

Healthy Aging

Chevron

May 19, 2014



Jacqueline Stiff, MD, MSPH

Senior Medical Director

Vice President Health Care Strategies

UnitedHealthcare

Agenda

- Preventive health
- Cancer Prevention & Screening
- Know Your Numbers - Heart Health
- Healthy Brain



Importance of Preventive Care

- Routine checkups and screenings
 - May help you avoid potentially serious health conditions and/or obtain early diagnosis and treatment. Generally, the sooner your doctor can identify and treat a medical condition, the better the outcome.
 - Allows you and your doctor to work as a team to manage your overall health.
 - Helps you reach your personal health and wellness goals.

Summary of Preventive Services

- Annual preventive medicine visits
- Standard immunizations – including influenza, pneumonia, shingles vaccines
- At appropriate ages and/or risk status, screenings and/or counseling for:
 - Colorectal cancer
 - Breast cancer
 - Elevated cholesterol and lipids
 - Depression
 - Blood pressure
 - Diabetes
 - Abdominal Aortic Aneurysm
 - Sexual health
 - Prostate cancer
 - Tobacco/nicotine use
 - Obesity
 - Diet and nutrition
 - Cardiovascular Disease/Aspirin
 - Hepatitis C screening
 - Alcohol & substance abuse
- Dental screening & Vision screening

Preventive Screenings - Cancer

- Breast Cancer
- Colon & Rectal Cancer
- Prostate cancer



Breast Cancer –

- Most common cancer in American women, except for skin cancer
- 1 in 8 (12%) women will develop breast cancer
- All women get breast cancer – spares no race/ethnicity
- An estimated 296,980 new cases were diagnosed in 2013
- 2nd leading cause of cancer death in women (lung cancer is #1)
 - About 39,620 women died last year
- Good news – since 2000 rates & deaths continue to drop

Source: American Cancer Society 2013

Breast Cancer Risks

- Age
- Factors that relate to long exposure to menses:
 - Early menarche, delayed menopause; delay or absence of having children
- Lack of breast feeding
- Family history (e.g., mother, sister, father, daughter – 1st degree relatives)
- Genetic conditions (e.g., BRCA 1 or BRCA 2 genes)
- Previous history of breast cancer
- Long-term usage of hormones (HRT); oral contraceptive agents

Breast Cancer Risks/Screening

- Body weight: overweight & obesity
- Alcohol
- Smoking
- Diet

All of these factors are controllable.

Screening Recommendations:

- All women starting at 40 every 1-2 years OR as directed by your health provider
- Women at higher risk – may need screening earlier – consult with your physician



Colon and Rectal Cancer –

- 3rd leading cause of cancer-related deaths
- Men & Women -
 - 102,480 new cases of colon cancer
 - 40,340 new cases of rectal cancer
- Overall lifetime risk about 5% (higher in men)
- Colorectal cancer 2013 deaths projected - 51,690
- Symptoms – may be none
- **Risk Factors:** Age, history of colorectal polyps or cancer, Inflammatory Bowel Disease, family history, Inherited genetic mutations, race/ethnicity
 - Modifiable Risks: Diet, smoking, alcohol, Type 2 diabetes, obesity, inactivity



Source: American Cancer Society 2013

Colorectal Screenings – Best Way to Prevent

- Routine colorectal screenings beginning at 50 years continuing until age 75, younger if high risk



- Types of screenings
 - Flexible sigmoidoscopy every 5 years
 - Fecal Occult Blood Test yearly
 - Barium enema every 5 years
 - CT virtual colonoscopy every 5 years
 - Colonoscopy every 10 years

Prostate Cancer –

- Most common cancer in American men, except for skin cancer
 - About 233,000 new cases of prostate cancer will be diagnosed this year
- 2nd leading cause of cancer death in men (lung cancer is #1) About 29,480 men will die of prostate cancer
 - Serious disease, but most men diagnosed with prostate cancer– will die from something else.
 - Over 2.5 million men in the United States who have been diagnosed with prostate cancer at some point are still alive today
- Risk Factors – Age (over 50); Family History; Race/ethnicity
- Screening – Digital rectal exam, Prostate Surface Antigen (PSA)

Source: American Cancer Society 2014



PROSTATE CANCER

Take Time to Decide

Most prostate cancers grow slowly, and don't cause any health problems in men who have them. A PSA test may find a prostate health problem. Treatment can cause serious side effects. Take time to ask your doctor these questions before you decide to get tested or treated for prostate cancer.



