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**EVIDENCE-BASED STEPS FOR A HEALTHY, HAPPY, ANTI-CANCER,
ANTI-ALZHEIMER'S, CARDIAC-WISE LONG LIFE**

MINIMUM EXERCISE: 30 minutes/day, 4 days/week, must increase exertion until you perspire and are slightly out of breath. Core exercises and weight lifting are best! Desire increased heart rate to 1.5x resting or it ain't exercise. Stretch before and after.

BEST DIET: DIVERSE, HIGH FIBER: 9 servings of vegetables and fruits *daily*. Get recipe books so that you make it exciting, interesting and fun. Total calories *are* important. Fats go right to your arteries. Eat <2 ounces of fats/day. Use canola or other vegetable oil for cooking. Eat low-fat dairy or non-dairy products. Meat, dairy are not essential. Need 2oz protein daily as beans, nuts,

VITAMINS: Vit. D3: 5,000 mcg/day. Calcium: 750-1,000 mg/day. Baby Aspirin: 81mg can reduce stroke and colon and ovary cancer, can get enteric coated so no GI upset. Multivitamin has no proven benefit. Vegans supplement with B12: 2.4mcg/day. Fish oil supplements may benefit.

KEEP YOUR BODY MASS INDEX UNDER 25kg/m² to live 12 years longer: (BMI=Your weight in pounds x 703/your height in inches squared. Google BMI.) Most successful way to get there: Weight Watchers weekly meetings for 2 years are more effective than any other plan. Overeaters Anonymous, Take Off Pounds Sensibly (TOPS) also. Plan not to diet but to *change your life*. If you only do one full hour of exercise 5x/week, you will lose ½ pound/week. If you also reduce your oral intake (booze, sugar, bread) by 300 calories daily, you will lose a full pound weekly, and significantly improve your cholesterol, reduce risk of breast and colon cancer, avoid osteoporosis, improve blood pressure, reduce heart attack and stroke risk, reduce depression, prevent Alzheimer's and feel like a million. Participation in sports promotes balance, joy and longevity!

GET SCREENED: The tests that should be done on all healthy women over 35:

Pap smear: every 1-5 years, depending on risk. Cervix cancer rates don't reduce with age.

Mammogram: every year after 50. Breast cancer rates increase with age.

Colonoscopy: every 3-10 years (depends on risk) after 50. Colon cancer can be prevented.

Blood pressure, blood sugar, cholesterol: Optimize naturally, or take a medication.

Bone Density: after off any estrogen, every 2-4 years.

Dental exam and cleaning: every 6 months.

PSYCHOLOGIC HEALTH: Therapy, Meditation, Personal Growth, and Reading Groups. Yoga. Find out how you can be a better person! Schedule exercise and self-improvement in your calendar.

1) **Get out in nature.** Head in the sky, feet on the ground reduces stress, increases creativity, memory.

2) **Exercise** makes you smarter, happier, improves sleep and libido, feel better about your body. Improves energy, weight control, heart health, endurance, strength, longevity, reduces depression, prevents osteoporosis, better sex, prevents falls, delays bedridden state. To make a

muscle fit, we work it slightly harder than usual use for a sustained period of time on a regular basis. Because the most important muscle in your body is the heart muscle, which is always pumping, you must exert your heart muscle by raising the heart rate for thirty minutes four times weekly, over its normal workload. This is exercise! This does not mean gardening or walking, Tai Chi or Yoga, which are great activities, and good for the soul, but they have little or no impact *on the heartbeat*. It means we have to do something a little vigorously to get our heart rate up, such as walking vigorously for 15 minutes away from our home and then 15 minutes back to your home. Or you could stand still and lift weights, or ride a bicycle, or do push-ups and sit-ups on the floor, or sit in a chair and lift weights...anything that is slightly exertive, and done consistently for 30 minutes, regularly for 4 times weekly. *No matter what your ability*, you can always creatively exercise your heart muscle. As long as you are alive, you want to exercise!

3) Spend time with friends and family. Friends are key to improving your life. Share good news and enthusiastically respond when others share good news with you to improve your relationships. Want to instantly be happier? Do something kind for them.

4) Express gratitude. It will make you way happier, will improve your relationships, can make you a better person, and can make life better for everyone around you.

5) Meditate. Meditation can increase happiness, meaning in life, social support and attention span while reducing anger, anxiety, depression and fatigue.

6) Get enough sleep. 7-8 hours/night. CPAP if sleep apnea. If insomnia, try Melatonin 3-6mg tablets. Being tired actually makes it harder to be happy. "Sleeping on it" does improve decision making. Lack of sleep can make you more likely to behave unethically. Naps increase alertness and performance on the job, enhance learning ability and purge negative emotions while enhancing positive ones.

7) Challenge yourself in life. Lessons at every age increase intelligence, prevent Alzheimer's. Challenging your beliefs strengthens your mind. Increasing willpower is more responsible for your success than your IQ. Take courses at the local community college all your life.

8) Laugh. Use humor to cope with stress, for a better immune system, reduced risk of heart attack and stroke, and to live longer. Laughter should be like a daily vitamin. Just reminiscing about funny moments can improve your relationship.

9) Touch someone. Can reduce stress, improve team performance, and help you be persuasive. Hugs make you happier. Sex is even better.

10) Be optimistic. The US Army teaches that optimism can make you healthier and happier, extend your life, increase mental toughness. Being overconfident improves performance.

USEFUL BOOKS:

How Women Can Finally Stop Smoking. Klesges & DeBon, Hunter House, 1994.

Eat more, Weigh less. Dean Ornish, Harper-Collins, 1993.

The Zone. Barry Sears

For Yourself (for women's orgasms). Lonnie Barbach, New American Library, 1976. (for women to improve their sex life)

How to satisfy a woman every time. Naura Hayden (for men – to have better sex with women)