

# Woods Hole Woman's Club, March 11 2025

*Health in a time of Dis-Ease*

what is health

τι είναι υγεία

Alan Steinbach, PhD, MD

Clinical Professor Emeritus, UC Berkeley SPH

how careful eating, interdependence,  
and a kindly (mindful) attitude can  
contribute to good health

# Woods Hole Woman's Club, March 11 2025

*Health in a time of Dis-Ease*

I'd like to start with a participatory game. No touching, just talking. OK?

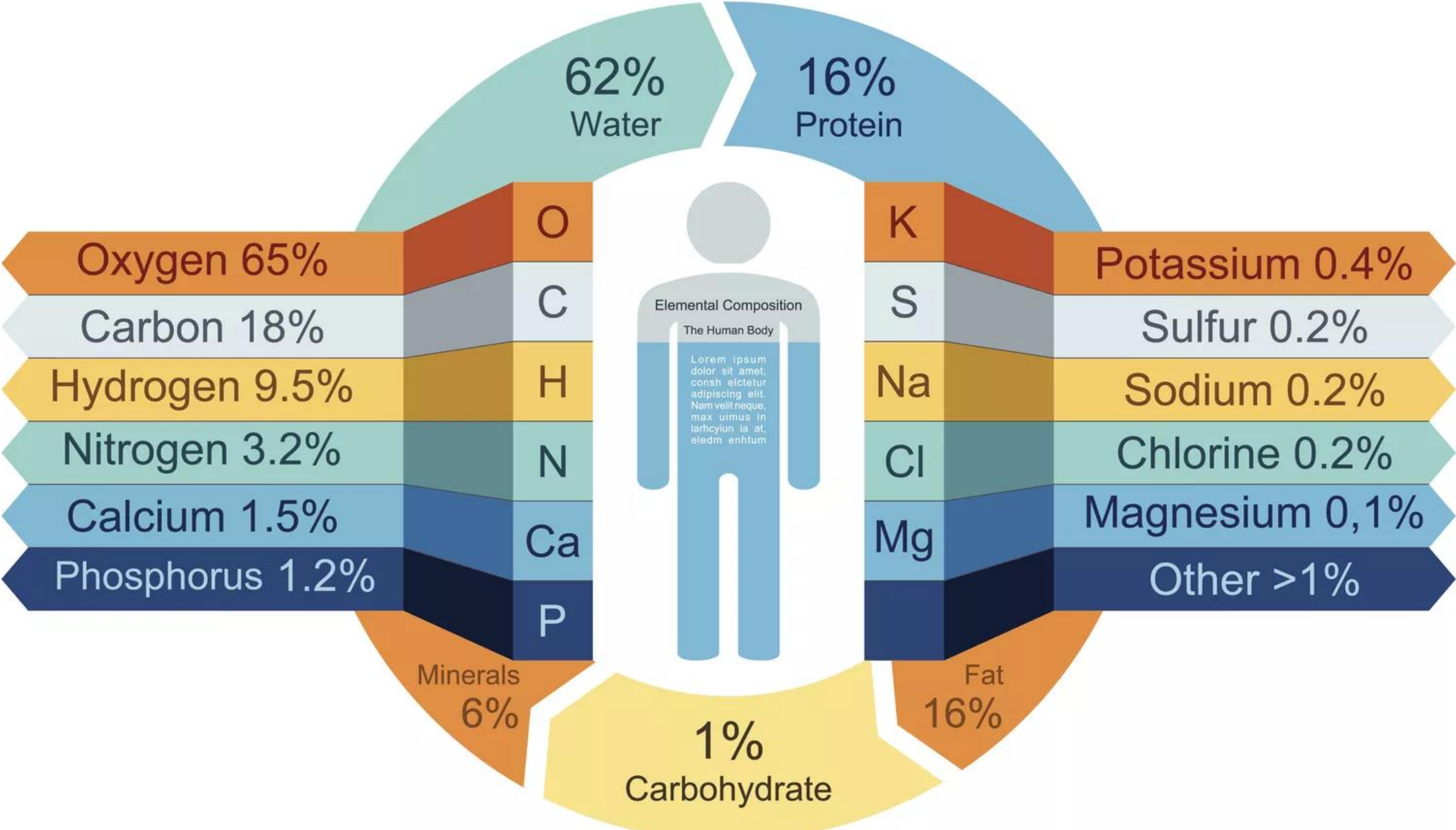
Turn to a person next to you, greet each other, and one of you starts by asking the other 'what does health mean to you?'

What was the point? Listening is an art that must be practiced to be learned. Learning is essential for health

The person being asked should answer in a short form. I will interrupt at 2 minutes and ask you to switch around and repeat.

If you don't want to play, please just sit quietly. This won't take long.

# THE HUMAN BODY



# what do buddhists say about health

- Eat and drink in moderation
- Be cautious and selective about food
- Consume food at the proper intervals
- Stay in touch with doctors and nurses
- Be kind and considerate of those caring for you



# what do episcopalians say about health?

## Health care

- The Episcopal Church supports universal health care coverage and equitable access for all.
- They advocate for policies that guarantee basic health care for all.
- They have a history of advocacy and education on HIV/AIDS.
- They recognize the challenges of infertility and support in vitro fertilization (IVF).

## Faith and fitness

- Some Episcopalians believe that faith and fitness can be intertwined.
- Some churches offer classes that incorporate faith-based music and scripture, such as Pilates and yoga.
- They believe that mental health and physical health are on a continuum.

