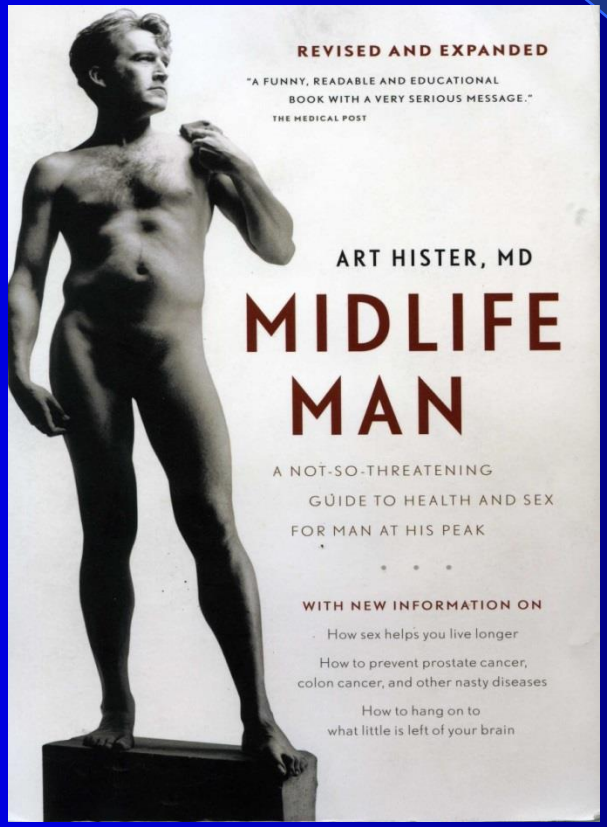
Simple Steps for Longer, Healthier, Happier Lives

Dr. Art

Best book ever



What my son thinks the title for this talk should be

S. O. S.

First, the good news: We're living far longer than ever

Life expectancy:	Male	Female
Canada	80	84
U.S.	76	81
BC (at birth)	81	85
BC (at age 65)	85	87.5

In every single country, one special group lives much longer than the rest

Life expectancy:	Male	Female
Canada (overall)	80	84
Canada (First Nations)	69	76
Argentina	72	78
Iceland	81	85
Japan	81	86
Ethiopia	52	54
Russia	**62**	76

The odds against men get progressively worse with age

- 74,000 people 100 years old or older in the US in the last full census
- 83 % were women
- In other words, at age 100, there are at least 6 women out there for every man
- Which I think is the main reason so few men choose to live that long

So why do women live so much longer than men?

Why women live longer: Men are hormonally challenged

- **Men don't have much estrogen**
- And **many men have way too much testosterone**
- **God gave men a penis and a heart**
- **But only enough blood to work one at a time**

Robin Williams

Excess testosterone may be a particular problem for 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:
1: Better socialization skills

Women talk

And talk

And talk

And talk

And . . .

But in all that talking, women often discuss important issues, including health problems and concerns

Men do not socialize well

Typical **meaningful guys' conversation**

"Gonna watch the Canucks tonight?"

"Yup."

"K. Bye."

"Bye."

Men **rarely** discuss **private issues** with buds

And we **never** discuss **health concerns**

There are huge health costs from poor social connections

- **Social life** is **better predictor** of **how long you'll last than** your **diet and exercise** habits
  - *Julianne Holt-Lunstad et al Published: July 27, 2010DOI: 10.1371/journal.pmed.1000316*

- **Social isolation** is a **risk** for **premature death**
  - **Similar to smoking**
  - **Greater than high blood pressure**
    - *Matthew Pantell et al American Journal of Public Health: November 2012, Vol. 103, No. 11, pp. 2056-2062.*

Why women live longer:
2: Less negative effect from stress

There are 3 ways that might work:

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

Why women live longer: 3: Better quality sleep

But never try to tell a bunch of **post-menopausal women** that they **sleep better than the men they know**

