

\*\*\*\*Please print out the “test” at the end of the handout and bring it with you to the class. It will become part of the presentation.\*\*\*\*

Handout for:

# Live Long and Prosper!

## LifeStyle Medicine in Dentistry.

By

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### **Internet based longevity resources (the curious, the fun, the helpful):**

1. Food-Drug Interaction brochure from the FDA (Very informative about food-drug interactions and what to avoid.)

<http://www.fda.gov/downloads/Drugs/ResourcesForYou/Consumers/BuyingUsingMedicineSafely/EnsuringSafeUseofMedicine/GeneralUseofMedicine/UCM229033.pdf>

2. Mediterranean Diet Questionnaire (An interesting personal experience relative to your current diet. 14 questions which will tell you how healthier diet is and make some suggestions on how to improve it in a delicious an interesting way.) (The quiz is printed at the end of this handout)

[http://www.nytimes.com/2013/02/26/health/mediterranean-diet-can-cut-heart-disease-study-finds.html?\\_r=0](http://www.nytimes.com/2013/02/26/health/mediterranean-diet-can-cut-heart-disease-study-finds.html?_r=0)

3. 4-Year Mortality Test (sort of a strange test to see what the chances of your dying are in the next 4 years. It is designed for physicians to evaluate their patients but, for the rest of us, will mostly let us know how healthy we are)

<http://jama.jamanetwork.com/article.aspx?articleid=202375>

4. ADA resources for Ergonomic concerns and occupational pathologies (worthwhile information if you think you're having aches and pains from dental practice, or if you're worried about that. Provides insights on how to work ergonomically so as to minimize the risk of work-related injuries)

<http://www.ada.org/4500.aspx>

5. Heart Disease and Metabolic Syndrome Risk Calculator from the American Heart Association (interesting online test relative to your risk of heart or diabetes problems. Taking it allows you to figure out which changes would be easy to make and would minimize your risks of problems)

[http://www.heart.org/HEARTORG/Conditions/HeartAttack/HeartAttackToolsResources/Heart-Attack-Risk-Assessment\\_UCM\\_303944\\_Article.jsp](http://www.heart.org/HEARTORG/Conditions/HeartAttack/HeartAttackToolsResources/Heart-Attack-Risk-Assessment_UCM_303944_Article.jsp)

6. Comprehensive Nutritional resource for information and guidance (this is the ultimate federal resource for all things nutrition)

<http://www.choosemyplate.gov>

7. Video for the Kegels (pelvic-floor exercises) recommended by Dr Oz, for women

<http://www.youtube.com/watch?v=VfmWkHSOiuU>

8. Body Mass Index (BMI) calculator (if you've ever wondered what your BMI is, this is a test. Just plug in the numbers and you know where you stand. The American Heart Assoc. risk calculator is actually more informative about the impact of your risks, including your BMI, on your longevity and health.)

<http://www.cdc.gov/healthyweight/assessing/bmi/>

9. Aging and Biogerontology site. (Excellent resource for understanding aging and its multiple dimensions)

[http://www.senescence.info/aging\\_definition.html](http://www.senescence.info/aging_definition.html)

10. Glyconutrients site. (It explains the concept of "essential" sugars. These sugars are not like essential amino acids, vitamins and minerals, which the body cannot synthesis, so it is essential for you to get them in your diet. An "essential" sugar refers to the fact that the body requires these special sugars for the cells to function, but it is not essential they be in your diet because the body can synthesis them from multiple plant based sources. So remember to "Eat the Rainbow" (of plants) each day, so your body can get the multiple precursor nutrients to synthesis these important sugars/compounds.)

<http://www.glyconutrientsreference.com/whatareglyconutrients.html>

11. How long will you live? This is a fun and interesting quiz to predict how long you will live. Not only are the sections and questions interesting, since they indicate areas that impact our longevity, but at the end, they provide some suggests on how you might live longer, even putting the number of months you would add to your life, if you, for example, eat better or smoked less or exercised more.

<https://www.livingto100.com/>

12. Lifestyle Medicine is a growing organization with national meetings. If you would like more information about the topic or the organization it can be found at

<http://www.lifestylemedicine.org/ACLM>

13. Celiac disease signs symptoms, diagnosis and treatment

<http://celiac.org>

14. Ever wonder what your risks are for various diseases? This online risk evaluation covers the family history and lifestyle risks for 7 different common diseases. Good Luck! Hopefully you won't ever get any of them, but if you have a high risk you will know what lifestyle things to change (which is your only option, since you can't change your family.)