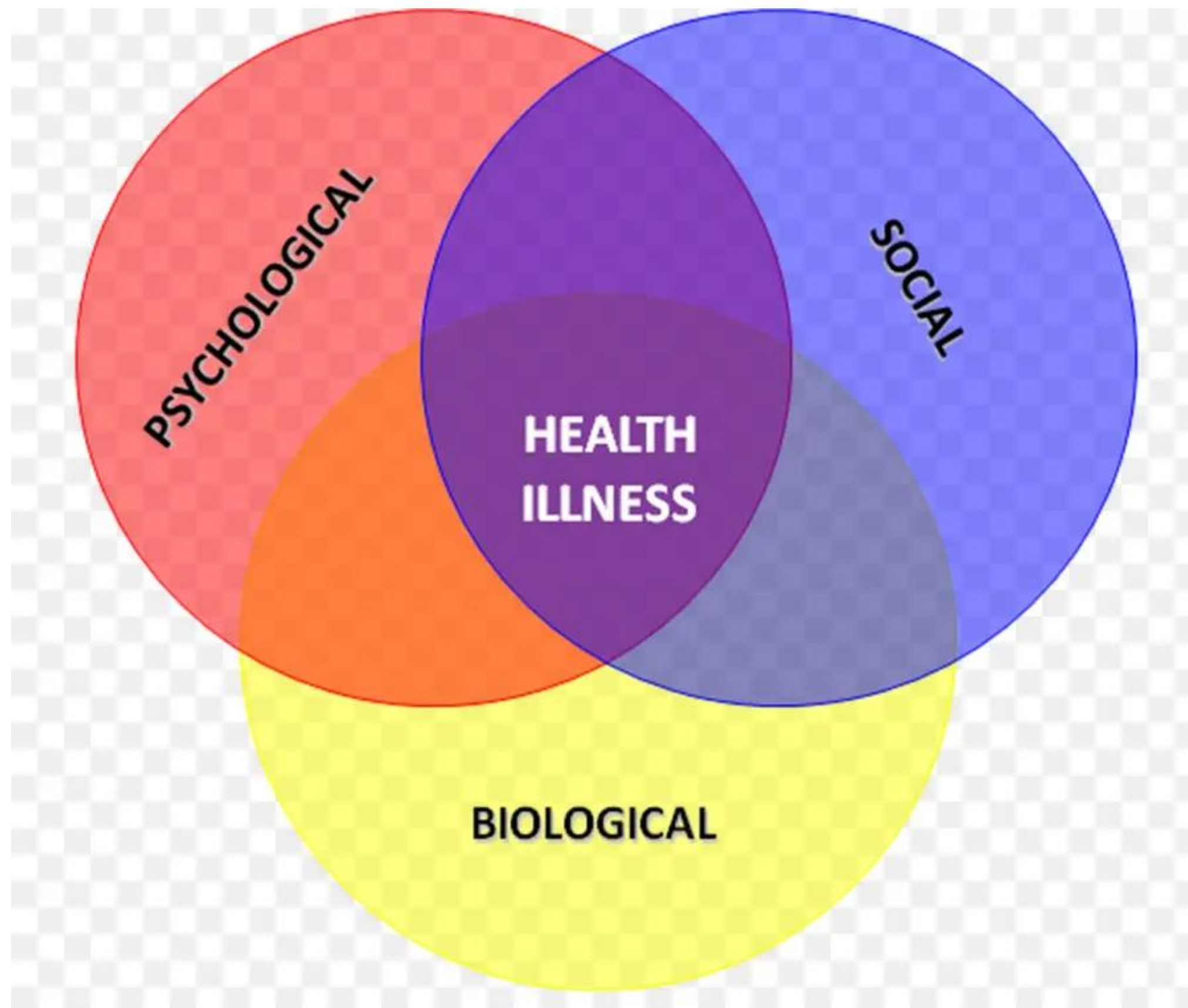
# what do muslims say about health?

Muslims believe that health is a fundamental human right and a great blessing from God. They are encouraged to take care of their physical, mental, and spiritual health.

## Practices

- **Diet:** Eat a balanced diet
- **Exercise:** Engage in regular physical exercise
- **Medical care:** Seek medical attention when needed
- **Self-care:** Practice self-care
- **Patience:** Remain patient when suffering from an illness

# venn diagram of health



independence

interdependence

Belonging behaviors

Othering behaviors

Homeostasis

Homeostenosis

# Case History #1

75 year old woman says she has felt tired occasionally, particularly when walking, but has no chest pain. Her left shoulder hurts occasionally, perhaps due to starting exercise. She takes daily medicines 'for cholesterol and blood pressure'

1. add multivitamins and tylenol
2. Schedule with cardiologist.
3. Meet me at the ER

- Back pain, usually on the left, or just fatigue with exercise is a relatively common symptom of heart attack in women. Given age, even a man with this complaint should probably be assessed immediately.



# Case History #2

A 37 year old woman says she was 30 minutes into a recreational run, twisted her left foot on uneven ground, and felt immediate pain in the left ankle. The ankle is swollen. Should she drive 60 miles to the nearest hospital for an x ray?

1. add multivitamins and tylenol

2. Schedule with orthopedist.

Well, Canadian research led to the Ottawa Ankle rules. Tenderness anywhere along the last 6 inches of the bone on the inside (tibia) or outside (fibula) or on the lateral edge of the foot (metatarsal head), particularly if the victim could walk immediately after the injury, suggest a fracture. Ice, elevation, aspirin and an x ray are indicated. Otherwise, the ice and elevation without x ray is OK, as long as victim can avoid weight bearing for several days and will followup with an X-ray if symptoms worsen.

3. Meet me at the ER

Well, Canadian research led to the Ottawa Ankle rules. Tenderness anywhere along the last 6 inches of the bone on the inside (tibia) or outside (fibula) or on the lateral edge of the foot (metatarsal head), particularly if the victim could not walk immediately after the injury, suggest a fracture. Ice, elevation, aspirin and an x ray are indicated. Otherwise, the ice and elevation without x ray is OK, as long as victim can avoid weight bearing for several days and will followup with an X-ray if symptoms worsen.