Real best reasons women live longer

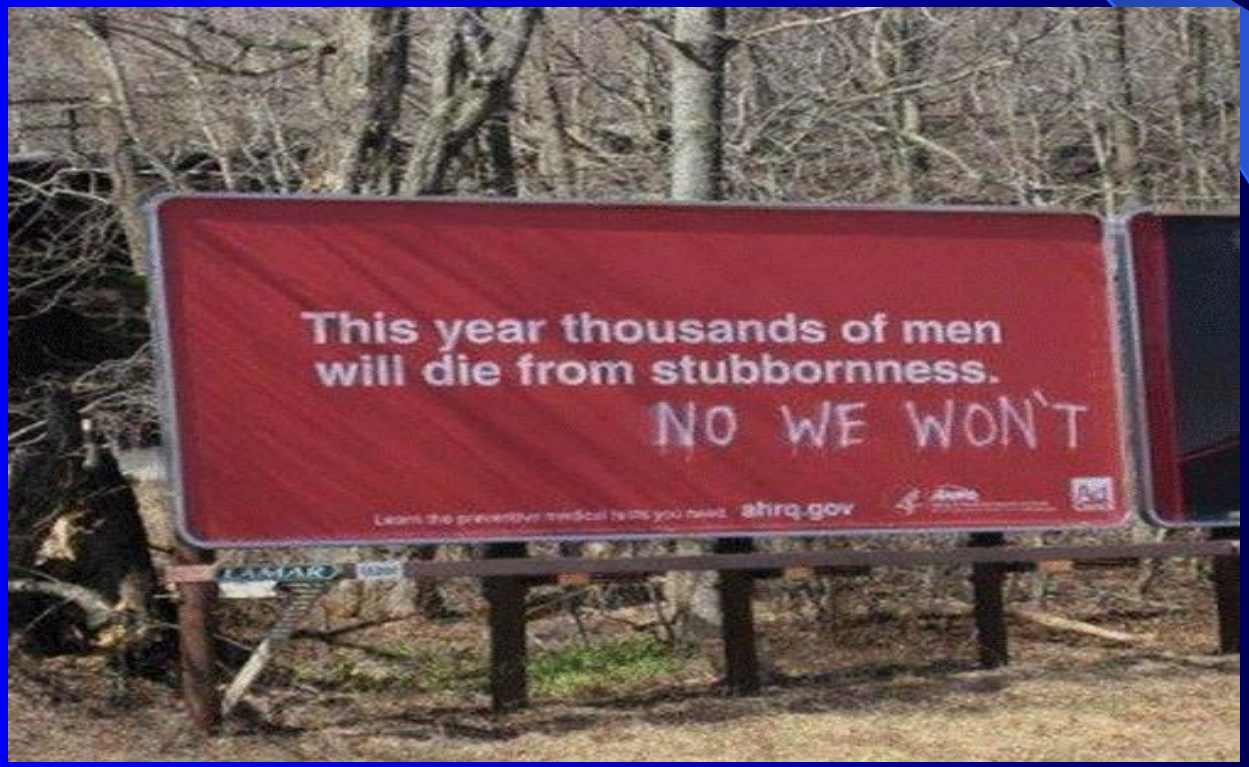
- 1: Women **make better lifestyle choices**
- 2: Women **follow health advice better**

- Thus, women are **better at preventing and postponing life-limiting chronic diseases**

- **In countries where women begin to live like men, women begin to die like men, too!**

Main reasons men die sooner?

- **Men don't listen!**



Now the bad health news: Kids are in huge trouble

- The **steady rise** in **life expectancy** over the past two centuries may **soon end**
  - *S. Jay Olshansky, Ph.D., et al, NEJM, Volume 352:1138-1145, Number 1*
- Today's **children** will live **shorter, unhealthier** lives **than their parents**
  - *D Ludwig, JAMA. Published online April 04, 2016. doi:10.1001/jama.2016.3829*
- The **obesity epidemic** has the potential to **negate the increased longevity** seen **around the world**
  - *WHO report, Jan 2016*

Bad news: Way more chronic illnesses in younger people

- Strokes
- Heart attacks
- Diabetes
- Many cancers
- Arthritis
- Osteoporosis
- Neurological diseases
- End-stage kidney disease
- Sensory loss: vision, hearing, balance
- Chronic pain
- Disability of daily living

