

How To Stay Healthy In Retirement



Nicole A. Garcia, M.D.

Key Steps To Maintain Health

- Healthy Weight and Diet
- Exercise
- Sleep
- Stress Reduction
- Supplements

Maintain A Healthy Weight

- A healthy weight means having a BMI (body mass index) between 18.5-24.9
- A BMI of 25-29.9 is overweight
- A BMI of > 30 is obese
- About two thirds of Americans are overweight, and half of those people are obese

BMI	Healthy					Overweight					Obese					
	19	20	21	22	23	24	25	26	27	28	29	30	35	40	45	50
Height	Weight in Pounds															
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	167	191	215	239
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	172	196	220	244
5'0"	97	102	107	112	118	123	128	133	138	143	148	153	177	201	225	249
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	182	206	230	254
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	188	212	236	260
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	193	217	241	265
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	200	224	248	272
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	204	228	252	276
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	210	234	258	282
5'7"	121	127	134	140	146	153	159	166	172	178	185	192	216	240	264	288
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	221	245	269	293
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	227	251	275	299
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	233	257	281	305
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	239	263	287	311
6'0"	140	147	154	162	169	177	184	191	199	206	213	221	245	269	293	317
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	251	275	300	324
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	257	281	305	329
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	264	288	312	336
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	270	294	318	342

Obesity is associated with

- Heart Disease
- Diabetes
- Arthritis
- Cancer
- Sleep apnea
- Hypertension
- Depression
- Fatigue
- High Cholesterol
- Hormonal Imbalance
- Metabolic Syndrome
- Strokes

Medication: A Double Edged Sword

- Medications are now among the leading causes of death in the nation. The number of serious adverse drug events more than doubled from 1998-2005, and the number of adverse events resulting in death tripled.
- Just a 10% reduction in your weight lowers your risk of diseases by 50%.

Metabolic Syndrome Risk Factors

- Waist > 35" for women, > 40" for men
- Triglycerides > 150
- HDL < 50 for women, < 40 for men
- Blood pressure > 130/85
- Fasting blood sugar > 100
- You need to have three out of 5 of these risk factors to have metabolic syndrome

Eat A Healthy Diet



- Use a 9 inch plate
- Eat every 2-3 hours
- Healthy vegetables and fruit (50%)
- Healthy protein (meat, chicken, fish, dairy, nuts) 25%
- Healthy starch (rice, potato, pasta) 25%

- Minimize high glycemic foods if you are diabetic, prediabetic, or overweight
- Choose healthy fats such as olive oil, canola oil, flaxseed products, avocados, and nuts
- Get plenty of fiber from fruits, vegetables, and whole grains to help lower cholesterol, blood sugar, and also help keep your gastrointestinal tract clean.
- Drink at least 64 oz of water a day to help remove toxins, minimize fatigue, prevent headaches, control hunger, and prevent unclear thinking.

Exercise



Exercise Benefits

- Prevents heart disease
- Prevents diabetes
- Prevents stroke
- Prevents depression
- Prevents osteoporosis
- Boosts overall mood
- Lowers high blood pressure
- Reduces stress
- Strengthens muscles, bones, and joints
- Improves metabolism and increases energy
- Strengthens your immune system
- Decreases CRP levels



- After age 20, we begin losing muscle (about a pound a year) and it is replaced by fat
- As we lose muscle over the years our energy expenditure decreases and we are able to burn less calories
- Adding a pound of muscle can increase your BMR by 50-70 calories

Activity Thermogenesis

- NEAT is non-exercise activity thermogenesis, such as slow walking, standing, and taking the stairs
- EAT is exercise activity thermogenesis, which is a specific workout such as jogging, biking, swimming, etc.
- NEAT makes up the majority of your calorie expenditure

- Just 30 minutes of walking a day at a moderate pace is all you need to keep your heart, lungs, brain, and blood vessels healthy so they can support your entire body indefinitely.
- You should also include a 30 minute weight resistance session twice per week to maintain lean muscle mass.
- Sedentary people were twice as likely to get Alzheimer's as those who exercised three times per week.

Sleep



- Needed for restoring organ function, stabilizing chemical imbalance, restoring areas of the brain that control mood and behavior, and improving performance
- It is the time of repair for your body, with growth hormone increasing the most in the middle of the night.
- Optimal sleep length is at least 7 hours
- Melatonin levels have dropped 80% by the time we reach 60 years of age.

Disorders Affecting Sleep

- Obesity
- Chronic pain
- Allergies
- Snoring
- Restless legs
- Heartburn
- Depression
- Anxiety
- Hormone imbalances (hot flashes)
- Frequent urination

Good Sleep Habits

- Decrease stimulation: No TV or internet 30 minutes before sleep
- Eliminate cell phone use: The radiation from your phone may actually stimulate your brain and interrupt sleep
- Minimize fluid intake 2 hours before bedtime
- Avoid exercise within 3 hours of bedtime
- Avoid alcohol
- Prepare for the next day by making a "To Do" list in the evening

Stress

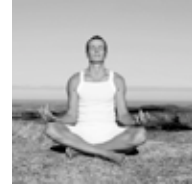


Stress

- This common problem causes many health issues, including weight gain, fatigue, insomnia, and inflammation.
- Chronic stress causes your adrenal glands to secrete cortisol. Over time the adrenals decompensate and the patient experiences chronic fatigue with low cortisol output.
- Stress also causes imbalance of the neurotransmitters in the brain, which leads to anxiety, poor work performance, and depression.

Ways To Combat Stress

- Exercise
- De-stress your job
- Yoga
- Massage
- Deep breathing
- Prayer
- Do what you love, and love what you do!



Supplements

- Multiple Vitamin-many common problems of aging people are attributable to a lack of specific nutrients in the diet
- Fish Oil (omega-3 fatty acids)-the active ingredients of EPA/DHA are very beneficial for lowering risk of heart disease (2-4gm/day)
- Vitamin D-85% of people have less than optimal blood levels (50-80 ng/ml), many people need 5000 units a day

Additional Supplements

- Bone Rebuilding Formula-bone density loss is not just associated with calcium, but also with magnesium, vitamin D3, zinc, manganese, boron, and many others.
- Coenzyme Q 10-all patients on statin drugs (lipitor, simvastatin, etc.) should take at least 100 mg in order to have adequate mitochondrial and antioxidant function.

DHEA

- DHEA-the body's most abundant hormone. It peaks at age 25 and drops every year. By age 70, DHEA levels have declined over 80%, leading to hormonal imbalances.
- Studies have shown that that DHEA may retard the effects of aging and promote longevity.



Ways To Reduce Inflammation

- Maintain a healthy weight
- Eat good fats (omega 3, olive oil)
- Avoid bad fats (trans fats, saturated fats, animal fats, excess omega 6)
- Eat more fiber
- Avoid overcooked and charred foods
- Avoid sugar and high fructose corn syrup
- Avoid processed foods
- Incorporate antioxidant-rich supplements and foods such as red wine, dark chocolate, and green tea

Thank You!

**Questions? Please email me at
nicolegarciamd@gmail.com**