

How to Optimize Your Health

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Our Model of Medicine is Broken

- Unacceptable Outcomes
 - US ranked 37th in the world in health outcomes
- Unsustainable Costs
 - Double the amount of other developed nations
 - 2.5 trillion spent in the current healthcare system (70% of spending on lifestyle related diseases)
 - 4.3 trillion by 2023

Rank	Country	LifeX	Rate
1	JAPAN	83.7	
2	SWITZERLAND	83.1	
3	SAN MARINO	83.1	
4	SINGAPORE	82.9	
5	ITALY	82.9	
6	ANDORRA	82.7	
7	SPAIN	82.6	
8	AUSTRALIA	82.6	
9	ISRAEL	82.5	
10	ICELAND	82.4	
11	LUXEMBOURG	82.2	
12	MONACO	82.2	
13	NEW ZEALAND	82.1	
14	FRANCE	82.0	
15	CANADA	82.0	
16	CYPRUS	81.9	
17	SWEDEN	81.8	
18	NORWAY	81.8	
19	SOUTH KOREA	81.6	
20	NETHERLANDS	81.4	
21	IRELAND	81.3	
22	AUSTRIA	81.3	
23	GREECE	81.3	
24	UNITED KINGDOM	81.0	
25	PORTUGAL	81.0	
26	GERMANY	80.9	
27	FINLAND	80.8	
28	MALTA	80.6	
29	BELGIUM	80.5	
30	SLOVENIA	80.4	
31	CHILE	80.1	
32	DENMARK	79.9	
33	LEBANON	79.9	
34	QATAR	79.4	
35	COSTA RICA	79.3	
36	NAURU	78.9	
37	UNITED STATES	78.8	
38	KUWAIT	78.4	
39	CUBA	78.3	
40	CZECH REPUBLIC	78.2	
41	CROATIA	78.2	

Major Lifestyle Culprits of Disease

- Obesity
- Lack of motion, activity (i.e. exercise)
- Alcohol
- Tobacco
- Drugs
- Stress



>70% of US health care dollars spent on diseases caused by these and other lifestyle choices

Lifestyle Changes Can Prevent:

- 93% Diabetes
- 81% Heart Attacks
- 50% Strokes
- 36% Cancers

Ford et.al. Arch Int. Med.
2009: 169(15):1355-62.

Click on any cause to **Highlight**, click again to remove

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CAUSE OF DEATH RANKING	All Ages		
	Rnk	Deaths	
CORONARY HEART DISEASE	1	370,198	
LUNG CANCERS	2	156,250	
LUNG DISEASE	3	144,636	
STROKE	4	128,974	
ALZHEIMERS	5	84,766	
DIABETES MELLITUS	6	75,576	
HYPERTENSION	7	71,927	
INFLUENZA & PNEUMONIA	8	57,116	
COLON-RECTUM CANCERS	9	52,252	
KIDNEY DISEASE	10	48,178	
BREAST CANCER	11	41,324	
SUICIDE	12	41,143	
PANCREAS CANCER	13	38,996	
POISONING	14	38,846	
BLOOD POISONING	15	38,156	
ENDOCRINE DISORDERS	16	37,503	
LIVER DISEASE	17	36,341	

Turn off Faucet or Mop up Mess



8 Lifestyle Factors We Can Change To Optimize Our Health:

- ① B e at Peace With Self
- ② E xercise 30-60 Min Daily
- ③ S piritually In Tune
- ④ T oxins (A-T-P-P-D) Out!
- ⑤ S leep 8 Hours / 24 Hours
- ⑥ E at Anti-Inflammatory (e.g. Mediterranean)
- ⑦ L augh, Be Grateful, Forgive
- ⑧ F amily & Friend Connections



Marseilles, France
Mediterranean Diet

BEST SELF®

Be at Peace With Self

Exercise 30-60 Min Daily

Spiritually In Tune

Toxins (A-T-P-P-D) Out!