Health risks from age 40 on

	Men	Women
Heart disease	1 in 2	1 in 2
Stroke	1 in 6	1 in 5
Dementia	1 in 7	1 in 5
Hip fracture	1 in 12	1 in 6
Breast cancer		1 in 8
Prostate cancer	1 in 6	
Diabetes	1 in 3	1 in 3

- ***Heart Disease and Stroke Statistics—2007 Update*** *Circulation. 2007;115:e69-e171*

More bad news: Many losing brain function far too soon

- All **cognitive** abilities **fall** somewhat with **age**:
  - **Focusing**
  - **Learning new tasks**
  - **Multi-tasking**
  - **Memory**
  - **Everyone** here already **suffering** somewhat from the **CRAFT** syndrome

But it doesn't have to be like that

- Healthy **lifestyle reduces the risk** of **all chronic health problems**
  - **High blood pressure** by nearly **70 %**
    - *P Jousilahati, presentation, ESC Congress, 2012*
  - **Type 2 diabetes** by nearly **60 %**
    - *N Engl J Med. 2002 Feb 7; 346(6): 393–403. doi: 10.1056/NEJMoa012512*
- **Seven modifiable** factors account for **2/3** of all **chronic health problems around the world**
  - *WHO Annual Report 2005*

Healthy lifestyle reduces the risk of premature death

- **Canadians** who followed **recommended healthy behaviours** had **life expectancy 17.9 years greater** than individuals with the unhealthiest behaviours
  - *Doug Manuel, senior core scientist at the Institute for Clinical Evaluative Sciences (ICES), PLOS Medicine, Aug 16, 2016*

You can significantly lower your risk of premature death and severe chronic illness!

- Whether you're young or even very old
- Whether you're well or already sick
- Even if you're stuck with bad genes
- The healthier you begin to live today
- The better your chances to live longer
- In better health
- With more energy and happiness

So what should you do?

- **Very contentious issue**
- **Because medical studies** routinely **disagree** with each other

Main reason lifestyle studies are so often contradictory

- We all – researchers, experts, you and I – see mostly what we want to see
- This often leads to inappropriate interpretation of results from studies

The 7 most important practices for a healthier life as Dr. Art sees it

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

Healthy living can lead to much **longer life**

- **Canadians** who followed **recommended healthy behaviours** had **life expectancy 17.9 years greater** than individuals with the unhealthiest behaviours
  - *Doug Manuel, senior core scientist at the Institute for Clinical Evaluative Sciences (ICES), PLOS Medicine, Aug 16, 2016*

Healthy living helps you stay much healthier

- 23,513 people in mid-life, followed over **8 years**
- **Non-smokers**, **exercisers**, **good diets**
- **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

Becoming more active is the single healthiest thing we can all do

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

Becoming more aerobically fit is the single healthiest thing to do

- A 45 year study in middle-aged men
- The **impact of low physical capacity** on **risk of death** is **second only to smoking**
  - *Ladenvall P et al European Journal of Preventive Cardiology. DOI: 10.1177/2047487316655466*
- Getting **enough aerobic exercise** reduces risk for **breast cancer, colon cancer, diabetes, heart disease and stroke**
  - *Hmwe Kyu, et al, BMJ, news release, Aug. 9, 2016*
- .

Becoming more active especially helps keep your brain healthy

- 10308 British civil servants, aged 35–55 years, followed for 15 years

- **Low physical activity** was the key risk factor for **poor cognitive functioning, especially for fluid intelligence**
  - *Marmot M et al Am J Pub Health 2005;95(12):2252-2258*

Simple tips to move more

- **Stand** or **walk** when **watching** TV
- **Better** still, **walk after dinner**
- But **don't walk** to the **fridge first**
- **Always take stairs: 6 floors down, 3 up**
- Get a **Fitbit**
- My **wife's** fool-proof **strategy**
  - She **never pays** for **parking**

Sardinians are among the **longest-lived people** on earth

- **No one** in Sardinia owns a **treadmill**
- There are **no gyms** or **fitness groups** on Sardinia
- Nearly **every trip** out of the house by Sardinians is **done by walking**
  - Buttner, *The Blue Zones Solution: Eating and Living Like the World's Healthiest People*

We too often forget that there are actually 4 key types of physical activity

- **Experts say think FIT for aerobic activity**
  - **F**requency
  - **I**ntensity
  - **T**ime
- **For full fitness, I want you to think BARF**
  - **B**alance
  - **A**erobics
  - **R**esistance: doing weights
  - **F**lexibility

Why everyone should work on balance and muscle loss

- **One in 2 women** over **50** will **break a bone** as a result of **osteoporosis**

- **One in 4 men over 50** will **break a bone** as a result of **osteoporosis**
  - That's **more men than get prostate cancer**!

