

# WI ACHE Webinar: Executive Health

*Steps to join the audioconference:*

Call: 866-365-4406

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# Executive Health

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# The Executive Mindset

- Type A personality
- Determined
- Resourceful
- Empowering
- Energetic
- Compulsive
- Focused

# Steps to Improve your Health

- Overall check up
- Diet
- Exercise
- Stress Reduction
- Life philosophies

# Overall check up

- Primary care physician
- History and Physical
- Tests
- Address prominent symptoms or problems
- Guidelines, Preventative Recommendations
- Routine follow ups

# Diets

- “Fads or Famous” Premise: Kill carbs
- Atkins Diet
  - Carb restrict to 20 gm then 40 to 90 gms daily
- Sugar Busters
  - Eatings carbs with lower Glycemic Index
- South Beach Diet
  - Good fats and low Glycemic Index
- Other variations: Zone Diet, Protein Power, Mediterranean

# Diet or Lifestyle change

- Determine goal
  - Lose weight
  - Maintain weight
  - Healthy eating
- Diet stressors
- Work effects
- Commitment

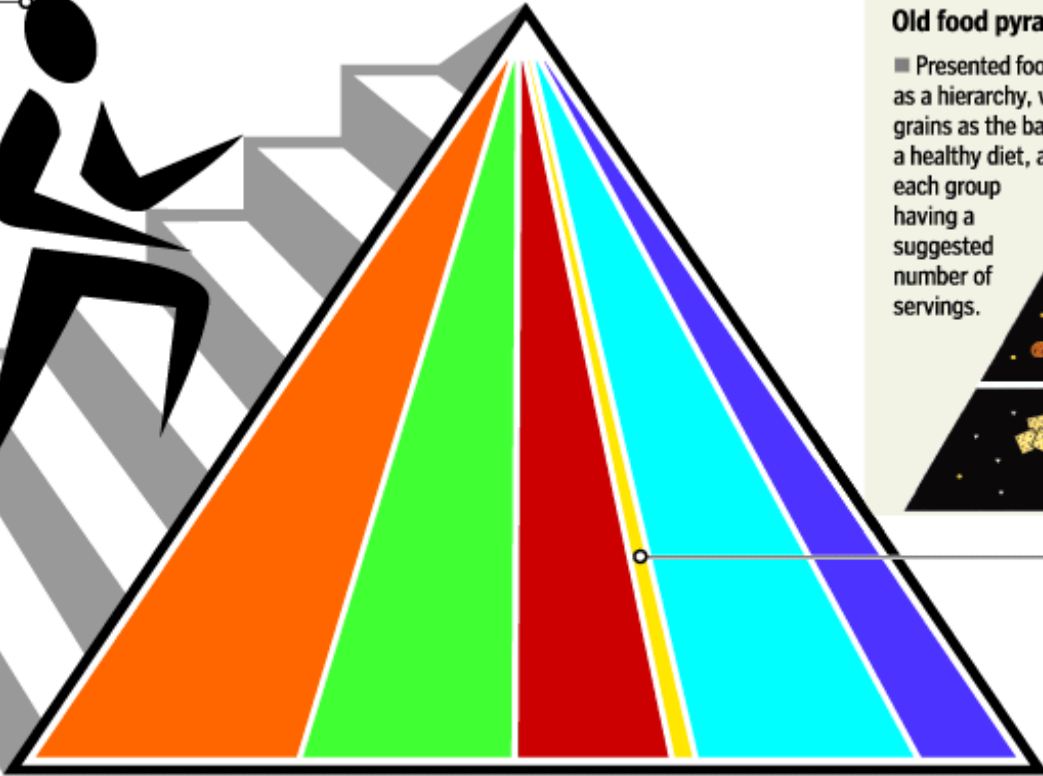
# Healthy diet

- 2005 Food Pyramid by U.S. Dept of Agriculture
- Individualized advice based on person's age, gender and level of physical activity
- Focuses on grains, meats and beans, milk, vegetables, fruits, and oils
- Good fat (monounsaturated, polyunsaturated)
- Decrease complex carbohydrates and refined starches