Sleep 8 Hours / 24 Hours

Eat Anti-Inflammatory

L laugh, Be Grateful, Forgive

Family & Friend Connections

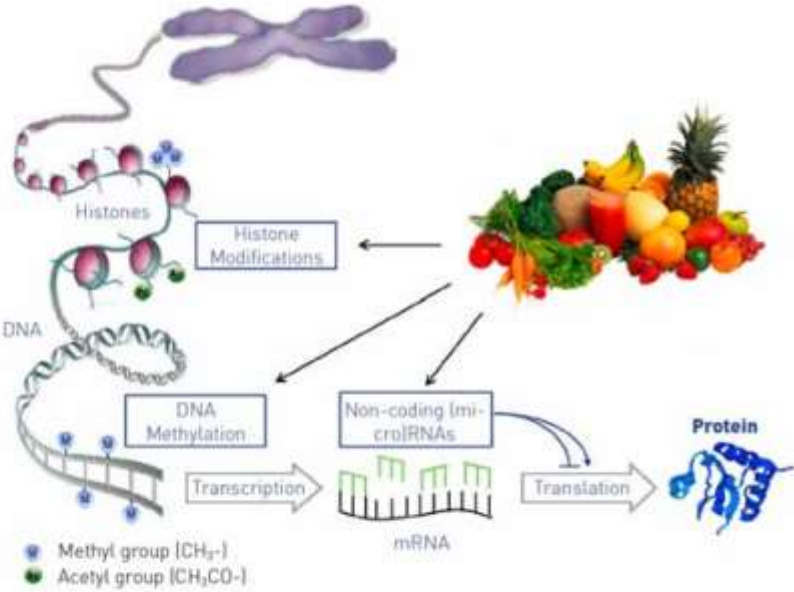
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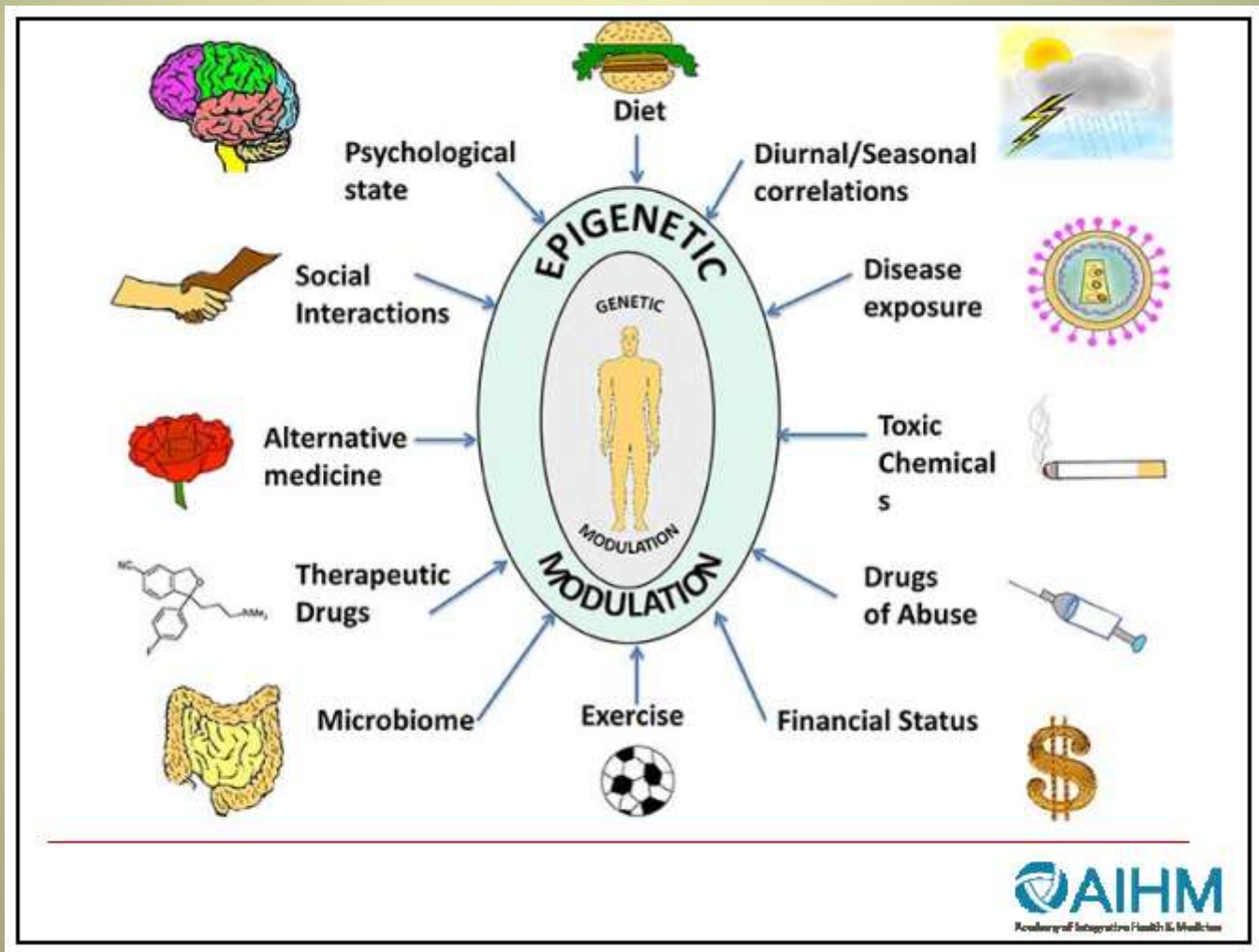
**We have no idea how we can
touch another...**



