

Physician, Heal Thyself

Medice, cura te ipsum

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Disclosure: Conflicts of Interest

- No known conflicts of interest

(Sorry to disappoint anyone ☹)

This

Space

Left

Intentionally

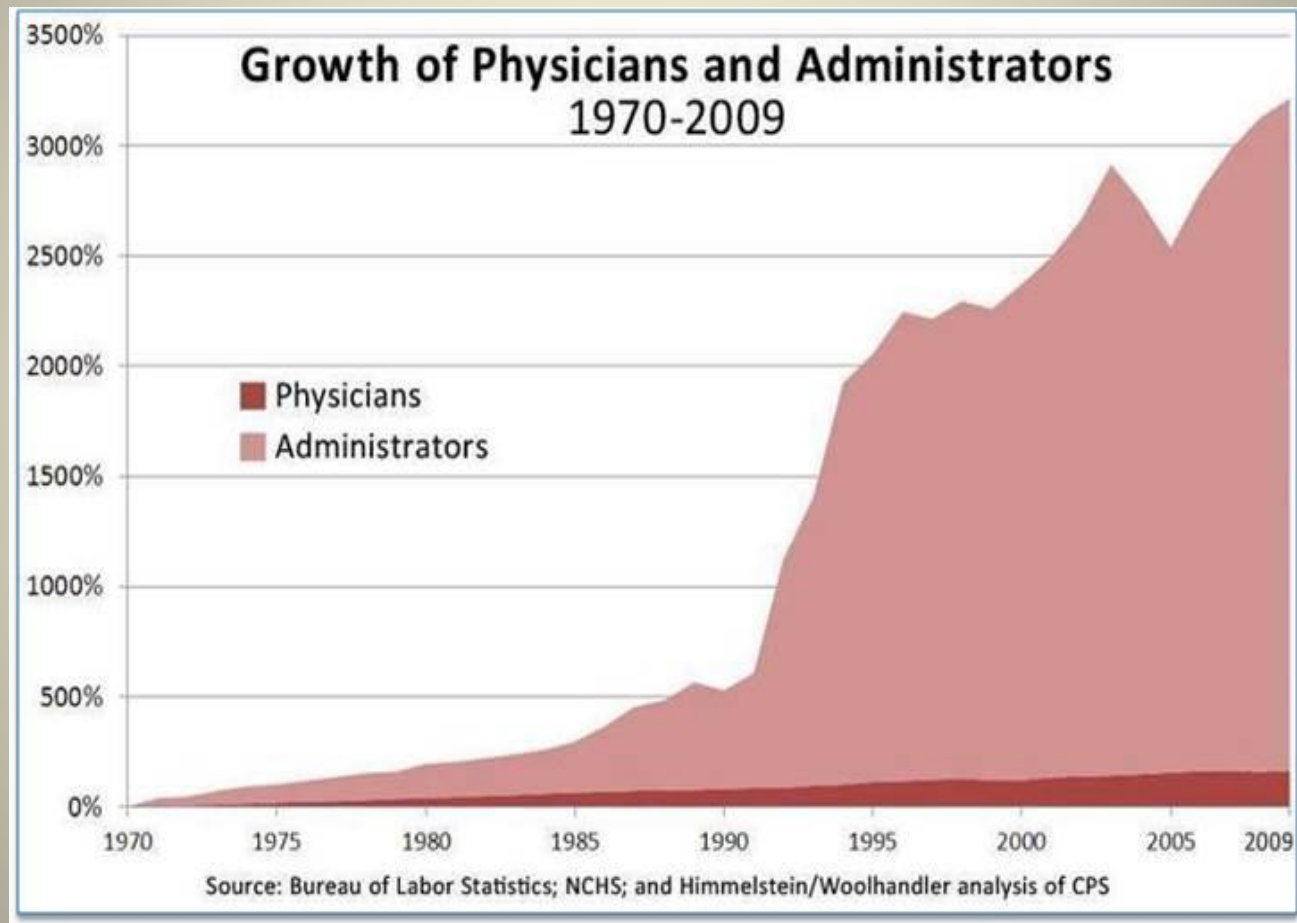
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The Caretaker - Traditional



