

Newsletter December 2010

As the Holiday season fast approaches and we prepare ourselves for the onslaught of festivities and food and socialization I have some *Health is Wealth* tips. In the month of October I took in over 15 lectures in post grad dental seminars. It just so happened that there were two full weekends of some fantastic lecturers here and in Calgary during October. Of course most of the information was on leading edge material concerning dentistry but one lecturer presented a lecture entitled ***Health is Wealth for You and Your Dental Clients.*** The family and emergency specialist Dr. Ashok Oommnen from Montreal works with a variety of health professionals to help client's lead longer, healthier lives. If you Google Cardiogenix and click Meet Dr. Oommnen you can get to the website information.

It was a rapid fire presentation for an hour with no handout so these are some of the notes I managed, in bullet form.

- *All Organs* deteriorate at a rate of 5% every 10 years.
- *Genes* account for 30% of our aging
- *Yoga* –tests they did showed an individual doing 90 minutes per day had the **same** cardiovascular capacity as an Olympian
- Conservatively it is estimated that 5X as many women die of heart disease vs. breast cancer.
- High blood pressure is the number one threat to your heart and an ideal blood pressure of 115/76 will add **9+** years to your life.
- *Smoke* 1 cigarette and you lose 11 minutes of your life. Make that 2-4/day cigarettes and you increase your chance of a heart attack or stroke by 2.4X. Second hand smoke takes **6+** years off your life.
- You need 10,000 steps a day or the equivalent of 5 miles a day or a 2 hour walk. Average 4 miles a day. You need 30/60 minutes of aerobic activity/day. This decreases **all** cancers by 40%.

- *Eat* fish 3X/week, non-fried, best type is salmon, tilapia, flounder, sole, mahi mahi or canned salmon is excellent. Fish oil omega 3-2 gms/day. This will add **3+** years to your life.
- *Fruits and vegetables*- 9 servings/day. 1 serving is the size of a pack of cards.
- *Tomato sauce 10 tbsp/week* (prostate cancer and breast cancer decrease by 30%), cranberries, chocolate 70% coco 1/3 bar daily, carrots 5/week, (decreases stroke risk by 70%), onions and green tea. The above will add **4+** years to your life.
- 1 ounce of nuts/day. Walnuts the best
- *Eat* colorful foods. They contain an increased amount of flavonoids.
- *To optimize DNA machinery:* Vitamin D 800 iu/day, Folate 800 ug/day, Calcium 600 mg two times a day, Magnesium 400 mg/day
- *If* you eat a healthy breakfast daily it sets the metabolism for the day, and it will add **1.1** years to your life.
- *Weight*-women with a 35 inch waist and men with a 40 inch waist are at an increase risk for cardiovascular disease.
- *2010* the World Health Organization predicts that more people will die from **obesity** than starvation, first time ever in history.
- *If* you are a woman and have a checkup you should consider a Framingham score, it determines moderate accumulation of risk factors.
- *Stress*-financial stress can take **8+** years off your life. How to mitigate-talk to a friend **8+** years, exercise, and stress reduction techniques, such as meditation, visualization or prayer.
- *They* interviewed Centenarians (people 100 or older) and the one most important factor in survival was **personality**. **7+** year's longer life with a positive attitude.
- *Sleep*-6-7 hours for women, and 7-8 hours for men will add **3+** years. Shift workers **-6** years
- *Sex*-3x/week, add **1.6-8** years
- *Stress Technique*-breath work, meditation (medicine of the mind), visualization or guided imagery of positive things, massage (as we turn over

control to someone else) yoga, and behavior modification i.e. smile/laughing

- 60-90% of the visits to doctors are related to stress
- *Boost immune system*-if we do this we decrease our cancer risk by 40%.
How do we do this-**walk**
- *Be happy*-enjoy the scenery even on a detour-that is when the unexpected happens
- *Stress* decreases the immune system. Our mind is the best protection.
- *If over 65 years of age*-1 baby aspirin a day
- *Alcohol*-Male-2-3 drinks/day, female 1/day. Red wine the best
- ***Last but not least*** (and my favorite) Floss or die- can add **6+** years to your life. Only 15% of the population flosses on a regular basis. There are now many connects to poor oral health and low birth weight babies, increase risk of miscarriage, cardiovascular disease and diabetic issues. The mouth is the window to our health.

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