

Spirit of HEALTH RESOLUTIONS

THE FIFTH IN A FIVE-PART HEALTH SERIES



by Marc Boisclair

With the 2011 holiday season now in full swing it's just a matter of time—four weeks and counting—before we usher in 2012. And with another new year, of course, come those much-anticipated sets of (well-intended) resolutions. Expect the lists to run long, familiar (as in holdovers from 2011, 2010, 2009...) and be guaranteed to bring more than a few smiles: planting a new garden; returning to

school; learning Italian (Ciao!); getting a new computer. How about: learning to use the computer that's been gathering dust since last year? Whatever your goals, one way to ensure attaining them is to go through the coming year in the best possible health. That said, it will pay to make your first resolution one that can lead to success with all the rest: adopting a healthier overall lifestyle.

“ WITHOUT YOUR HEALTH IT'S HARD TO TRULY ENJOY YOUR FRIENDS, FAMILY AND THE OVERALL QUALITY OF LIFE. ”

—STEVEN F. HOTZE, M.D.



If you truly want a new you in 2012, take charge of your health and make it a top priority,” says Steven F. Hotze, M.D. As founder and CEO of Hotze Health & Wellness Center, Physician's Preference and Hotze Pharmacy, Hotze has spent much of his own life helping others get healthier. “I don't mean just going to the gym or quitting smoking, although those things are important,” he says. “I mean truly feeling your best, the way you did when you were younger. Without your health it's hard to truly enjoy your friends, family and the overall quality of life.” Hotze advises people to first visualize their goals and how they want to achieve them, then write them down.

“Share them with a friend for accountability and e-mail them to yourself as a reminder,” he says. “Set a date to accomplish each goal. Whatever you want and need to do, keep it at the forefront of your mind.”

Given that advice, we've done our part and come up with a list of resolutions for a healthier 2012. It only stands to reason that by approaching all other New Year's goals armed with, say, more exercise, better sleep, a smarter diet and a healthy relationship with your doctor, success will follow you everywhere: at school, in the garden, even learning a new language (Una strattagia brillante!). Let them serve as a guideline to make 2012 a healthier and, thus, a lot happier year for all.

LIVE EVERYDAY LIKE IT'S YOUR FIRST.

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PLAN B:
DEVELOP
A BETTER
PLAN A.

INVEST IN REGULAR,
CREATIVE EXERCISE.

Few things make a body better on a day-to-day basis than consistent, enjoyable exercise. For some, that might mean joining a gym, hiring a trainer, jogging several miles a day and pumping iron (a.k.a., working out with free weights—bar bells and dumbbells). While that may ultimately prove productive for gung-ho personalities, others easily wilt when the challenge to both their strength and schedule becomes too intense. Plan B: Develop a better Plan A.

Instead of struggling with free weights and Nordic treadmills, put together a weekly workout program that mixes fitness machines and free weights, along with aerobic activities like stretching, yoga, step classes and dance. When your daily schedule seems too packed for a stop at the gym, try walking 15 minutes before work, during lunch or before heading home from the office. Take the stairs instead of an elevator—unless, of course, the office is on the 41st floor. If possible, ride a bike to work or, better yet, toss the necktie and heels in your backpack and enjoy a relaxing postwork spin.

TAKE TIME OUT
FOR YOURSELF.

It's no secret that at some point we all need a little personal time management. While we're not advocating procrastination (as witnessed by all of our previous

MIND OVER
MATTER

Given that cancer can often overwhelm both patients and their caregivers, Cancer Treatment Centers of America (CTCA) has come up with a "whole person" response as part of its treatment regimen. The CTCA staff includes four Mind-Body Medicine therapists who work alongside the team of oncologists and other medical professionals. Their goal: teaching patients how to positively affect their immune system and strengthen coping skills through humor, meditation, relaxation techniques, guided imagery, better sleep skills and stress management for families.



