How do we stay Healthy?

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Psalm 139:13-18

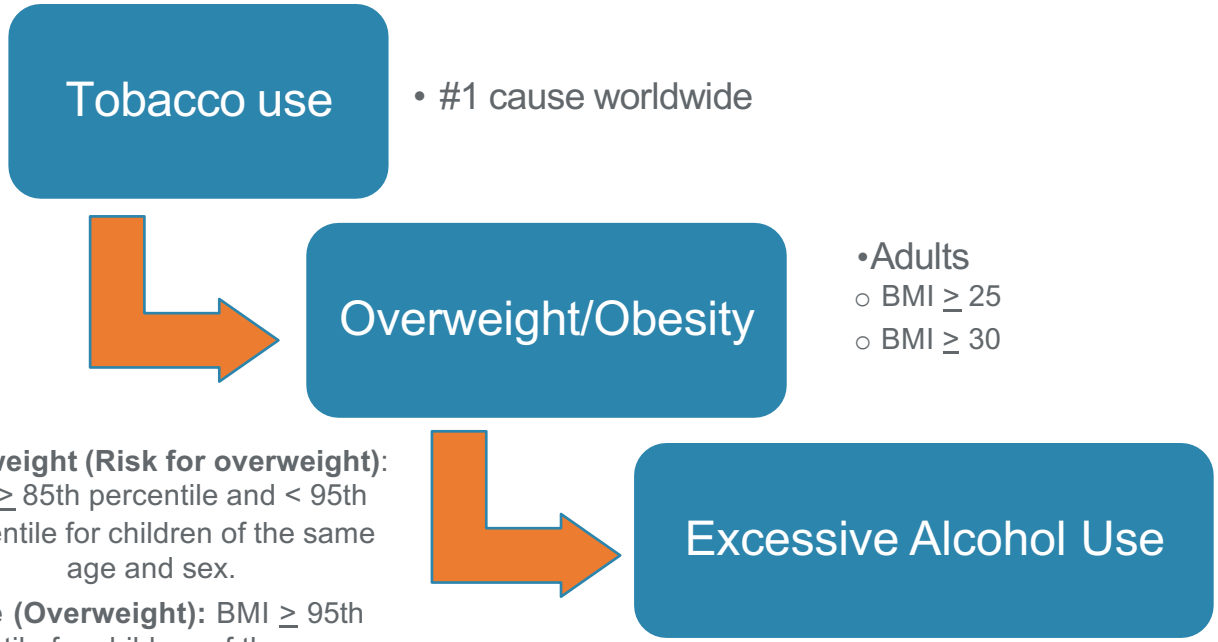
May 12, 2024

Introduction

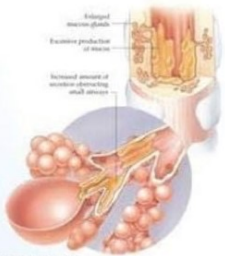
The number 1 cause of preventable morbidity and mortality in the United States today is which one of the following?

A. Poverty
B. Tobacco
C. Excessive alcohol use
D. Overweight/Obesity

US Major Health Indicators



DANGERS OF SMOKING



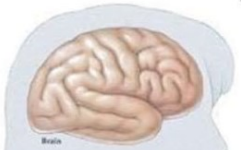
Chronic Bronchitis

A persistent cough is the major symptom of chronic bronchitis. In the large airways, the size and number of mucus-secreting glands are increased. In the small airways, there are increased secretions, impaired handling of secretions, and inflammation that can impair or obstruct air flow.

Tobacco smoke is a highly dangerous substance that contains more than 200 known poisons. Every time a smoker lights up, he or she is being exposed to some degree by inhaling these poisons. A two-pack-a-day smoker shortens his or her life expectancy by eight years, and even light smokers shorten their life expectancy by four years. To date, lung cancer is the leading cause of death in men, (a) incidence is increasing among women often resulting in death at an earlier age than men.

Stroke

Smoking is a major cause of arteriosclerosis, or hardening of the arteries. In turn, arteriosclerosis is a chief cause of stroke. Strokes occur when one of the arteries of the brain ruptures, forms a blood clot, or bleeds into the brain. Once brain tissue is destroyed it cannot be repaired.