# Case History #3

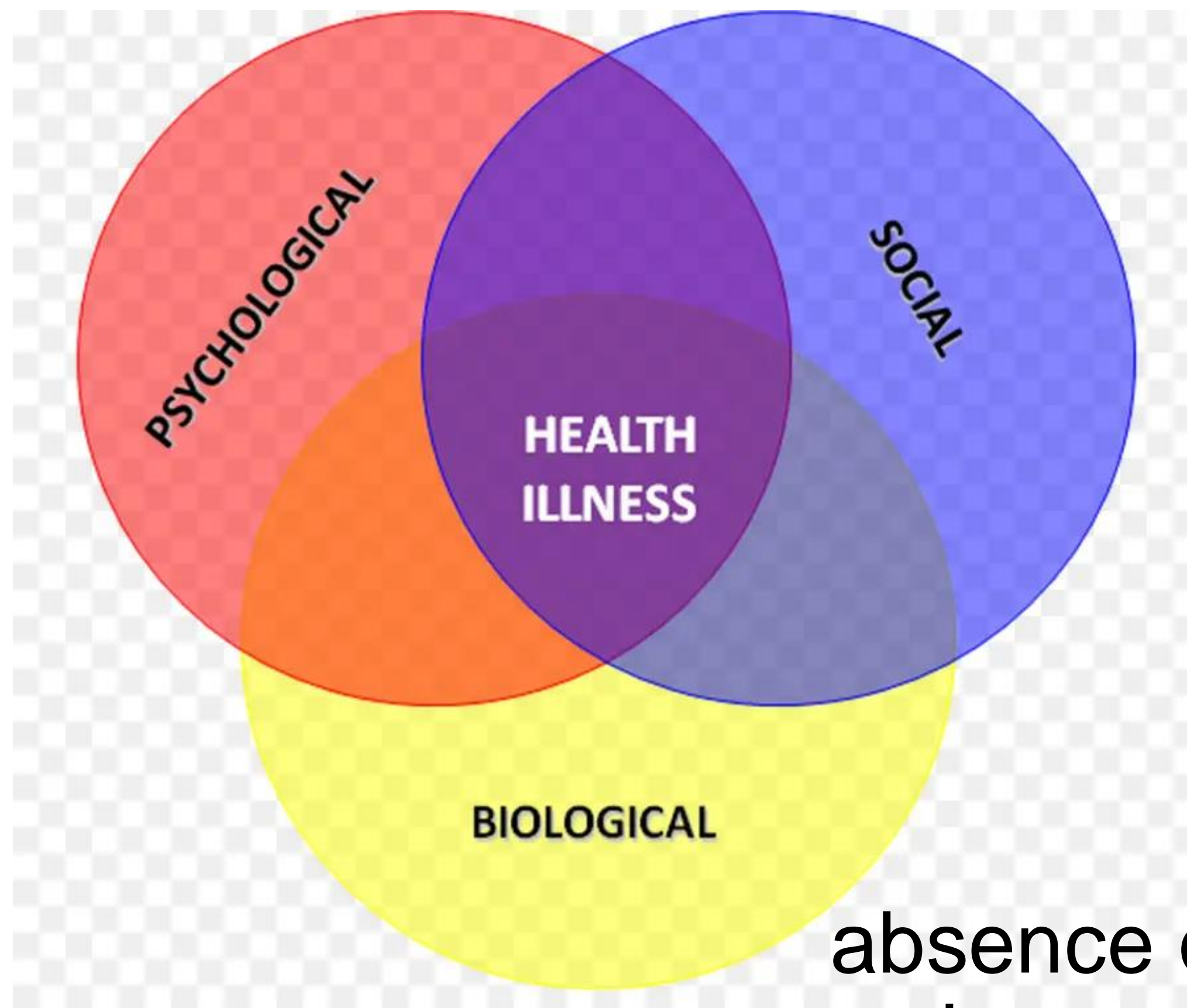
A 35 year old has episodes of fever, chills, fatigue and aching knees and elbows. They have not noticed any bites, but did find a tiny black tick that was easy to pull off a week or so ago. They ask 'What antibiotic should I take?' 200 mg doxycycline, one dose

2. 100 mg doxycycline twice a day x 21 days

3. blabbleblabbleblabbelblubble

well, this is a genuine case of blabbleblubble. There is a group of people, including a very experienced physician, who believe that the only safe immediate treatment is long term antibiotics. However, their data mostly involves severe cases. Their point is that if you really want to be sure, try to find a local expert, and get all the tests you can, only treat for positive immunology 4-6 weeks after exposure with strong symptoms and/or Erythema Migrans rash. They recommend 400 mg twice a day as the 'prophylactic' dose.

# venn diagram of health, annotated



Emotional stability, cognitive function, and a sense of purpose and fulfillment.

