

5 Ways to Live Longer- or More

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4/28/2015 5 Ways to Live Longer

Bad Parenting

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5 ways we are told to Live Longer

1. Vitamins
2. Antioxidants
3. Supplements
4. Alcohol
5. Annual Physical

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Vitamins

1. Beta Carotene
2. Vitamin C
3. Vitamin E

1. CANCER
2. No Value
3. CANCER

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5 Ways

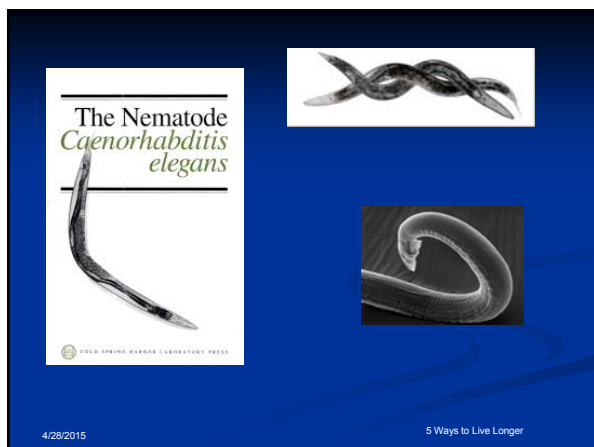
Anti- Oxidents

1. Tumeric/Curcumen
2. Green Tea
3. Acaia/Goji Berries/etc
4. Vitamin E/Beta Carotene



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Dr. Siegfried Hekimi, Dr. David Gem and Roundworms

1. Specially bred without antioxidant capacity
2. Live longer than normal worms
3. Live shorter when given antioxidants
4. Normal worms live longer exposed to oxidant toxins

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Free Radical Theory vs Hormesis

"People believe that free radicals are damaging and cause aging, but the so-called 'free radical theory of aging' is incorrect.

We have turned this theory on its head by proving that free radical production increases during aging because free radicals actually combat - not cause - aging. In fact, in our model organism we can elevate free radical generation and thus induce a substantially longer life."

This theory is called hormesis - which may be described as "what doesn't kill you, makes you stronger".

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Supplements Dr Oz Suggests (2012)

1. Resveratrol
2. Strontium
3. Vit d
4. Fish Oil-DHA-docosahexaenoic acid

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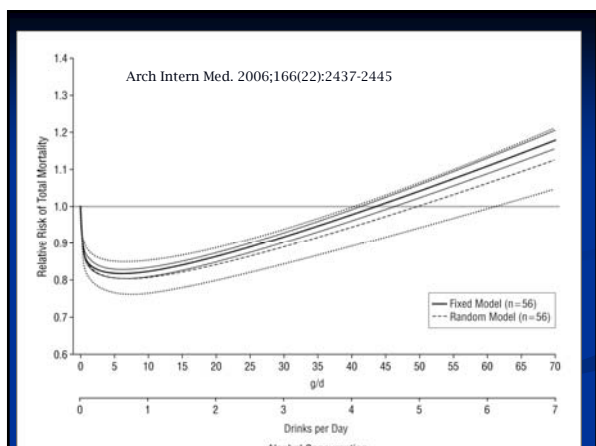
REMARKABLE RESVERATROL

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to Live Longer

Alcohol (Ethanol)

