

HEALTHY LIFESTYLES FOR HEALTHY AGING

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Healthy Behaviors Reduce Mortality Risk *UK study gives encouraging news*

It's a known fact that individual lifestyle choices greatly impact a person's health. But what about the health of populations—is there a combined impact of not smoking, exercising, lowering alcohol intake and eating at least five servings of fruits/vegetables daily? A recent study reveals the answer.

Leading the study was Kay-Tee Khaw from the Department of Public Health and Primary Care, Institute of Public Health, University of Cambridge School of Clinical Medicine, Cambridge, United Kingdom.

Her *Combined Impact of Health Behaviours and Mortality in Men and Women: The EPIC-Norfolk Prospective Population Study*—which forms part of a ten-country collaborative study called the *European Prospective Investigation into Cancer and Nutrition (EPIC)*—examined the relationship between “lifestyle and the risk of dying using a health behavior score based on four simply defined behaviors.”

Investigators of Khaw's study monitored 20, 244 men and women (ages 45-79) in Norfolk, UK, between 1993 and 1997. The Norfolk cohort reflected a wide socioeconomic, urban-rural distribution. After an average 11-year follow-up, adjustments were made for age, sex, body mass and social class for all cause mortality.

None of the study subjects had cancer or cardiovascular disease and all completed a detailed health/lifestyle questionnaire and had a health examination, including a measurement of their blood vitamin C level.

Scoring health behaviors ranged from 0 to 4, with each subject receiving a point for . . .

- **being a nonsmoker**
- **being physically active**—inactive meant a sedentary job with no recreational exercise
- **consuming moderate alcohol intake**—allowing for 1-14 units weekly. A unit was 8 g, equating to a glass of wine, half-pint of beer/lager or shot of spirit
- **having a blood vitamin C level consistent with at least five servings of fruits/vegetables daily**—the body doesn't produce vitamin C and relies on exogenous sources, therefore, using plasma vitamin C proves a good biomarker for plant food intake; previous studies have shown that “a blood value of 50 mmol/l or more” indicates an intake of at least the five servings mentioned earlier

Findings. The study concluded that combining these four health behaviors predicts a four-fold difference in total mortality in men and women, equating to 14 years in chronological age.

- Individuals with a “0” score had a 4 times higher mortality risk than those scoring “4”
- Individuals with a “2” score had twice the mortality risk than those scoring “4”
- Increased positive health behaviors show strong trend of decreased mortality risk—especially from cardiovascular disease

Achievable goals. As the study states, the major challenge in aging populations isn't merely premature mortality, but quality of life. The encouraging news is that even “small differences in lifestyle make a big difference in a population's health.” As a result, the researchers said this information puts public-health officials in a better position to “encourage behavior changes likely to improve the health of middle-aged and older people.”

According to the CDC, the “tragedy of these leading killers—heart disease, cancer and stroke—is that they are often preventable . . . three behaviors—smoking, poor diet and physical inactivity—were root causes of almost 35% of U.S. deaths in 2000.” It's these lifestyle behaviors that “often underlie the development of the nation's leading chronic disease killers: heart disease, cancer, stroke and diabetes.”



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The Cenegenics lifestyle. The solution to reducing your mortality risk isn't about focusing on one aspect of health. Grounded in solid science and research, our well-established protocols combine four synergistic components of age management medicine for a longer health span and improved quality of life.

At Cenegenics, we use the science behind age management medicine to identify and meet criteria, which places you at the lowest possible risk category for disease.

Your Cenegenics medical team—certified age-management physician, nutritionist and exercise physiologist—guide you on a health journey, beginning with an intensive evaluation process, far beyond your annual checkups. A comprehensive, preliminary blood panel and lifestyle questionnaire coupled with a seven-hour evaluation day of diagnostics and a consultation with your Cenegenics medical team deliver a complete picture of your health strengths and weakest links.

From there, the team works with you to design a full-faceted program tailored to your individual needs as well as short- and long-term health goals: low-glycemic nutrition, appropriate exercise, nutraceuticals and hormone optimization (if clinically indicated).

Like our 15,000 patients worldwide, you'll experience a new definition of aging—filled with youthful energy (physical and sexual), improved libido, lean muscle mass, reduced body fat, sharper thinking, improved cholesterol scores, stronger immune system, an ability to manage stress, enhanced sense of well-being and a more vibrant, higher-quality life.

Simple steps may reap significant benefits:

- **Get moving**—even moderate aerobic exercise can increase health span and substantially decrease mortality risk, per a study of Harvard grads. Plus aerobics help lower blood sugar levels, reduce stress, increase muscle endurance and improve sleep quality. Try brisk walking, jogging, running, swimming, roller skating, dancing, biking and fitness center activities using elliptical machines, exercise cycles, treadmills, stair-steppers, etc.
- **Add more plant-based foods to your diet**—and think color: deep reds, vibrant greens, rich yellows and oranges found in fruits and vegetables are packed with disease-fighting, body-strengthening antioxidants.
- **Supplement with quality nutraceuticals**—every study of the American diet reveals a sub-optimal intake of many micronutrients. Experts link vitamin deficiency to health complications, including cancer and obesity. Supplements don't make up for a poor diet and vice versa. Yet, our nutrient-depleted soil—compounded by toxins in our food supply, refined sugar, processed fast foods and trans fats—indicates even the healthiest diet needs nutraceutical supplementation (vitamins, minerals, essential fatty acids and antioxidants).
- **Stop smoking and tobacco use**—more deaths are caused each year by tobacco use than by all deaths from human immunodeficiency virus (HIV), illegal drug use, alcohol use, motor vehicle injuries, suicides, and murders combined, per the CDC. For women, smoking is the leading, preventable cause of death, per a 2001 Surgeon General report.
- **Get regular health screenings**—especially PSAs/digital rectal exam (men), mammograms/pap smears (women), colonoscopies, bone density (men and women), eye exams, cardiac testing, hormone levels.



Learn more about how you can make healthy behavior changes and reduce your mortality risks.

Call Cenegenics, the global leader in age management medicine: 866.953.1510.

Discussions are always confidential and without obligation.