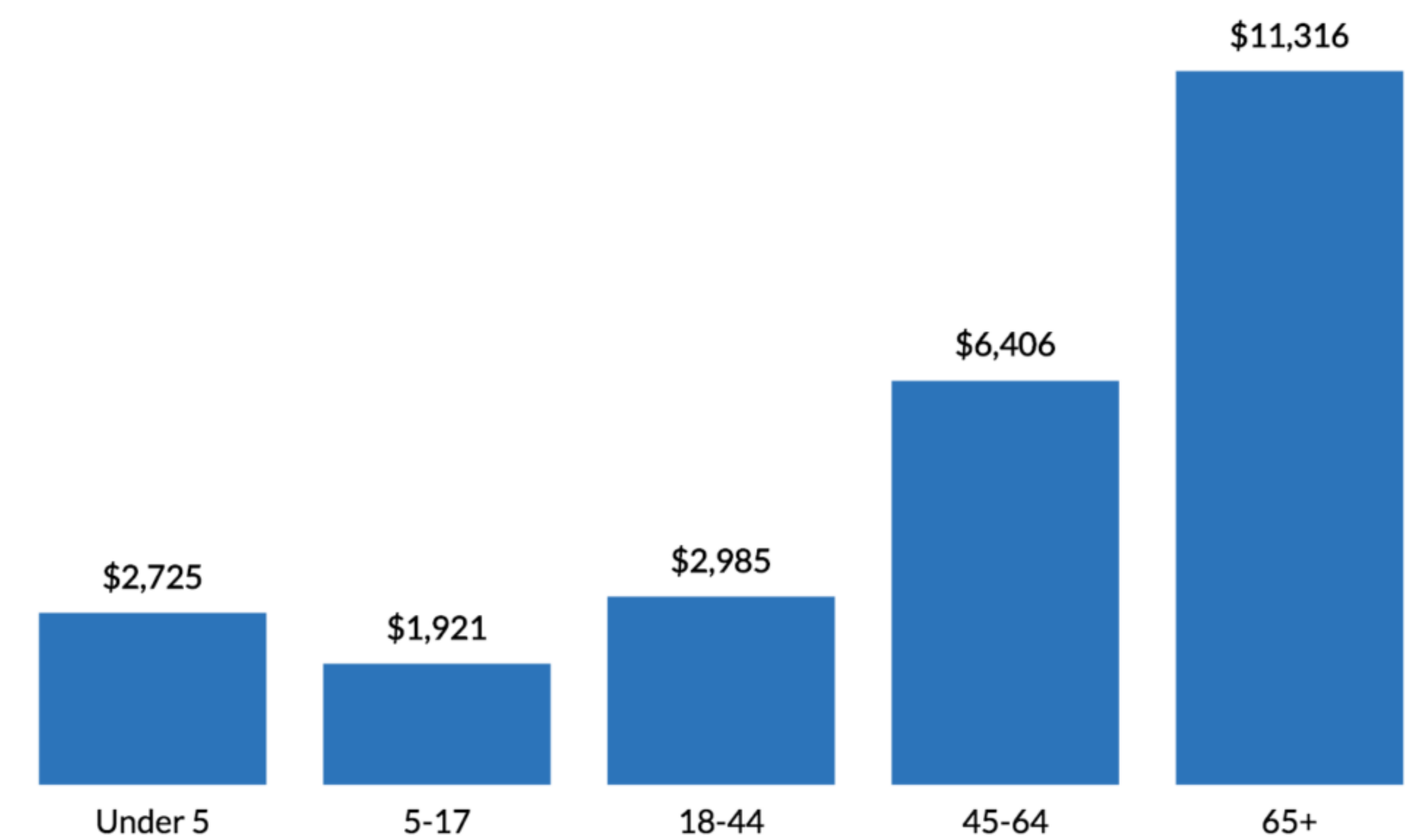
Strong social connections, supportive relationships, and the ability to adapt to social environments

absence of illness, healthy weight, diet, lifestyle

<https://www.registerednursing.org/articles/healthcare-costs-by-age/>

Average Health Spending by Age in the United States

Spending per year based on age group (2016)



Data Source: US Department of Health & Human Services MEPS data



# ***What to Eat* by Marion Nestle**

Eat less, move more, eat lots of fruits and vegetables, go easy on junk foods.

## **Michael Pollen *In Defense of Food: An Eater's Manifesto***

‘Eat food. Not too much. Mostly plants.’

# What to Eat

<https://libquotes.com/marion-nestle>

EAT LESS, MOVE MORE, EAT LOTS OF  
FRUITS AND VEGETABLES, GO EASY ON  
JUNK FOODS.

- MARION NESTLE -

LIBQUOTES.COM



# Michael Pollan's 7 Rules for Eating:



1. Don't eat anything your great grandmother wouldn't recognize as food.
2. Don't eat anything with more than five ingredients, or ingredients you can't pronounce.
3. Stay out of the middle of the supermarket; Real food tends to be on the outer edge of the store...where it can be replaced with fresh foods when it goes bad.
4. Don't eat anything that won't eventually rot.
5. It is not just what you eat but how you eat.  
"Always leave the table a little hungry,"
6. Enjoy meals with the people you love.
7. Don't buy food where you buy your gasoline.

