

“You can get old pretty young--if you don't take care of yourself” -  
-Yogi Berra

- **Testing** finds early disease. **Eating, exercise & immunizations** prevent disease.
- **87% fewer heart attacks** by eating well, exercising regularly, controlling weight, not smoking and drinking in moderation.
- **Nutrition:** Good choices: “South Beach” “The Omega Diet”.
- **Brisk physical activity—30 minutes daily:** Being inactive is more harmful to you than smoking. If you want an exercise program, I'll help you.
- **Healthy Weight:** BMI over 30 is unhealthy. <http://www.nhlbisupport.com/bmi>.
- **Blood pressure** over 120/80 is harmful.
- **Cholesterol:** LDL is harmful and should be less than 100; HDL is healthy and should be greater than 45. Men test at 35yo, women at 45yo; at 20yo if high risk for heart disease. ([www.ahrq.gov/clinic/pocketgd07/gcp2a.htm#Lipid](http://www.ahrq.gov/clinic/pocketgd07/gcp2a.htm#Lipid))
- **Colon Cancer--Male & Female:** Begin checking at 50y/o. Before if you have close family members with polyps and/or colon cancer. Experts are divided on the best way to screen—we'll discuss this. ([www.ahrq.gov/clinic/pocketgd07/gcp2.htm#Colorectal](http://www.ahrq.gov/clinic/pocketgd07/gcp2.htm#Colorectal)) Vitamin D 1000mg daily reduces colon cancer by 50%.
- **Breast Cancer**
  - ✓ **Self breast exams** is not proven useful. ([www.ahrq.gov/clinic/pocketgd07/gcp2.htm#BreastScreening](http://www.ahrq.gov/clinic/pocketgd07/gcp2.htm#BreastScreening))
  - ✓ **Mammograms** benefit women 50-70yo. Their value between 40-50 years is strongly questioned. ([www.aafp.org/afp/20070601/editorials.html](http://www.aafp.org/afp/20070601/editorials.html)). They reduce breast cancer deaths 0.1%. If 2,000 women have yearly mammogram for 10 years, one woman will have her life prolonged, 10 healthy women will be treated unnecessarily for breast cancer, about 200 women will undergo psychological distress and additional testing due to falsely positive mammograms. ([www.aafp.org/afp/20070901/cochrane.html#c1](http://www.aafp.org/afp/20070901/cochrane.html#c1))
- **Uterine Cancer:** begin exams when sexually active, then 1-3 years depending upon sexual practices. Can end at 65yo. ([www.ahrq.gov/clinic/pocketgd07/gcp2.htm#Cervical](http://www.ahrq.gov/clinic/pocketgd07/gcp2.htm#Cervical)).
- **Prostate Cancer Checks--Controversial:** (JFamPrac, July 2005; AnnIntMed 01/09/06)
  - ✓ **No:** The US Preventive Services Task Force 2002 & National Cancer Institute state “Evidence is insufficient to recommend for or against routine screening for prostate cancer using prostate-specific antigen testing or digital rectal examination.”
  - ✓ **Yes:** American Urological Association & American Cancer Society advise starting at 50y/o--45y/o if Afro-American and/or have a brother, father, uncle or grandfather with prostate cancer.
- **Multivitamins, Minerals:** Generic “Centrum” is a good guide. Buy ‘silver’ if over55yo.
- **3-4 fruits and 5-6 vegetables daily** prevent heart disease, stroke, and many cancers.
- **Aspirin:** MEN: Beginning at 50yo, one 61mg to reduce chances of non-fatal heart attack by 25%. WOMEN: Begin at 65yo to prevent stroke. (JAMA 5/9/07, p 2018)
- **Females & Calcium:** The daily requirement is 1200mg. Since the average diet has 600mg, add 600mg with calcium citrate, the best form--three tablets provide 600mg of calcium.

- **Osteoporosis**: Women begin bone calcium testing at 65yo. Before if menopausal, smoker, weight less than 127#, a parent or sibling with fracture after 45yo, not using hormone replacement, surgical or natural menopause before age 40 or significant chronic illness. ([www.ahrq.gov/clinic/pocketgd07/gcp2e.htm#Osteoporosis](http://www.ahrq.gov/clinic/pocketgd07/gcp2e.htm#Osteoporosis))
- **Males & Calcium**: 1000mg of calcium daily.
- **Tobacco** in any form is harmful.
- **Caffeine**: two per day is a sensible limit.
- **Alcohol**: Men 14 per wk, 4 per occasion and women 7 per wk, 3 per occasion are the safe limits.
- **Muscle Loss**: We lose 3-5% of our muscle every 10 years. “Getting old” can be the loss of strength and stamina from inactivity. Perform ‘resistance’ exercise.
- **Sun protection** prevents skin cancer. We should check any growing or changing spot.
- **Hearing loss**: Protect your ears from loud noises.
- **Seat belts & Helmets**: Wear them.
- **West Nile**: Use DEET containing repellent during mosquito season.
- **Herbs and supplements** are chemicals affecting the body chemistry, not different than a prescription. They are manufactured and sold without proof of safety, effectiveness, or quality. Like any chemical or medication, they can harm. Used wisely, they are friends.
- **Immunizations**:
  - ✓ **Tetanus-Diphtheria-Whooping Cough** every 10yrs. Whooping cough (pertussis) booster for adults began in 2005. This is especially important for adults around children. ([www.immunize.org/vis/tdap.pdf](http://www.immunize.org/vis/tdap.pdf))
  - ✓ **Pneumovax** at age 65 to prevent pneumococcal pneumonia. Before age 65 if you have a chronic illness. ([www.immunize.org/vis/pneum3.pdf](http://www.immunize.org/vis/pneum3.pdf))
  - ✓ **Influenza** shot each fall unless you are allergic to eggs. ([www.immunize.org/vis/2flu.pdf](http://www.immunize.org/vis/2flu.pdf))
  - ✓ **Hepatitis B** is recommended for health care workers, anyone with potential exposure to blood, intravenous drug users, people with multiple sexual partners, and household contacts or sexual partners of hepatitis B carriers. Available at Tri-County Health Dept 303-363-3042. ([www.immunize.org/vis/hepb01.pdf](http://www.immunize.org/vis/hepb01.pdf))
  - ✓ **Zostavax** reduces ‘shingles’ by half and is advised at 60yo. Information to make your decision: 3% of patients report ‘clinically relevant pain’ at 3 months and 2% at 6 months. Ref: Pain, 2007;128:148-156. ([www.immunize.org/vis/shingles.pdf](http://www.immunize.org/vis/shingles.pdf))

## Earl J. Carstensen, MD

2281 So. Peoria Aurora, CO 80014  
 Tel 303-696-9300 Fax 303-696-9281  
 E-mail: [hpractices@qwestoffice.net](mailto:hpractices@qwestoffice.net) DrCarstensen.com