# Food Pyramid

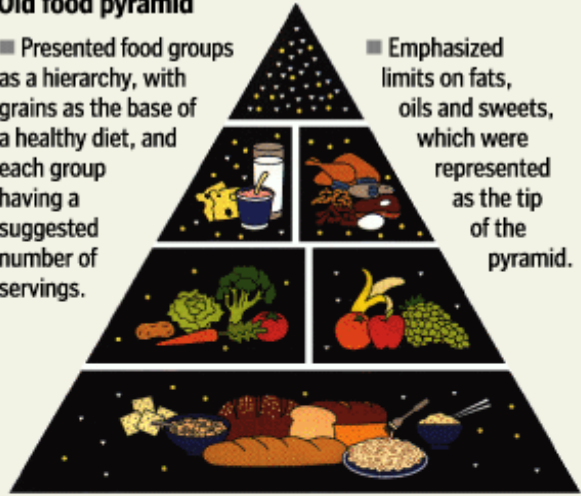
### Exercise

- Adults should be physically active for at least 30 minutes most days of the week, children for 60 minutes.
- Sixty to 90 minutes of daily physical activity may be needed to prevent weight gain or sustain weight loss.



### Old food pyramid

- Presented food groups as a hierarchy, with grains as the base of a healthy diet, and each group having a suggested number of servings.
- Emphasized limits on fats, oils and sweets, which were represented as the tip of the pyramid.



### Oils

- Most fat should be from fish, nuts and vegetable oils.
- Limit solid fats, such as butter, margarine or lard.
- Keep consumption of saturated fats, trans fats and sodium low.
- Choose foods low in added sugar.

### CATEGORY

#### Grains

#### Vegetables

#### Fruits

#### Milk

#### Meat and beans

### RECOMMENDATION

Half of all grains consumed should be whole grains.

Vary the types of vegetables you eat.

Eat a variety of fruits. Go easy on juices.

Eat low-fat or fat-free dairy products.

Eat lean cuts, seafood and beans. Avoid frying.

### DAILY AMOUNT

6 oz.

2.5 cups

2 cups

3 cups

5.5 oz.

Based on a 2,000 calorie diet.

Recommended nutrient intakes at 12-calorie levels can be found on [mypyramid.gov](http://mypyramid.gov).

# Helpful hints

- 2 to 3 meals a day. Take time to eat. Proper environment (ie, not in front of TV).
- Take control
  - Make your meal; bring in lunch
  - “Delegate” cooking a healthy diet
- Healthy fast foods
  - Subway
  - Salads with dressing on the side
  - Grilled or Baked. Avoid fried.
- Healthy snacks
  - Raw fruits and vegetables; Nuts

# Helpful hints continued

- Avoid eating too much; Portions
- Drink fluids
- Avoid eating too late
- Avoid continuous snacking
- Maintaining weight; Calories per day
- Diary
- Physics: Calories in must be burned.

