

The Mayo Clinic Plan

Assess Your Health, Tackle Tobacco,
Test Yourself & Play It Safe

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Mayo Clinic Plan

- Improve personal health
- Lose weight
- Improve fitness level
- Combat stress
- Drop those last 10 pounds

S.M.A.R.T. Goals

- Specific
- Measurable
- Attainable
- Realistic
- Time-sensitive

Fitness Level

- Do you have enough energy to enjoy leisure activities you like to do?
- Do you have enough stamina & strength to carry out the daily tasks of your life?
- Can you do at least 5 push-ups before you need to stop for a rest?
- Are you flexible enough to touch your toes?
- How many days a week do you spend at least 30 minutes of moderately vigorous activity, such as walking briskly or raking leaves?

Weight & Eating Habits

- Do you know your BMI? (have a copy of the chart)
- What is your waist measurement?
- Do you have health conditions such as high blood pressure or diabetes, which would improve if you lost weight?

Eating Well

- How many servings of vegetables do you eat every day?
- How many servings of fruits do you eat every day?
- How often do you eat fish each week?
- When you shop for bread, pasta and rice, how often do you buy whole-grain versions?

Risky Behaviors

- Do you smoke cigarettes, cigars or pipes or use snuff or chewing tobacco?
- Do you drink more than a moderate amount of alcohol?
- Do you wear a seat belt when driving or riding in a motor vehicle?
- Do you wear sunscreen with SPF of 15 or higher?

7 Dimensions of Wellness

- Social wellness
- Vocational wellness
- Intellectual wellness
- Environmental wellness
- Spiritual wellness
- Emotional wellness
- Physical wellness

Tackle Tobacco

Public Enemy #1-Nicotine Addiction

Don't confuse the person who smokes with the addiction

- All forms of tobacco are detrimental
- Everyone is affected in some way
- 23 states have laws against smoking in public places
- Even tobacco companies admit that tobacco is bad for us
- Nicotine is a highly addictive drug

Harvard Health Publications inform us of the following:

- 20% of adults and 1 in 4 teens smoke
- Tobacco is responsible for 1 in 5 deaths – that's 435,000 people per year
- More deaths than all the U.S. military losses during WWII
- Do we want to give up on these people?
- If they quit, they will live longer than if they continued to smoke

According to the American Lung Association's website:

- Secondhand smoke causes death and disability in those who never light up
- 50,000 deaths per year due to secondhand smoke (SHS)
- SHS causes sticky platelets, lower coronary flow, damage to the lining of blood vessels, and increases risk of heart attack

Harmful to Children

- Per year, second-hand smoke causes:
 - 150,000 – 300,000 respiratory tract infections
 - 7,500 – 15,000 hospitalizations
 - 430 sudden infant death syndrome deaths
 - Aggravates 400,000 – 1 million asthmatic cases
- Babies 20% more likely to be low birth weight if mother exposed to SHS

Affects on Your Pets:

- Dogs may scratch and chew their own skin from allergic reaction.
- A puppy may die after eating only 2 butts.
- Birds may develop eye problems, cough, wheezing, and contact dermatitis.
- Cats may develop fatal lymphoma, oral cancer, respiratory problems & asthma.

Solution: What can we do?

- Over 45 million Americans have quit so we can do it
- Reduce opportunities – make smoking inconvenient and less socially acceptable
- Encourage those you care about to quit AND help them do it by being supportive

Solutions (cont.)

- Keep your environment safe – no smoking at home, in cars, or places you go
- Encourage a complete ban by anyone on school grounds
- Ask your employer to create a smoke-free policy for your workplace

Personal Responsibility

- Plan your attack:
- Examine all the available help and consider which options you need
- Quit cold turkey – set a date & stick to it
- Taper down & then eliminate
- Get individual counseling
- Become involved in a support group
- Use telephone or web based quit lines and resources

Personal Responsibility (cont.)

- Ask family and friends to help (not to nag but to encourage)
- Reward any success – even if it's a small step
- Give yourself frequent and positive feedback
- Talk with your doctor about medication to help you through
- Quitting is your responsibility and it may be hard but it doesn't have to be lonely

Benefits:

- Each pack of cigarettes costs our society \$7.18 – quitting helps everyone.
- Preventing young people from smoking is critical
- The American Lung Association estimates 6.4 million children will die prematurely if we continue our current patterns.
- Non-smokers live about 14 years longer than smokers

Healing:

- Your body starts to heal within 12 hours of your last cigarette:
- Levels of carbon monoxide and nicotine decline & breathing improves
- Heart & lungs start to repair damage
- Sense of smell and taste will return
- You will be free from the mess, smell, and dependence of smoking
- We can win this battle if we all help

- American Cancer Society, 800-ACS-2345 www.cancer.org
- American Lung Association, 800-LUNG-USA www.ffsonline.org
- Centers for Disease Control and Prevention, 800-CDC-1311 www.cdc.gov/tobacco
- National Smoking Cessation Hotline, 800-QUIT-NOW
- Try to Stop Tobacco Resource Center, 800-TRY-TO-STOP www.trytostop.org

Resources:

- Harvard Health Publications
- American Heart Association
- American Lung Association
- The Mayo Clinic

Are You on Course?

