FIT 4 YOU

A discussion of screening and risk reduction for women throughout life.

Carrie Holmes, MD NCMP

- Women’s Health Physician - Mercy Comfort Health Center for Women
- Family Medicine Board Certified
- North American Menopause Society member
- NAMS Certified Menopause Practitioner
- International Society for the Study of Women’s Sexual Health member
FIT 4 YOU
Health Maintenance Visit

- Heart and Stroke Risk Assessment
- Cancer screening
- Bone Health Evaluation
- Individualized Preventive Advice and Referrals

Heart and Stroke Risk

- Heart disease is the leading cause of death for women in the US.
- 90% of women have at least one risk factor
- Almost two-thirds (64%) of women who die suddenly of coronary heart disease have no previous symptoms.
- An estimated 20 percent to 30 percent of companies’ annual healthcare costs are spent on employees with 10 modifiable risk factors, seven of which make up Life’s Simple 7.
Judy, age 61

- Height 5'4" - weight 169 - BMI 29
- Blood pressure 134/86
- Former smoker (quit 10 years ago)
  - Smoked 1 ppd for 30 years
- Cholesterol
  - Total 220
  - HDL (good) 40
  - LDL (bad) 140
- Blood sugar 105
- No medications
- Exercise - walks dog 3-4 days per week - 1 mile
- Diet - “typical”
- Alcohol 1-2 glasses of wine most nights

Judy’s risk - 5.2%

5/100 women like Judy will have a stroke or heart attack in the next 10 years

Life’s Simple 7 - the seven most important predictors of heart health also a pathway for achieving ideal cardiovascular health

Can’t change

- Age
- Sex
- Ethnicity

Modifiable

- Smoking status
- Blood pressure
- Activity
- Diet
- Alcohol use
- Cholesterol
- Blood sugar
- Stress
- Sleep
- Weight
Improve your diet
Focus on addition (bonus 😊) rather than subtraction (deprived 😞)

- **Eat Better** - Mediterranean diet
  - Primarily plant based diet with increased vegetables, fruits, whole grains, legumes, nuts
  - Limiting red meat to 2 times per month
  - Eating fish or poultry at least 2 times per week
  - Reducing sodium - no more than 2,400mg per day OR reducing intake by 1,000mg per day

- **Get Active**
  - 150 or 75 minutes of moderate or vigorous activity spread over one week
  - Moderate to high intensity strength training 2 days per week
  - Less time sitting
  - Increase amount gradually
  - More benefit at 300 minutes of activity per week

Judy - light activity 60-80 minutes/week
Judy - BMI = 29

- **Lose weight**
  - BMI values less than 18.5 - *underweight*
  - BMI values from 18.5 to 24.9 - *healthy*
  - BMI values from 25.0 to < 30.0 - *overweight*
  - BMI values 30.0 or greater - *obesity*
  - BMI of 40 or greater - *extreme obesity*
  - BMI 25 or higher - increased risk of type 2 diabetes, hypertension, and cardiovascular disease

"If it were *easy* to lose weight, we would all be the size we want to be.”

Carrie Holmes, MD

- Accurate calorie assessment with frequent reevaluation
- Adequate physical activity - should increase with weight loss
- Focus on long-term GOAL that is NOT “I want to lose weight”
- Sleep that is adequate in quality and quantity
- Stress reduction - identify - practice mindfulness
- Eating to distinguish between satiety (fullness) and hunger - 3 full meals daily with one snack
- Remembering there are rules and exceptions
If what you are doing is not working.....

- Check your sleep - improves satiety and reduces cravings
- Evaluate your stress level - increased stress leads to brain hormone production that increases appetite
- Increase exercise - build lean body mass to increase metabolism
- Re-evaluate your diet - consider an appointment with a dietitian

✧ Most people overestimate their activity and underestimate calories. It is human nature, but can lead to failure.