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“ ALL SORTS OF BAD THINGS HAPPEN TO SLEEP-DEPRIVED PEOPLE. ”

—CRAIG SCHWIMMER, M.D., M.PH., F.A.C.S

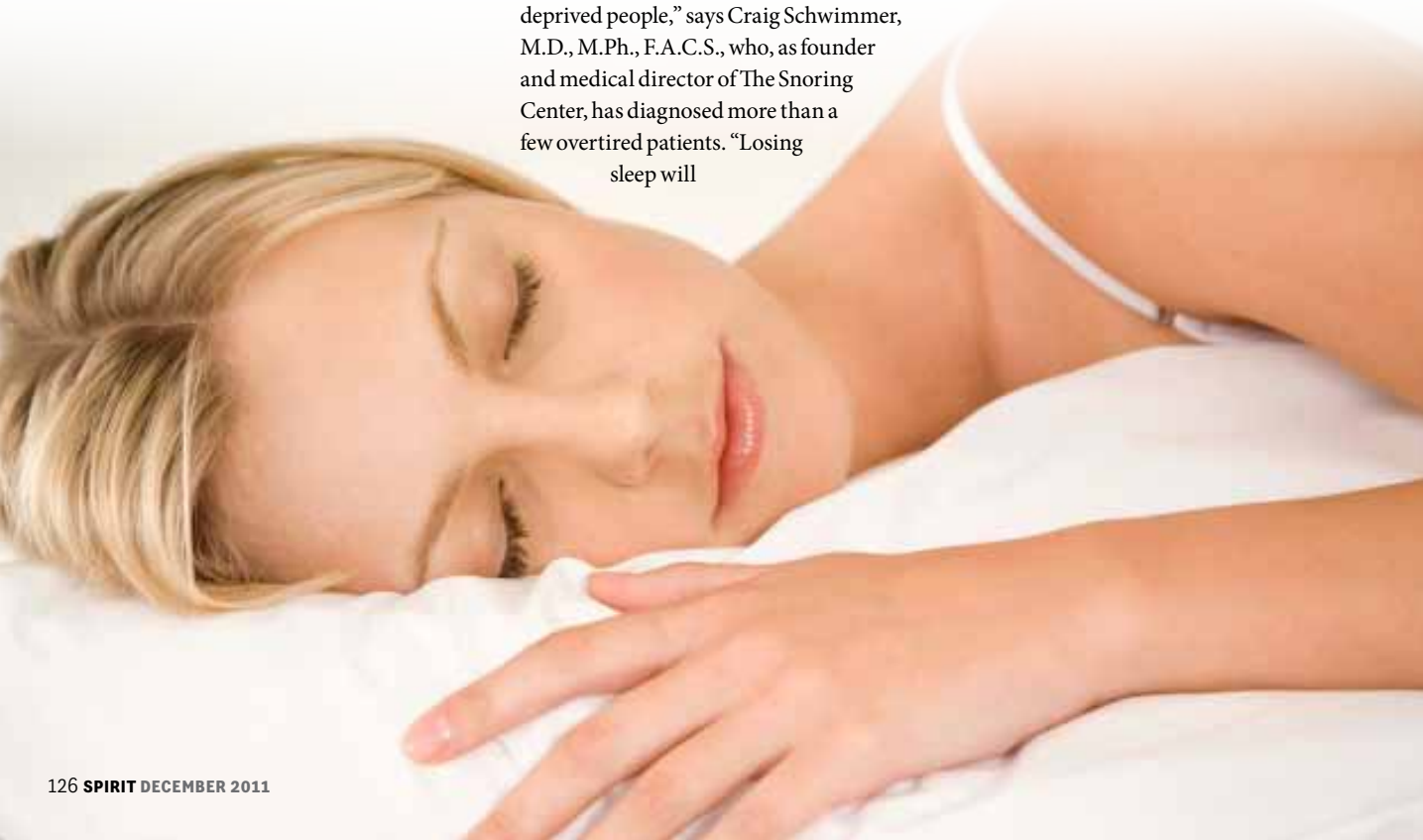
resolutions), it's worth leaving the office early or extending the kids' play date in order for a little productive downtime. Read a book, take a walk in your new garden, order some fresh tomatoes in Italian ("I'll take those, grazie) and use your new computer to learn about more ways to live healthier and happier.

GET A BENEFICIAL NIGHT'S SLEEP.

No doubt we all mean to achieve eight hours of restful sleep each night. Reality—work, kids, poor eating habits, time and stress mismanagement—tends to get in the way, though, leading to tossing, turning and in many cases serious sleep deprivation. The problem can be exacerbated by nonsleep-related ailments as well, not too mention snoring and sleep apnea. "All sorts of bad things happen to sleep-deprived people," says Craig Schwimmer, M.D., M.Ph., F.A.C.S., who, as founder and medical director of The Snoring Center, has diagnosed more than a few overtired patients. "Losing sleep will

make you cranky and unpleasant, but it will also increase your risk for high blood pressure, stroke, diabetes, underperforming at work and getting into an auto accident."