- Screenings
- Check-ups
- Exams
- Test

Lipids/Cholesterol

- Total cholesterol
 - Optimal <200
 - Borderline 200-239
 - High 240 and above
- LDL cholesterol
 - Optimal <100
 - Borderline 130 to 159
 - High 160 to 189
 - Very high 190 and above

Lipids/Cholesterol (cont.)

- HDL cholesterol
 - Major risk of heart disease <40
 - Optimal 40 to 59
 - Protective—heart disease 60 and above
- Triglycerides
 - Optimal <150
 - Borderline 150 to 199
 - High >200

Tests for Women

- Blood cholesterol
- Blood pressure
- Bone density
- Clinical breast exam & mammogram
- Colon cancer screening
- Dental check up
- Eye exam
- Pap test

Test for Women (cont.)

- Fasting blood sugar
- Full-body skin exam
- Hearing test
- Hepatitis screening
- Human papillomavirus (HPV)
- Thyroid stimulating hormone test
- Transferrin saturation test (iron)

Test for Men

- Blood cholesterol
- Blood pressure
- Bone density
- Colon cancer screening
- Dental check up
- Eye exam
- Prostate-specific antigen (PSA) test & digital rectal exam (DRE)

Tests for Men (cont.)

- Fasting blood sugar
- Full-body skin exam
- Hearing test
- Hepatitis screening
- Thyroid stimulating hormone test
- Transferrin saturation test (iron)

Play It Safe

Safer living by lowering your risks

Pay attention to little things

- Be Prepared
- Top 5 safety related deaths:
 - MVA
 - Firearms
 - Poisoning
 - Falls
 - Suffocation

Buckle Up

- Always wear a seat belt
- Place children in car seats or booster seats
- Wear a helmet when cycling
- Wear a lifejacket when on the water

Drink Wisely

- Evaluate conflicting information based on your individual situation
- Do not allow alcohol to exacerbate an existing health issue
- Do not allow alcohol to interfere with medications you take
- Do not allow alcohol to cloud your judgments & abilities

Drink Wisely

- Pro's
 - Reduce risk of dying of heart attack
 - Reduce your risk of stroke
 - Lower your risk of gallstones
 - Possibly reduce risk of diabetes

Drink Wisely

- The Con's
 - Excess leads to serious health problems: cancer of digestive system, liver, & breast, high blood pressure, heart failure, stroke, elevated triglycerides, cirrhosis of the liver, pancreatitis, miscarriage, & fetal alcohol syndrome
 - Family history of alcoholism puts you at greater risk

Protect Your Skin from the Sun

- Seek shade – avoid midday sun
- Get a hat
- Cover up with clothing
- Rub on the sunscreen
- Grab your sunglasses

- These 5 steps offer the best protection

Use Sunscreen

- Broad spectrum with SPF of at least 15.
- Apply liberally (about 2 tablespoons) and frequently – at least 30 minutes before going out
- Use during winter and summer
- Re-apply often when swimming or sweating

Check your skin

- Have regular skin examinations
- Watch for A,B,C,D
 - Asymmetry – different shape
 - Border - irregular
 - Color – many colors or uneven colors
 - Diameter – larger than 6mm (size of a pencil eraser)

Practice Safe Sex

- Monogamous relationship
- Use condoms
- Avoid high risk behaviors
 - Being the passive partner during anal intercourse
 - Oral sex
 - Multiple partners

Wear Plugs & Goggles

- Protect your ears from loud noises
 - Earmuff or earplugs must be worn correctly
 - Turn down TV or music, especially when using headphones
- Protect your eyes
 - Wear safety goggles or glasses
 - Watch out for dangerous toys
 - Be careful around car batteries

Use Chemicals Wisely

- Household chemicals – store safely and use properly
- Workshop & yard chemicals – read directions
- Poison control center – post your local number near your phone
- National number is 1-800-222-1222
www.aapcc.org

Safeguard Your Home

- Store guns properly
- Check your smoke detectors
- Purchase a fire extinguisher
- Purchase a carbon monoxide detector
- Reduce the risk of falls
- Reduce the risk of suffocation

**The Mayo Clinic Plan:
10 Essential Steps to a
Better Body & Healthier Life**

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