Financial Capture of Healthcare

US Healthcare Administrator Boom



The Caretaker – Post Modern

Federal Government

President

Congress

Supreme Court

IRS – Internal Revenue Service

HHS – Health & Human Services

CMS –Centers for Medicare & Medicaid

Insurance Industry and PBMs

Pharmaceutical Industry

HIT / EHR – Electronic Health Records

“Organized Medicine” AMA, ABMS & AOA

Hospital Health System

Physician

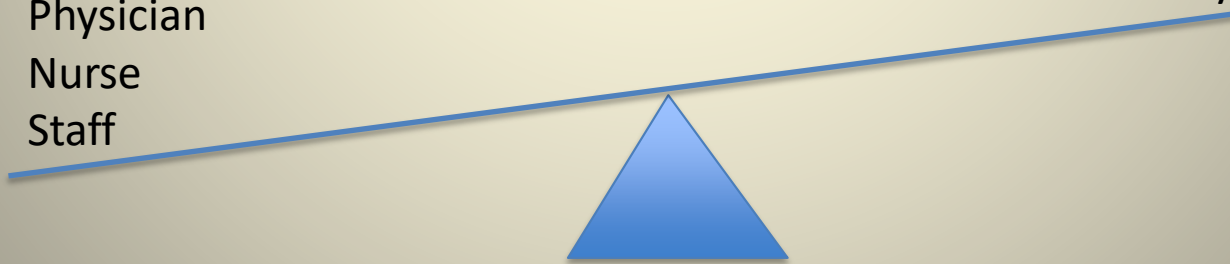
Nurse

Staff

Patient

Family

Community



Scope of the Problem

Chronic Disease Prevalence & Healthy Lifestyle Behaviors Among US Health Care Professionals – Mayo Clinic study December 2015

- HC professionals vs gen pop 2002-2013
National Health Interview Study
- Although rates of obesity, diabetes and hypertension were slightly lower among HC professionals compared with general population, disease was still common and increased over time similar to the general population
- HC professionals reported better health behaviors in smoking and physical activity, but not in moderate to heavy alcohol use.

[http://www.mayoclinicproceedings.org/article/S0025-6196\(15\)00622-9/abstract?cc=y=](http://www.mayoclinicproceedings.org/article/S0025-6196(15)00622-9/abstract?cc=y=)

Depression, Anxiety & Suicide

- High doctor suicide rates reported since 1858 – est. 300-400 per year
- **Physician suicide is a public health crisis –**
 - One million Americans lose their doctor to suicide each year
- Second highest killer of residents after cancer, first in male residents
- Male anesthesiologists are at highest risk
- **Malpractice suits & medical board investigations increase suicides**
- Physicians that can't get residencies & work, more frequently die by suicide
- Assembly-line medicine kills doctors (lack of autonomy)
- **Blaming doctors increases suicide (“burnout” sham)**
- Hospitals & medical schools cover up suicides (bad press)
- On-the-job PTSD, especially with ER docs, causes suicides
- Physicians cannot get confidential mental health care

<http://www.idealmedicalcare.org/blog/ive-learned-547-doctor-suicides/>

<https://afsp.org/our-work/education/physician-medical-student-depression-suicide-prevention/>

Words that Blame Doctors

“Burnout is Bull----, This is abuse! - Pamela Wible, MD”

idealMedicalCare.org/blog

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Find Your Motivation

- Knowledge is power – *ipsa scientia potestas est*
- Know thyself - *nosce te ipsum*
 - What motivates you?
 - Power
 - Achievement
 - Money
 - Pleasure
 - Family
 - Giving
 - Religion
 - Guilt?

Build Something; Yourself!



Scene from dawn cycling exercise workout, southern NJ

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Put Yourself First

- ***“You can’t help anyone if you’re not stable, happy and growing.”*** - Craig M. Wax, DO
- ***“To thine own self be true.”*** - William Shakespeare, Hamlet
- ***“Your time is limited, so don’t waste it living someone else’s life.*** Don’t be trapped by dogma – which is living with the results of other people’s thinking. Don’t let the noise of others’ opinions drown out your own inner voice. And most important, ***have the courage to follow your heart and intuition.*** They somehow already know what you truly want to become. Everything else is secondary.” - Steve Jobs

<https://www.psychologytoday.com/blog/what-doesnt-kill-us/201304/thine-own-self-be-true>

Physician, think personal wellbeing first

- Personal – body, mind, spirit
- Relationships – family, coworkers, patients, colleagues, government
- **Avoid caregiver (mother/physician) syndrome**
 - everyone else first for years to your own detriment
- Set time aside everyday for yourself
- Plan your day
- Keep the schedule
- Reward yourself
 - Not with alcohol, drugs, food, affairs
 - (don't needlessly complicate your life)

Plan

You can't get what you want,
till you know what you want.

