

Ping an, the Village of One Hundred Years Old People

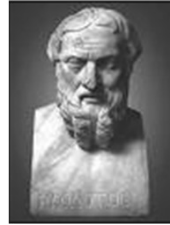


WELL BEING & RETIREMENT

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The Quest for the fountain of Youth

- Herodotus



- Ponce de Leon



- Endocrine therapies:

- Dehydroepiandrosterone (DHEA)
- Human growth hormone
- Estrogens
- Androgens



Process of aging is complex

- Unavoidable programmed death of cells
- Measures we can take
- Effective medical help

Learning from my patients

- Great differences in the aging process
 - Youthful
 - Age prematurely
- More than genetics: zest for life
- What is their secret?
- What have I learned from them



Four common denominators

1. HUMOR



2. DIET



3. EXERCISE

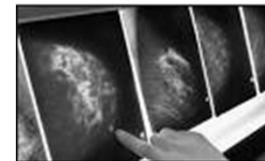


4. STAYING CONNECTED



METABOLIC CONCERNS

- Menopause
 - Estrogen Replacement Therapy (ERT)
 - ↑ breast + uterine cancer & existing heart disease
 - ERT : unpopular
- Advice:
 - Non hormonal therapies (exercise, mood elevators, soy products)
 - Gynecologist yearly, mammogram
 - Breast palpation






METABOLIC CONCERNS

- Andropause
 - ↓1% testosterone / year
 - Mid 70's, 75% men will have low testosterone levels
- Testosterone therapy
 - Drawbacks: ↓HDL, ↑ sleep apnea, ↑stimulating malignant prostate cells !
- Advice:
 - Urologist regularly
 - PSA, prostate cancer screening, eventual libido issues

METABOLIC CONCERNS

-  = Vitamin D deficiency
 - ↑ coronary artery disease
 - ↑ prostate cancer, colon cancer, bone loss
- Advice:
 - 800 units of D3 /day
 - Better: walk daily

METABOLIC CONCERNS

- Hypothyroidism
- Metabolic syndrome
 - Truncal obesity
 - Low HDL, high triglycerides, elevated glucose, hypertension, atherosclerosis & diabetes

GAIT DISTURBANCES

- Reasons for instability and falls
 - Neurologic (brain & nerves)
 - Non neurologic (muscles & bones)
- 2/3 body weight is centered in upper body
 - Muscle loss (quadriceps, gluteus muscles)
- Advice:
 - Simple activities (walking, climbing stairs, biking)
- Best treatment for a broken hip is prevention

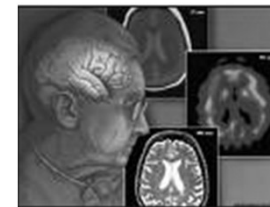


DEMENTIA SYNDROMES

- Alzheimer's disease = specific form

- Definition of dementia:

- impairment in memory



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- APHASIA = disturbance in language /
- APRAXIA = inability to execute motor skills /
- AGNOSIA = disturbance of visual processing /
- ABSTRACT REASONING