Hypertension “The Silent Killer”
Judy - 134/86
Manage Blood Pressure

- Address numbers 1-4 - Stop Smoking, Eat Better, Get Active, Lose Weight
- Don’t explain away the numbers
  - “I was rushing around today.” - get more exercise
  - “I’m under a lot of stress.” - reduce it
  - “I just smoked a cigarette.” - stop
  - “It’s just high because I’m in the office.” - start checking at home
  - “I didn’t sleep well last night.” - address sleep problems especially sleep apnea
  - “I had a few glasses of wine last night” - limit alcohol
  - “It’s in my family.” - genetics matter
  - “That’s good for me.” - numbers are numbers
  - “I feel fine.” - high blood pressure is usually without symptoms
- There is no failure in taking medication. Don’t accept risk without treatment.

Judy - improve HDL to >50 (45) and lower LDL to <100 (144)

- Focus on 1, 2, 3 and 4 first!
- Lower LDL, total and TGs
- Increase HDL
- Know your 10 year risk
  - <5% low
  - 5-7.5% borderline
  - 7.5-19.9% intermediate
  - ≥20% high
- Treatment for all high risk and intermediate risk patients with other health problems
Get tested when overweight and/or:
- ≥45 years old
- High blood pressure
- High cholesterol
- High risk ethnicity
- Gestational diabetes history

Fasting blood glucose (sugar)
- Normal <100
- Impaired (pre) 100 - 125
- Diabetes >125

Work on all the other 6
- Treat when needed
- Prevent complications

Judy’s risk - 5.2%
5/100 similar women will have a cardiovascular event in the next 10 years

The good news... by improving her blood pressure, cholesterol and blood sugar, her risk is reduced by 40%.
Cancer Screening

Cancer Statistics
(not including skin cancer)

Most common:
1. Breast
2. Lung
3. Colon
4. Uterine
5. Thyroid

Most deadly:
1. Lung
2. Breast
3. Colon
4. Pancreatic
5. Ovarian
Carrie, age 50

- Last physical - hmmm??
- 3 pregnancies
- Last mammogram - age 40
  - Gail Risk 1.0% - 5 year and 9.1% lifetime
- Last pap smear - 5 years ago?
  - No previously abnormal
- 30 pack/year - quit 5 years ago
- Colon cancer - hasn’t been screened
  - Hasn’t been screened
  - No family history
- No unusual symptoms
  - Weight loss
  - Persistent pain
  - Changes in skin, bowels, bladder

Cancer screening

- Cervical cancer - pap smear
  - Every 3 years - age 21-29
  - Every 5 years with HPV testing - age 30-64
  - No screening after age 65 for low risk women
- Lung cancer - annual low dose CT scan recommended based on
  - Age - 55-80
  - Smoking history - at least 30 pack year history and either still smoking or quit less than 15 years ago
  - Willingness/ability to be treated
Cancer Screening

- Colon cancer - age 50 if no family history
  - American Cancer Society - change age to 45?
  - Multiple methods - stool DNA, colonoscopy, CT colonography
  - Preferred screening - colonoscopy every 10 years if normal and testing stool for blood years 6 through 9.

- Breast cancer - per American Cancer Society (competing guidelines exist)
  - Under age 40 - based on family history, genetics, other factors
  - After age 40 - discuss with healthcare provider
  - Average risk women age 45-54 - annual 3D digital mammogram
  - Women age 55 and older without increased risk - mammogram every 1-2 years
  - Women over 75 - screening mammogram based on individual longevity and risk

Bone Health/Density

- Influenced by hormones - puberty ↑ menopause ↓
- Muscle and bone mass peak in mid 20s
- Rapid bone loss at menopause (1/3 of trabecular bone in 5 years)
- Affects axial skeleton first - spine, hip and jaw
- Appendicular - forearm, ankle
- Osteoporosis
  - 25% of women > 65 y/o
  - 35% of women > 80 y/o
Miriam, age 75

- Height 5’2” - weight 100 lbs.
- Sedentary lifestyle
- Tripped and broke wrist 1 year ago
- Feels unsteady
- Poor vision due to macular degeneration
- Mother - broken hip age 80
- Smoked for 30 years
- Needs “cortisone” pills often due to her breathing
- Has several “high balls” per night

Osteoporosis Risk Factors

- Alcohol Use
- Corticosteroid Use
- Calcium Low
- Estrogen Low
- Smoking
- Sedentary Lifestyle