-Joe Jackson

Unless commitment is made, there are
only promises and hopes.

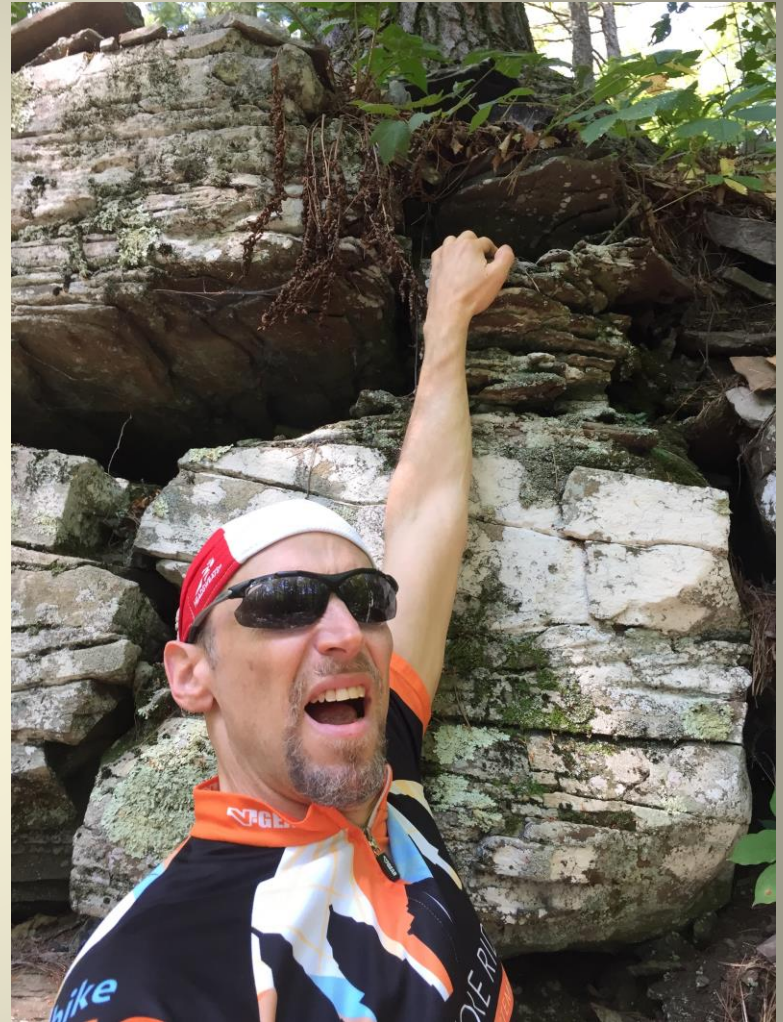
-Peter F. Drucker

If you fail to plan, you are planning to
fail.

-Benjamin Franklin

If you don't know where you are going,
you'll end up somewhere else.

-Yogi Berra



Day, week, month, year, long term plan

Plan, Action, Persistence & Time

The Grand Canyon, AZ, carved by Colorado River

Persistence

- How to get a radio show or anything else in one easy lesson



Lifestyle vs Genetics

- Genetic Risk, Adherence to a Healthy Lifestyle, & Coronary Disease
 - Across 4 studies involving 55,685 participants, *genetic and lifestyle factors were independently associated with susceptibility to coronary artery disease.*
 - *Among participants at high genetic risk, **a favorable lifestyle was associated with a nearly 50% lower relative risk of coronary artery disease** than was an unfavorable lifestyle.*
- Playing the Hand You're Dealt: Genetics vs Lifestyle Choices
 - This study confirms that *healthy lifestyle habits can dramatically reduce your risk of premature heart disease, no matter what your level of "genetic risk."*
 - Our future is not dictated entirely by uncontrollable factors such as our genes and the DNA that we've inherited from our ancestors.
 - *Our future health is dictated largely by the CHOICES we make and our behaviors.*

<http://www.nejm.org/doi/full/10.1056/NEJMoa1605086#t=abstract>

<http://blog.bostonheartdiagnostics.com/playing-the-hand-youre-dealt-genetics-vs-lifestyle-choices>

Time to take our own advice

Patient: Doc, I don't feel well...

