

LET'S GET
RID OF
THE
PATIENT

LOUIS HUGO FRANCESCUTTI
STORYTELLER

15

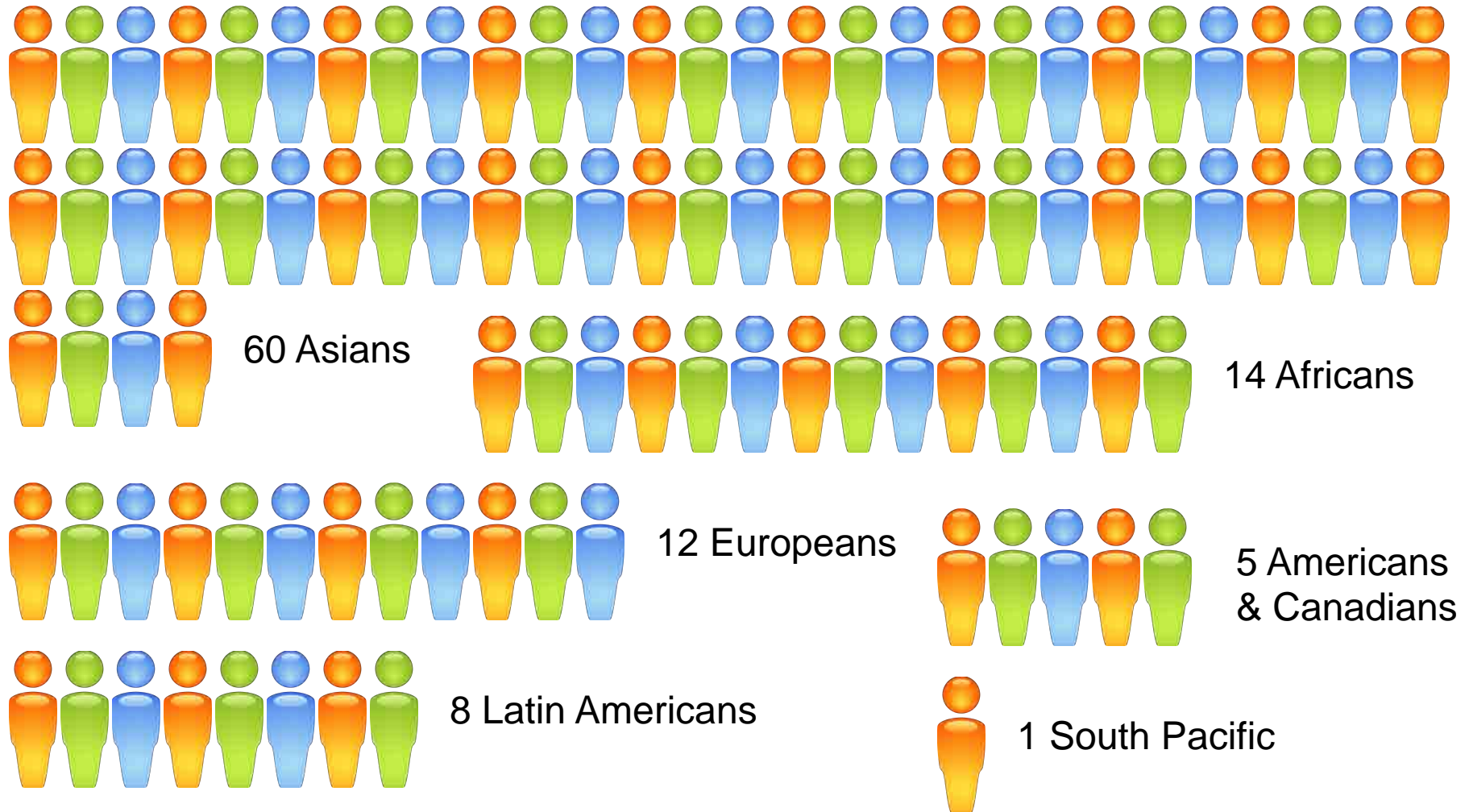


OLIVIAN

If you could fit the **entire population of the world** into a village consisting of **100 people**, maintaining the proportions of all the people living on Earth, that village would consist of:



If you could fit the **entire population of the world** into a village consisting of **100 people**, maintaining the proportions of all the people living on Earth, that village would consist of:



If you could fit the entire population of the world into a village consisting of 100 people, maintaining the proportions of all the people living on Earth, that village would consist of:

- 1 person owning a computer
- 1 person with a university degree
- 33 people without access to a safe water supply
- 24 people with no electricity
- 1 person dying of starvation

82 people
living in
poverty

... leaving 50 more hungry

A view of Earth from space, showing the blue and white curves of the planet against the blackness of space. A bright star with a lens flare is visible in the lower-left foreground. The text "Simply put," is written in orange cursive in the upper-left area.

Simply put,

I hope that you know how fortunate you are to be here right now.

