Miracle of Living Spring 2018

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Who Am I?

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• Disclosures: None
Some Sobering Numbers

- Number of deaths for leading causes of death*¹
- Heart disease: 633,842
  - Cancer: 595,930
  - Chronic lower respiratory diseases: 155,041
  - Accidents (unintentional injuries): 146,571
  - Stroke (cerebrovascular diseases): 140,323
  - Alzheimer’s disease: 110,561
  - Diabetes: 79,535
  - Influenza and pneumonia: 57,062
  - Kidney Disease-Nephritis, nephrotic syndrome, and nephrosis: 49,959
  - Intentional self-harm (suicide): 44,193
The Facts

• The rate of doctor visits for such reasons as annual examinations and preventive services was 100 percent higher for women than for men*²

• Even excluding pregnancy-related visits, women were 33 percent more likely than men to visit a doctor*²
The Case For Primary Care

• Your Quarterback
• Appropriate Screenings as part of preventative health and health maintenance
• Familiarity and Rapport
• VALUE
So, you aren’t 30 any more

• As we progress through our lives our needs differ when we get to our PCP for the annual Physical Exam
• Purpose of a Physical: Review, Manage, Screen
• A great time to talk with your PCP about any new concerns you may have
Focus On Men’s Health

- Cardiovascular health
- Appropriate Screenings
- Mood
- ED
Heart Health

• Leading cause of Death for decades
• Blood Pressure screenings, and If already diagnosed with Hypertension management is critical
• Diet management—DASH Or Mediterranean
• Exercise—150min a week of Moderate intensity exercise or 75 mins weekly of Vigorous
• Cholesterol screening and management
# DASH Vs Mediterranean

## How Two Healthy Diets Compare

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Daily Servings</th>
<th>Recommendation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole grains</td>
<td>7 to 8</td>
<td>Base every meal on these foods</td>
</tr>
<tr>
<td>Vegetables</td>
<td>4 to 5</td>
<td></td>
</tr>
<tr>
<td>Fruits</td>
<td>4 to 5</td>
<td></td>
</tr>
<tr>
<td>Dairy, low-fat or nonfat</td>
<td>2 to 3</td>
<td></td>
</tr>
<tr>
<td>Lean meats, poultry, fish</td>
<td>2 or fewer</td>
<td></td>
</tr>
<tr>
<td>Nuts, seeds, dry beans</td>
<td>4 to 5 per week</td>
<td></td>
</tr>
<tr>
<td>Fats and oils</td>
<td>2 to 3</td>
<td></td>
</tr>
<tr>
<td>Sweets</td>
<td>5 per week</td>
<td></td>
</tr>
<tr>
<td>Fish, seafood</td>
<td></td>
<td>Eat at least twice a week</td>
</tr>
<tr>
<td>Poultry, eggs, yogurt, cheese</td>
<td></td>
<td>Eat moderate portions daily to weekly</td>
</tr>
<tr>
<td>Meats and sweets</td>
<td></td>
<td>Eat less often than other foods</td>
</tr>
<tr>
<td>Wine</td>
<td></td>
<td>Drink in moderation</td>
</tr>
</tbody>
</table>
Chest Pain

• Exertional chest pain
• Improves with rest
• It’s OK to talk about it!
• Heart Disease is the #1 leading cause of death in the US
Preventative Screenings

• Colon Cancer Screening starting at age 50
• Baby boomers– Hepatitis C screening
• Diabetes Screening Annually
• Cholesterol Screening as part of preventative health screening annually
• Depression/Anxiety
• Lung Cancer Screening (Relatively New)
• Prostate Cancer Screening –Some Controversy
A Brief Word

- Prostate Specific Antigen (PSA) screening test
- United States Preventative Service Task Force (USPSTF) Recommends Against PSA screening in ANY age group
- American Urologic Association Recommends starting at Age 40 for asymptomatic Men if life expectancy is estimated to be 10 years or more
- American College of Preventative Medicine Recommends individualized decision at age 50 after discussing benefits and harms
- American Academy of Family Physicians—Shares the same recommendation statement as the USPSTF
Mood

• Almost 9% of all men in the US had daily feelings of Anxiety or Depression in a 2010-2013 Survey
• Nearly 50% of those men were not taking medication or seeing a mental health provider
• Men Aged 18-44 were SIGNIFICANTLY less likely than men 45 and over to have daily feelings of Anxiety or Depression
• In the 18-44 Age group, Non-hispanic Black and Hispanic men were 30% less likely to suffer from Anxiety/Depressive Symptoms*6
Mood

• In both 1999 and 2014, suicide rates were highest among men aged 75 and over.*7

• Men aged 45–64 had the second-highest suicide rate for males in 2014 and the largest percent increase (43%) in rates, increasing from 20.8 in 1999 to 29.7 in 2014.*7

• Your PCP is an excellent resource to not only help screen for mental health disorders and begin treatment but also to plug you into the appropriate care
Dementia

• Very difficult and emotional topic
• Rapport with PCP comes into play tremendously when starting to have this difficult conversation
• By 2060 the number of adults 65 and over in the US expected to reach 98 million---that’s 1:4 of all people living in the country *8
• Alzheimer's type dementia currently the 6th leading cause of deaths among ALL adult Americans, and 5th leading cause for individuals 65 and over *8
Dementia

• Your PCP is in a unique position to be able to screen and facilitate care
• Please do not hesitate to discuss!
• Can be subtle—misplacing things, difficulty with names that you should know, managing personal finances, etc.
And Finally....Erectile Dysfunction
ED

• Difficulty with consistently being able to obtain and or sustain an erection sufficient to engage in sexual intercourse

• VERY COMMON

• Many Risk Factors—Sleep Apnea, Mood, Testosterone Deficiency, Diabetes, Stroke, Previous Prostate Surgery, Heart Disease, Smoking, Obesity, Alcohol*9

• Medications—Blood pressure medications, stomach acid medications, anti-depressants*9
ED

- Please discuss your particular history in depth with your PCP so the right work up can be pursued and treatment initiated if indicated.
- Recent epidemiologic studies suggest that approximately 10% of men aged 40-70 have severe or complete erectile dysfunction—defined as inability to perform sexual intercourse at all\(^{10}\).
- 25% of men in this age category have moderate or intermittent erectile difficulties \(^{10}\).
Primary Care visits are CRITICAL for health maintenance, management of chronic conditions, as well as screening.

Value

It’s MORE THAN OK to talk about issues that may cause personal anxiety or embarrassment.

Find a PCP with whom you can establish a rapport with.
THANK YOU!

QUESTIONS?
COMMENTS?
CONCERNS?
Sources

1. CDC 2016 Health, United States 2016
2. CDC report: **Utilization of Ambulatory Medical Care by Women: United States, 1997-98**
5. [https://www.health.harvard.edu/diet-and-weight-loss/dash-or-mediterranean-which-diet-is-better-for-you](https://www.health.harvard.edu/diet-and-weight-loss/dash-or-mediterranean-which-diet-is-better-for-you)
6. National Health Interview Survey CDC 2010-2013
9. UptoDate