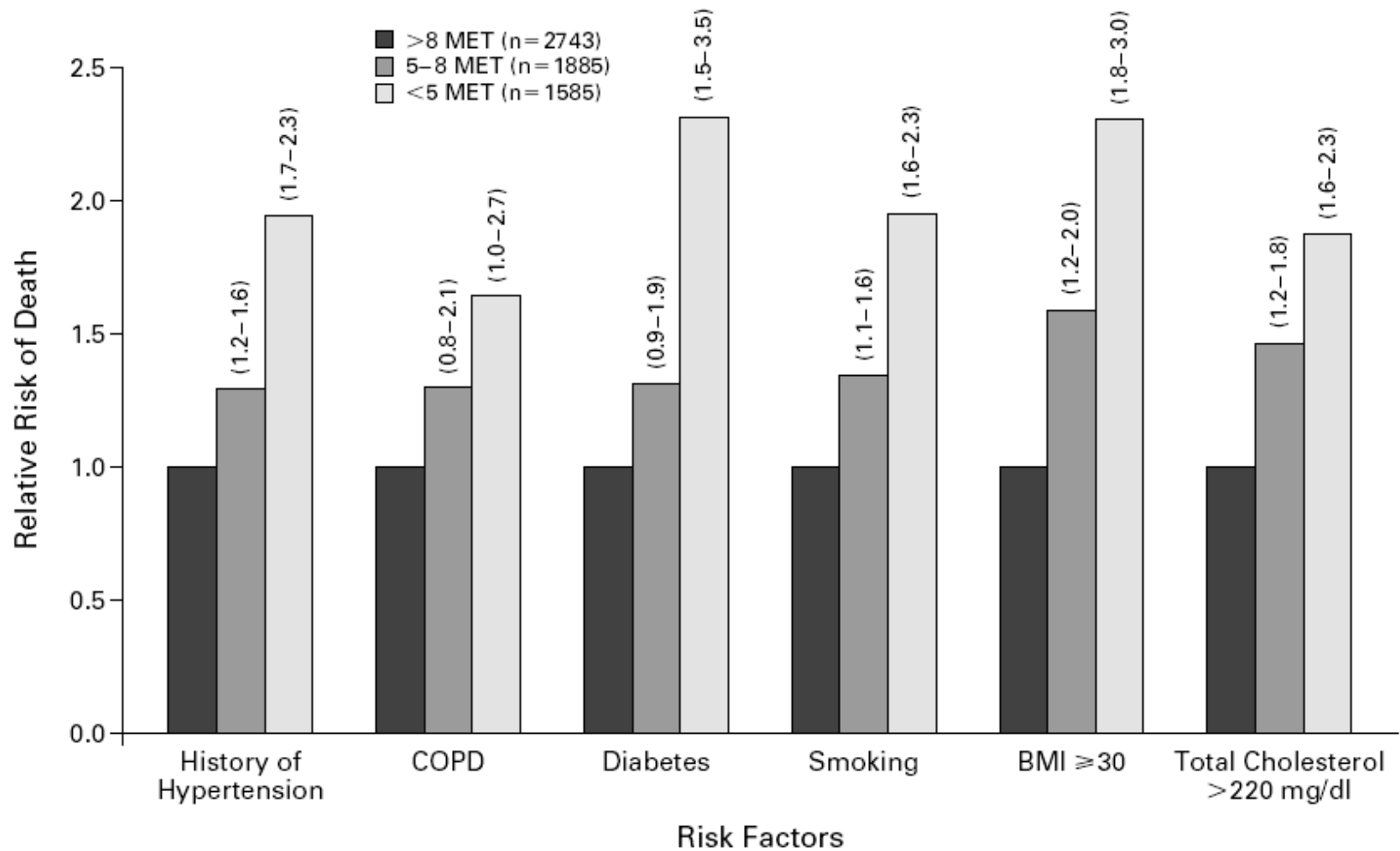
# *Exercise is Nature's Medicine!*

“There is a clear inverse relation between physical activity and cardiorespiratory health (CHD, CVD, stroke, hypertension, and atherogenic dyslipidemia)

Department of Health and Human Services *Physical Activity Guidelines Advisory Report. 2008, p pG2-4.*

# Benefits of Exercise

- Cardiovascular fitness; Lowers BP, HR
- Improves muscle tone and strength
- Strengthens bones
- Reduce body fat
- Improves sleep
- Builds energy level
- Improve self-esteem
- Reduce stress, anxiety, depression



**Figure 1.** Relative Risks of Death from Any Cause among Subjects with Various Risk Factors Who Achieved an Exercise Capacity of Less Than 5 MET or 5 to 8 MET, as Compared with Subjects Whose Exercise Capacity Was More Than 8 MET. Numbers in parentheses are 95 percent confidence intervals for the relative risks. BMI denotes body-mass index, and COPD chronic obstructive pulmonary disease.

