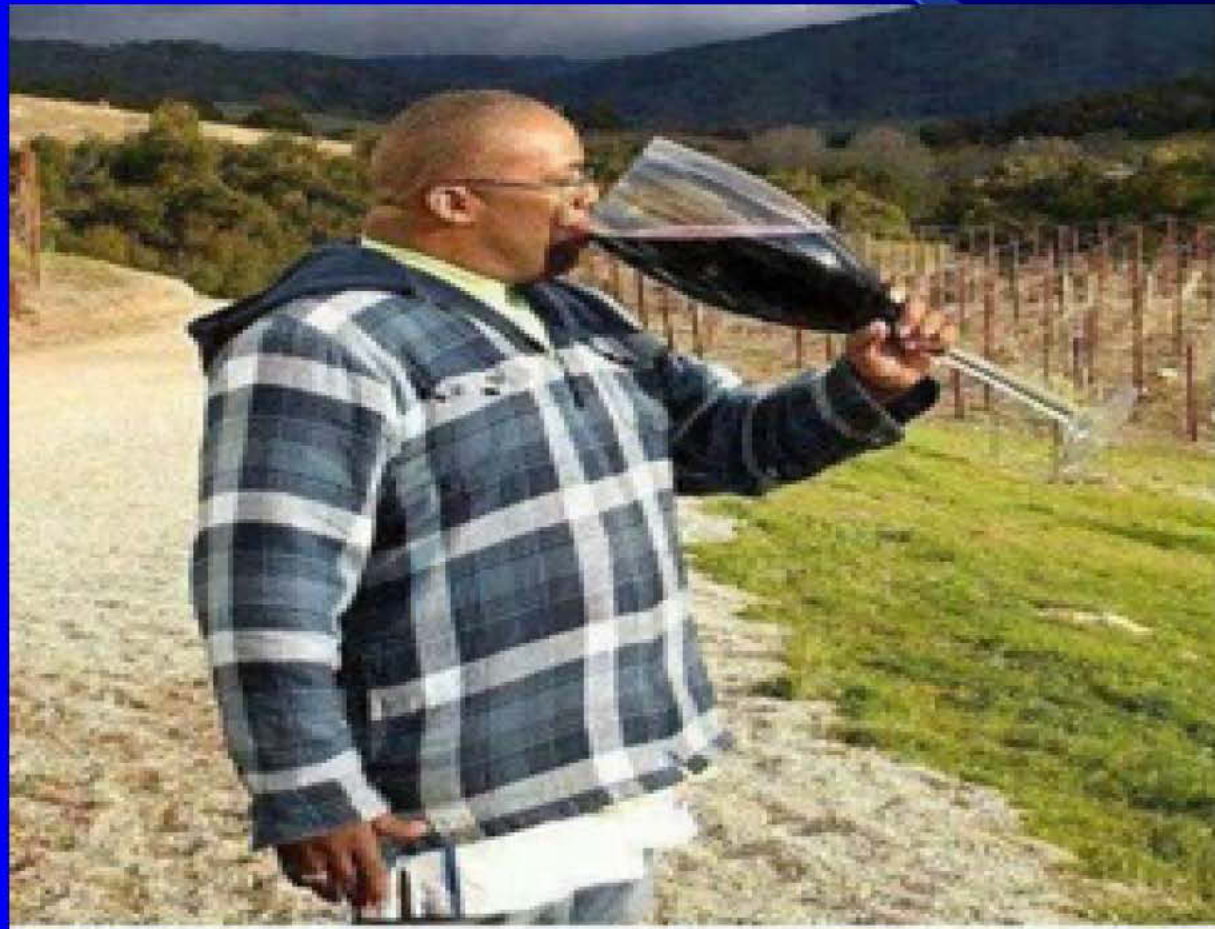
- French Paradox

- The French report much lower rates of heart disease and stroke than we do in North America

## Main reason for French Paradox?



**The French drink only one glass of wine/day**





**So because lifestyle study  
results vary so much**

- All we end up with are theories about wellness and health
- Unfortunately, theories are fallible
- In theory, communism works
  - *Homer Simpson*

# Dr. Art's theory for the 7 most important health practices

1. Don't smoke
2. Exercise regularly
3. Eat sensibly
4. Minimize your stress levels
5. Maintain a healthy weight
6. Get enough good quality sleep
7. Drink alcohol in moderate amounts

# Number of years possibly gained by living healthier

- EPIC-Norfolk Study, 20,000 people, one point for each healthy habit, followed for 11 years
  - being active
  - 5 servings of fruits and veggies/day
  - not smoking
  - a bit of alcohol/day
- 74-year-old with 4 points had same life expectancy as 60-year-old with zero points

• *Khaw KT et al, PLoS Medicine January 8 2008*

# **Amount of good health gained by living healthier**

- 23,513 mid-life Germans, followed 8 years
- Non-smokers, exercise, good diets, BMI <30!
- Lowered their risk of:

- Any chronic disease 78%
- Type 2 diabetes 93%!!!
- Heart attack 81%
- Stroke 50%
- Any type of cancer 36%

• Ford ES et al, Arch Intern Med 2009;169(15) 1355-62

# Other key health advice

## 1: Learn to be more positive

- Positive thoughts that are helping me:
  - Justin Trudeau will move to Uzbekistan
  - Don Cherry will soon shut up
  - Mike Duffy will become a Wal-Mart greeter
  - Pamela Wallin will be restricted to using public transport
  - The Canucks will win the Cup
  - Before I die

# Other key health advice

## 2: Get married

- And stay married
- Happier marriages = healthier and happier spouses
- Both during a honeymoon
- And nearing a golden wedding anniversary
  - *Richard B. Miller et al, Journal of Marriage and Family, Volume 75, Issue 3, pages 667–680, June 2013*
- I believe in same-sex marriage - everyone should have an equal chance of misery
  - *eminem*

