

# HOW TO LIVE TO BE 100

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BE LUCKY & BLESSED. There are 80,000 people in the USA 100 years old ! 80% are women.

BE PROACTIVE NOT REACTIVE !!

HAVE GOOD GENES, HAVE PARENTS WHO LIVE TO BE 80. Be a first born. Have a young mother.

BE AWARE OF YOUR "FAMILY TREE." What diseases run in your family?

NO SMOKING!

MARRIED people live 7 years longer than unmarried. Keep socially engaged. Live with someone.

NORWAY OR LIVE IN HAWAII. CT is #4. The less air pollution and traffic the better. Live on a mountain.

HISPANICS AND BLACKS have less longevity. Asian American women in NJ live the longest.

DANGEROUS DAYS - Cold Mondays in January, Christmas, New Years, Take naps.

STAY OUT OF THE HOSPITAL! Protect yourself if in the hospital. Check medications. Hand washing.

EDUCATION. Go to school. Keep exercising your mind! Prevent Alzheimer's. Do chores and walk around.

EXERCISE. Any type, four days a week. Balance training for seniors. Defibrillator at gym.

WEAR SEATBELTS! DON'T DRINK + DRIVE - and tell your teenagers! Avoid jet lag.

WEAR HELMETS! When bike-riding, skiing, snowboarding, motorcycling ...

RELIGION. Going to church or synagogue or mosque adds 7 years to your life.

CHOLESTEROL LEVEL - keep it below 200.

HDL - the "good" cholesterol. Keep it above 45.

\* LDL -the "bad" cholesterol. Keep it below 80. High Risk Patients: keep it under 70! Get to 60 for Drano effect.

TRIGLYCERIDES - the "bad" fats. Keep the level below 100.

\* BE SKINNY - obesity kills! >>> MEDITERRANEAN DIET: Have a good blood sugar. No diabetes. No trans-fats

• OLIVE OIL. Or canola oil or peanut oil. Avoid vegetable oil, butter, and margarine.

• FISH. Salmon, cod, anchovies.

• NUTS. Walnuts, flaxseed and almonds are the best. Oatmeal for breakfast. Whole grain foods.

• VEGGIES + FRUITS. Especially root veggies, tomatoes, blueberries (the perfect fruit), and cranberries.

• DRINK ALCOHOL. Any kind - or grape juice. One or two drinks per day. A little dark European chocolate.

CONTROL BLOOD PRESSURE. With lifestyle choices + possibly medication, if needed. Aim for 120//80.

MAMMOGRAMS. If you're over 40 years old, they should be annual. Self breast exams. MRI for high risk.

PSA (Prostate Specific Antigen) Blood Test. Men: if *you're* over 40, then this is a must!

COLON CANCER SCREENING. Worth the hassle. Colon cancer is treatable & *preventable!* Start at 40-50.

DENTITION The less plaque in your mouth the less plaque in your arteries. Vaccinations for children.

STRESS TESTS. Much less stressful than the colon cancer screening! Once a year!

AED Consider a home automatic defibrillator especially if you are high risk. Philips home unit now under \$1000.

TEST FOR LYME .

hs CRP (C-Reactive Protein) Blood Test Gauges a body's inflammation levels + heart attack risk.

STATINS For high cholesterol. These prevent stroke/heart attack if diet doesn't do it. The fountain of youth.

BABY ASPIRIN. 81mg - - Preventative for anyone over 40 years old especially men.

VITAMINS. Vitamin E is out, Folic Acid and B vitamins are out. Green Tea may be beneficial. ? Vitamin C.

HORMONES. Not cardioprotective ... some are bad for the heart especially over age of 60.

SEX. Quality and quantity are important!

STRESS MANAGEMENT. Laugh a lot. Don't be depressed. Put family first! Enjoy weekends. Don't be lonely.

TAKE VACATIONS. ENJOY LIFE! THIS IS NOT A DRESS REHEARSAL !!!