Successful Aging and Disease Prevention: The Potential for Collaborations Between Physicians and Spas

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What is Successful Aging?

- **Rowe and Kahn: 3 key ingredients**
  - Low risk of disease and disease-related disability
  - High mental and physical functions
  - Active engagement with life

- **Dr. Dilip Jeste, Director of Institute for Research on Aging**
  - Higher level of cognitive functioning
  - Adaptation to changes associated with aging
  - Socialization
  - Life satisfaction
    - Absence of physical disease or disability is not necessarily a part of successful aging
Successful Aging according to Older Adults: *American Journal Geriatric Psychiatry* 2010

- **Self-acceptance/ self contentment**
  - Realistic self-appraisal
  - Focusing on the present

**Engagement with life/self growth**
- Novel pursuits
- Giving to others
- Social Interactions
- Positive Attitude
Heart attack with extra cheese, heart attack with bacon, double bypass no pickles, --hey! Where's my diabetes and large stroke?
Lifestyle and Mortality

- Nurses’ Health Study 2008: more than half of deaths among middle-aged women attributable to a combination of smoking, overweight, low physical activity and poor diet
- Attributable risk:
  - 55% overall mortality
  - 44% cancer mortality
  - 72% cardiovascular mortality
    - (BMJ 2008;337:a1440)
Lifestyle and Chronic Disease: the EPIC study

• Four lifestyle factors studied:
  • Never smoking
  • BMI <30kg/m2
  • Exercising 3.5 hours weekly or more
  • Consuming high intake fruits and veggies; whole grain breads; low meat

• Scores ranged from 0-4
Lifestyle and Chronic Disease: the EPIC Study

- Those with all 4 healthy lifestyle factors had 78% lower risk of chronic disease over 7.8 years than those with none
  - 93% lower risk diabetes mellitus
  - 81% lower risk myocardial infarction
  - 50% lower risk stroke
  - 36% lower risk cancer

  - *Arch Intern Med 2009;169(15):1355-1362*
Emotions and Heart Rhythm Patterns

FRUSTRATION

APPRECIATION

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Sleep Deprivation and Health Risks

- Sleep apnea: associated with abdominal obesity, high blood pressure, insulin resistance…
- Sleep apnea significantly increases risk of cardiovascular events, stroke, and diabetes
- Short-term sleep deprivation (2 weeks) in healthy young men was associated with increases in cortisol, insulin and glucose
- Two nights of sleep deprivation resulted in increased ghrelin and decreased leptin levels; long-term sleep deprivation (<8 hours a night) was also associated with increased BMI
  - (Ann Intern Med 2004;141:846-50)
JAMA July 2010

- Lifestyle approaches (including smoking cessation, healthy diet, exercise and stress reduction) are recommended as the frontline approach to managing chronic health conditions.
- There is currently a gap in competencies in “lifestyle medicine” for primary care practitioners.
- Reviewed consensus recommendations by the American College of Lifestyle Medicine and the American College of Preventive Medicine.
“Frankly, his lecture on lifestyle management wasn’t very convincing.”
What can physicians do to improve the health of their patients?

• Emphasize the importance of healthy diet, exercise, stress reduction, meaningful connections
• Walk the talk
• Role as educator, diagnostician, partner, guide, and cheerleader in collaboration with your patient

• If you don’t have the time to translate knowledge about the importance of lifestyle into practical guidelines for implementation, know to whom you can refer!
How can spas partner with physicians to improve the health of their patients?

• Provide the opportunity to experience delicious, nutritious food and learn how to prepare it at home

• Provide multiple opportunities to experience deep relaxation through skin and body treatments, massage, yoga, meditation, beautiful surroundings

• Education and variety of options for fitness/ movement/ balance

• A safe place for people to try novel pursuits and engage in social interactions

• THE POWER OF THE IMMERSION EXPERIENCE
Poached Salmon with Orange Basil Relish