

Chapter 2

Pointer Documents

2.1 Exercise

- Exercise increases HDL and decreases LDL and triglyceride levels. It also lowers blood pressure, reduces excess weight, improves heart and lung fitness, and diminishes stress.
- Engage in aerobic exercise (jogging, swimming, brisk walking, bicycling).
- As a rule, to be in aerobic conditions, one should be able to hold a conversation while exercising without being too winded.
- Recommended intensity: moderate. Moderate intensity is 5 or 6 on a 10-point scale of effort (from the Centers for Disease Control and Prevention).
- People are encouraged to wear pedometers to count the number of steps they take. Moderate intensity approximates 100 steps a minute.
- Adults are advised to accumulate 150 min of moderate-intensity aerobic activity every week in addition to strength training.
- Add strength training and flexibility to cardiovascular exercise.
- Lose weight before you exercise on a regular basis to avoid overload and resulting injuries on joints (particularly tendons).
- Start progressively.
- Be fit. How fit are you?

	Age	Unfit	Fit	Very fit
<i>Men</i>	20s	86 or more	60–85	59 or less
	30s	86 or more	64–85	63 or less
	40s	90 or more	66–89	65 or less
	50s and older	90 or more	68–89	67 or less
<i>Women</i>	20s	96 or more	72–95	71 or less
	30s	98 or more	72–97	71 or less
	40s	99 or more	74–98	73 or less
	50s and older	103 or more	76–102	75 or less

2.2 Stress Reduction

- Engage in generic stress reduction activities such as:
 - Meditation
 - Prayer
 - Laughter
 - Music
 - Reading
 - Massages
 - Sport (particularly martial arts)
 - Yoga
 - Tai chi
 - Shiatsu
 - Acupuncture
 - Acupressure
- Engage in specific stress reduction programs such as:
 - Reiki healing
 - Mindfulness-based stress management
 - HeartMath
 - Feldenkrais method
 - Biofeedback for stress management
 - Breathing to relax
 - Time management
 - Compassion, Awareness and Relationship Skills to Ease Stress (CARES)
 - Revitalize You! Online program to make your work-life work
 - From inside out. Effective ways to manage stress
 - Mind–body relaxation skills

Stress reduction includes *sleep improvement*. Various techniques are available to improve sleep quantity and quality, such as:

- Power Sleep®
- Sounder Sleep System®
- Calibrated exercise
- Hypnosis
- Acupuncture
- Yoga
- Reiki
- Shiatsu
- Massages

Sleep also affects body weight. People who sleep less often weigh more. Contact the Stanford Health Improvement Program for more information (<http://hip.stanford.edu/>).

2.3 Smoking Cessation

- The three-pronged approach is the most efficient one:
 1. Nicotine (to address physiological dependence)
 2. Bupropion (Zyban) (to address aggressiveness, bulimia)
 3. Psychological advice (for support and for determining the need behind the smoking habit)
- Ask your doctor to help you following the four A's rule (for him/her): Ask, Advise, Assist, and Arrange.
- Nicotine is not needed for less than ten cigarettes per day and contraindicated in case of drug interaction, in pregnant or breastfeeding women, and in teenagers.
- Nicotine inhaler or nasal spray is superior to patch.
- Ask your doctor about Chantix.
- Consider coaching programs.
- Consider Web-based programs.

2.4 Drink Standards and Recommendations (From the CDC)

A standard drink is equal to 14.0 g (0.6 oz) of pure alcohol. Generally, this amount of pure alcohol is found in:

- 12 oz of beer
- 8 oz of malt liquor
- 5 oz of wine
- 1.5 oz or a “shot” of 80-proof distilled spirits or liquor (e.g., gin, rum, vodka, or whiskey)

According to the *Dietary Guidelines for Americans*, moderate alcohol consumption is defined as having up to one drink per day for women and up to two drinks per day for men. This definition is referring to the amount consumed on any single day and is not intended as an average over several days.

The *Dietary Guidelines* also state that it is not recommended that anyone begin drinking or drink more frequently on the basis of potential health benefits because moderate alcohol intake also is associated with increased risk of breast cancer, violence, drowning, and injuries from falls and motor vehicle crashes.

2.5 Recommended Daily Amount of Fruits and Vegetables (From the CDC)

Please check the following website:

<http://www.cdc.gov/nutrition/everyone/fruitsvegetables/howmany.html>

2.6 Behavior Change

Behavior change is indispensable to get rid of deleterious lifestyles. Psychologists have studied human behavior for decades and proposed different models that would be efficient and sustainable.

The Stanford Health Improvement Program has created a science-based process that has proven to be manageable. It produces remarkable results and it is replicable and scalable.

2.6.1 3 Keys

- Self-management of lifestyle choices
- Selecting behaviors you are ready to change
- Setting realistic goals

2.6.2 15 Steps

1. Know your current behavior.
2. Assess readiness for change.
3. Gather knowledge.
4. Build a support network.
5. Make a commitment.
6. Set an appropriate long-term goal.
7. Set appropriate short-term goals.
8. Anticipate/deal with obstacles.
9. Manage stress.
10. Self-monitor.
11. Keep motivated.
12. Deal with ambivalence.
13. Cultivate a positive inner voice.
14. Be a mentor/opinion leader.
15. Reevaluate plan and adjust, if necessary.

2.6.3 Coaching

Behavior change is best achieved with a coach. He/she has a variety of tools to carry out his/her programs, such as face-to-face sessions, the Internet, telephone meetings, and social media (Twitter, Facebook, etc.), and make them as efficient as possible.

2.6.4 More Information

Please contact Dr. Deborah Balfanz:

- <http://hip.stanford.edu/about/belfanz.html>
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- 650-725-3185

2.7 Cholesterol Control Without Drugs

Please check the following webinar slides:

[http://hip.stanford.edu/online-resources/Documents/Cholesterol%20Presentation%20\(2010\).pdf](http://hip.stanford.edu/online-resources/Documents/Cholesterol%20Presentation%20(2010).pdf)

2.8 Preventing Diabetes

Please check the following webinar slides:

http://hip.stanford.edu/online-resources/Documents/Preventing_Diabetes_11-9-11.pdf

2.9 Colorectal Cancer Prevention and Early Detection

Please check:

1. The following webinar slides:
<http://hip.stanford.edu/documents/Ladabaum%20CRC%20Webinar%20CCFZ%202010%20FINAL.pdf>
2. The following video:
http://www.youtube.com/watch?v=7dEKL3_0bYY

2.10 Breast Cancer

Please check the following slides:

http://www.cancer.org/acs/groups/content/@editorial/documents/document/breast_cancer_powerpoint_packa.pdf

2.11 Prostate Cancer

Please check the following slides:

<http://www.cancer.org/acs/groups/content/@editorial/documents/document/prostatecancerpowerpoint20pack.pdf>

2.12 Lung Cancer

Please check the following slides:

<http://www.cancer.org/acs/groups/content/@editorial/documents/document/prostatecancerpowerpoint20pack.pdf>

2.13 Stomach Cancer

Please check the following website:

<http://www.cancer.org/cancer/stomachcancer/detailedguide/index>



<http://www.springer.com/978-3-319-07298-2>

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