APPEARS YOUNGER THAN STATED AGE (AYTSA)

A DOCTOR’S SECRETS ON THE ART OF STAYING YOUNG
APPEARS YOUNGER THAN STATED AGE

A Doctor’s Secrets on the Art of Staying Young

JAMES L. HARDEMAN, MD
Genuine medical terminology

The patient looks good for his/her age

Not only that but generally they . . .
Act younger - active with a confident, lively demeanor & a spring in their step.

Are mentally sharp & keep up with an ever-changing world.

Are younger - able to do more than contemporaries & live longer - both quantity & quality.

Most importantly, they are healthy . . .
HEALTHY PEOPLE LOOK YOUNGER!

How do they do it?
• Maintain ideal body weight (IBW)
• Exercise regularly
• Eat healthy meals & do not overeat
• Don’t smoke
• Don’t drink alcohol to excess
• Optimistic attitude
• Take meds regularly
• Often long term marriages
WHY READ THIS BOOK?

- A book about health & fitness but in the process you’ll look younger too

- By the way, I’m not an AYTSA person but that doesn’t keep me from living the lifestyle . . . & I’m younger-looking than if I didn’t

- Lots of books on this topic - why read mine?

- Explanation is in why I wrote it
EXPLANATIONS...

1. Avoiding the ICU
   - Practiced pulmonary & critical care medicine for > 30 yrs & taken care of the sickest of the sick
   - Many of the diseases are preventable
   - Simple strategies to stay healthy & out of the ICU
   - This book widely disseminates the message
EXPLANATIONS...

- Health care reform = how to pay for all of our self-induced illnesses

- Not enough time to present all the pieces of the puzzle but they’re all there in AYTSA - all that I know, all that I do

- “Eating right & exercising regularly are just too painful”

- Until you’ve been a patient in the ICU . . .
YOU AIN’T SEEN NOTHING YET!
 Wouldn’t it be more comfortable to avoid this condition in the first place???
EXPLANATIONS...

- CAD - coronary artery disease
- CABG - coronary artery bypass graft (open heart surgery)
Video Presentation...
EXPLANATIONS...

2. Setting the record straight

- Too much misinformation
- Low fat or low carb?
- Avoid sugar? Or HFCS? Or gluten?
- Eat for blood type? Or just leek soup?
EXPLANATIONS...

2. Setting the record straight...

- People are confused
- Magic formulas sound too good to be true because they are
- Simplicity, brevity & the TRUTH
- People can handle the truth
EXPLANATIONS...

3. I like the title

- Genuine medical terminology lends validity
- Actually occasionally used in General Appearance section of H&P
- Everyone wants to look good - genetically programmed
EXPLANATIONS...

3. I like the title

- It’s the hook - people want to look younger but along the way they become healthier too

- Mid 1980s - surge of smokers who wanted to quit . . .
SMOKER’S FACE
EXPLANATIONS...

- The vanity angle to generate interest
- But it’s true - you’ll look more youthful if you’re healthy
EXPLANATIONS...

4. Qualifications

- Author’s qualifications...
EXPLANATIONS...

4. Qualifications

- Office & hospital care for > 30 yrs, front-line, hands-on
- Personally interviewed & examined thousands
- Counseled thousands on healthy habits
- Weight loss or gain? Please explain...
- Paid particular attention to AYTSA patients, their advice & their secrets
Not only have I practiced medicine for all these years . . .
I’ve been a practitioner of what I preach!
I am ordinary

If I can do it, anyone can

Incorporate a healthy lifestyle into your self identity & it becomes a part of you!
WHAT ARE THE SECRETS?

- The book is meant to be read & processed in its entirety
- The methods are not stand-alone ideas
- Though I will present some of them, you might just say, “So what?”
- Pieces of a jigsaw puzzle...
WHAT I WANT PEOPLE TO GET OUT OF THE BOOK?

- Information - the truth
- Revelation - it’s not that difficult
- Transformation - incorporate a healthy lifestyle into who you are
- Motivation - keep it up for a lifetime
BASED ON...