Just what I need...
another boring lecture...

What am I
doing here?

What am I
supposed to get out
of this?

What should I have for
dinner tonight?



The Audience

1925 - 1945	Silent Generation
1946 - 1965	Baby Boomers
1966 - 1982	Generation X
1983 - 1994	Generation Y
1995 - ?	Generation @



GÉNÉRATION



PatuPet
2008

\$2.8 TRILLION

USA AND CANADA ANNUAL HEALTHCARE COSTS

NIH STUDY OF US HEALTHCARE

Six Major Areas of Waste:

- **unnecessary services (\$210 billion annually);**
- **inefficient delivery of care (\$130 billion);**
- **excess administrative costs (\$190 billion);**
- **inflated prices (\$105 billion);**
- **prevention failures (\$55 billion),**
- **and fraud (\$75 billion).**

Adjusting for some overlap among the categories, a final estimate of \$750 billion.

There was a time...



when we were hunters and gatherers.



Not so much, anymore.

Why do folks like these things?





Instant vs.
Delayed
Gratification

Fatty foods → Obesity, diabetes, heart disease, *injuries*

Drugs → Overdoses, addictions, *mental illness, crime, injuries*

Alcohol → Cirrhosis, *mental illness, violence, injuries, crime*

Inactivity → Obesity, poor health, disability

Salt → Hypertension, cardiovascular problems

Sex → STD's, unwanted pregnancy, Fetal Alcohol Syndrome, *sexual assault*

Smoking → Cancer, COPD, bronchitis, *injuries*

3 RISK FACTORS

- 1. Smoking**
- 2. Inactivity**
- 3. Poor
nutrition**

4 MAJOR DISEASES

- 1. Certain cancers**
- 2. Diabetes**
- 3. Cardiovascular
events**
- 4. Chronic
pulmonary
conditions**

3FOUR50.COM

THE END
of
ILLNESS

David B. Agus, MD





Brain's ability to develop

Spending on health,
education and welfare



What makes us **healthy**...or not?

- ✓ Genetics
- ✓ Gender
- ✓ Housing
- ✓ Education (literacy)
- ✓ Income & social status
- ✓ Personal health practices
- ✓ Resilience
- ✓ Nutrition

- ✓ Employment conditions
- ✓ Physical environment
- ✓ Culture
- ✓ Child development
- ✓ Spirituality
- ✓ Safety
- ✓ Social support networks
- ✓ Health Care System





The Spirit Level

Why Equality is Better for Everyone

Richard Wilkinson and Kate Pickett

'A big idea, big enough to change political thinking'
Sunday Times

'A sweeping theory of everything' *Guardian*



WITH A NEW
CHAPTER RESPONDING
TO THEIR CRITICS

Know your numbers.

Name _____ Date _____
Address _____

Rx

Blood
pressure
115 / 75

MD _____
Signature _____

Name _____ Date _____
Address _____

Rx Waist Size
(At belly
button:
men: 40 in,
women: 37 in)

MD _____
Signature _____

Name _____ Date _____
Address _____

Rx

10,000
steps per
day

MD _____
Signature _____

Name _____ Date _____
Address _____

Rx

Thyroid
stimulating
hormone

MD _____
Signature _____

Name _____ Date _____
Address _____

Rx

Cholesterol

MD _____
Signature _____

Name _____ Date _____
Address _____

Rx

Resting
heart rate
(60)

MD _____
Signature _____

Name _____ Date _____
Address _____

Rx

Blood
sugar

MD _____
Signature _____

Name _____ Date _____
Address _____

Rx

7-8 hours
of sleep
every night

MD _____
Signature _____

“Super”
healthy
foods...



23 AND A HALF HOURS

- **Diabetes – ↓58%**
- **Dementia & Alzheimer's – ↓50%**
- **Post-menopausal – 41% in hip fractures**
- **Arthritic knee pain reduction – ↓47%**
- **Anxiety – ↓48%**
- **Diabetes – ↓58%**
- **Depression – ↓47%**
- **Death risk – ↓23%**
- **Fatigue ↓**
- **Quality of life ↑**

Technical Definition of Injury:

“Any specific and identifiable bodily impairment or damage resulting from exposure to the transfer of energy, or the absence of oxygen and heat.”





