

“You’ll get old pretty young--if you don’t take care of yourself” --
Yogi Berra

- **Testing** finds early disease. **Eating, exercise, good nutrition & immunizations** prevent disease.
- ✓ **Preventive Services Summary**
 - ✓ <http://www.ahrq.gov/ppip/healthymen.htm> & <http://www.ahrq.gov/realmen/>
- **Nutrition:** Good choices: “Food Rules” by Michael Pollan, “South Beach” “The Omega Diet”.
- **Physical activity:** Moderate intensity (slight breathing & heart rate increase) 30 minutes 5 days or high (large increase in breathing & heart rate) intensity 3 days a week. Being inactive is more harmful to you than smoking. (<http://www.medscape.com/viewarticle/561348>)
- **Healthy Weight:** BMI over 30 is unhealthy. (<http://www.nhlbisupport.com/bmi>).
- **Multivitamins, Minerals:** Generic “Centrum” is a good guide. Buy ‘silver” if over 55yo.
- **3-4 fruits and 5-6 vegetables daily** prevent heart disease, stroke, and many cancers.
- **Calcium:** The daily requirement is 1000mg. Foods are the best source of calcium. (<http://www.webmd.com/osteoporosis/how-much-calcium>) If a supplement is needed, **calcium citrate** is the best form. The current calcium heart disease concern applies to calcium supplements taken alone, taking 1000iu of Vitamin D counters this risk.
- **Tobacco** in any form is harmful.
- **Caffeine:** two per day is a sensible limit.
- **Alcohol:** Above 14 per wk, 4 per occasion is risky.
- **Muscle Loss:** If we don’t exercise with weights, we lose 3-5% of our muscle every 10 years. “Getting old” can be the loss of strength and stamina from inactivity.
- **Sun protection** prevents skin cancer. We should check any growing or changing spot.
- **Hearing loss:** Protect your ears from loud noises.
- **Seat belts & Helmets:** Wear them.
- **West Nile:** Use DEET containing repellent during mosquito season.
- **Herbs and supplements,** like prescriptions, change body chemistry. They are manufactured and sold without proof of safety, effectiveness, or quality. Use wisely
- **Blood pressure** over 120/80 is unhealthy, over 140/90 needs medication.
- **Cholesterol:** LDL is harmful and should be less than 100; HDL is healthy and should be greater than 45. Men test at 35yo, women at 45yo; at 20yo if high risk for heart disease. (www.ahrq.gov/clinic/pocketgd07/gcp2a.htm#Lipid)
- **Colon Cancer** is the third most common cancer diagnosed in men & women and the second leading cause of cancer death. Begin checks at 50y/o. Of the several proven effective methods, checking stool for blood is the simplest. If you have close family members with polyps and/or colon cancer, checking should start sooner. Vitamin D 1000iu daily reduces colon cancer by 50%. (http://www.coloradoguidelines.org/pdf/guidelines/colorectalcancer/colorectal_cancer_guideline_2009.pdf)

- **Prostate Cancer Checks**: The American Cancer Society, “No major scientific or medical organization supports routine prostate cancer testing at this time.” (Feb 08). High risk groups: Afro-American might consider at 45yo and men with father and brother(s) having cancer before 60yo should consider at 40yo. (<http://www.cdc.gov/cancer/prostate/pdf/prosguide.pdf>)
- **Aortic Aneurysm Testing** is advised for MEN at 65 years IF HE EVER SMOKED. (<http://www.ahrq.gov/clinic/uspstf/uspsaneu.htm>)
- **Aspirin**: One adult (325mg) ONLY if you have had a stroke, TIA, heart attack or blood vessels disease. One baby (75mg) aspirin 45-79yo at high risk for heart attack and stroke AND low risk for bowel bleeding. (<http://www.ahrq.gov/clinic/uspstf/uspsasmi.htm>)
- **Immunizations**:
 - ✓ **Influenza** shot each fall unless you are allergic to eggs. (www.immunize.org/vis/2flu.pdf)
 - ✓ **Tetanus-Diphtheria-Whooping Cough (Tdap)** every 10yrs. At 65yo then Tetanus-Diphtheria (Td). Whooping cough (pertussis) booster for adults began in 2005. This is especially important for adults around children. (www.immunize.org/vis/tdap.pdf)
 - ✓ **Zostavax** for ‘shingles’ is advised at 60yo. (www.immunize.org/vis/shingles.pdf)
 - ✓ **Pneumovax** advised at age 65 to prevent pneumococcal pneumonia. Earlier if you have chronic illness. (www.immunize.org/vis/pneum3.pdf)
 - ✓ **Hepatitis B** is recommended for health care workers, anyone with potential exposure to blood, intravenous drug users, people with multiple sexual partners, and household contacts or sexual partners of hepatitis B carriers. Available at Tri-County Health Dept 303-363-3042. (www.immunize.org/vis/hepb01.pdf)

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