

<u>MEDICAL CONDITION</u>	<u>SUGGESTED SOLUTIONS</u>	<u>DISEASE MANAGEMENT/ SCREENING GUIDELINES IN THE UNITED STATES</u>	<u>STATISTICS / RISK REDUCTION</u>
<p>Exercise:</p>	<ul style="list-style-type: none"> <li>• <b>Aerobic exercise and weight bearing exercise of moderate intensity should be done for about ½ an hour to 1 hour a day (be sure you are cleared by your doctor if you have heart/lung/joint disease).</b></li> <li>• <b>You may need to be in a medically supervised exercise program if you have had previous heart disease, weakness or joint disease.</b></li> <li>• <b>You would need to be evaluated by your physician before starting a regular exercise program if you have a history of heart disease, or if you have 2 or more of the following risk factors for heart disease: being 45 years of age or older, have an immediate family member with a history of heart disease prior to age 55 years, are a smoker, have high blood pressure, have diabetes mellitus, are above your ideal body weight, and/or do not have an active life style. (Jonathan Meyers, PhD. Circulation. 2003; 107: e2-e5. <a href="http://circ.ahajournals.org/cgi/content/full/107/1/e2">http://circ.ahajournals.org/cgi/content/full/107/1/e2</a>)</b></li> </ul> <p><b>My exercise duration is</b> _____</p>	<ul style="list-style-type: none"> <li>• <b>Exercise Guidelines recommended by the Centers for Disease Control and Prevention and the National Institute of Health state that greater than or equal to 30 minutes of moderate activity daily should be done as a part of a healthy lifestyle.</b></li> <li>• <b>High risk patients (example: with cardiac disease) should be in a medically supervised program.</b></li> <li>• <b>Appropriate programs would be advisable for individuals with physical/neurological deficits.</b></li> </ul> <p>(<a href="http://www.guidelines.gov">www.guidelines.gov</a>)</p>	<p>62% of adults in the United States ages 18 or older, engage in some light/moderate/vigorous leisure time physical activity for 10 minutes or greater</p> <p>(<a href="http://www.americanheart.org/statistics">www.americanheart.org/statistics</a>)</p> <p>The Lack of physical activity may contribute to about 250,000 deaths per year in the United States. Regular exercise may increase exercise tolerance, help reduce weight, reduce blood pressure, decrease LDL, raise HDL cholesterol, and increase insulin sensitivity.</p> <p>(Jonathan Meyers, PhD. Circulation. 2003; 107: e2-e5. <a href="http://circ.ahajournals.org/cgi/content/full/107/1/e2">http://circ.ahajournals.org/cgi/content/full/107/1/e2</a>)</p> <p>Several epidemiological, clinical, and basic scientific evidence suggest that regular physical activity lowers the risk of coronary heart disease and should be encouraged. According to the recommendations made by The Center for Disease Control and Prevention/ ACSM, at least 30 minutes of moderate physical activity, 7 days per week should be pursued.</p> <p>However, vigorous activity could increase the risk for acute myocardial infarction and sudden cardiac death even in exercise conditioned individuals. Therefore physically active children and adults as well as high school and college athletes, should be appropriately evaluated before starting a regular exercise program. Athletes with known medical conditions should be evaluated prior to competition according to the published guidelines. Exercise programs will need to be modified according to an individual's exercise capacity and needs.</p> <p>(Maron BJ. et.al.. Circulation. 1998; 97: 2294 <a href="http://circ.ahajournals.org/cgi/content/full/97/22/2294">http://circ.ahajournals.org/cgi/content/full/97/22/2294</a>) (Maron BJ. J Am Coll Cardiology 2005; 45:2-64. <a href="http://content.onlinejacc.org/cgi/content/full/j.jacc.2005.04.052v1">http://content.onlinejacc.org/cgi/content/full/j.jacc.2005.04.052v1</a>) Paul D. Thompson et.al.. Circulation 2007;115: 2358-2368 <a href="http://www.circ.ahajournals.org/cgi/content/abstract/115/17/2358">http://www.circ.ahajournals.org/cgi/content/abstract/115/17/2358</a>)</p> <p>According to a report from the World Cancer Research Fund (WCRF) and American Institute for Cancer Research (AICR), eating a balanced, nutritious diet, maintaining physical activity, and decreasing body fat may allow some prevention of the</p>

			<p>following cancers – endometrial cancers: 70%, esophageal cancer: 69%, cancer of the mouth, pharynx and larynx: 63%, stomach cancer: 47%, colorectal cancer: 45%, pancreatic cancer: 39%, breast cancer: 38%, lung cancer: 36%, kidney cancer: 24%, cancer of the gallbladder: 21%, cancer of the liver: 15%, cancer of the prostate:11%.</p> <p>There could be 24% prevention of all cancers.</p> <p>(2007 Expert Reports; Findings from Policy and Action for Cancer Prevention – Food, Nutrition, and Physical Activity: a Global Perspective; World Cancer Research Fund; American Institute for Cancer Research) <a href="http://www.dietandcancerreport.org/">http://www.dietandcancerreport.org/</a> <a href="http://www.webmd.com/cancer/news/2009">http://www.webmd.com/cancer/news/2009</a></p>
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