Pain,

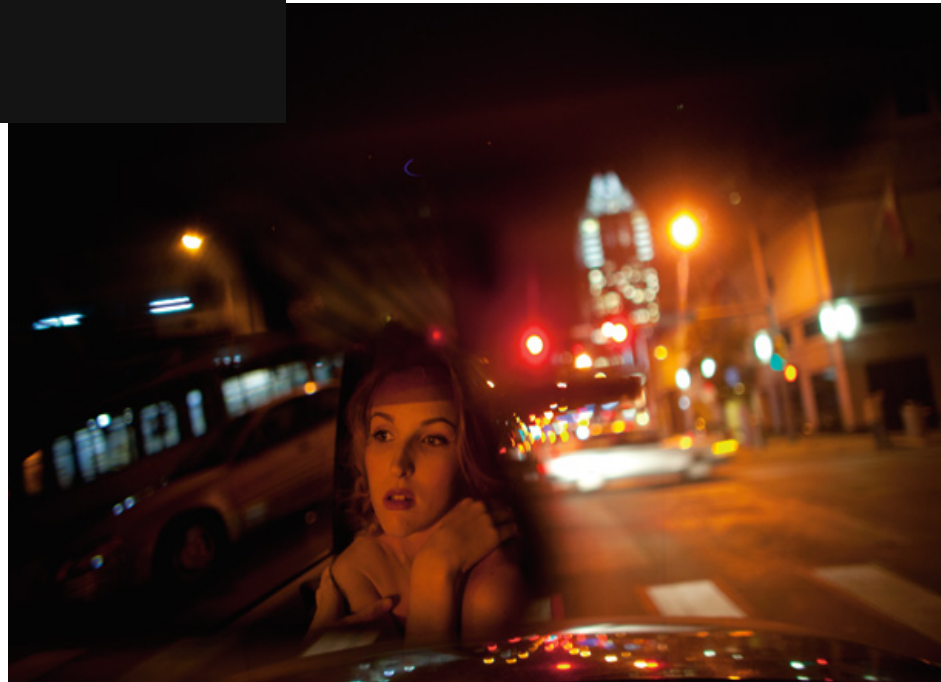


and suffering.



Beautiful Brains

October 2011



Moody. Impulsive. Maddening. Why do teenagers act the way they do? Viewed through the eyes of evolution, their most exasperating traits may be the key to success as adults.

By David Dobbs
Photograph by Kitra Cahana

One killed in house fire in E. Oak Lane

A young man with autism panicked and fled upstairs, a fire official said.

Please remember to mention to Dr. Suzanne Smeltzer

suicide





*and
abuse.*

Substance
abuse





Fatigue

Mental
illness



Brain
health





What do
we all
crave?



Love

What is happiness?

- ✓ 50% is genetic – you either have it or you don't



- ✓ 10% comes from wealth and education



- ✓ 40% come from volunteering and strong social support networks



MONTBLANC

BOSS
HUGO BOSS

PRADA

CK
Calvin Klein



GUCCI

LV

SWAROVSKI

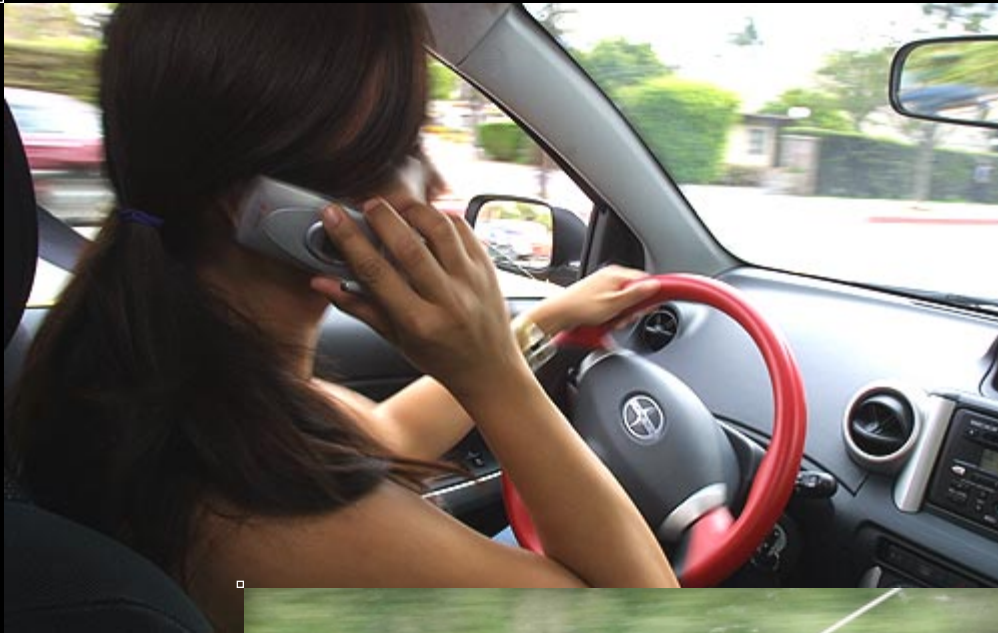
Harrods

Smile!



LOUIE'S GUIDING PRINCIPALS

- Have a cause
- Always listen carefully
- Do my homework
- Speak their language
- Know my abilities
- Keep my promises
- Let others take the credit
- Driven by passion
- Care
- Know my needs
- Have fun
- Smile





So, what do you think?
Let me know at...
www.DrLou.ca