# Other key health advice

## 3: Drink lots of coffee

- **10-15 % fewer deaths over 13 yrs**
  - *Neal D. Freedman, Ph.D, et al, May 17, 2012, NEJM*
- **Lower risk of heart disease**
  - *Iowa Women's Study, Am J Clin Nut 2006:83 (1039-46)*
- **Lower risk of stroke**
  - *E. Lopez-Garcia et al, Circulation, 2009; 119: 1116-1123*
- **Significantly lower risk of diabetes**
  - *Rob M van Dam et al, doi: 10.2337/diacare.29.02.06.dc05-1512*
  - *Diabetes Care February 2006 vol. 29 no. 2 398-40*

# Not all sources of caffeine are equally beneficial

- Only Irish coffee provides all four essential food groups:
- Alcohol, caffeine, sugar and fat
  - *Alex Levine*



## Other key health advice 4: Avoid anti-aging fads

- The only effective anti-aging therapy is death
- But if all you want is to look a bit younger, that's very easy
- Just lie about your age
- I tack 10 years onto my age, and everyone thinks I look fabulous
  - *Margaret Ruttenberg, MD*

# Exercise: most important health practice

- The single thing that comes close to a *magic bullet* in terms of its health benefits is *exercise*
  - *Frank Hu, epidemiologist, Harvard School of Public Health, Harvard Magazine, March-April 2004*

# For an exercise regime: the experts say to think "FIT"

- Frequency: 4-7/week
- Intensity: moderate or high?
- Time: 30-60 minutes/session

**For an exercise regime: Dr.**  
**Art says think "BARF"**

- **Balance**
- **Aerobic**
- **Resistance: pumping iron**
- **Flexibility**

# Simple fitness tip

## 1: Just do more

- In this world, no one moves a muscle if they don't have to
- 32 shoppers stranded for 6 hours  
when escalator broke down in local mall
  - *The Onion* headline

# Just do more

- **All you really need to become fit is to live in a two-story house**
- **And have a very poor memory**
  - *George Sheehan*

# Simple fitness tips

## 2: Improve your balance

- Start with this simple routine:
  - Brush your teeth standing only on one leg
  - When you're good at that, brush on one leg with your eyes closed

# How to tell you're overweight

- Ask your partner: “Do I look fat”?
- BMI chart: “Am I really that fat?”
- Measure your waist: “OMG, I’m really fat!”
  - Women: <31.5 inches
  - Men: <37.0 inches



# **How to lose weight: secrets of successful losers**

- **Exercise** at least 45 minutes, 5 day/week
- Follow a **careful eating pattern**
- **Weigh** yourself **daily** (or more often)
- Eat **breakfast** every day!!

# Most important tactic for losing weight: no "low-fat" products

- North Americans will not buy anything including floor wax that has fat in it
- LARD LITE is for people who don't like salad but love lard



# What to eat: varying views for a healthy diet

- Red meat is no problem, but blue-green meat can be
  - *Tommy Smothers*
- Bran helps you live longer but the last 15 years are on the toilet
  - *Allen King*

# Do you have to be vegetarian?

- Absolutely not
- If god didn't want us to eat animals, why did he make them out of meat?

- *Homer Simpson*

# What's in a Mediterranean diet

- Lots of veggies and fruits
- Healthy oils: olive, nuts, avocado
- Legumes, beans, whole grains
- Lots of fish and poultry, some meat
- Some dairy (I only eat full-fat dairy!)
- But in Dr Art's Mediterranean diet:
  - Wine is a fruit
  - Coffee is a bean
  - So is chocolate!

# Are you guaranteed better health from following my advice?

- Health nuts are going to feel very silly one day, lying in hospital, dying of nothing
  - *Redd Foxx*
- Life isn't fair so bad things do happen to good people
- If life were fair, Elvis would still be alive and all the impersonators would be dead
  - *Johnny Carson*



# Do lots of research but apply common sense to what you learn

- Two excellent web sites
  - *nih.gov*
  - *Mayoclinic.com*
- Be careful about reading health books
- You might die of a misprint
  - *Mark Twain*



# **Happily, we develop more common sense as we age**

- A senior calls the cops to report intruders
- Cops: “No one’s available to come over.”
- He hangs up, calls back in 2 minutes, says “Don’t worry, it’s OK. I shot em all.”
- 5 minutes later, 3 cop cars roar up to his door
- Head cop: “So where are the bodies?”
- Senior: “There are no bodies.”
- Head cop: “I thought you said you shot em all.”
- Senior: “I thought you said no one was available.”

# **Never over-do anything:** **Moderation always beats excess**

- A radio-show guest told Groucho Marx that he had 10 kids
- Groucho: Why do you have so many kids?
- Contestant: Because I love my wife, Groucho
- Groucho: Well, I love my cigar, too, but I take it out of my mouth once in a while

# Don't seek too many opinions from too many experts

- A man with one watch knows the exact time
- A man with two watches is never sure
  
- Even when the experts all agree, they may be wrong
  - *Bertrand Russell*
  
- Science is the belief in the ignorance of experts
  - *Richard Feynman*

# Just because something is based on “medical research” doesn't mean it's any use

- There's been much more research on breast implants and Viagra than on dementia
- So soon there will be millions of people with huge breasts and erections who can't remember what to do with them

• *Andy Rooney*

# Common strategies to lower stress levels

- Yoga
- Meditation
- Medication (St John's wort)
- Exercise
- Sex

# **The problem with relying on sex for stress relief**

- **Sex patterns change over time**
  - **Tri-weekly**
  - **Try weekly**
  - **Try weakly**
  - **Try**
  - **Try something else**

# Thank you very much