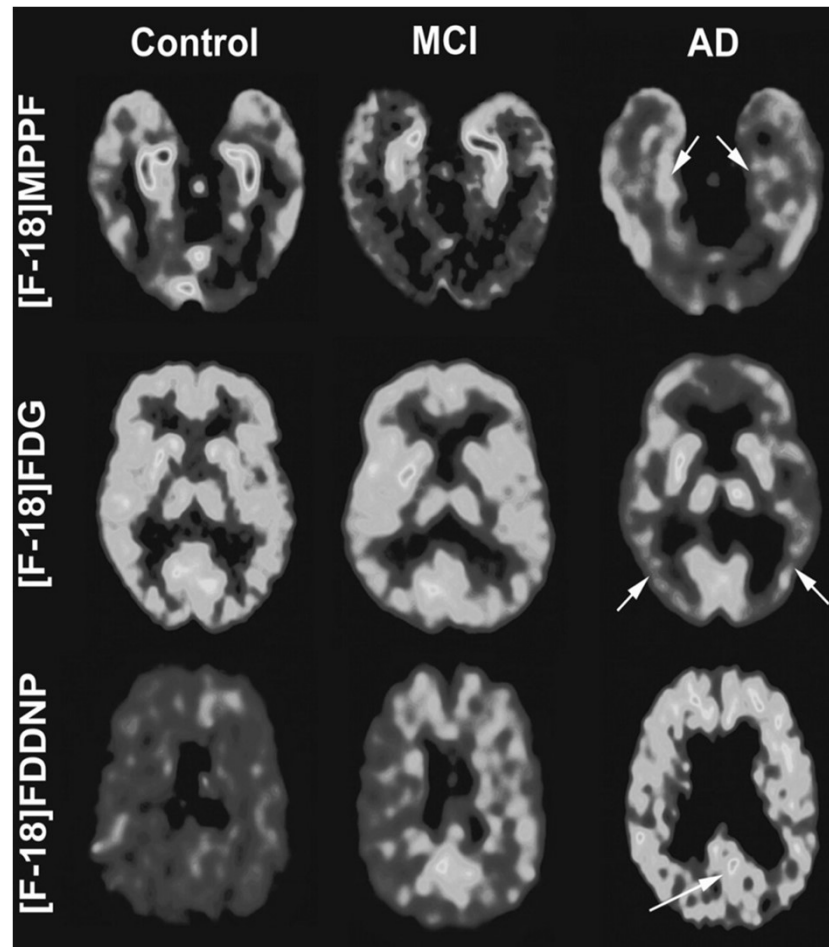
Major dementia syndromes

- REVERSIBLE FORMS

- IRREVERSIBLE FORMS

1. ALZHEIMER DISEASE (AD) : 60%
2. FRONTAL-TEMPORAL DEMENTIA :20%
3. VASCULAR DEMENTIA: 10%
4. PARKINSON DISEASE : 10%

ALZEIMER'S DISEASE (AD)



Kepe V et al. PNAS 2006;103:702-707

Help ourselves avoid AD!

- Weight control



- Regular exercise – 30' daily

- Statins



- Folic acid?

- New therapies: act directly on the Amyloid deposit - cure?

Dementias: etiology & treatment?

- Neuropathogen (virus)
- New therapies?
 - Antivirals? vaccine?



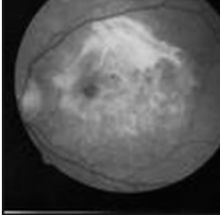
PEARLS

1 / 7

- Adult vaccines:
 - Tetanus, diphtheria and pertussis < age 65 & repeated every 10 years
 - Flu vaccine annually > 65 / chronic disease (heart, lung or diabetes)
 - Pneumonia vaccine > 65 repeated every 5 years
 - Shingles ? > age 60

PEARLS

2 / 7

- Age Related Macular Degeneration (ARMD) 
- ↑ smoking, alcoholism, family history, coronary artery disease, ↑ cholesterol diet
- Advice:
 - Zinc containing foods
 - Antioxydant vitamins C, E and beta Carotene

PEARLS

3 + 4 / 7

- Good oral hygiene is fundamental

- Scale & Floss your teeth:



- Inflammation major role in stroke and heart attack

- Fish Oil



PEARLS

5 / 7

- ↓ 1% cholesterol
 → 2% reduction in incidence CAD
- Statin therapy – modern day miracle :
They are to heart what antibiotics were to
infection 60 years ago!

PEARLS

6 / 7

- Stress reduction

- Heart attacks
- Strokes
- Susceptibility to infections
- ? cancer by interfering with our immune system



PEARLS

7 / 7

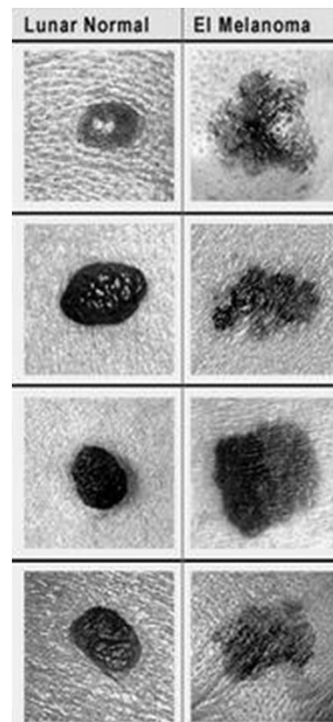
- Cancer screening reflex
 - colonoscopy (gastroenterologist)
 - colon cancer




PEARLS


7 / 7

- Cancer screening reflex (continued)
 - skin inspection (dermatologist)
 - melanoma




Twelve Foods for life

1.  Tomato: Lycopene
(powerful antioxydant)

2.  Spinach: Iron, Folic acid & Lutein.

3.  Wine: HDL levels, antioxydants

Twelve Foods for life


4.  Almonds, nuts: ↑ HDL levels, ↓ LDL, apoptosis, vitamin E.


Caveat : diverticulosis

5.  Broccoli: vitamin E & C

6.  Oats: fibers, ↓ cholesterol

Twelve Foods for life

7.  Fish: Omega 3 fatty acids,
↓ LDL cholesterol

8.  Garlic: ↓ triglycerides, ↑ HDL,
antibacterial, antifungal; antimalarial?

9.  Green tea: polyphenols

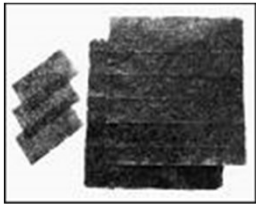
Twelve Foods for life

10.



Blueberries: Best antioxydant

11.



Nori

12.



Olive, colza oil



1.5 L / day + fresh



Summary

- 4 common denominators to age with grace
 - Humor, diet, exercise & staying connected
- Metabolic concerns
- Gait disturbances
- Dementia syndromes
- 7 Pearls
- 12 Foods for life

To live in good health after 60



is also up to you!

Happy active retirement!