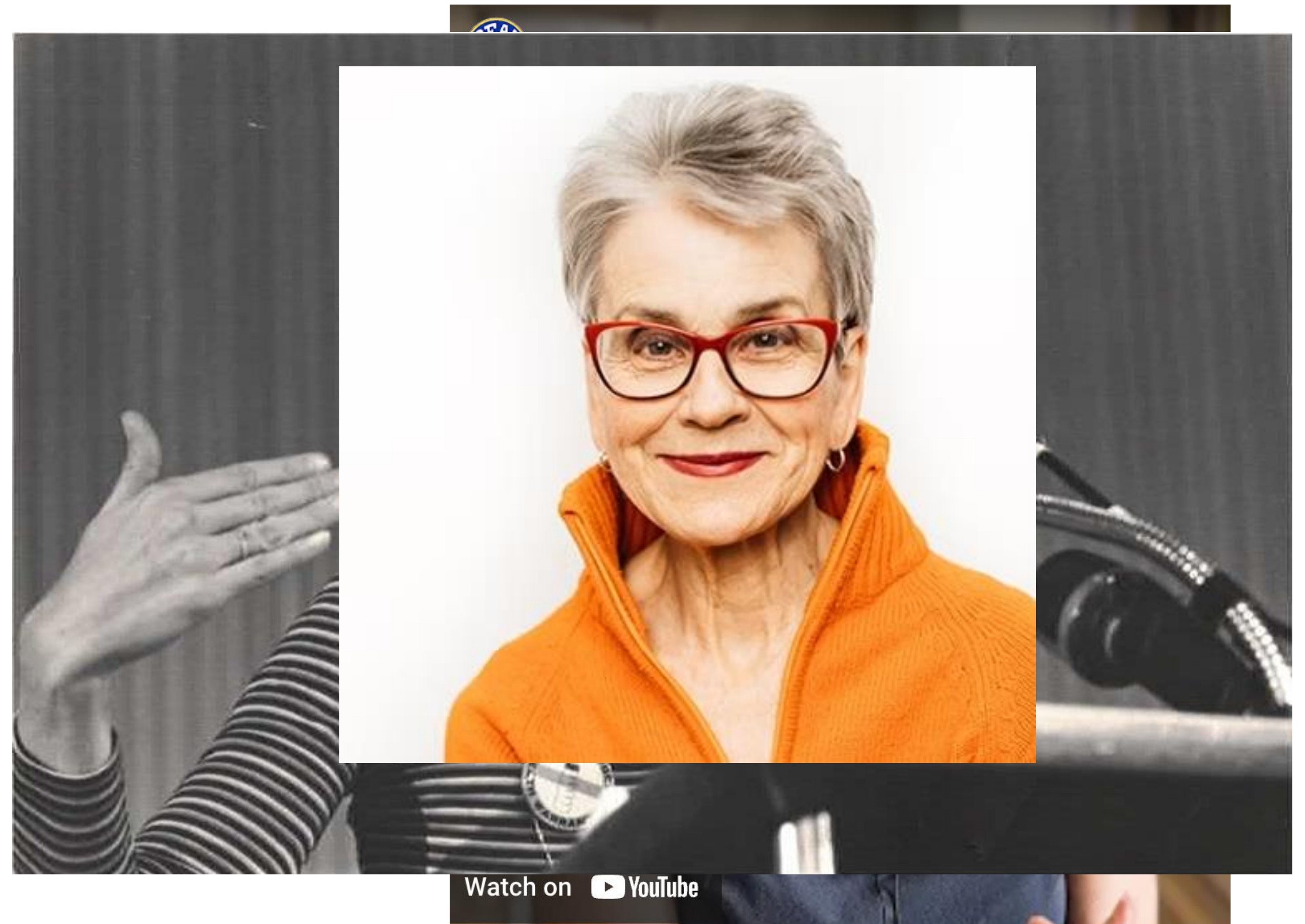


# Frances Moore Lappe *Diet for a Small Planet* 1971

<https://realorganicproject.org/frances-moore-lappe-power-democracy-food-episode-two-hundred-one/>

Every aspect of our lives is, in a sense, a vote for the kind of world we want to live in. The real cause of hunger is the powerlessness of the poor to gain access to the resources they need to feed themselves.

Her most recent publication, [\*Crisis of Trust: How Can Democracies Protect Against Dangerous Lies\*](#) (2023), dives into the roots of the American disinformation crisis and shares lessons from democracies leading the fight to combat harmful lies and promote truth

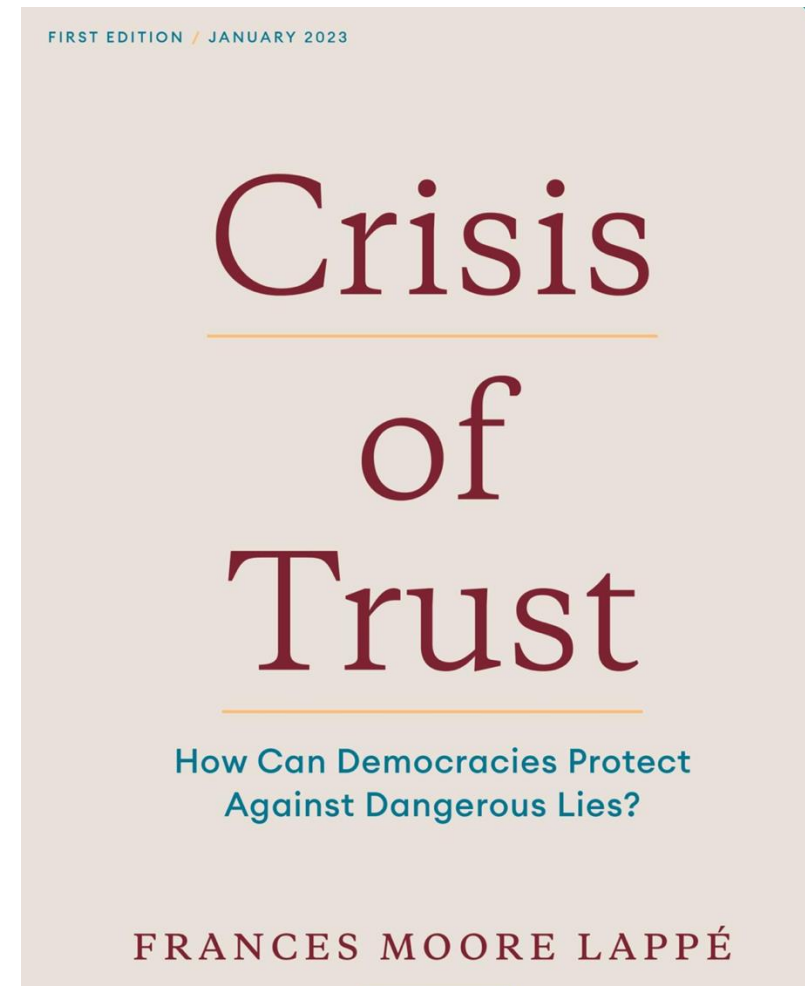


<https://www.smallplanet.org/publications-living-democracy/crisis-of-trust>



# Frances Moore Lappe..2024 a new book

<https://www.smallplanet.org/publications-reports/crisis-of-trust>



Democracy lives on honest dialogue and dies on a diet of lies. So how can democratic cultures that prize freedom of speech also **protect against the lasting damage that disinformation can wreak**? There are few more important questions today. Disinformation destroys the trust essential to tackling the most pressing challenges of our time, from the climate crisis to political polarization to devastating economic inequities. None can be met without honest communication. In Crisis of Trust, we share lessons gleaned from leading democracies demonstrating leadership on this vital question. We hope their stories will **fortify our own determination to step up to the challenge**, as well as offer practical ideas we might adapt to our own realities.