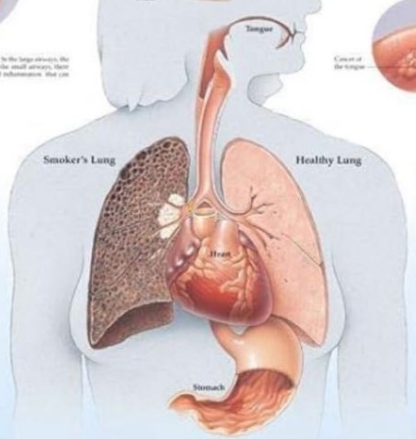


Mouth and Throat Cancer

Cancer-causing chemicals from tobacco products increase the risk of cancer of the lip, cheek, tongue, and larynx (voice box). The removal of these cancers can be disfiguring and can result in loss of the larynx.

Emphysema

With emphysema, the lungs irreversibly lose their ability to take up oxygen, causing great breathing difficulty. Lung tissue loses its elasticity, air sacs lose, and stale air becomes trapped, eventually causing death from lack of oxygen.

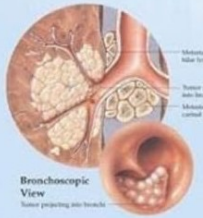


Heart Disease

Arteriosclerosis is responsible for most heart attacks. Plaque, deposits of cholesterol, collecting in the coronary arteries narrows the vessels until eventually the oxygen supply to the heart is stopped. Smoking accelerates this process.

Gastric Ulcer

Smoking increases the production of gastric juices, raising the acidity level and eroding the lining of the stomach. Painful ulcers result from these eroded areas and increase the risk for hemorrhage and perforation of the stomach lining.



Bronchoscopic View

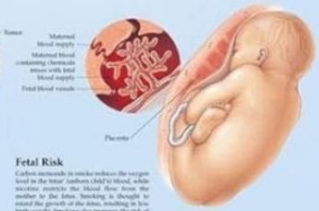
Tumor projecting into bronchi

Lung Cancer

Tobacco smoke is the most common cause of lung cancer. One in ten heavy smokers will get lung cancer, and in most cases it will be fatal. It is the leading cause of death by cancer because it is difficult to detect, and it is likely to spread early to the liver, brain, and bones.

Bladder Cancer

Chemicals from tobacco are absorbed into the bloodstream and leave the body through the urine. These cancer-causing chemicals are always in contact with the bladder, increasing the risk for bladder cancer.



Fetal Risk

Carbon monoxide in smoke reduces the oxygen level in the fetus' (unborn child's) blood, while nicotine restricts the blood flow from the mother to the fetus. Smoking is thought to retard the growth of the fetus, resulting in low birth weight. Smoking also increases the risk of premature birth and infant death.

Smoking Cessation Treatment

- Nicotine Replacement Therapy (NRT)
  - Gum - OTC
  - Lozenge - Rx
  - Nasal Spray - Rx
  - Inhaler - Rx
  - Patch - OTC
- Bupropion (Zyban) - Rx
- Varenicline (Chantix) - Rx
- Psychosocial Therapy
- Behavior Therapy

Obesity Implications

Obesity results in:
46% increase inpatient costs
27% more physician visits
80% increase in prescription drug costs

- Doubles risk of and mortality from cardiovascular disease (CVD)
- Hypertension, dyslipidemia, heart disease and stroke (2/3 of obesity-related deaths)
- Type 2 diabetes (5 x the risk), osteoarthritis
- Fatty liver and cholesterol gallstones
- Asthma and other respiratory disturbances
- PCOS, abnormal menses, infertility, menstrual disorders, sleep disturbances
- Sleep apnea—which increases risk of diabetes (Diabetes Care, Sep 17, 2015)
- *Cancers: 7% ↑ in "obesity cancers" – now accounting for 40% (other cancers ↓ 13%)
  - Large increase: uterine, gallbladder, kidney
  - Others: cervical, ovarian, postmenopausal breast, esophageal, gastric, pancreatic, hepatic, colorectal, prostate, kidney, meningiomas, leukemia, thyroid
- Psychological implications: depression, low self-esteem, behavior and learning problems, bullying