More exercise and a better diet (less sugar, caffeine and alcohol) can prove self-helpful. But over the past several years a number of new, minimally invasive treatments have also been developed to very effectively treat snoring and the much more serious sleep apnea. "We can do treatments right in our office without pain and without the patient taking much time off from work," says Dr. Schwimmer. "In some cases people can come in, get evaluated and are treated in a single visit. It's never been more convenient or, given the potential health consequences, more necessary."



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EAT BETTER TO LIVE BETTER—AND LONGER.

If we truly are what we eat, why not resolve to finally start eating well this year? Since nutrition plays such an overwhelming role in our everyday lives, it only makes sense to eat and drink in moderation, emphasizing those foods that give us more energy and less risk of debilitating illnesses like heart disease and cancer.

“It is thought that certain types of sugar—the refined variety in sweets and sodas—are probably the worst things for tumors, which may feed on them,” says Laurence Altshuler, M.D., a hospitalist, internist and intake physician with Cancer Treatment Centers of America in Tulsa. “More than a quarter of all tumors are related to obesity, and refined sugars contribute to that. If someone has an undetected tumor and regularly overeats these sugars, the extra sugar may contribute toward increasing the tumor’s growth.” Processed foods and those high in animal fats also land on Dr. Altshuler’s “bad suspects” list. “They contain a lot of salt, preservatives, trans fats and carcinogens—the real bad stuff,” he says.

And let’s not forget the cooking process itself. “When grilling food, the more

well-done, the more carcinogens,” he says. Onions, garlic and peppers can help neutralize that, he says, as well as marinating meats beforehand. On the plus side, fresh fruit, fresh vegetables, nuts, berries and green tea contain fiber, vitamins and antioxidants, great for short-term energy and long-lasting health.

CLEANER TEETH = A HEALTHIER MIND AND BODY.

It’s true: Smile and the world does smile with you. That instant, welcoming sign of friendliness and good humor, though, also represents a window to a person’s self-image and his or her physical well-being. We know that oral hygiene—e.g., brushing, flossing, scraping and rinsing one’s teeth, tongue and gums—is a no-brainer for maintaining a healthy mouth and a crowd-pleasing smile. Doing so consistently, though, can be a challenge. Just ask the folks who step in when we’ve neglected those home-health tasks.

“Everyone who’s not been very diligent about taking care of their teeth should just spend one day in my practice,” says Dr. Rick Kline of Smile Texas. Kline, along with partner Dr. Arturo Garcia of Houston, specializes in everything from smile make-overs and dental implants



Rick L. Kline, DDS
Founder of SmileTexas

Would you travel to Houston just to see these dentists?

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SmileTexas was created to cater to anyone in need of cosmetic or restorative dentistry. Many people put off this type of dental work because they aren’t sure who to trust or they’ve been told that their treatment would take months. *SmileTexas* addresses these concerns by combining dentists that are highly experienced in cosmetic, full-mouth, and implant dentistry with world-class ceramists that can deliver lifelike all-porcelain restorations in just a few days. As the delighted guests of *SmileTexas* spread the word about their experience, the doctors were soon being visited by travelers from around the world.

For those in need of dental implants, Dr. Kline employs a revolutionary approach known as *Teeth-by-Tonight!*™ With this technique, what used to require several surgeries over a year or longer can be accomplished in a single procedure. To accomplish this Dr. Kline places dental implants and beautiful, natural looking replacement teeth that are permanently fixed in the mouth.

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“YOUR PHYSICIAN SHOULD REALLY GET TO KNOW YOU.”

—DR. ANDREA KLEMES, D.O., F.A.C.E



to porcelain veneers and bridges. “I’m the last stop after years of neglect,” he says. “I joke with my own kids, just brush and floss the teeth you want to keep. Unfortunately the results of neglect can be the loss of all natural teeth.”

As if bad breath, gum disease and tooth decay weren’t consequential enough, periodontal disease and its attendant bacterial infections can also lead to serious blood and heart ailments. So resolve in 2012 to grab a brush, some floss and take three minutes every morning and at night to polish up those pearly whites.

GET TO KNOW YOUR DOCTOR.