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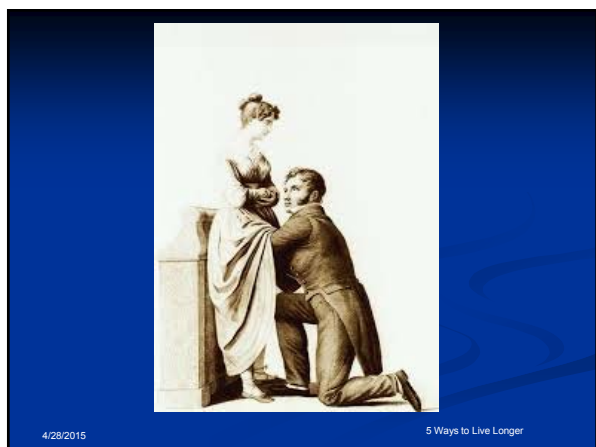
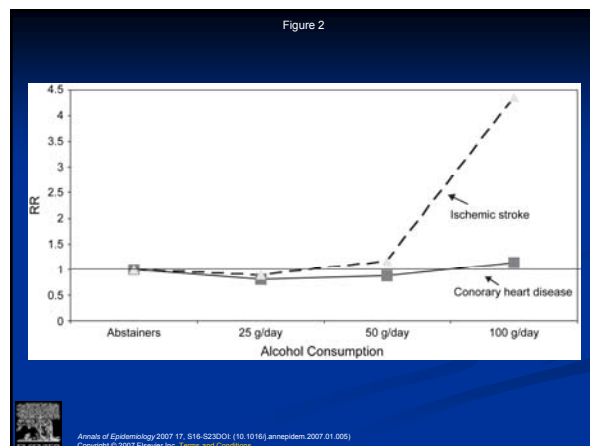
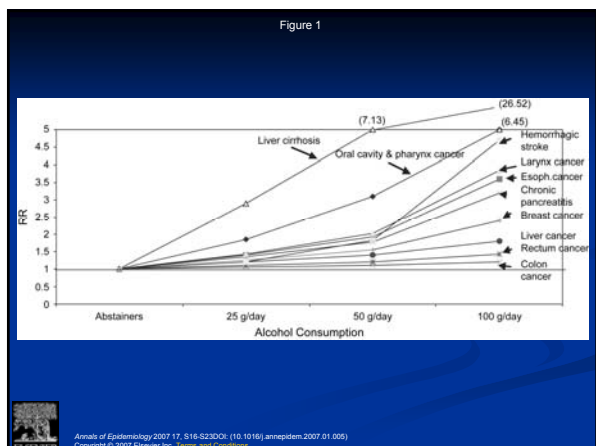
Alcohol (Ethanol)

Moderate alcohol use and reduced mortality risk: systematic error in prospective studies and new hypotheses.

[Ann Epidemiol.](#) 2007 May;17(5 Suppl):S16-23.

This study shows abstainers and "light" or "moderate" drinkers to be at equal risk for all-cause and CHD mortality.

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Annual Physical

Comprehensive routine physical examinations are not recommended for the asymptomatic adult, although many patients and physicians continue to endorse the practice. 2 Different Studies, VA Study 2011 and Cochrane Study 2012

There is some evidence that designating a specific visit for the provision of preventive services may increase the likelihood that patients will receive PAP smears, cholesterol screening and fecal occult blood testing.

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Annual Physical

Recommended Components of the physical examination

1. Blood pressure screening every 1-2 years
2. Periodic measurement of body mass index
3. PAP smears beginning at age 21 for sexually active women with a cervix every 3 years up to the age of 65.

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Annual Physical

Should we do the physical examination?

There is some evidence that designating a specific visit for the provision of preventive services may increase the likelihood that patients will receive PAP smears, cholesterol screening and fecal occult blood testing.

Also the AHCA now mandates Free Preventive Care for Adults

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5 ways to Live Longer?

How about 10 ways!

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5 Ways to Live Longer

1. Weight Loss
2. Blood Pressure- treat it!
3. Take your Statin
4. Get your Pap Smear
5. Get your Colonoscopy
6. Exercise
7. Get married and stay married
8. Mediterranean Diet
9. Avoidance of dangerous behavior
 - a. Smoking
 - b. Drug Abuse
10. Dangerous hobbies/Jobs

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Calorie Restriction

Works in a variety of species,

Yeast
Worms
Fish
Rodents
Dogs

It decelerates the [biological aging process](#), resulting in longer maintenance of youthful health and an increase in both [median](#) and [maximum lifespan](#).

BUT!

The life-extending effect of calorie restriction is not universal. Wild mice and rhesus monkeys, for instance, do not live longer when on a calorie restricted diet.

