



## Ahead of the Curve

*I often read about new trends in health and wellness. This column shares some of this topical information to help you stay...Ahead of the Curve.*

### Healthy Aging...

Back in 1980 The *New England Journal of Medicine* published a revolutionary article by Dr. James Fries—Stanford University School of Medicine. Dr. Fries proposed that lifestyle factors have a major impact on long-term health. He also suggested research should learn the impact of lifestyle factors on health and aging.

Subsequent letters to the editor challenged his ideas, even suggesting that if his goals were achievable; keeping the elderly alive longer would only increase utilization of medical services and escalate the overall costs of health care.

Fast forward eighteen years. Dr. Fries and his colleagues published follow-up research, titled "Aging, Health Risks, and Cumulative Disability." This study focused on smoking cessation, control of body mass index, and regular activity patterns in midlife. It clearly demonstrated that individuals who maintained healthy lifestyles had significantly less disability in later adulthood. As Dr. Fries put it, "Not only do persons with better health habits survive longer, but in such persons, disability is postponed and compressed into fewer years at the end of life." In short, Dr. Fries and his colleagues have demonstrated that healthy living not only decreases the progressive disability associated with aging, but also decreases associated health costs.

J.F. Fries: Aging, natural death, and the compression of morbidity. *N Engl J Med* 1980;303:130-135.

A.J. Vita, R.B. Terry, H.B. Hubert, J.F. Fries: Aging, health risks, and cumulative disability. *N Engl J Med* 1998;338(15):1035-1041.

E.W. Campion: Aging better. *N Engl J Med* 1998;338(15):1035-1041

### Complications of Diabetes:

Kidney disease	Heart disease
Eye disease	Stroke
Peripheral Nerve disease	Amputation
Peripheral vascular disease	Skin disease & infection
	Impotency in men

## Truth and Consequences

Recent news about the increased weight and declining health of Americans and our kids reminded me of the old T.V. game show, *Truth or Consequences*. The **Truth** is social and cultural pressures have radically influenced our eating habits and behaviors. As a **Consequence** we must bear the financial and social burden for related health issues and sky-rocketing healthcare costs.

For example, some social/cultural **Truths** we live with include: an out-of-date food pyramid; super-sizing food orders; extreme dieting; fast food and take-out meals; skipping meals; lack of exercise; and a growing take-a-pill mentality.

The **Consequences** are hard to ignore: a spike in the overall weight gain of our population; growing rate of high cholesterol patients; increased rate of Type 2 diabetes in adults and more alarmingly in kids; and a range of social and financial problems associated with run-away healthcare costs.

Regretfully there are no easy answers for the growing healthcare dilemma. Just like many successful self-help programs, the recognition and admission of a problem may be the first step to recovery.

Perhaps it's time we evaluate the **Truth** and **Consequences** of our own lifestyles and habits. By doing so, we can minimize the impact of negative social and cultural influencers and make appropriate changes to improve our health and wellness. And remember, if you need help with any of your "Truths and Consequences"... I am just a phone call away.

## PUBLIC APPEARANCES...

I will be participating in a number of public events in the next few months. Come and say Hi!

- **KidFest:** Saturday, April 3<sup>rd</sup> at the Milwaukee Zoo from 10 a.m. until 5 p.m. I will be at the *Café of Life* exhibit to answer questions regarding diet and nutrition for today's active kids.
- **Health Hut's Simple Solutions for Healthy Living:** Saturday, March 20<sup>th</sup> from 9:00 a.m. to 1 p.m., and again on Saturday, April 17<sup>th</sup> at the same time. \$5 cover charge for food, speakers and healthy living exhibits at the *Best Western Midway Motor Lodge*, 1005 S. Moorland, Brookfield.

### MISSION:

*To provide  
personalized  
coaching, education  
and support  
resources for clients  
to proactively  
improve their health  
and wellness  
through nutrition,  
attunement and  
stress management.*

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## DIABETES 101 (the basic facts you should know)

The epidemic rise of Type 2 diabetes within adult and pediatric populations is a major concern for contemporary healthcare. This article provides a brief overview about this growing medical crisis. To help you understand important distinctions, here are definitions of Type 1 and Type 2 diabetes:

**Type 1 Diabetes** is high blood sugar caused by inadequate insulin production by the pancreas. Because it usually developed in childhood, it used to be called *juvenile diabetes*. Type 1 diabetes may be caused by genetic factors, autoimmune disease, illness, and/or infections that damage the pancreas.

**Type 2 Diabetes** is high blood sugar caused by (1) inability of insulin to lower blood sugar, also known as *insulin resistance* or *metabolic syndrome X*, and/or (2) decreased insulin production from failing pancreatic beta cells. Strangely, Type 2 diabetics often have elevated blood insulin—hyperinsulinism—because the body produces more insulin in the attempt to remove sugar from the blood. Type 2 diabetes is caused by imbalanced diet with excessive

carbohydrate intake and sedentary lifestyles, over a long period of time.

Type 2 diabetes and diseases caused by or aggravated by diabetes (see the box on the back page) cost the largest portion of our health care dollars. Research unequivocally points the finger at our poor eating habits and sedentary lifestyles as the major reason for the increased instances of diabetes. Excess weight is considered the primary risk factor for Type 2 diabetes and related diseases.

Despite these growing trends, there is good news. Dietary control of the hormone insulin is directly correlated with weight control. Managing weight is considered to be the primary lynch-pin to managing diabetes. With a proper diet, nutritionally balanced meals, and some minimal lifestyle adjustments, a person can help regulate insulin and blood sugar, directly influence weight control, and combat the onset of the very serious diseases caused by or aggravated by diabetes. Or, put another way, proactive healthcare practices can lead to a happier, healthier life...and decreased healthcare costs.

