

Northwest Gynecological Oncology

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A HEALTHY, ANTI-CANCER, ANTI-ALZHEIMER'S, CARDIAC-WISE LIFE

Minimum Exercise: 30 minutes/day, 5 days/week, must increase exertion until you perspire and are slightly out of breath. Core exercises and Weight lifting are best! Desire increased heart rate to 1.5x resting.

Diet: DIVERSE, HIGH FIBER: 9 servings of vegetables and fruits daily: onion, cabbage broccoli, cauliflower, kale, spinach beans, peas, tomatoes, sweet potatoes, squash, any citrus, blueberries, prunes, raisins, cantaloupe, apples, banana, greens but not iceberg lettuce. LOWFAT: Use canola or other vegetable oil for cooking. Eat <60grams of fats/day. REDUCE DAIRY FATS. Eat low-fat dairy products. These fats go right to your arteries. **FYI:** above diet can reduce stroke by 30%, cancer by 20%, prevent osteoporosis, reduce blood pressure, prevent heart attacks, and improve lung function dramatically. You want natural?

Vitamins and Minerals: reduce cancer, heart disease, Alzheimer's or osteoporosis risk:

- A: 700mcg D: 800 mcg Selenium supplement Aspirin, one daily
- C: 1,200 mg E: 400 IU Zinc supplement Calcium: 1,000 mg B 6: 1.5mg B 12: 6-9mcg Folate: 800-2,400mcg Dietary fiber supplement

Optimize Your Body Mass Index to <25 (Lbs x 703/height in inches) : Weight Watchers weekly meetings for 2 years are more effective than any other plan, Overeaters Anonymous, Take Off Pounds Sensibly (TOPS). Plan not to diet but to change your life. Must exercise >3 hours weekly: Calorie expend, Calorie reduce.

Get Screened: The tests that should be done on all healthy women over 35:

- Pap smear every 1-3 years. Cervix cancer rates do not reduce with age.
- Mammogram every year after 40. Breast cancer rates increase with age.
- Colonoscopy every 3-5 years (depends on risk). Colon cancer can be prevented.
- Blood pressure, blood sugar, cholesterol monitoring. Know and reduce your risk of heart attack.
- Bone Density after off any estrogen, every 2-4 years. Prevent osteoporosis.
- Dental exam and cleaning every 6 months. (Do you love your dentist? Ask me about mine)

Psychological Health: Therapy, Meditation, Spiritual Growth, and Reading Groups. Yoga. Find out how you can be a better person! Schedule exercise and your steps to self-improvement in your calendar. SLEEP: 7 hours of good rest or consult your general practitioner.

Bibliography

- How Women Can Finally Stop Smoking. Klesges & DeBon, Hunter House, 1994.
- Eat more, Weigh less. Dean Ornish, Harper-Collins, 1993.
- The Zone. Barry Sears
- For Yourself. Lonnie Barbach, New American Library, 1976. (for women to improve their sex life)
- How to satisfy a woman every time. Naura Hayden (for men – to have better sex with women)