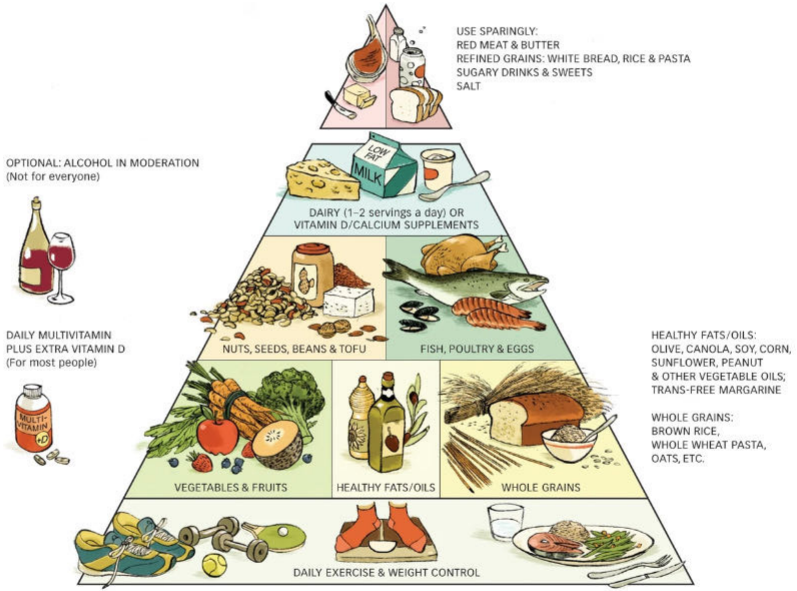
Prevention and Screening

AAFP and USPSTF (B rec) recommend *screening everyone ≥ age 6 for obesity*

- Preventing obesity from conception through childhood
  - Limit gestational weight gain
  - No maternal smoking
  - Breastfeed at least 12 months
  - Infants should sleep at least 12 hours daily
  - Delay solid foods until at least 4 months of age
  - Daily activity for at least one hour
  - Limit screen time to 2 hours/day
- The USPSTF recommends that clinicians offer or refer adults with a body mass index (BMI) of 30 or higher to *intensive, multicomponent behavioral interventions*.

THE HEALTHY EATING PYRAMID

Department of Nutrition, Harvard School of Public Health



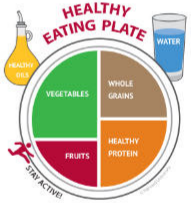
Generations of Americans are accustomed to the food pyramid design, and it's not going away. In fact, the Healthy Eating Pyramid and the Healthy Eating Plate (as well as the Kid's Healthy Eating Plate) complement each other.

Consumers can think of the Healthy Eating Pyramid as a grocery list:

The Nutrition Source!

Take our quick survey to share your experience using the website, and offer any suggestions that may help us improve The Nutrition Source.

Explore:



Create healthy, balanced meals using this visual guide as a blueprint.

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Thank you for supporting our

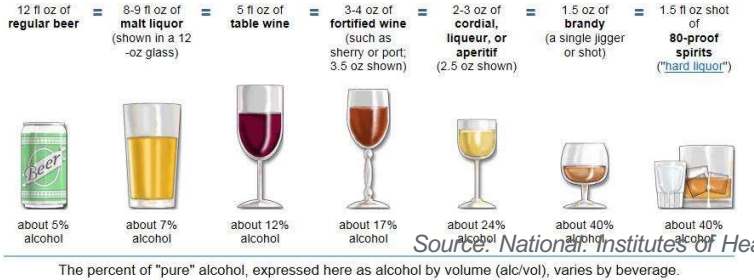
AAFP CME


Dangers of
Alcohol
The form of alcohol we drink is ethyl alcohol. It is made from sugar, starch, and other carbohydrates by the process of fermentation with yeast.
Nervous System
Alcohol Absorption
The Digestive System
Complications
Heart Disease
Liver Disease
Reproduction
Excessive drinking can lead to alcohol abuse and dependence, the disease of alcoholism. Some individuals may be genetically predisposed to alcoholism. Consequences of the misuse of alcohol include destroyed relationships, loss of job, poor health, and death.
However, moderate alcohol consumption may have health benefits, particularly in preventing cardiovascular disease. Moderate drinking is defined as two drinks (or less) a day for males under 65 years of age and one drink (or less) per day for males over the age of 65 years and females.
Intoxication:
Intoxicating Effects
If alcohol levels continue to rise...