- Scientific research
- Lessons my patients have taught me & vice versa
- My personal quest for good health
- Common sense
EXAMPLES: 12 REPRESENTATIVE ITEMS FROM AY TSA

 Recommendations

 Facts from which common sense actions can be derived

 Motivation Dale Carnegie style:

  “Rather than tell you what to do I would rather you conclude that what I recommend *is* what you want to do.”
1. Maintain ideal body weight (IBW)

- Probably the most important principle in the book
- Keeps you from entering the vicious cycle of health deterioration:

  weight gain (from age related decrease in BMR) → stress on knees/hips/back → more sedentary lifestyle → more weight gain → etc., etc.
2. It’s all I & O, Intake & Output of calories

- To lose weight, O (the burning of calories) must exceed I (caloric value of food intake) & the opposite is true for weight gain

- There are no exceptions

- It’s not magic; it’s thermodynamics!
EXAMPLES: 12 REPRESENTATIVE ITEMS FROM AYTSA

3. One pound of fat = 3500 calories
   - 7 Big Macs per week or running 35 miles
   - One extra *mouthful* of food per day (50 calories) → 35 extra pounds in 10 years!
   - But the good news is . . .
   - Every calorie counts!
4. Obesity kills

- 50 - 100% increase in premature death
- The Big 3: high BP, high cholesterol, diabetes
- Increased incidence of heart attacks, strokes, certain cancers, liver disease among many other diseases
4. Obesity kills

- Adipose tissue may be the largest endocrine (hormone secreting) gland in the body. Location, location, location...

- Fat gut vs. fat butt
EXAMPLES: 12 REPRESENTATIVE ITEMS FROM AYRTSA

5. Exercise every day
   • Walking/running one day, weight lifting the next
   • Do it early
   • KIS/KIC
   • Augment ADLs, (e.g., stairs, park the car farther)
   • Engage in activity related hobbies
   • Genetics... Born to run!

   Our ancestors needed to exercise, & in an inverted way we still do.
6. Have a Yearly Goal

- Forced training

- Good habits & sense of accomplishment permeate the rest of the year
EXAMPLES: 12 REPRESENTATIVE ITEMS FROM AYTSA

7. Equate food indulgences with calories needed to burn them off

- Milky Way-Mile principle
EXAMPLES: 12 REPRESENTATIVE ITEMS FROM AYRSA

8. Don’t eat free food
   - It’s never low in calories
   - It might be free but NOT calorie-free
   - Every calorie counts!
EXAMPLES: 12 REPRESENTATIVE ITEMS FROM AYTSA

9. Don’t shop when you’re hungry

- Even the strongest proponent of a healthy lifestyle can be tempted, yours truly included
- Don’t tempt yourself by having junk food at home
EXAMPLES: 12 REPRESENTATIVE ITEMS FROM AY TSA

10. Don’t drink beer

- Alcohol is calorically dense
- Encourage dietary indiscretion
- Beer generally has more calories than wine or distilled spirits
  - It can range from 70 to 200 calories per 12 oz serving!
  - Ex: 4 beers three nights per week (likely scenario)
    - 200 x 4 = 800
    - 800 x 3 = 2400 calories
  - **30 pounds over 1 year!**
- Or... run 12 miles Sat & Sun mornings (unlikely scenario)
EXAMPLES: 12 REPRESENTATIVE ITEMS FROM AYTSA

11. Bring your lunch

- Simply eating a healthy, sensible breakfast & lunch could improve I&O balance in many people

  - *Together, my breakfast & lunch are less than many peoples’ fast food lunch alone*

- Bring a cooler & blue ice

  *It will save time & it might even save your life!*
EXAMPLES: 12 REPRESENTATIVE ITEMS FROM AYTSA

12. Transform yourself

- Genetics - our curse & our savior
- We evolved to stuff ourselves
- Human characteristics of reason, free will, and common sense = self-discipline
- Self-discipline is like a muscle - work it out & it becomes stronger
- Incorporate good health into your self identity so that . . .
a healthy, fit person is not just what you are . . .
it’s who you are!
It’s not that difficult to look, feel, and be younger than your stated age!