Certain Foods Turn Genes On or OFF



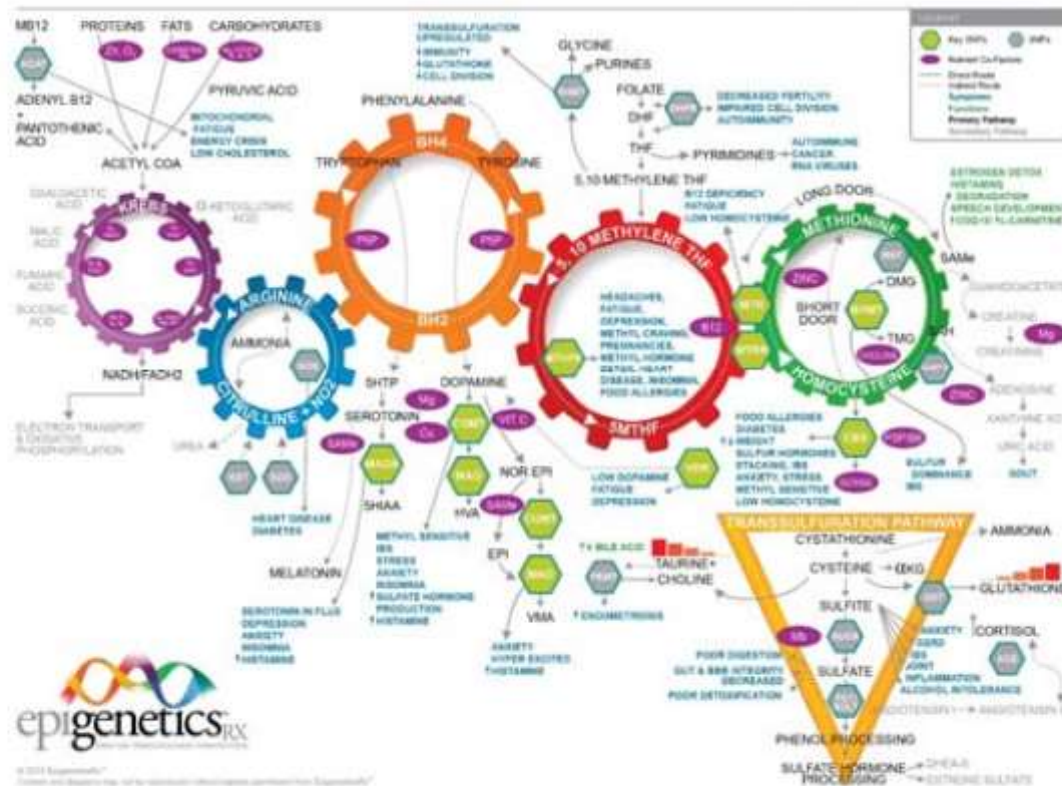
Other Factors Impact Epigenetics



Epigenetic Impact on Biochemistry

Interaction of Mutations – Thinking process

Metabolic Pathways



“People, Planet, Purpose”



23andMe/Promethease DNA Analysis

Your Reports Summary

This is an overview of your 23andMe reports. It provides brief descriptions of your results but does not provide detailed information that may be important for understanding your results. 23andMe reports do not include all possible variants or account for other factors related to these conditions and traits.

Log into your 23andMe account for more details about each of your results. **If you have concerns about your results, talk to a healthcare professional.**

Your Reports Highlights

Certain results are highlighted because they may be unique or contain important information relevant to your health. The reports in your 23andMe account can provide more details about each of these results.