Most folks on the receiving end of a stethoscope would agree that they could find more productive endeavors than going for an annual check-up. That’s a shame, given the fact that the patient is at least 50 percent responsible for making any doctor’s visit a productive exercise. If you’re not on the same page as your physician, then don’t expect your time and money to be well-spent. Communication is a good starting point. When asked what’s ailing you, be specific, forthright and detailed. And when it comes to your own questions, be persistent about getting answers that you understand.

“Your physician should really get to know you,” says Dr. Andrea Klemes, D.O., F.A.C.E. and medical director of MDVIP. “We strive to know not only about your medical condition but about how you adjust to change,” says Klemes. “We not only look at where you are today health-wise, but where you were six months ago, a year ago.” Along the way, she adds, both doctor and patient are active and informed participants in the process, producing thorough patient assessments and realistic therapeutic goals. “Our doctors text, e-mail and call patients in follow-ups, and even participate in their therapies by exercising with them.” To wit, Dr. Klemes cites one of the Philadelphia MDVIP-affiliated physicians who actually accompanies her patients on regular weekly walks across town.



snor•ture
noun, verb \ snòr-cher \

1. Trying to sleep with this on your face.
2. What your partner endures nightly.

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TAKE CARE OF THAT ACHING BACK.

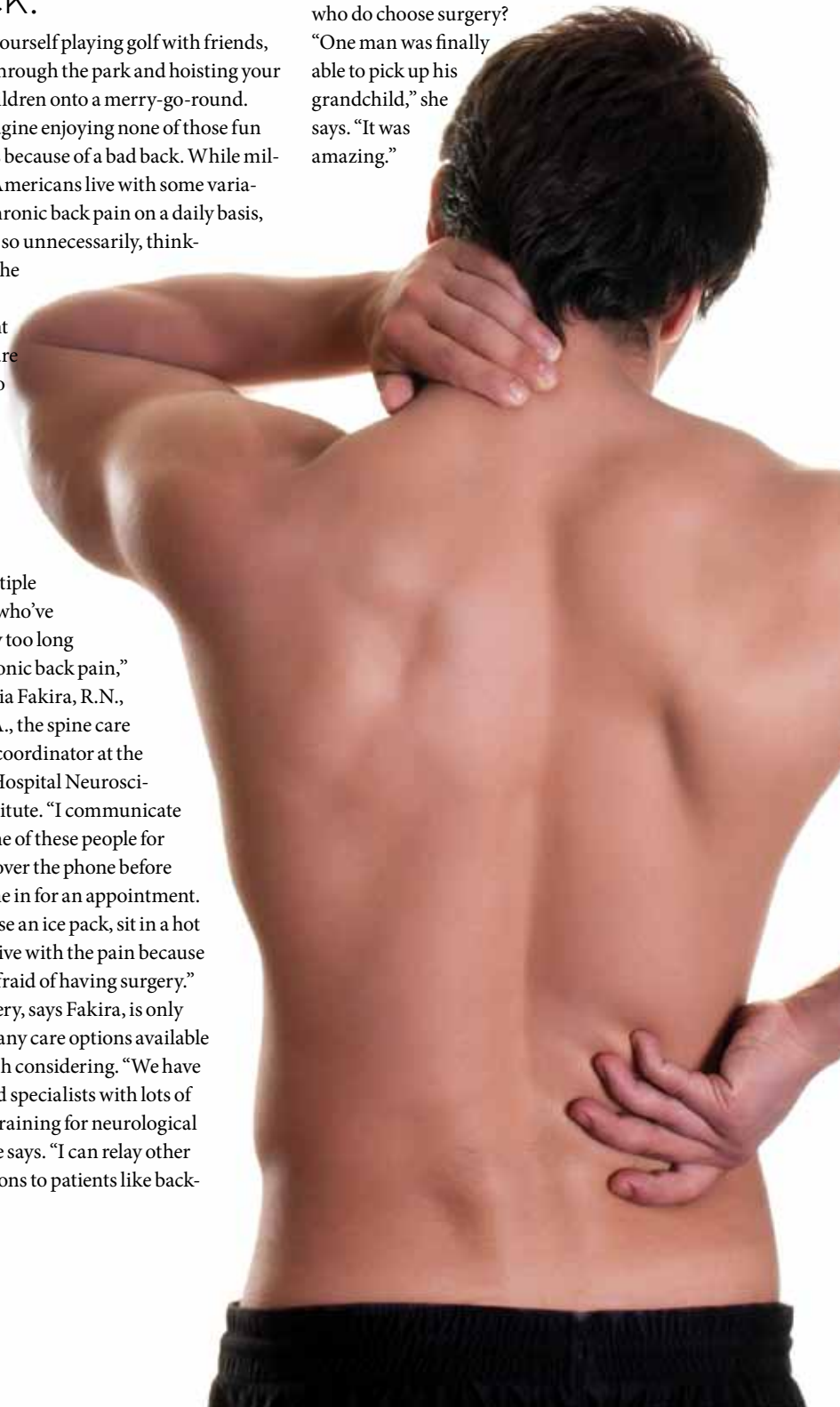
Picture yourself playing golf with friends, cycling through the park and hoisting your grandchildren onto a merry-go-round. Now imagine enjoying none of those fun activities because of a bad back. While millions of Americans live with some variation of chronic back pain on a daily basis, many do so unnecessarily, thinking that the

