A Guide to Navigating Your Health

Jared S Harrison, DO
March 13, 2018
Navigating A Healthy Life: Introduction

Who am I?

● Primary Care Physician
● Husband and Father
● Fellow Adventurer on the Road of Life

Objectives

1. Outline a few of our Greatest Challenges
2. Identify some of our most Powerful Tools
3. Motivate us to Action
What is a Healthy Life?

“The Greatest Wealth is Health” - Virgil

1. A Successful Beginning
2. A Productive Course
   a. Finding a Purpose
   b. Building a Legacy
3. An Enjoyable Ride
   a. “Quality of Life”
   b. Fun along the Way
4. A Peaceful Exit
   a. “Death with Dignity”
An Every Man’s Guide to Navigating Your Health: “Meet John Everman”

Who is John?

- 60 Year old, mixed-race male
- Wife, 2 children
- Ex-military, building contractor
- Not seen a doctor for 20 years
- Overweight
- Chronically “just tired all the time”
- Smoker since age 21
- Mother has heart disease; Father died at 63 of “some kind of cancer”
An Every Man’s Guide to Navigating Your Health: “Meet John Everman”

Where do we start?

What are the health challenges that John faces?

- Family History (heart disease, cancer?)
- Time marches on (60 years old)
- Neglected his health (overweight, smoker, no PCP); is he ready for change?

How do we get John serious about the situation?
An Every Man’s Guide to Navigating Your Health: “Meet John Everman”

What health problems should John worry about?

- Leading Causes of Death (CDC, 2015 Data): The “Big Killers”
  - Heart Disease
  - Cancer
  - Chronic Lung Disease
  - Accidental Injury
  - Stroke
How To THRIVE and Not Just SURVIVE?

Triune Man

● BODY
  ○ Strong and fit
  ○ Reciprocal relationship

● MIND
  ○ Sharp and active
  ○ Lifelong learning

● SPIRIT
  ○ Fulfill your purpose
  ○ Feed your best self
A Healthy Life: Risk Factors

**NON-MODIFIABLE**

What can’t we change?

1. Our parents
2. The ticking clock
3. The “unknown”

How can we approach such dilemmas?

- Know your roots
- Take advantage of each day ("A good day’s work")
- Be kind, kiss your loved ones
- Focus on progress, not a specific destination
A Healthy Life: Risk Factors

NON-MODIFIABLE

“Our greatest happiness does not depend upon the condition of life in which chance has placed us, but is always the result of a good conscience, good health, occupation, and freedom in all just pursuits.”

Thomas Jefferson
A Healthy Life: Risk Factors

MODIFIABLE: “Lifestyle Factors”

Common themes among the “Big Killers”

- Obesity: “Fast Food Living”
  - Poor diet
  - Inactivity
  - Dysfunctional stress
- Hypertension
- “Insulin Resistance”
  - Diabetes
- Smoking
John Everman’s Rebuttal: How would you respond?

“I’ve heard this all before!”

“I’ve already tried, and it’s too hard to change!”

“How will I find the time to . . . ?”

“How do I know what resources to trust?”
A Healthy Life: Find Your Priorities

Think of the essential things you do consistently, without resisting:

- Sleep
- Eat
- Bathe
- Use the restroom
- Check E-mail
- Charge your phone
- Fill the gas in your car

Why do you do them?
A Healthy Life: Find Your Priorities

Prioritize your health, like your life depended on it!

- Eat . . .
- Exercise . . .
- Sleep . . .
- Reduce stress . . .
- Quit Smoking . . .

Find a way to “Laser Focus”

- Don’t overwhelm yourself
- Small changes, over time make an impact
- Find your sweet spot (Enjoy it!)
A Healthy Life: What Resources Can I Trust?

Ask yourself: is it really “RESEARCH?”

- Wikipedia?
- Your favorite blog post?
- Your massage therapist’s suggestion?
- Your gut feeling?

Leave science to the scientists, conspiracy theory to the Middle Ages

- Observable patterns with a VOLUME of evidence
- Countless hours, manpower, and reproducible findings
A Healthy Life: Harrison Approved Resources

National Institute of Health (NIH)

Centers for Disease Control (CDC)

Mayo Clinic

A board-certified physician, with the “heart of a teacher”
A Healthy Life

“Anyone can find disease. The role of a physician is to find health.”

A.T. Still (Father of Osteopathic Medicine)
Lifestyle Basics: DIET TIPS

Use “MyPlate”

- An 8” plate is enough
- Don’t skimp on the Veggies

Eat fresh, preservative-free, as much as possible

Drink water

- At least 64 oz
- Try drinking a glass before meals
John Everman’s Rebuttal: How would you respond?

“But eating healthy is too expensive!”

- Make an **investment** on your health
- How much does being sick cost?

“I don’t have time to prepare my meals!”

- Get a slow cooker and Cook Book
  - [http://www.delish.com/cooking/g1419/healthy-slow-cooker-recipes/](http://www.delish.com/cooking/g1419/healthy-slow-cooker-recipes/)
- Batch your cooking and use Freezer Meals
  - [https://draxe.com/freezer-meals/](https://draxe.com/freezer-meals/)
- Take a few minutes to pack a lunch
“You are what you eat. So don’t be quick, cheap, easy, or fake.”

Anonymous
Lifestyle Basics: EXERCISE TIPS

What is the minimum (Weekly)?

- 150 min of “moderate exercise” OR
- 75 min of “vigorous exercise”
- Stagger at least 10 min of Cardio, several times throughout
- Do muscle strengthening at least 2 times

How do I gauge success?

- 60% of your max heart rate (220 - age)
- Weight loss: 5 - 10% of body weight in 6 months
- Focus on PROGRESS
John Everman’s Rebuttal: How would you respond?

“But I don’t have time to work out!”

- Make an investment on your health
- What 30 minutes of time can you replace?

“But I hate running!”

- Know your limits
- Find a new hobby
- Make exercise a “treat” (stress relief)
Lifestyle Basics: STRESS TIPS

Good Stress vs Dysfunctional Stress

- Does it motivate you to improve?
- Are you being true to yourself?
- Are you able to recover your energy stores?

Accept *yourself*, not a bad situation

- Empower yourself to change the situation
- Be kind to yourself (“Mindfulness”)

Protect what’s most important; let “The World” wait
“Nobody on their deathbed has ever said: I wish I had spent more time at the office.”

Rabbi Harold Kushner
Lifestyle Basics: SLEEP TIPS

How much? Still 7 to 8 hours

Catch up when possible: “fill up your sleep bank”

Healthy sleep habits

- Keep a consistent routine; you’re brain will thank you
- Establish a good environment
- Try natural remedies first
  - Exercise, diet
  - Melatonin 3-10 mg
  - Valerian 450 mg
Lifestyle Basics: OTHER TIPS

Smoking

- Stop it
- 1-800-QUITNOW

Alcohol

- 1-2 drinks daily, consistently

Cancer Screening

- An unused tool is useless
- Give yourself a fighting chance
A Healthy Life: How to save John Everman

Prioritize your health (like your life depended on it!)

Know your sources (ask for help!)

Find a creative solution; simple is powerful

Enjoy the journey, don’t stress about the destination

Stop smoking