LET'S GET RID OF THE PATIENT

LOUIS HUGO FRANCESCUITI
STORYTELLER
I love Oman.
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:
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- **60 Asians**
- **14 Africans**
- **12 Europeans**
- **5 Americans & Canadians**
- **8 Latin Americans**
- **1 South Pacific**
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:

- 82 people living in poverty
- 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

...leaving 50 more hungry
Simply put, I hope that you know how fortunate you are to be here right now.
What am I doing here?

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

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 Z
GÉNÉRATION
$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?
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
See a problem with this?

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.

**Blood pressure**: 115 / 75

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

**Thyroid stimulating hormone**: 10,000 steps per day

**Resting heart rate**: (60)

**Blood sugar**: 7-8 hours of sleep every night
‘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.
Teenage Brains

Beautiful Brains

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?
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
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