# Science is starting to explain common sense

Volume 41, Issue 5  
May 2018



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## Article Contents

E-LETTERS: OBSERVATIONS | FEBRUARY 27 2018

## Effect of Food Order on Ghrelin Suppression FREE

Alpana P. Shukla ; Elizabeth Mauer; Leon I. Igel; Wanda Truong; Anthony Casper; Rekha B. Kumar; Katherine H. Saunders; Louis J. Aronne



Corresponding author: Alpana P. Shukla, [aps2004@med.cornell.edu](mailto:aps2004@med.cornell.edu).

*Diabetes Care* 2018;41(5):e76–e77

<https://doi.org/10.2337/dc17-2244> [Article history](#)

PubMed:[29487079](#)

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Views

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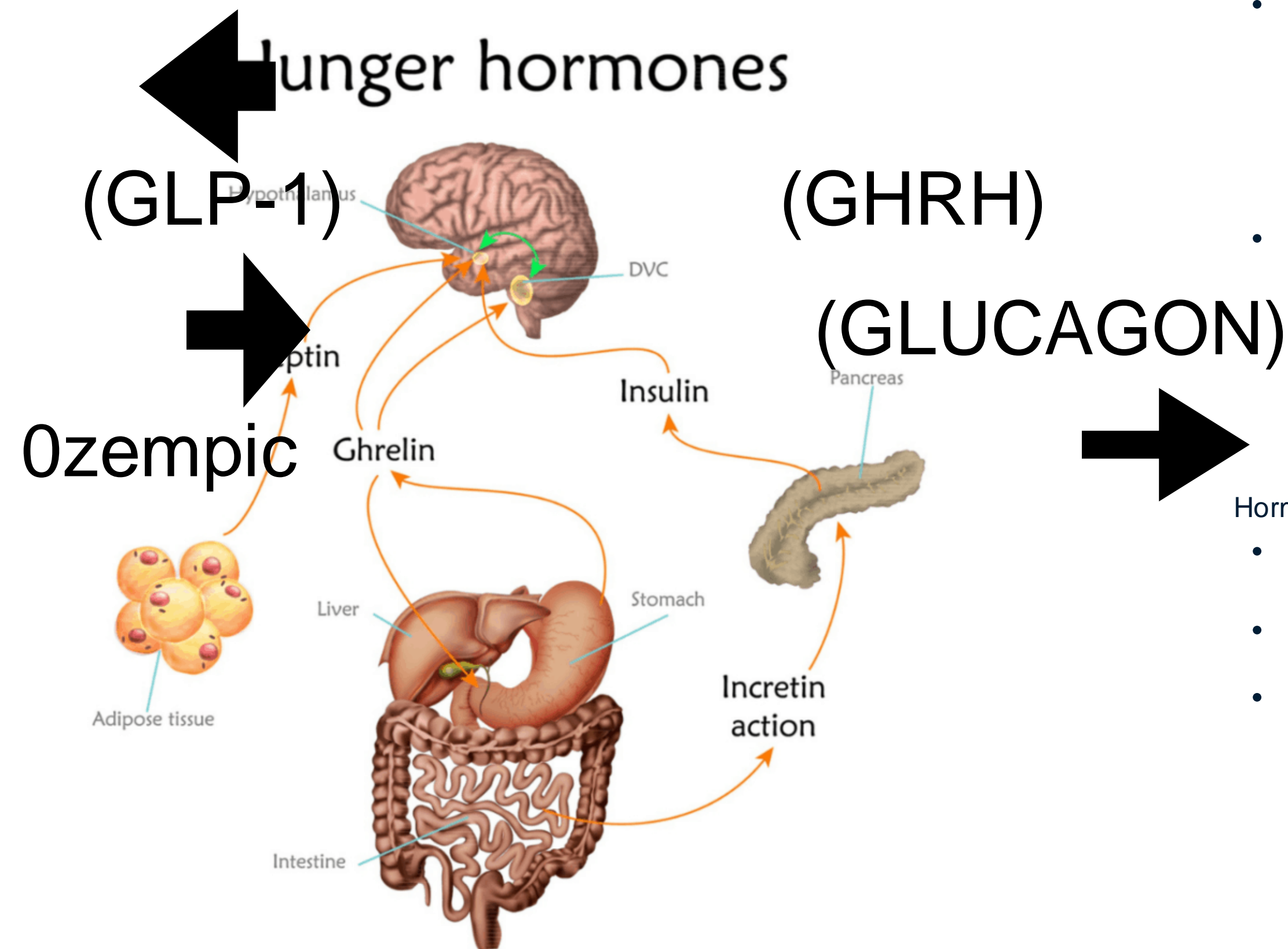
Cite

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Data suggest that the temporal sequence of carbohydrate ingestion during a meal has a significant impact on postprandial glucose ([1–3](#)), insulin, and glucagon-like peptide 1 (GLP-1) excursions ([4](#)) in type 2 diabetes, while the effects on ghrelin suppression and satiety have not been reported.