DBW

Physician: Quit smoking, drinking alcohol, and eating junk.
Drink water and eat vegetables. Get 6-8 hours sleep at night.
Exercise 1 hour-a-day. Meditate not medicate.

Hydration & Nutrition

- Drink water all day
- Nature's perfect beverage

Healthy food choices

- Do you cook (15-30min)?
- Make reservations?
- Avoid “fast food.”
- Quick stop at salad bar

Fresh produce

Ideal Diet per True Health Initiative

- Locally sourced foods
 - Close to the ground
 - Largely plants
 - Mainly water
-
- Forks Over Knives – Movie
 - What the Health? - Movie

Dr. Joel Kahn, Preventive Cardiologist & Author at DrJoelKahn.com

Insulin Resistance and Cognitive Decline

- “It’s never too early of too late!”
- Reject S.A.D. – Standard American Diet
- 5 Step Program to Increase Brain Speed
 - 1. Exercise – CV fitness and muscle strength
 - 2. Plant pigments – green leafy, black beans, etc.
 - Blocks beta amyloid formation leading to Alzheimers
 - 3. Smart fats – nuts, avacado, EV olive oil, cold water fish
 - 4. Spices and herbs – rosemary, oregano, basil, curry, tumeric
 - 5. Whole grains only, no white carbs

Steven Masley, MD, Family Physician, St. Petersburg, FL at DrMasley.com

7 Surprising Benefits of Exercise (media)

1. Exercise is great for your brain
2. You might get happier
3. It might make you age slower
4. It'll make your skin look better
5. Amazing things can happen in just a few minutes (actually 10)
6. It can help you recover from major illness
7. Your fat cells will shrink

Only 20% of Americans get the recommended 150 minutes of strength and cardiovascular physical activity per week, more than half all baby boomers report doing no exercise whatsoever, and **80.2 million Americans over age 6 are entirely inactive.**

*Time – September 1, 2016

Dawn Exercise (Tweets @drcraigwax)



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7 Benefits of Regular Physical Activity (med)

1. Exercise controls weight
2. Exercise combats health conditions and diseases
3. Exercise improves mood
4. Exercise boosts energy
5. Exercise promotes better sleep
6. Exercise puts the spark back into your sex life
7. Exercise can be fun... and social

Mayo Clinic website October 13, 2016

<https://www.mayoclinic.org/healthy-lifestyle/fitness/in-depth/exercise/art-20048389?pg=2>

Exercise Variation (Mix It Up/Have Backup)

1. Outside



2. Gym



3. Basement



Epigenetics: Gene Expression Influences

- **Epigenetics is the study of heritable changes in gene expression** (active vs inactive genes)
- **A change in phenotype without change in genotype**
 - <https://www.whatisepigenetics.com/fundamentals/>
- **How Genes Take Shape to Change Your DNA One Workout at a Time - Huffington Post**
 - https://www.huffingtonpost.com/marina-rose-qdna/quantum-living-epigenetic_b_10919162.html
- **How Exercise Changes Our DNA – NY Times**
 - <https://well.blogs.nytimes.com/2014/12/17/how-exercise-changes-our-dna/>

Epigenetics and Exercise

- Promoting Neuroplasticity for Motor Rehabilitation After Stroke: Considering the Effects of Aerobic Exercise and Genetic Variation on Brain-Derived Neurotrophic Factor

<https://academic.oup.com/ptj/article/93/12/1707/2735425>

Trends in Neurosciences

- Exercise Builds Brain Health: Key Roles of Growth Factor Cascades and Inflammation
 - Human and other animal studies demonstrate that exercise targets many aspects of brain function and had ***broad effects on overall brain health***. The benefits of exercise have been best defined for ***learning and memory, protection from neurodegeneration*** and ***alleviation of depression***, particularly in elderly populations. ***Exercise increases plasticity by directly affecting the synaptic structure and potentiating synaptic strength***, and by strength, and by ***strengthening the underlying systems that support plasticity including neurogenesis, metabolism and vascular function***.