Why everyone should work on their balance and muscle loss

- **Risk of dying** in people **over** age **50 doubles after any fracture**
  - *L March, study presented at Nov 8 2015 American College of Rheumatology*

- **Hip fractures**
  - **20-25 % of women** who **break a hip** will **die within 6 months** of that fracture
  - **35 % of men die** in the same time frame

Simple tip to improve balance

- Starting tonight
  - **Brush your teeth** standing **on one leg**
  - When you're good at that, **brush** on **one leg** with **eyes closed**

Why everyone should work on muscle stregthening

- **In your 30s**, you start to develop **sarcopenia**
- Which is the **loss of muscle mass and function**
- **After age 40**, we **lose 8 %** **or more muscle mass** each **decade**, much **accelerating after age 70**
  - *http://well.blogs.nytimes.com/2016/03/30/exercise-makes-our-muscles-work-better-with-age/*

3 reasons why healthiest diet pattern is a Mediterranean-style diet

- **1: What they eat in Mediterranean areas:**
  - Lots of **veggies** and **fruits**
  - Healthy **oils**: olive, nuts, avocado
  - **Legumes and beans**
  - **Whole grains**
  - Lots of **fish**, **poultry**, some **eggs**, **meat**
  - Some **dairy** (I eat only **full-fat dairy!**)

3 reasons why healthiest diet pattern is a Mediterranean-style diet

- 2: What they don't eat much in Mediterranean areas:
  - Processed foods
  - Trans fats
  - Excess salt
  - Sugar
  - Low-fat products!

3 reasons why healthiest diet pattern is a Mediterranean-style diet

- 3: How they eat in Mediterranean areas:
  - Lots of variety in foods
  - Lots of enjoyment from meals
  - Slower pacing during meals
  - Moderation in portions

More ideas for better health
1: Think more positively

- **Even a forced smile can lower stress levels**
  - *Tara Kraft and Sarah Pressman. The Influence of Manipulated Positive Facial Expression on the Stress Response. Psychological Science, 2012*
- **So even if you hate smiling**
- **Just start every day with a fake smile and get it over with for the day**

Think more positively

- **Positive thoughts** that made me feel much **happier today**:
  - I don't live in Toronto
  - Don Cherry is bound to retire eventually
  - The Canucks will win the Cup
  - Someday

More ideas for better health
2: Get married

- **Happy marriages = healthier spouses**
  - *Richard B. Miller et al, Journal of Marriage and Family, Volume 75, Issue 3, pages 667–680, June 2013*
- **But you have to stay married**
- **Getting married 3 times does not make you 3 times healthier**

More ideas for better health
3: Drink (lots of?) coffee

- 10-year study, the **more coffee** people drank regularly, the **lower** their overall risk of **dying**
  - *E Loftfield, Am J Epidemiol. 2015 Dec 15;182(12):1010-22*
- 1 million people, 21 studies
  - **3 cups** of coffee/day = **16 % lower death rate** from all causes
  - **4 cups** of coffee/day = **21 % lower death rate** from cardiovascular disease
    - *A Crippa et al, Am J Epdemiol. 2014:180(8):763-775*

More ideas for better health
3: Coffee is the only real health drink

- Lower risk of **cognitive disorders**
  - *Kim Y-S et al, Neuroepidemiology 2015;44:51-63*
- 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*
- Much lower risk of **diabetes**
  - *Van Dam RM et al, doi: 10.2337/diacare.29.02.06.dc05-1512*
- Much lower risk of **ED** in men
  - *Lopez DS et al Published: April 28, 2015DOI: 10.1371/journal.pone.0123547*