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Calorie Restriction The CALERIE Trial

(Comprehensive Assessment of Long-term Effects of Reducing Intake of Energy) is a trial currently underway in the U.S. to study the effects of prolonged calorie restriction on healthy human subjects.

It started in 2007 and is still recruiting subjects to live with a 25% calorie reduction - for 2 years.

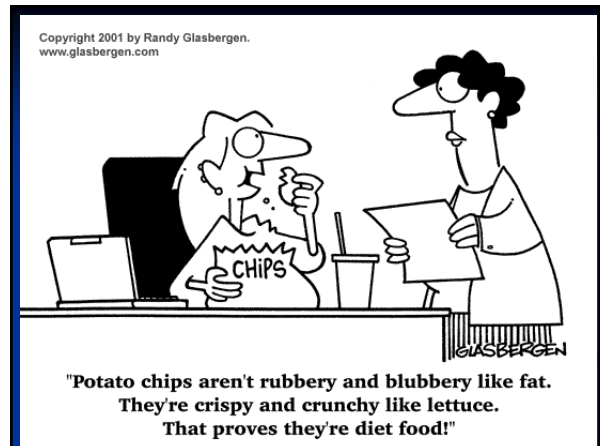
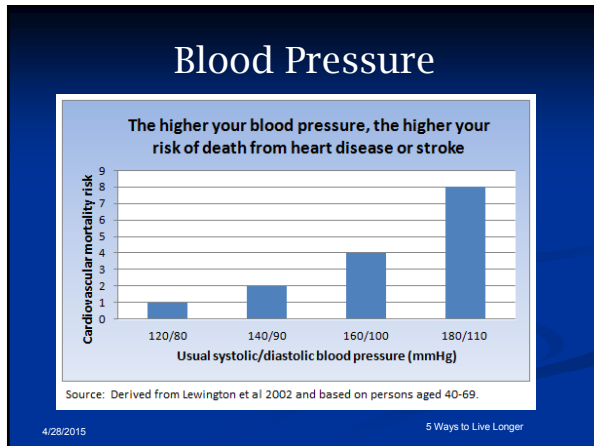
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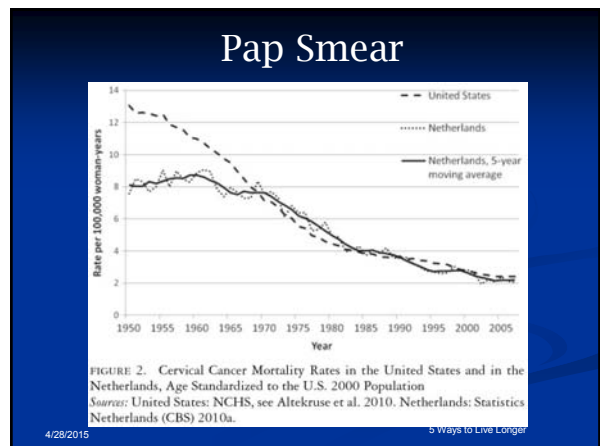
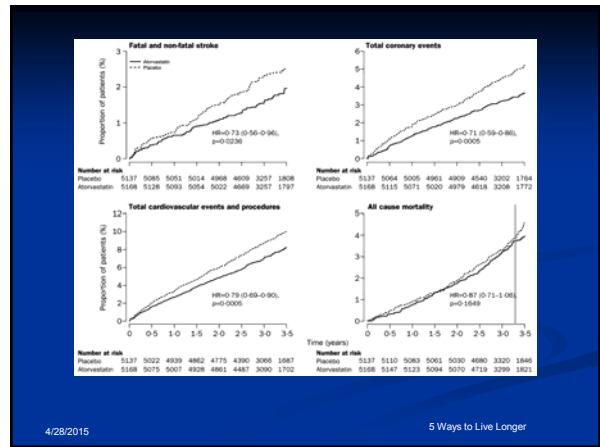
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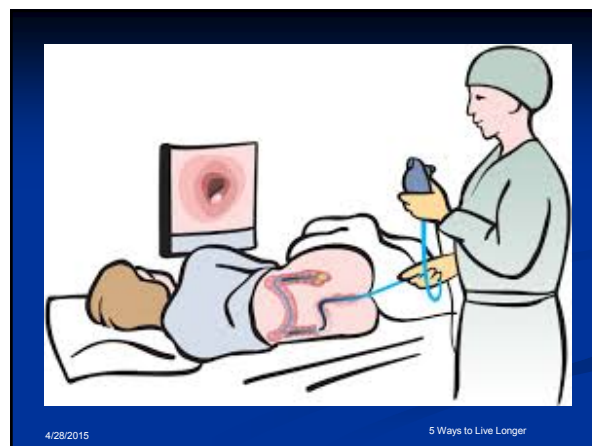
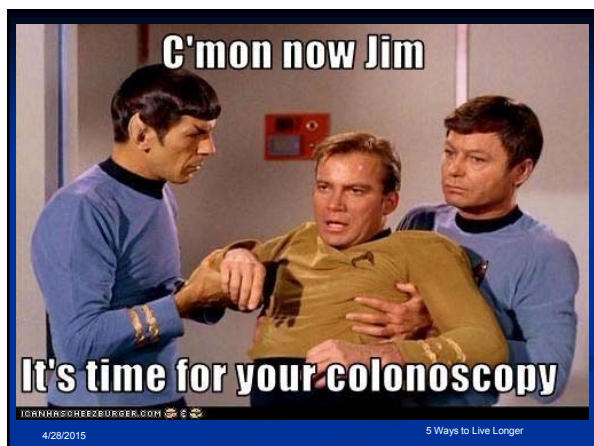