<https://www.sciencedirect.com/science/article/pii/S0166223607001786>

Exercise Benefits

- The Benefits of Physical Activity – CDC.gov

<https://www.cdc.gov/physicalactivity/basics/pa-health/index.htm>

- Health Benefits of Physical Activity: the evidence – NIH

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1402378/>

- How Exercise Could Lead to a Better Brain - NY Times

<http://www.nytimes.com/2012/04/22/magazine/how-exercise-could-lead-to-a-better-brain.html>

- Regular Exercise Changes the Brain to Improve Memory, Thinking Skills - Harvard

<https://www.health.harvard.edu/blog/regular-exercise-changes-brain-improve-memory-thinking-skills-201404097110>

- Exercise and well-being: a review of mental and physical health benefits associated with physical activity – Current Opinion in Psychiatry

http://journals.lww.com/co-psychiatry/Abstract/2005/03000/Exercise_and_well_being_a_review_of_mental_and.13.aspx

Family Time

Make breakfast, get kids on busses, family activities, school functions, visit relatives, holidays, charity events, dinner together, play games, read at bedtime



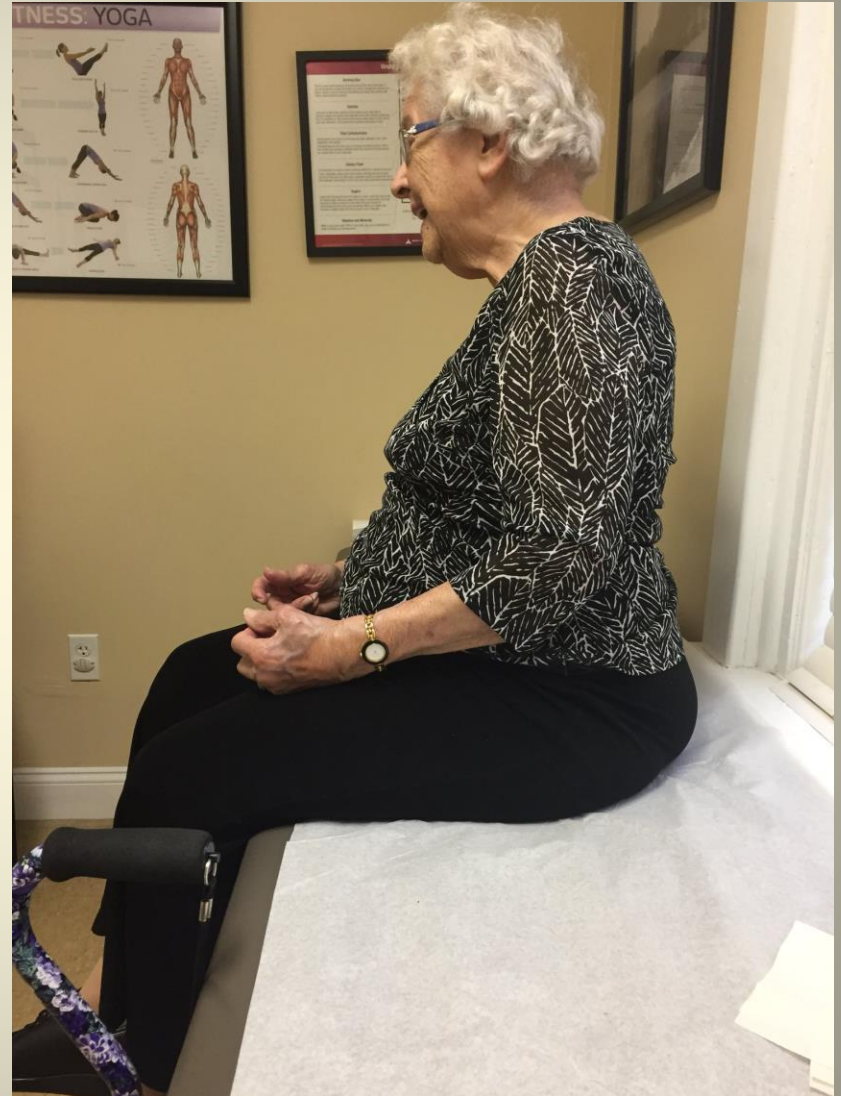
See Patients



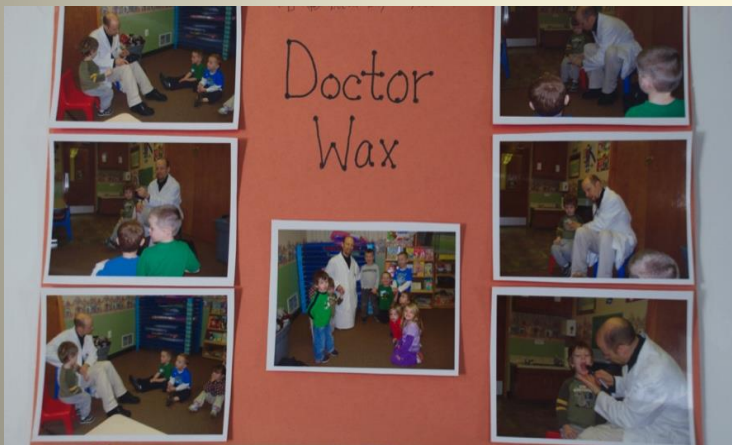
Lessons in Humor

94 year old woman
in exam room
with daughter
for follow up visit

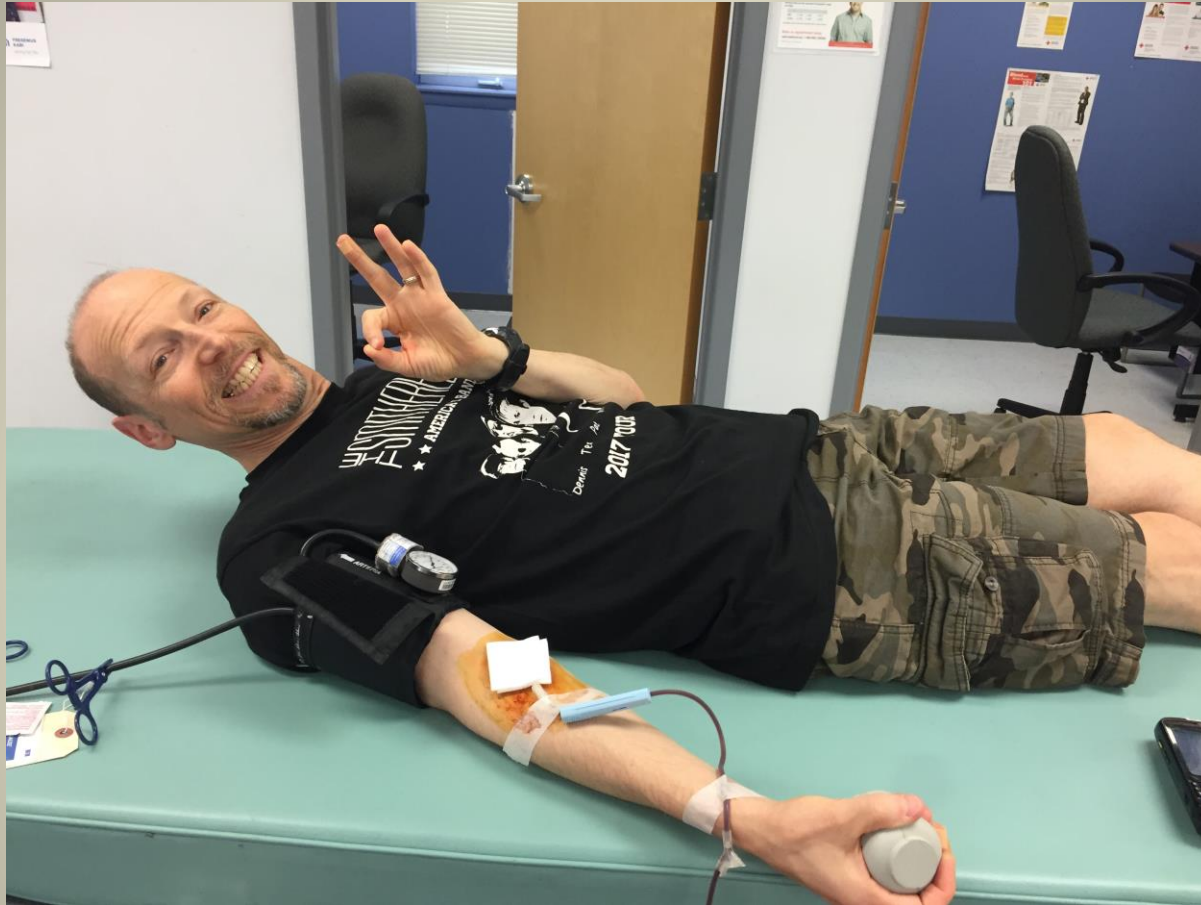
Asks about
pneumonia shot
(Pneumovax-23)
efficacy duration