Who has a higher risk for prostate cancer?

- Men who are 50 years old or older.
- African-American men.
- Men whose father, brother, or son had prostate cancer.

What is the PSA test?

- Your prostate makes a substance called prostate-specific antigen (PSA).
- The PSA test measures the PSA in your blood.
- Your PSA level can be high for many reasons.



What happens next if my PSA is high?

- Your doctor may repeat your PSA test.
- Your doctor may send you to a specialist (urologist) for more tests, like a biopsy.

Tiny pieces of prostate tissue are removed using small needles and checked for cancer cells. Biopsies are the only way to know if you have prostate cancer.

What are my choices if a biopsy shows early prostate cancer?

Watching it closely.

- Get PSA tests and biopsies regularly.
- Talk to your doctor if you have symptoms like trouble urinating, blood in your urine, or pain in your back, hips, or pelvis that doesn't go away.

Getting other treatments after talking to your doctor.

- You may talk surgery to remove the prostate, radiation therapy, or hormone therapy.
- You may also talk about the side effects of treatment like impotence, loss of bladder control, and bowel problems.



For more information about prostate cancer:
<http://www.cdc.gov/cancer/prostate/>

National Center for Chronic Disease Prevention and Health Promotion
Division of Cancer Prevention and Control



Know Your Numbers – Pre-Diabetes & Diabetes

- **Pre-Diabetes:** 35% of US Adult population
 - High blood glucose levels (fasting 100-125mg/dL), insulin (important hormone that helps use glucose for body functions) resistance but reversible;
 - Culprits – older age, obesity, inactivity, diet, lifestyle
- **Diabetes:** 12% of US Adult population; 25%+ don't know they have
 - Abnormal blood glucose (fasting > 125mg/dL); not reversible;
 - Culprits include above; goals = compliance with “ABCs”;
 - Can lead to heart disease, kidney disease many other conditions
- **Both** - Higher rates in African American, Hispanic, Asian, South Asian populations
- **Screening** – Every 5 years or more often if higher risk

Know Your Numbers – High Blood Pressure

- What is hypertension or high blood pressure?
- What are ranges?
 - Normal <120/80
 - At Risk > 120/80- 140/90;
 - Hypertension >140/90
- Who has it? One out of 3 in US
- Increases risk for heart disease and stroke; kidney failure
- “Silent Killer” – can occur with no symptoms
- Increased risks if have additional chronic disease e.g., diabetes
- Screening – each preventive visit

Know Your Numbers - Cholesterol

- **What is cholesterol?**
 - Waxy fat like substance in your blood
 - Needed for important bodily functions
 - Hi cholesterol – about 35% of US – can lead to damage to arteries, heart disease, stroke
- **Bad cholesterol & Good cholesterol**
 - LDL or lower density lipoprotein – goal < 130mg/dL, ideal < 100
 - HDL or high density lipoprotein – goal for women > 50
- **Screening** – at least every 5 years >age 20 or more frequently if higher risk (National Cholesterol Education Program)
- **New 2013 Cardiovascular Prevention Guidelines AHA/ACA**
 - New risk assessments for risk of heart disease – more aggressive treatment of high cholesterol

Healthy Brain

- Memory loss; Mild Cognitive Impairment; Alzheimer's Disease/other dementias
 - Wide spectrum -
- Tips to Help Maintain Memory/Brain functions
 - Be physically active
 - Stay mentally active
 - Eat a healthy diet
 - Maintain social connections
 - Keep healthy numbers
 - Manage chronic conditions e.g., high blood pressure, diabetes
 - Get a good night's sleep
 - Stop smoking

[http://www.alz.org/we can help brain health maintain your brain.asp](http://www.alz.org/we_can_help_brain_health_maintain_your_brain.asp)

<http://www.mayoclinic.org/healthy-living/healthy-aging/in-depth/memory-loss/art-20046518?pg=2>

<http://www.cdc.gov/aging/pdf/thehealthybraininitiative.pdf>



Putting It All Together

1. Review family history
2. Get physical examination
3. Discuss risk factors with your doctor
4. Make lifestyle modifications
5. Take advantage of screening tests