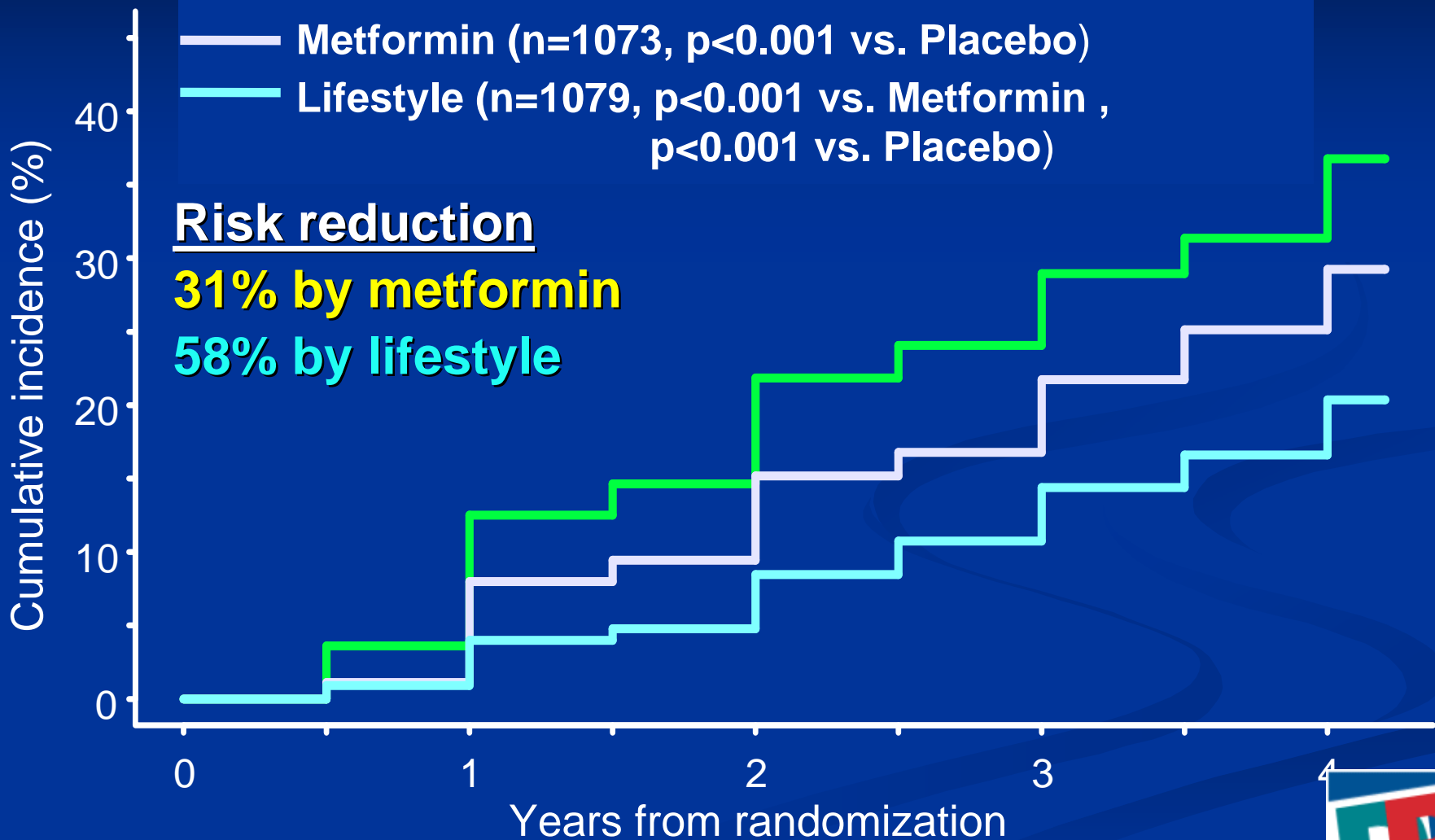
# Incidence of Diabetes

- Placebo (n=1082)
- Metformin (n=1073,  $p < 0.001$  vs. Placebo)
- Lifestyle (n=1079,  $p < 0.001$  vs. Metformin,  $p < 0.001$  vs. Placebo)

## Risk reduction

**31% by metformin**

**58% by lifestyle**





# Exercise

- Optimal: 20 to 30 minutes most days of the week
- Make use of any time afforded, even 10 to 15 minutes per day
- It is not a chore. It is not work.
- Variety to maintain interests
- Exercise with a companion
- Make time for exercise and consistency is key

# “Exercise” during work

- Keep active
- Look for the farthest parking space
- Use the stairs and walk often
- Routine stretches
- Pedometer for objective measure and feedback

# Other Helpful Suggestions

- Early morning
- Specific and consistent time during the day
- Aerobics and strengthening
- YMCA and fitness centers
- Trainers
- Family physical activities
- Invest in good shoes
- Diary