## How Do You Find a Nutritionist?

Finding a good nutritionist is similar to finding a good doctor or lawyer: you can take what you get, or you can do some research to be an informed consumer. Not all nutritionists are alike and, subsequently, results may vary from one to another. Here are four things to consider when looking for a good nutritionist:

1. **Know your goals:** What do you want to achieve? Weight loss? Lower cholesterol? Improved health? What behaviors are you willing to change to achieve your goals?
2. **Know your nutritionist's qualifications:** What is their background and professional credentials? What are their degrees and certifications? What did they have to do to obtain them? How long have they been in practice? What are their references, both from clients and other healthcare professionals?
3. **Know how your nutritionist works:** Is he or she willing to work as part of your healthcare team and send reports and updates to your primary care physician? Is their approach one of assessment, education and coaching for lifestyle and behavioral change? Do they rely heavily on dietary supplements? Will they talk with you about their approach before charging you for their time?
4. **Know the treatment style that works best for you:** How comfortable are you with this nutritionist? Are they friendly and supportive? Does he/she seem to really care about you? Or are you just another client/patient?

Whoever you choose, remember: An informed decision will lead to greater success. Should you need advice during your selection process, let me know, and I will gladly answer your questions, free of charge.



"Larry's education, knowledge and experience in the field of nutrition, stress reduction and attunement healing have been beneficial for me personally and for clients regularly referred to him. Larry approaches his teaching and individual client sessions with professionalism, respect for the whole person, commitment and compassion." —Peig Myota, B.S.N., M.S.W., B.C.D., Milwaukee, WI

# Class Schedule into May, 2004

**INSULIN CONTROL NUTRITION: ENTERING THE ZONE™.** Learn about the principles and science behind this common-sense approach to diet and nutrition, along with tools needed for implementation. Extensive handout material included. Advanced registration (262 532-0293) is \$30, or \$35 at the door.

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| March 18, Thursday 6-9 p.m.  | <i>The Women's Center</i> , W62N225 Washington Ave., Cedarburg, WI                        |
| March 22, Monday 6-9 p.m.    | <i>Aurora WiseLives Clinic</i> , 8320 W. Bluemound Rd., Wauwatosa, WI                     |
| March 24, Wednesday 6-9 p.m. | <i>Menomonee Falls Chamber of Commerce</i> , N88W16621 Appleton Ave., Menomonee Falls, WI |
| March 27, Saturday 1-4 p.m.  | <i>Columbia St. Mary's West</i> , 10950 W. Capitol Dr., Milwaukee, WI                     |
| April 22, Thursday 6-9 p.m.  | <i>Aurora WiseLives Clinic</i> , 8320 W. Bluemound Rd., Wauwatosa, WI                     |
| April 24, Saturday 1-4 p.m.  | <i>Columbia St. Mary's West</i> , 10950 W. Capitol Dr., Milwaukee, WI                     |
| April 26, Monday 6-9 p.m.    | <i>Menomonee Falls Chamber of Commerce</i> , N88W16621 Appleton Ave., Menomonee Falls, WI |
| April 29, Thursday 6-9 p.m.  | <i>The Women's Center</i> , W62N225 Washington Ave., Cedarburg, WI                        |
| May 12, Wednesday 6-9 p.m.   | <i>Aurora WiseLives Clinic</i> , 8320 W. Bluemound Rd., Wauwatosa, WI                     |
| May 20, Thursday 6-9 p.m.    | <i>The Women's Center</i> , W62N225 Washington Ave., Cedarburg, WI                        |
| May 27, Monday 6-9 p.m.      | <i>Menomonee Falls Chamber of Commerce</i> , N88W16621 Appleton Ave., Menomonee Falls, WI |

**MASTERING STRESS.** Learn about the physiology of stress and get an introduction to *Attunement Self-Care* as a practical tool for monitoring the unconscious habits of stressful reactive behavior. Manual included. Advanced registration is \$30, or \$35 at the door.

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| March 25, Thursday 6-9 p.m. | <i>St. Francis Hospital Reiman Center for Health and Wellness</i> , 3237 South 16th St., Milwaukee, WI. Call (877) 226-8362 to register.   |
| May 6, Thursday 6-9 p.m.    | <i>Center for Women's Well-Being, St. Joseph's Outpatient Center</i> , 201 N. Mayfair Rd., Wauwatosa, WI. Call (877) 226-8362 to register. |

**PROACTIVE PERSONAL HEALTH MANAGEMENT.** This 40-hour teacher-continuing-education course will cover skills and strategies needed to proactively manage personal health, including The ZONE™ nutrition program. Contact McPherson College—Milwaukee Center at (262) 549-2180 or [www.milwaukee.mcpherson.edu](http://www.milwaukee.mcpherson.edu) for details. ED 543.1X, D.P.I. certified.

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| April 12-16, 7:30 a.m.–4:30 p.m. | Section 1: Milwaukee Area Technical College North Campus |
| June 21-25, 7:30 a.m.–4:30 p.m.  | Section 2: Milwaukee Area Technical College South Campus |
| August 9-13, 7:30 a.m.–4:30 p.m. | Section 3: Waukesha County Technical College             |

**PROACTIVE HEALTH: STRESS, DIET & EXERCISE MANAGEMENT.** Larry Johansen and Tom Ryan collaborate for this introduction to proactive health. No charge, but pre-registration required.

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| March 29, Monday 5-6 p.m. | <i>Columbia St. Mary's West</i> , 10950 W. Capitol Dr., Milwaukee, WI |
| April 12, Monday 5-6 p.m. | <i>Columbia St. Mary's West</i> , 10950 W. Capitol Dr., Milwaukee, WI |

Call TODAY to Register!  
**262-532-0293**