# Understanding leads to exploitation



- **Stomach**  
The stomach's motor functions and release of peptides and hormones signal satiation to the brain

- **Gut-brain axis**  
The gut and brain communicate through the gut-brain axis, which releases hormones like glucagon-like peptide 1 (GLP-1), cholecystinin (CCK), and peptide YY (PYY)

## Hormones

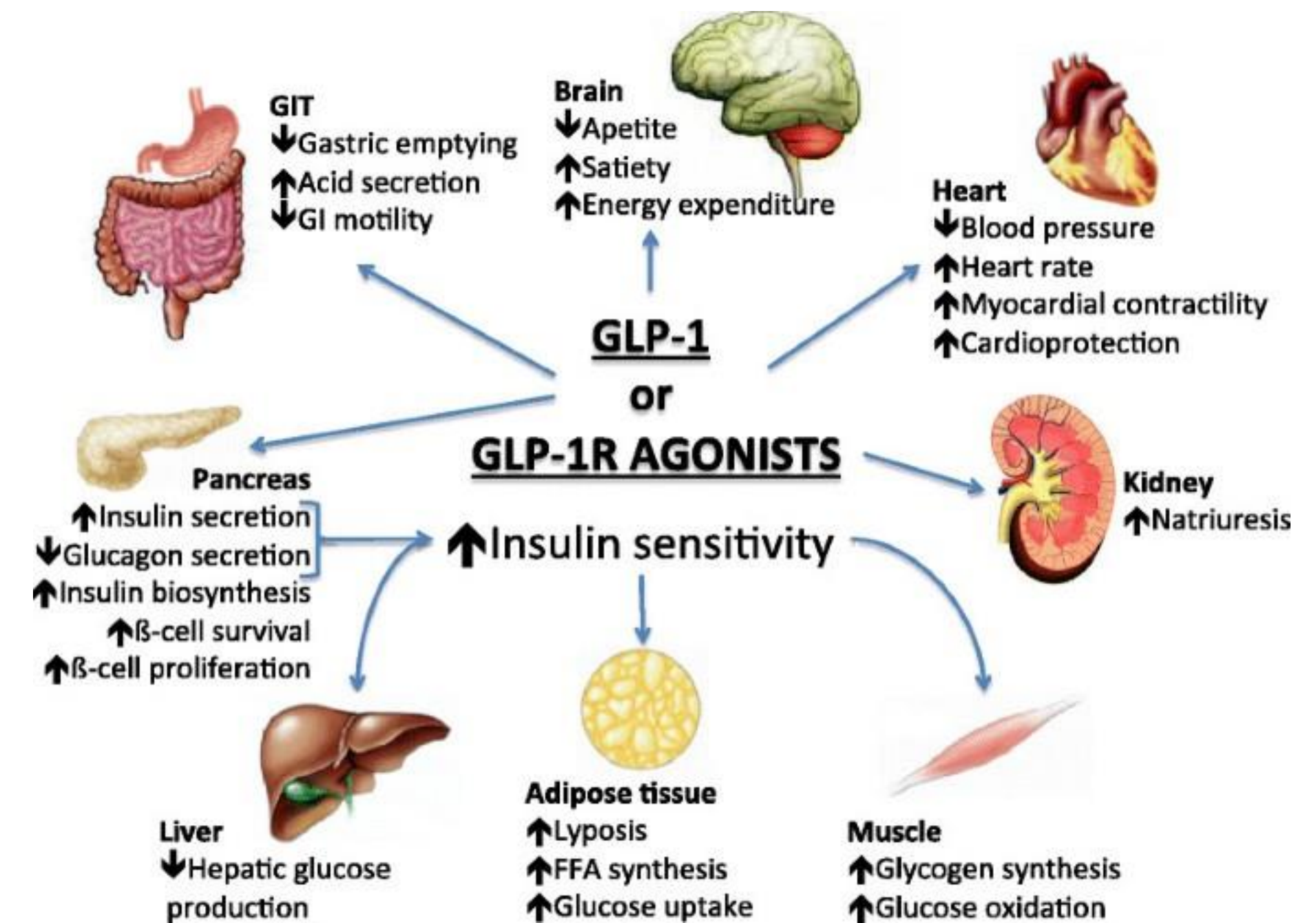
- **Leptin:** Produced by adipose tissue, leptin suppresses appetite and helps reduce weight
- **Ghrelin:** Produced in the gastrointestinal tract, ghrelin increases hunger
- **Cortisol:** Creates hunger cues, but chronically elevated cortisol can lead to weight gain

[https://www.gastrojournal.org/article/S0016-5085\(14\)01138-X/fulltext](https://www.gastrojournal.org/article/S0016-5085(14)01138-X/fulltext)

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10110736/#abstract2>



# semaglutide activation of GLP-1



<https://cardiab.biomedcentral.com/articles/10.1186/s12933-014-0142-7>

<https://www.sciencephoto.com/media/1341348/view/glp-1-receptor-activated-by-semaglutide-illustration>



# The Links between obesity and cancer



# Suppose our genes are selfish?

<https://www.britannica.com/biography/Richard-Dawkins>

Let us try to teach generosity and altruism, because we are born selfish. Let us understand what our own selfish genes are up to, because we may then at least have the chance to upset their designs, something that no other species has ever aspired to do.

# Stretching Exercises for Seniors

## MOBILITY

- **Neck Stretches:** Gently tilt your head to the left, right, forward, and backward. Hold each stretch for 15-30 seconds to relieve tension in your neck and upper back.
- **Shoulder Rolls:** Roll your shoulders backward and forward in a slow, controlled motion. This exercise helps improve shoulder mobility and reduces stiffness.
- **Ankle Circles:** Sit in a chair with your feet flat on the floor. Lift one foot slightly and rotate your ankle in a circular motion, clockwise and counterclockwise. Repeat with the other foot. This exercise promotes ankle flexibility and strength.
- **Hip Rotations:** While seated or standing, hold onto a stable surface for support if needed. Rotate your hips in a circular motion, first clockwise and then counterclockwise. This exercise enhances hip mobility and eases lower back discomfort.
- **Knee Extensions:** Sit upright in a chair with your feet flat on the floor. Extend one leg fully, hold for a few seconds, and lower it back down. Repeat with the other leg. Knee extensions strengthen your quadriceps and improve knee joint flexibility.
- **Wrist Flexor and Extensor Stretch:** Extend one arm in front of you with the palm facing up and gently pull the fingers back with your opposite hand. Then, flip your hand so the palm faces down and gently press the fingers toward your body. Switch arms and repeat. These stretches promote wrist mobility and alleviate wrist discomfort.
- **Seated Leg Lifts:** Sit in a sturdy chair with your feet flat on the floor. Slowly lift one leg as high as comfortable while keeping it straight. Hold for a moment, then lower it back down. Repeat with the other leg. This exercise enhances hip and thigh mobility.