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www.glasbergen.com



**“What fits your busy schedule better, exercising one hour a day or being dead 24 hours a day?”**

# Effects of Exercise on Depression

An Evidence-Based Approach to the Management of Depression  
**Primary Care: Clinics in Office Practice** - Volume 33, Issue 4 (December 2006) -  
Copyright © 2006 W. B. Saunders Company

Blumenthal J.A., Babyak M.A., Moore K.A., et al:  
Effects of exercise training on older patients with major depression.  
*Arch Intern Med* 159. 2349-2356.1999

Dunn A.L., Trivedi M.H., Kampert J.B., et al:  
Exercise treatment for depression. Efficacy and dose response.  
*Am J Prev Med* 28. 1-8.2005

# Signs of Stress

- Headache
- Shoulder, neck or back pain
- Chronic fatigue or insomnia
- Sexual dysfunction
- Gastrointestinal symptoms
- Elevated HR or BP
- Anxiety, Depression, Irritability
- Poor concentration or forgetfulness
- Increased smoking, drug or alcohol use

# Stress relief

- Exercise for at least 30 minutes at least 5 times a week.
- Do something just for yourself. Getting a new haircut or having a therapeutic massage can do wonders when you're under a lot of stress.
- Recognize the things that upset you and try to develop a positive attitude toward those you cannot avoid.
- Develop methods for relaxation; for example, talk with supportive people, listen to music, watch movies, take walks.

# Stress relief

- Get adequate, regular amounts of rest and sleep (6 to 10 hours a night).
- Eat a healthy diet.
- Drink less coffee and alcohol.
- Try not to "self-medicate" with food, alcohol, or over-the-counter medicines. Covering up a problem can make the stress even worse.
- Use positive thoughts and humor to overcome negative thoughts. Rent a comedy from a video store. Share it with friends and laugh your stressors away.

# Stress relief

- Get involved in an interest or hobby
- Seek professional help for dealing with especially stressful events.
- Talk to others who care about you
  - Family, Friends, Co-workers
- Learn to use relaxation techniques, such as mental imaging, diaphragmatic breathing, and progressive muscle relaxation.

# Vacations

Take Control: Take a Summer Vacation  
Taking Time off Can Ease Stress, but Americans  
Don't Take Enough of It  
By TORY JOHNSON

June 5, 2007 -- Americans are vacation-deprived.

## Cast Your Vote

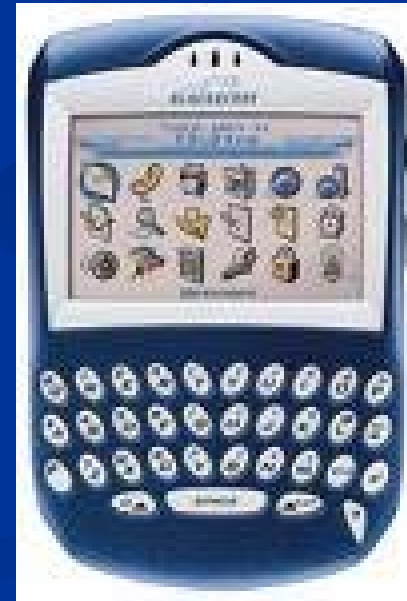
According to an Expedia.com survey, 35 percent, or an estimated 51.2 million Americans, will not use all of their vacation days this year. In fact, they'll leave an average of three vacation days on the table, which calculates to U.S. employed adults giving back a total of more than 438 million vacation days in 2007 alone.



# Vacations Rules

- Make it routine
- Luxury, not catch up time or do chores
- Try not to bring work. If you do, set daily limits.
- Prepare work for your absence:
  - Designate a back up
  - Change voicemail and email greetings
  - Give contact information to one person

# Means of control



# The Executive Mindset

- Type A personality
- Determined
- Resourceful
- Empowering
- Energetic
- Compulsive
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# Life philosophies

- Invest in your Health
- Life is short
- Prioritize what is important in life (Marriage, Family, Friends)
- Perspectives. Others are worse off.
- Positive outlook
- The job is not your life.
- Role model for others