Adverse Effects of Excessive Alcohol

- **Long-term health risks:** Over time, excessive alcohol use can lead to the development of chronic diseases, neurological impairments, and social problems.
  - Neurological problems, including dementia, stroke, and neuropathy
  - Cardiovascular problems, including myocardial infarction, cardiomyopathy, atrial fibrillation, and hypertension
  - Psychiatric problems, including depression, anxiety, and suicide
  - Social problems, including unemployment, lost productivity, and family problems

Alcohol Use



Source: National Institutes of Health

• Definitions of patterns of drinking alcohol

- Excessive drinking includes heavy drinking, binge drinking, and any drinking by pregnant women or underage youth.
  - **Acceptable**

    Men ≤ 2 drinks per day

    Women ≤ 1 drink per day
  - **Heavy**

    For women, more than 1 drink per day on average

    For men, more than 2 drinks per day on average
  - **Binge,** the most common form of excessive alcohol consumption

    For women, 4 or more drinks during a single occasion

    For men, 5 or more drinks during a single occasion
  - Most people who binge drink are not alcoholics or alcohol dependent.

Breast Cancer Screening

5th leading cause of cancer death in women in China

Prevention

Secondary

- Activities are aimed at early disease detection, thereby increasing opportunities for interventions to prevent progression of the disease and emergence of symptoms.
- Breast cancer

USPSTF Draft Statement – May 9, 2023

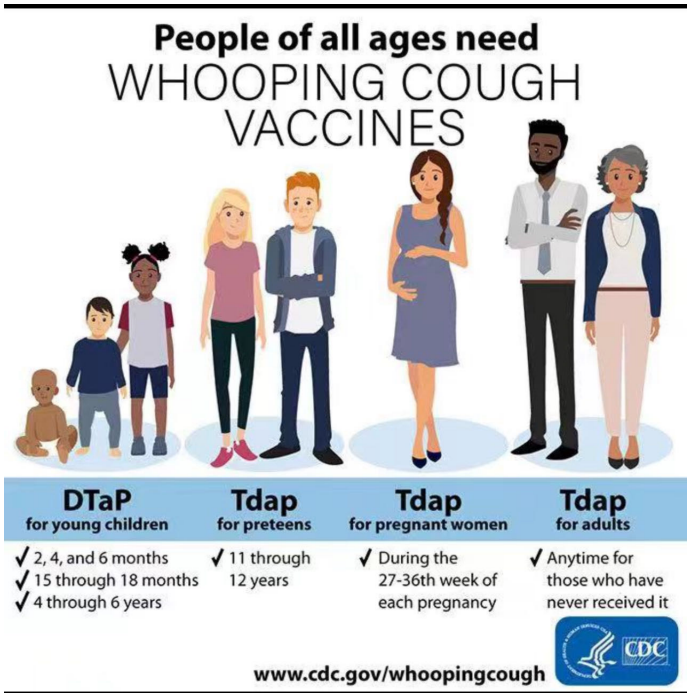
- The Task Force recommends all women should get screened for breast cancer every other year, starting at age 40.
  - Applies to women at average risk of breast cancer
  - Includes:
    - People with a family history of breast cancer
    - People with other risk factors e.g., dense breasts
  - Imaging –both are effective
    - Digital Mammography (DM) – images breast with X-rays from 2 angles
    - Digital breast tomosynthesis (DBT or 3-D mammography) – Images breast with X-rays from multiple angles

Breast Cancer

- Most common cause (with exception of skin) of cancer in women and the 2nd leading cause of cancer death
  - 1/8 women will develop breast cancer.
  - 1/30 will die.
- Presence of dominant inherited cancer susceptibility genes (BRCA 1 and BRCA 2) occur in about 1/300-500 of general population
  - Screening for inherited risk (USPSTF 2019)
    - Assessment of risk for significant BRCA mutations
    - Genetic testing of high-risk women *(Level A)*

Vaccines

- Flu
- Covid
- Pertussis – Tetanus with Pertussis



Family History

- Hypertension
- High Cholesterol
- Heart Attacks
- Stroke
- Diabetes mellitus
- Cancer

Positive things you do

- Multivitamin
- Vitamin C 500 mg – helps your immune system
- Vitamin D and Calcium for bones - Dairy
- Exercise

The 2018 Physical Activity Guidelines for Americans—*Recommendations*

- Adults should move more and sit less throughout the day. Some physical activity is better than none. Adults who sit less and do any amount of moderate-to-vigorous physical activity gain some health benefits.
- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Aerobic activity should be spread throughout the week.
- Additional health benefits are gained by engaging in physical activity beyond the equivalent of 300 minutes (5 hours) of moderate-intensity physical activity a week.

https://health.gov/PAGuidelines/

Conclusion