available treatment options are either too limited or worse than the problem itself.

"I've seen multiple patients who've lived way too long with chronic back pain," says Nadia Fakira, R.N., B.A., M.A., the spine care nursing coordinator at the Florida Hospital Neuroscience Institute. "I communicate with some of these people for months over the phone before they come in for an appointment. They'll use an ice pack, sit in a hot tub and live with the pain because they're afraid of having surgery." But surgery, says Fakira, is only one of many care options available and worth considering. "We have dedicated specialists with lots of specific training for neurological care," she says. "I can relay other care options to patients like back-

strengthening exercises, physical therapy and pain management, which is often minimally invasive." And for those who do choose surgery?

"One man was finally able to pick up his grandchild," she says. "It was amazing."



KNEE-DEEP

The math associated with arthritis, osteoarthritis (OA) or degenerative joint disease—50 million people affected (1 in every 5 adults in the U.S. alone), accounting for 25% of all primary-care physician visits and half of all anti-inflammatory drug prescriptions written annually—is alarming enough. Those stern stats, though, don't measure the actual physical pain associated with OA. When Lorraine Ganz first visited the OsteoArthritis Centers of America (OACA) clinic in West Palm Beach, Fla., her left knee was in great pain. "I had to give up tennis and had a difficult time walking," she says. The folks at OACA, in turn, used non-surgical, FDA-approved treatments and physical therapy to help Ganz return to a healthier life. "Since my treatment, I'm able to get back to tennis," she says. "Walking and stairs are pain-free."

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“OPTIMIZE YOUR HEALTH, GET BACK IN THE GAME AND GET YOUR MOJO BACK.”

—JACOB ROSENSTEIN, M.D.

TAKE A GOOD LOOK AT YOURSELF.

Take a good look at yourself. Most of us would never leave work, play or a night out without tightening our tie, fixing stray hairs and making doubly sure that we weren't forgetting our house keys, cell phone or transit pass. Yet when it comes to paying equally close attention to our body, its rhythms and changes, we tend to slack off. Paying greater attention to our bodies' changes can pay great health dividends in the long run.

The slogan at the Skin Cancer Foundation—"if you can spot it you can stop it"—is smart and easy to apply. They recommend that we all look for skin growths (e.g., moles, birthmarks, "beauty marks") that increase in size, change color, texture and thickness, and become irregular in their outline. The most common symptom (but not the only one) of testicular cancer is a painless or uncomfortable lump on or swelling of the testicles. Men may also experience a heavy or aching feeling in the lower belly or scrotum.

Ovarian cancer, nicknamed the "silent killer" because it is so difficult to detect, does come with warning signs, including bloating, pelvic or abdominal pain, frequent urination, and difficulty either eating or feeling full after just a few bites. Some 10-15 percent of ovarian cancers