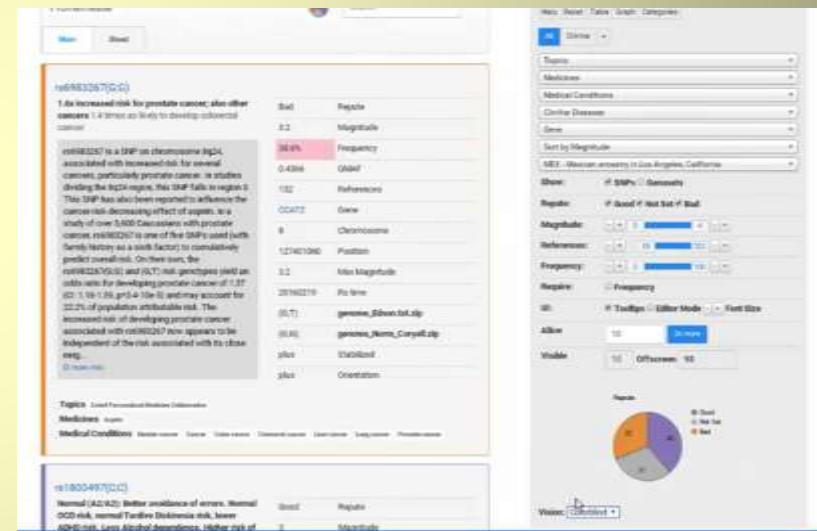
Genetic Health Risk Reports 0 highlighted of 7 reports	Ancestry Reports 1 highlighted of 5 reports
Carrier Status Reports 0 highlighted of 42 reports	<ul style="list-style-type: none"> Ancestry Composition 55.7% British & Irish 9 populations
Wellness Reports 2 highlighted of 8 reports	Traits Reports 3 highlighted of 22 reports
<ul style="list-style-type: none"> Lactose Intolerance Likely tolerant Saturated Fat and Weight Likely similar weight 	<ul style="list-style-type: none"> Asparagus Odor Detection Likely can smell Bitter Taste Likely can taste Sweet Taste Likely prefers salty

Genetic Health Risk Reports 0 highlighted reports of 7 reports available

These reports tell you about genetic variants that may increase your risk of developing certain health conditions. **Consider talking to a healthcare professional if you have a personal or family history of one of these conditions or have concerns about your results.**

Our reports do not include all possible genetic variants that could affect these conditions. Other factors can also affect your risk of developing these conditions, including lifestyle, environment, and family history.

Late-Onset Alzheimer's Disease	Variant not detected
Parkinson's Disease	Variants not detected
Age-Related Macular Degeneration	Variants not detected
Alpha-1 Antitrypsin Deficiency	Variants not detected
Celiac Disease	Variants not detected
Hereditary Hemochromatosis (HFE-Related)	Variants not detected
Hereditary Thrombophilia	Variants not detected



Integrative Medicine May Help Those With:

- A Need for direction with information overload
- Brain Fog
- Migraine Headaches
- Concern for, Family History or Diagnosis of: Obesity, Metabolic Syndrome, Diabetes, Heart Disease, Stroke, Cancer, Alzheimer's Dementia, or Auto-Immune Disease and want to prevent getting the disease or getting worse



Integrative Medicine Locally

- Initially, appointments during ½ day clinic/week
- Call 720-284-2313 to be placed on waiting list
- Clinic planned for June 2018



Typical Integrative Medicine Visit

What You Provide

- Complete a Comprehensive History and Life Style Intake Form Prior to 1st Visit
- Sincere Desire to Learn & to Change
- Signature to Opt-Out of Medicare for Physician Charge only

What You Can Expect

- 60-90 minutes with Physician 1st Visit to review Intake form, Physical Exam, identify Comprehensive Labs/Tests including DNA analysis
- 30-60 minutes with Physician on 1-2 follow up visits or more as needed to Review diagnostic tests, Identify needed Life Style Changes, Supplements & Other Therapies and Monitor progress
- Referral to Life Style Coaches, Support Groups, Dietician, Exercise & Massage Therapy Programs, Acupuncture, Sleep Study, Hyperbaric Oxygen, etc.
- Continue to follow up with your Primary Care Provider for other Healthcare needs.

BEST SELF[©]

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Disclaimer

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