Community Outreach



Volunteer / Give Blood



Physician, Advocate for Thyself

Medicus advocatus pro te

- You do not have to be interested in politics,
but politics will be interested in you. – Marcus Tullius Cicero

LOCAL

REGIONAL



Cong Frank Lobiondo NJ



Tom Price, MD Sec HHS

STATE

NATIONAL



Kim Guadano, Lt. Gov. NJ



Candidates for Twp Committee



Cong Pete Sessions, TX

Political Action: National Physicians' Council on Healthcare Policy Washington, DC – NPCHCP.org



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Legal Action

- How to Appeal a Health Insurance Denial
 - <http://guides.wsj.com/health/health-costs/how-to-appeal-a-health-insurance-denial/>
- How to Sue a Health Insurance Company (Bad Faith)
 - <https://www.legalmatch.com/law-library/article/how-to-sue-a-health-insurance-company.html?intakeredesigned=1>
- History of Suits Against Aetna for Racketeering, etc.
 - <https://www.corp-research.org/aetna>
- Lawsuits over United Healthcare/Optum/Ingenix Database
 - <http://ducknetweb.blogspot.com/2015/09/another-united-healthcare-ingenix.html>
- AAPS vs ABMS – Class Action on MOC restriction of trade
 - <https://aapsonline.org/aaps-takes-moc-to-court/>

Stress, Setback & Loss

1. Personal losses – time, family, friends & patients
2. Business losses – power, money, status
3. Professional losses - ***autonomy***

“No man’s life, liberty, or property are safe while the legislature is in session.” –
Gideon J. Tucker, Judge (Usually attributed to Mark Twain)

House of God – Rule #3

1. GOMERS don't die
2. GOMERS go to ground
3. **At a cardiac arrest, the first procedure is to take your own pulse**
4. The patient is the one with the disease
5. Placement comes first
6. There is no body cavity that cannot be reached with a #14G needle and a good strong arm
7. Age + BUN = Lasix dose
8. They can always hurt you more
9. The only good admission is a dead admission
10. If you don't take a temperature, you can't find a fever
- ...

Stressor Response Options

- Let stressors hit you
- Throw back
- Learn to duck



Coping Skills

- Healthy routine
- Water
- Vegetables
- Exercise
- Sleep
- Hobbies
- Family
- Friends

Side effects: muscle hypertrophy, fatigue, swelling.

Positive Self Messaging

Groucho Marx

“Each morning when I open my eyes, I say to myself: I, not the events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn’t arrived yet. I have just one day, today, and I’m going to be happy in it.”

Some days you'll win



LetMyDoctorPractice.org – Summit at the Summit, Keystone, CO July 2015

Where my rainbow leads...



1. Life balance: family/work/play
2. Unique independent physicians
3. Independent patients
4. Healthcare freedom
5. Individual rights
6. Individual responsibilities
7. Freedom and liberty for all
8. Families raising children
9. Self confident children respectful of others
10. People helping each other
11. Problems solved by logical debate not emotion driven fights
12. Effective minimal government
13. Limits on government power, spending and taxation
14. No people dependent on government
15. Normal everyday people elected to short-term government positions (a bridge too far?)

Social Media

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