“Access” (leads to) Osteoporosis
Reduce both fall and fracture risk

- **Resistance exercises/weight lifting along with aerobic activity**
- **Reduce fall risk**
  - Maintain flexibility, strength and balance
  - Home safety
  - Routine vision examinations
- **Reduce fracture risk**
  - Weight bearing exercise
  - Adequate calcium and vitamin D
  - Modify risk factors
- **Prevent/treat bone loss with prescription medication**
- **Routine dental examinations and attention to oral hygiene**

**What? You can't prevent bone loss by burying them deeper?**
Mackenzie, age 21

- Has never had a pap smear
- Last vaccines - age 11
- Sexually active - 3 partners in the past year
- Family history
  - Parents and siblings healthy
  - Grandmother - breast cancer - age 65
  - Uncle - colon cancer
- Plans to join Peace Corps after graduation
- Depression screen + “some days”
  - “little interest or pleasure in doing things”
  - “felt down, depressed or hopeless”

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### Patient Health Questionnaire (PHQ-9)

<table>
<thead>
<tr>
<th>Problem</th>
<th>Not at all</th>
<th>Several days</th>
<th>Nearly every day</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Little interest or pleasure in doing things</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>2. Feeling down, depressed, or hopeless</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>3. Trouble falling asleep or sleeping too much</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>4. Feeling tired or having little energy</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>5. Poor appetite or overeating</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>6. Feeling bad about yourself... or that you are a failure or</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>have let yourself or your family down</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7. Trouble concentrating on things, such as reading the newspaper or</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>watching television</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8. Moving or speaking so slowly that other people could have</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>noticed... being so fidgety or restless... that you have been moving</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>around a lot more than usual</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9. Thoughts that you would be better off dead, or of</td>
<td>0</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>hurting yourself</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Total Score</strong></td>
<td><strong>0-4</strong></td>
<td><strong>5-9</strong></td>
<td><strong>10-14</strong></td>
</tr>
<tr>
<td><strong>Depression Severity</strong></td>
<td><strong>None</strong></td>
<td><strong>Mild</strong></td>
<td><strong>Moderate</strong></td>
</tr>
<tr>
<td><strong>15-19</strong></td>
<td><strong>Moderately Severe</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>20-27</strong></td>
<td><strong>Severe</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

10. If you checked off any problems, how difficult have these problems   | Not difficult at all | Somewhat difficult | Very difficult | Extremely difficult |
Managing your applecart

Unload
Smooth out the path
Upgrade our cart
Increase our skill

Individualized Preventive Advice

- Vaccinations
  - Consider previous vaccines, travel plans and risk factors
- Viral screening
  - HIV - one time screening and then based on risk factors
  - Hepatitis C - one time screening if born between 1945 and 1965
- Cardiovascular risk - based on risk
  - Markers for inflammation
  - Calcium scoring CT
  - Aspirin
- Sexually transmitted disease - routine screening until age >24, then based on risk factors
- Contraception counseling - all women of child-bearing age
- Vitamins/supplements
- Referrals
Work place interventions

- Recognition
- Education
- Activity challenges
- Guest fitness instructors
- Cessation programs
- Themed lunches/demos
- Vending options
- Rewards
- Stress reduction
- Behavioral modification

It’s never too early or too late to work towards being the healthiest you.

Thank you!
Questions from the audience

• As a working woman, work-life balance can be a challenge. What is one work-life balance hack that helps you be successful in your career yet enjoy your time off as well?
  ▶ Planning ahead for things you value
  ▶ Picking the right spouse
  ▶ Deciding what to “fake and make”
  ▶ Remember that your family will remember your presence more than anything

• What are some common misperceptions in your industry?
  ▶ Focus on testing rather than risk. A normal stress test

• If there was one thing you want us to learn from today, what would that be?
  ▶ You can’t give to others what you don’t have for yourself.
  ▶ What do you want to give? Optimism, compassion, purpose, self-reliance, help, connections, replenishment?

• What are the most common, avoidable diagnoses you treat and how can women prevent some of these problems in the first place?
  ▶ I often say to people “If you exercise, eat more plants than animals, keep your weight appropriate and don’t smoke...You won’t need much from me!”
  ▶ Common preventable problems not discussed today include urinary incontinence, constipation, benign and precancerous skin lesions and musculoskeletal problems including low back pain.