<http://www.yourdiseaserisk.wustl.edu/>

15. Heart Disease (10-year) Risk calculator. (The Farmington Score). This test/calculation is the foundation for a lot of medication and advice from physicians that is based on your gender, age, total cholesterol, HDL (high density lipoproteins, more fondly referred to as the, highly desirable lipoproteins), blood pressure. 8 simple questions and the automatic calculator does the rest. And then you and your physician get to decide what to do after that.

<https://reference.medscape.com/calculator/framingham-cardiovascular-disease-risk>

16. Internet sites/blogs with health, happiness and longevity related topics

[www.bluezones.com](http://www.bluezones.com) an excellent site to join to get many dimensions of health and happiness information sent to you. No cost at entry level

[www.greatergood.berkeley.edu](http://www.greatergood.berkeley.edu) an excellent source of information relative to science of happiness. No cost at entry level

[www.bluerisa.com](http://www.bluerisa.com) a new site that intends itself to be positioned at the crossroads between health and happiness. It also intends to explore what they term as the 3 pillars of a long, healthy and happy life, Fitness, Nutrition and Wellness. (I am a consultant for this site) No cost at entry level

[www.peterattiamd.com](http://www.peterattiamd.com) a well established and very scientific site with a lot of in depth material, blog and posts. It is medically oriented, but also discusses the longevity implications of its topics. Monthly cost for most of the material, definitely the in-depth material.

**\*\*\*\*\* "Test" / Quiz: Do You Have a Heart Healthy Mediterranean Diet?\*\*\*\*\***

This survey, as designed by the researchers from the University of Barcelona to determine if your current diet is heart healthy. It also provides some interesting perspective on your current diet.

**1 Do you use olive oil as a main culinary fat?**

- Yes.
- No.

**2 How much olive oil do you consume in a given day (including oil used for frying, salads, out of house meals, etc.)?**

- Less than 1 tablespoon.
- 1 to 2 tablespoons.
- 2 to 4 tablespoons.
- 4 or more tablespoons.

**3 How many vegetable servings do you consume per day? (1 serving = 200 grams. Consider side dishes as half of a serving.)**

- 0.
- 1.
- 2 or more.

**4 How many servings of fruit (including natural fruit juices) do you consume per day?**

- 0.
- 1.
- 2.
- 3 or more.

**5 How many servings of red meat do you consume per day? (1 serving = 100-150 grams)**

- Less than 1.
- 1 or more.

**6 How many servings of butter, margarine or cream do you consume per day? (1 serving = 12 grams)**

- Less than 1.
- 1 or more.

**7 How many sweet or carbonated beverages do you drink per day?**

- Less than 1.
- 1 or more.

**8 How much wine do you drink per week?**

- Fewer than 2 glasses.
- 2 to 7 glasses.
- 7 or more glasses.

**9 How many servings of legumes do you consume per week? (1 serving = 150 grams)**

- Less than 2.
- 3 or more.

**10 How many servings of fish or shellfish do you consume per week? (1 serving = 100 to 150 grams fish or 200 grams shellfish.)**

- Less than 2.
- 3 or more.

**11 How many times per week do you consume commercial sweets or pastries (not homemade), like cakes, cookies or biscuits?**

- Less than 3.
- More than 3.

**12 How many servings of nuts (including peanuts) do you consume per week? (1 serving = 30 grams.)**

- Less than 2.
- 2.
- 3 or more.

**13 Do you consume chicken, turkey or rabbit meat instead of veal, pork, hamburger or sausage?**

- Yes.
- No.

**14 How many times per week do you consume vegetables, pasta, rice or other dishes seasoned with sofrito (a sauce made with tomato and onion, leek or garlic simmered with olive oil)?**

- Never.
- 1 to 2 times a week.
- 2 or more.

## What does your score say about you? (each “correct” answer is 1 point)

- **A weak Mediterranean diet. (0 - 10)**

You scored lower than the average study participant in adhering to a Mediterranean diet. If you want to try to use this diet to lower your risk of heart disease, try increasing your consumption of olive oil, nuts, beans, fish, fruits and vegetables, and even drink more wine. [Go to the top of the quiz](#) and look for the “x” mark beside the correct response to see how those who stick to a strong Mediterranean diet would have answered to each question. Reviewing your responses will also provide suggestions on what you might change to get your diet in line with the Mediterranean Diet... it might be to drink more wine and eat more nuts or eat shrimp once a week instead of a burger. Change can be simple and tasty.

- **A strong Mediterranean diet. (11 - 14)**

You scored better than the average study participant in adhering to a Mediterranean diet. For people with a high risk of heart disease, this type of a diet may prevent as much as 30 percent of stroke, heart attack and death.

<http://www.nytimes.com/2013/02/26/health/mediterranean-diet-can-cut-heart-disease-study-finds.html? r=0>