Statin Drugs

CRESTOR-ROSUVASTATIN
LIPITOR-ATORVASTATIN
ZOCOR-SIMVASTATIN
PRAVACHOL-PRAVASTATIN
MEVACOR-LOVASTATIN

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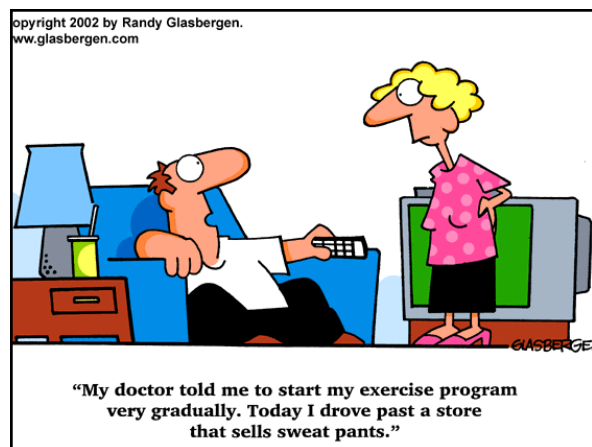




Colonoscopy

Colonoscopy and adenoma removal reduced deaths from colorectal cancer in high risk patients **by more than half** over two decades of follow-up, NEJM 2/23/2012

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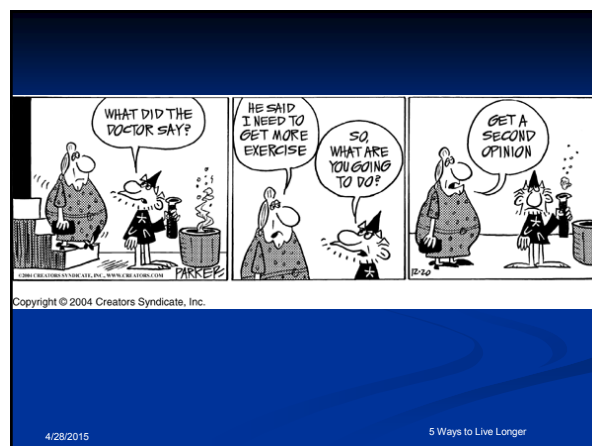



Exercise

People in the lowest exercise category had about twice the risk of dying from heart disease as those in the middle group and six times the risk of those in the group who exercised the most often and vigorously.

