

# Living a Healthier Life

How to Transform Your Health, Your Body  
and Your Life

*March 11, 2008*

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**Dr. Christine Dumas**

# The Speed of Learning and Change

- The reality of the 21st century is that there will be more change in scientific knowledge during the next 25 years than there was in the entire last 100 years.
- In scientific knowledge and advancement, we are exceeding 4 times the rate of change of the last 25 years—

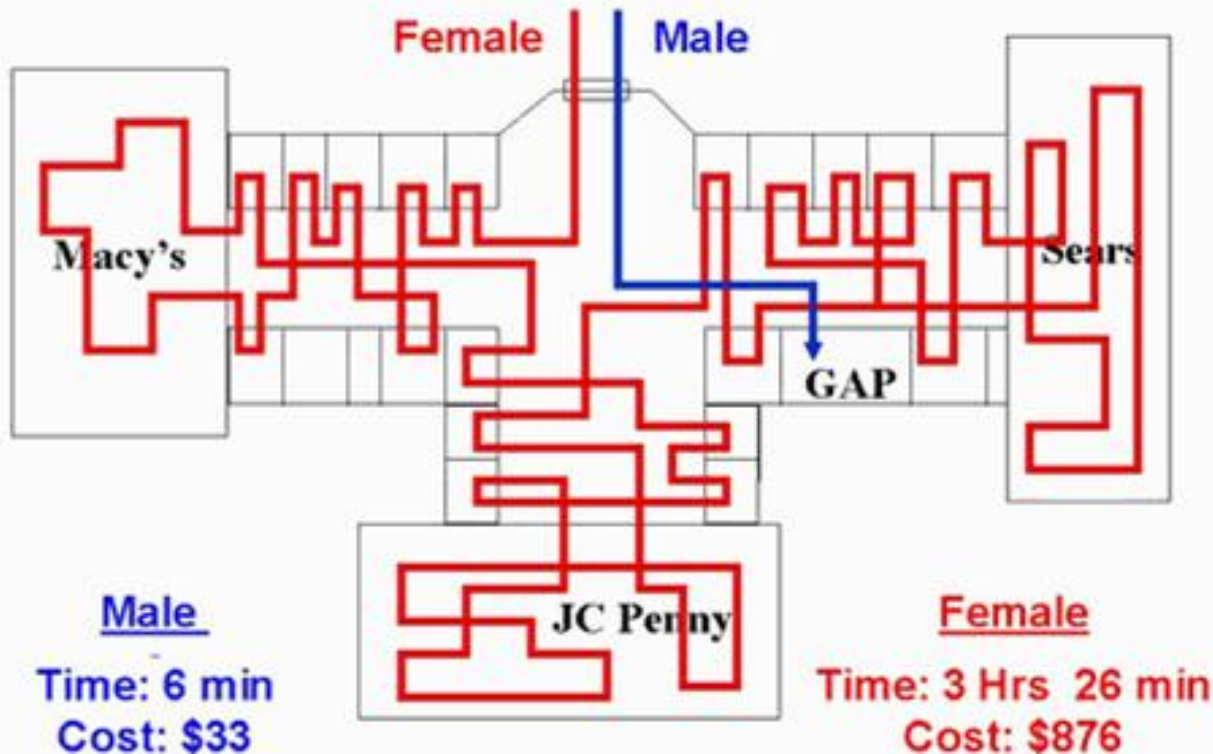
# The Weight is Over

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# Gender Specific Medicine

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# Mission: Go to Gap, Buy a Pair of Pants



# Stress Sabotage

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# Stress is Killing You Slowly

- Doctors say stress is so widespread that it is the *underlying cause of 90% of the problems they treat*
- *93%* of Americans rate their daily stress level as *moderate or higher*
- *Chronic stress (defined as ongoing worries over several months) may shorten your life expectancy by 15 to 20 years*

# How Stress Takes Its Toll

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**How does tension stress take its toll differently on men and women?**

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# Rumination

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# Hurry Sickness

- *Hurry sickness is an addiction to rushing*
- *Time urgency and impatience (TUI)*
- *High TUI people run twice the risk or more of hypertension*

# The Stress Seeking Individual

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# How Chronic Stress Feeds on Itself

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- *In the case of chronic anxiety, your stress hormones never get turned off*
- *Where does it take it's toll?*

**GREAT GADGET GIFTS • IRAQ WAR PLANS**



**SPECIAL REPORT**

# The Heart Test That Could Save Your Life

**AN EASY, NEW WAY TO HELP PREDICT YOUR  
RISK OF HEART ATTACK AND STROKE**

# Heart Disease in Women

- Atherosclerotic heart disease is the most prevalent cause of death in U.S. women
- 500,000 women die of cardiovascular disease/year – more than all cancers combined
- 1 in 5 women ages 25 – 44 have heart disease
- Cost to US -- \$120 Billion/year
- Women make the buying decisions

# Canola Oil and Heart Health

- Canola oil is gaining credence as an ingredient for food products aimed at supporting heart health
- In October 2006, the FDA approved a qualified health claim on Canola Oil's potential to reduce the risk of coronary heart disease, owing to its unsaturated fat content
- Better than a drug

**Supplements are  
not your friends**

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# Stress and Your Weight

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# What Happens When Our Stress is Constant – 24/7?

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# So With Chronic Stress...

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Key: *Your cortisol will remain elevated for hours after your stress has passed*

# Managing Stress in the Workplace

- 1) Stop drinking coffee all day long
- 2) Reduce stress on the spot - Laugh

OK, ROGER! THAT'S ALL THE TIME I'VE GOT FOR NOW! I'LL TRY TO GET BACK TO YOU IN A WEEK OR TWO TO FINISH UP WITH THE JOB.



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In a tremendous stroke of luck, Dr. Remley has the opportunity to perform surgery on the contractor who renovated his kitchen.

# Redefinition

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# Managing Stress in the Workplace

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- 3) Take a mini-vacation every day
- 4) Use your vacation time

# The Sleep Solution

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- ❑ How many hours of sleep do you get a night?
- ❑ Sleep and Shopping

# Diet Double Jeopardy

- 1) Increases levels of a hunger hormone that fires up your appetite
- 2) Decreases the levels of a hormone that makes you feel full
- 3) 1000 is the magic number

# Consumer Health Transformation in the Marketplace

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# Real Change Requires Real Change and Courage

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**Yes If...Instead of No, Because**

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# Information Technology

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- **Wireless**
- **Pacemakers**

# Baby Boomers

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# Helping Consumers Take Ownership

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**We are going to have to re-engage and re-think how society looks at health**

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# Health Concierge

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