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## “HEART” HEALTHY LIFESTYLE

### Causes of heart disease

- Smoking
- Obesity
- Hypercholesterolemia
- Hypertension
- Diabetes



## Why not just healthy?

- Heart disease
- Obesity
- Diabetes
- Hypercholesterolemia



## Background

- Trained as a general surgeon
  - Strong interest in critical care
- Transitioned into weight loss surgery
  - Performed over 3000 gastric bypasses
- Medical weight loss
  - Evaluated over 8000 patients
  - Ended up managing diseases
- Wellness



## Weight loss surgery

- Long-term success
- Complications
- Cost - \$35,000

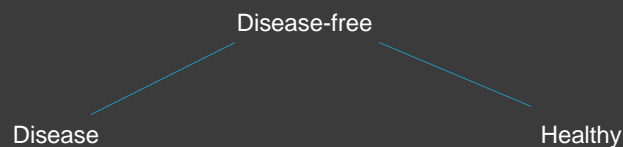
$$\$35,000 \div 5 \text{ years} = \$7000/\text{year}$$

How much lifestyle (nutrition & fitness) counseling could this buy



## Nutrition

- Common denominator
  - Health
  - Disease
- Needs to be first line of treatment

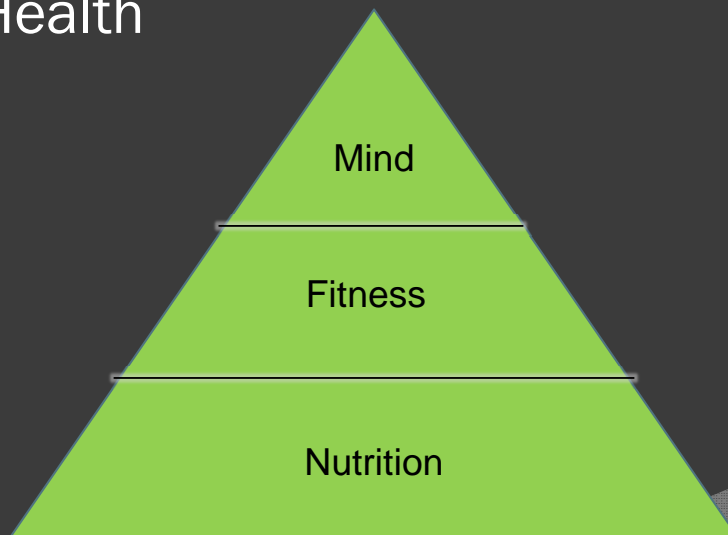


## Define “Healthy”

- Objective
  - ~~Weight~~
  - Body fat percentage
  - Lean mass
  - Bone mineral density
  - fasting insulin, cholesterol profile
  - Inflammatory/stress markers (A1C, CRP, Cortisol)
- Subjective – do you feel good?



## Health



# Mind



## Mind

- ◉ Managing stress
- ◉ Keep cortisol down
  - Meditation
  - Yoga
  - Exercise
  - Enjoy life



# Fitness



**One hour a day!!!**

**Seriously?**

“You cannot out-train a shitty diet”



## Exercise

- ⦿ Weights
- ⦿ Aerobic
- ⦿ Flexibility
- ⦿ Balance
- ⦿ Coordination



## Nutrition



## The Problems

- ⦿ Public confused about “healthy” eating
- ⦿ Professionals also confused
  - Bombarded by conflicting studies
  - Government guidelines
  - Conventional wisdom
- ⦿ Poor patient compliance
  - Confusing diets
  - “tastes bad”



“Conventional Wisdom”

**Always question**



## Questions to contemplate

- Macronutrient guidelines
- Fats
  - Is saturated fat really all that bad
  - Evidence based medicine
- Carbohydrates
  - Starches
  - Simple
  - Complex



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## ~~Heart~~ Healthy Diets

- Low fat
- Low carbohydrate
- Low glyceic
- Low insulinemic



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## Diets

- ◉ Ornish
- ◉ Zone
- ◉ Low glycemic
- ◉ Low energy density (Barbara Rolls)
- ◉ Paleolithic (Cordain)



## Paleolithic diet

- ◉ Initially discounted
- ◉ More I learned – the smarter Cordain became
- ◉ Clinical experience:
  - Easy to follow
  - Works across the board: disease to health
  - Requires minor adjustments in about 10%



## Medabolix Program



- Comprehensive annual blood work
- Body composition scan (DEXA)
- Bone density scan (DEXA)
- Physical
- Neurocognitive evaluation
- Annual dietitian visit with unlimited access throughout year
- Annual fitness evaluation



## Clinical goals = health

- A1C < 5.5
- Fasting insulin < 2
- Cortisol < 12
- BF%: M<20%, F<25%
- Lean BMI > 14.3
- LDL density pattern = A
- HDL<sub>2</sub>: M>10, F>15



## Conclusions

- ⦿ Think about:
  - Keeping it simple
  - Question conventional wisdom
  - Measuring responses
- ⦿ Nutrition is one of the major keys to fixing our healthcare system and you are the on the front lines