December 26, 2013, PLOS One 8,662 Australians over 15 years

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Married men live longer than single men. But married men are a lot more willing to die.

(Johnny Carson)

ixquotes.com

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Marriage

Rand Center tracked more than 4000 men over a 22-year period

1. Married Men lived longer and were healthier
2. Divorced Men rapidly lost the protective effect
3. Remarried Men could regain some of this benefit


Lee A. Lillard and Constantijn W.A. Panis, "Marital Status and Mortality: The Role of Health," *Demography*, 33(3):313-327, 1996.

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Mediterranean Diet



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MILT, YOU HAVE A WIFE AND KIDS. HOW DO YOU FIND TIME TO DO EVERYTHING YOU NEED TO DO?

I HAD TO GIVE UP A FEW THINGS, SUCH AS EXERCISING AND EATING HEALTHY FOOD.

THAT SOUNDS DANGEROUS.

NAH. THE KIDS ARE TRAINED TO USE THE DEFIBRILLATOR.

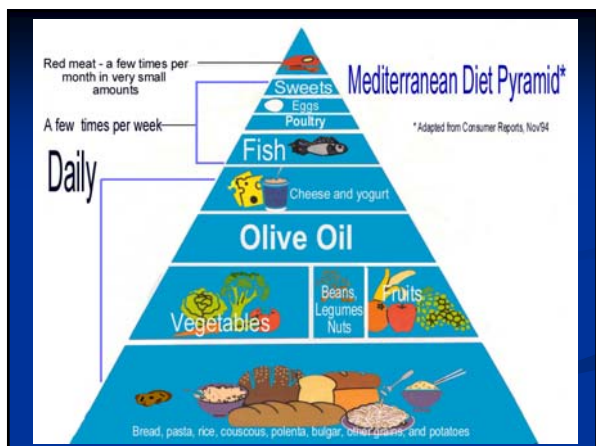
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Mediterranean Diet



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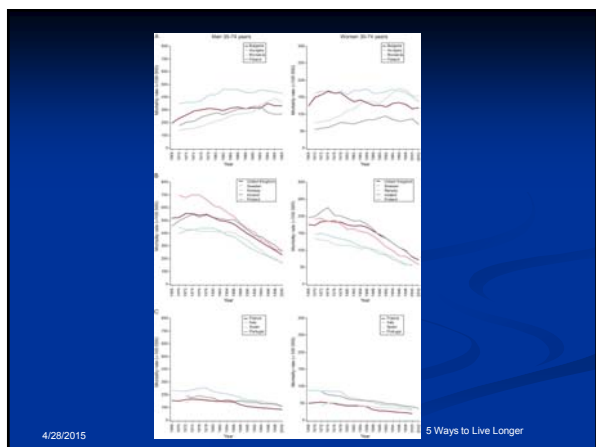


Mediterranean Diet

Among individuals aged 70 to 90 years, adherence to a Mediterranean diet and healthful lifestyle is associated with a more than 50% lower rate of all-causes and cause-specific mortality.

JAMA. 2004;292(12):1433-1439

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Dangerous Behaviour!

- Smoking
- Drug and Alcohol Abuse
- Dangerous Hobbies/Jobs

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Top 7 Dangerous Hobbies

1. Hang Gliding
2. Civilian Pilot
3. Mountain Climbing
4. Sky Diving
5. Recreational Boating
6. Motorcycle Riding
7. Scuba Diving

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7 Most Dangerous Jobs

1. Fisherman
2. Lumberjack
3. Aircraft Pilot/Flight Engineers
4. Roofers
5. Waste Collectors
6. Mining Machine Operators
7. Driver/Sales Workers and Truck Drivers

[Bureau of Labor Statistics \(BLS\) data](#), preliminary total of 4,405 fatal work injuries were recorded in the US in 2013.

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Longer

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5. Get your Colonoscopy
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9. Avoidance of dangerous behavior
 - a. Smoking
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THE END

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