<https://www.planetfitness.com/community/articles/exercises-for-seniors>



# Could DEI possibly be good for your health?

DEI is about creating a more just society, where everyone has equitable opportunities, regardless of their race, ethnicity, gender, sexual orientation, or other personal characteristics. Social justice is about ensuring that everyone has equal rights and opportunities, regardless of their social or economic status.

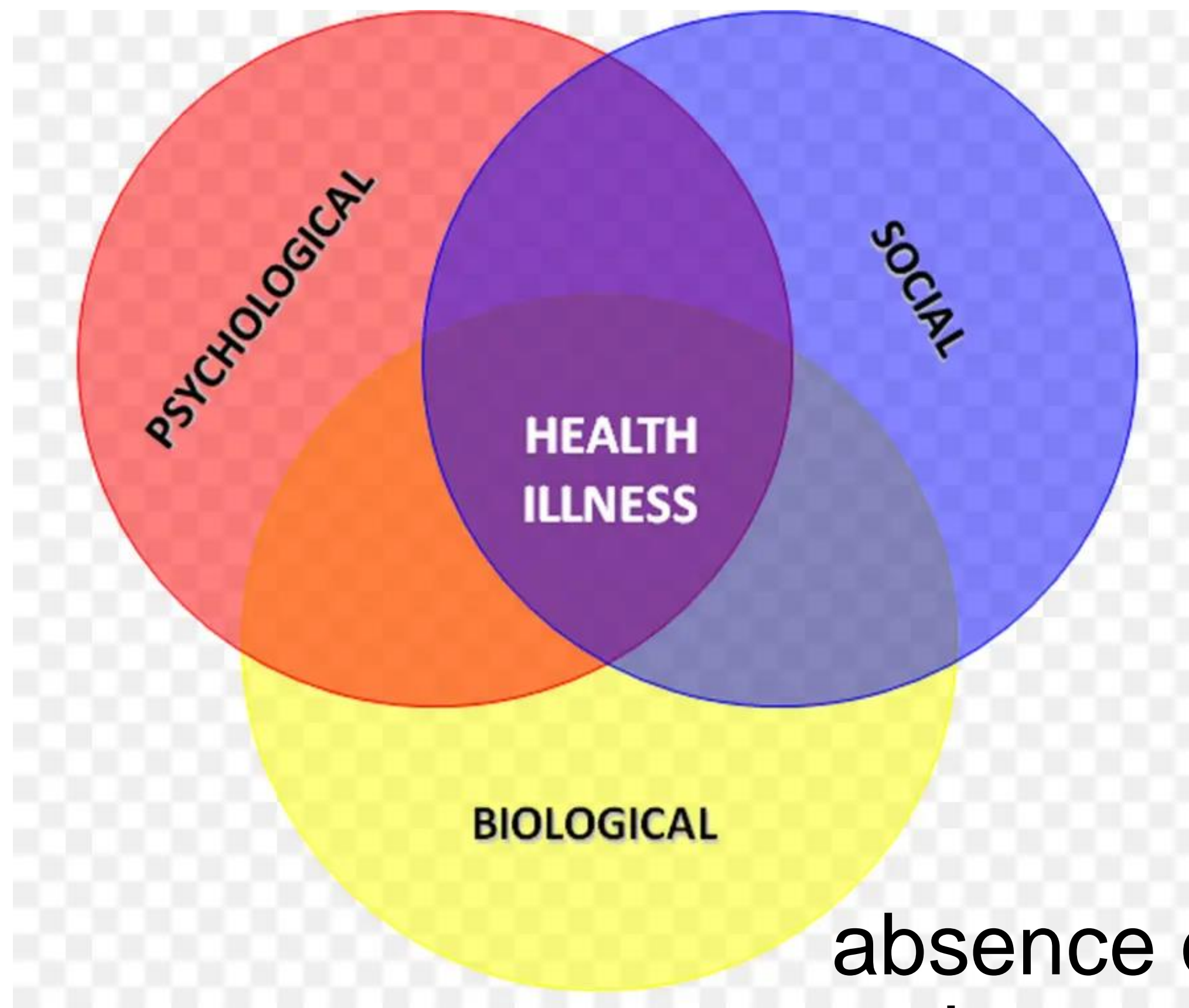
<https://www.diversitycertification.org/deia-matters-blog/deis-intersection-with-social-justice>



FACT SHEETS

FACT SHEET: PRESIDENT  
DONALD J. TRUMP  
PROTECTS CIVIL  
RIGHTS AND MERIT-  
BASED OPPORTUNITY  
BY ENDING ILLEGAL DEI

# venn diagram of health, annotated



Emotional stability, cognitive function, and a sense of purpose and fulfillment.

Strong social connections, supportive relationships, and the ability to adapt to social environments

absence of illness, healthy weight, diet, lifestyle

# And so, for 20 points per item...

- Eat Food. Not so much. Vegetables most and first
- Exercise 150 min per week, avoid 'no pain, no gain' programs
- Practice kindness as an act of interdependence, starting with yourself
- Recognize homeostenosis (fragility) and adapt accordingly
- Tell your family when you need help
- Do not go gentle into the chaos.



A wide-angle photograph of a sunset over a body of water. The sky transitions from a deep blue at the top to a bright orange and yellow near the horizon. The water is dark blue with small, shimmering waves. In the foreground, a sandy beach is visible on the right. On the right side, there is a pier or breakwater with a flagpole and a small building. A few cars are parked near the pier. The word "FIN" is written in large, white, sans-serif capital letters in the center of the image.

FIN