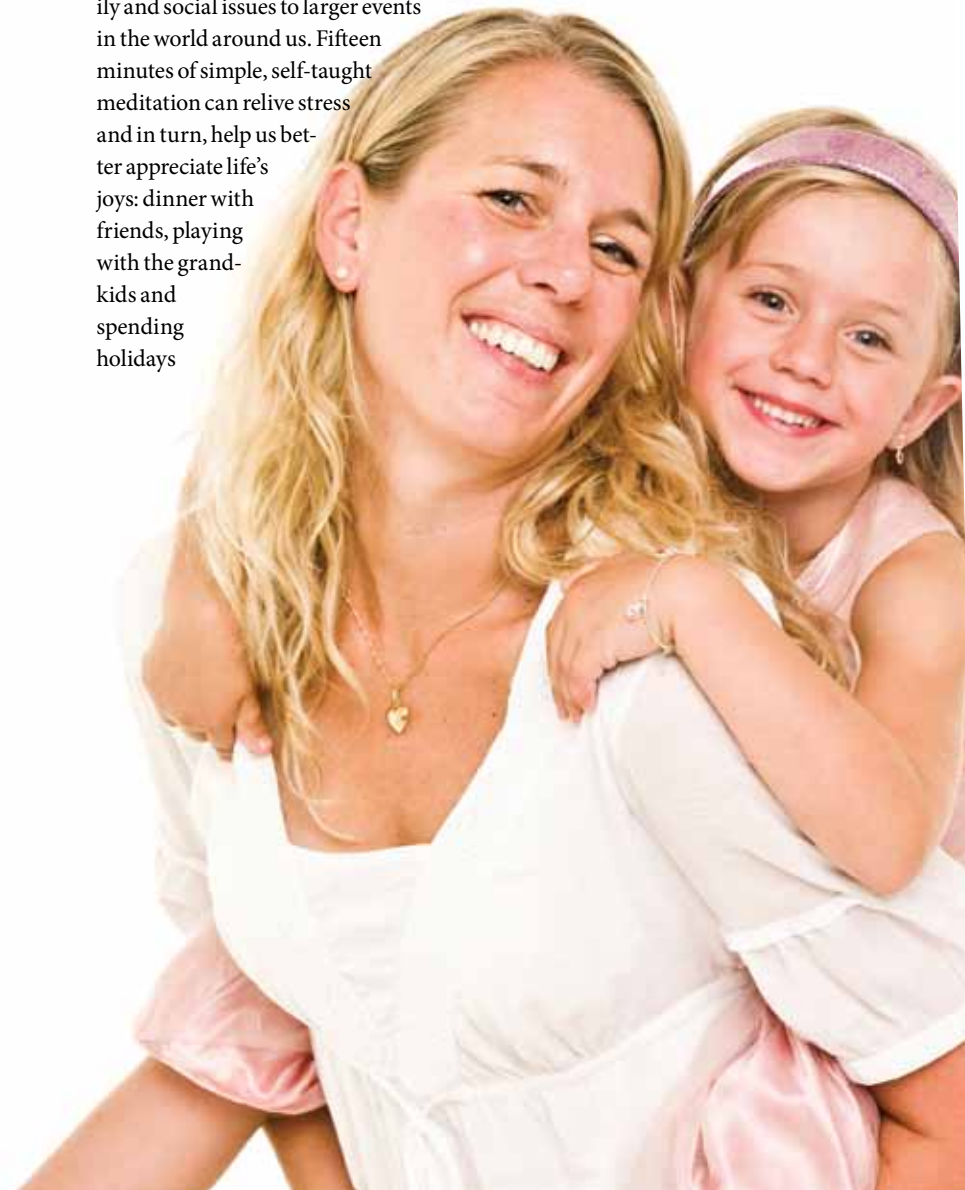
also show a hereditary bent, so it's worth checking your family history for the disease. Family history can also play a role in sudden heart arrhythmia deaths (SADS), along with such warning signs as faintness, chest pain and shortness of breath during exercise.

ADOPT A NEW ATTITUDE TOWARD LIFE.

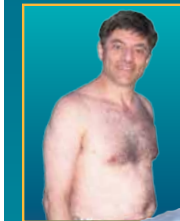
There's an old saying that suggests "a healthy mind goes a long way toward a healthy body." Indeed, a healthier outlook on life can lead to better management of life's regular challenges, from work, family and social issues to larger events in the world around us. Fifteen minutes of simple, self-taught meditation can relieve stress and in turn, help us better appreciate life's joys: dinner with friends, playing with the grandkids and spending holidays

with loved ones.

Aging with wit, wisdom and grace and maintaining a positive self-image is also important. "Optimize your health, get back in the game and get your mojo back," says Jacob Rosenstein, M.D., founder of the Southwest Age Intervention Institute, who adds that his philosophy toward clients and life in general is proactive, personalized and energizing. "You can have the wisdom of years with the vitality of youth," says Dr. Rosenstein. "With the right hormonal therapies, you could experience younger-looking skin, improved muscle tone, decreased body fat, sharper thinking and, most importantly, a boost in your mood and vitality."



AGING IS INEVITABLE HOW YOU AGE IS NOT



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AFTER
AGE 56
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