



10 Ways to Live Longer, Happier and Healthier

from Michael F. Roizen, M.D.

Institute Chair, Chief Wellness Officer, Cleveland Clinic

- 1) Breathe free (and void friends who don't)
- 2) Watch your waist.
- 3) Walk other than to the refrigerator.
- 4) Take 5 and floss.
- 5) Food isn't "let's make a deal."
- 6) Know why.
- 7) Get EMP and watch Leno.
- 8) The bedroom is for sex and sleep only.
- 9) Get some resistance.
- 10) Build better balance.



Simple Steps For Living Healthier

from Joseph Bisordi, M.D.

Chief Medical Officer, Ochsner Health System

- 1) **Think "RED."** Rest, exercise and diet are the most important steps people can take to live healthier.
- 2) **Check it out.** Get the right preventive procedures for your age and gender (mammograms, cholesterol check, pap smears and blood pressure).
- 3) **Don't be a stranger.** Visit your doctor for annual checkups, not just when you get sick.
- 4) **Change it up.** Eat a variety of healthy foods and limit calories and saturated fat.
- 5) **Make it personal.** Your doctor can give you personalized advice for improving your health, including: what type of diet is best for you and how much sleep to get each night.
- 6) **Protect yourself.** Protect yourself from too much sun, quit smoking and don't abuse drugs.
- 7) **Get this down.** Before your doctor's appointment, write your questions down and bring them with you.
- 8) **Start the conversation.** At your next appointment, ask, "Doctor, in addition to my problem today, what should I be doing to stay healthy?"
- 9) **Say that again.** Don't be afraid to ask your doctor to write things down or to repeat what you hear to make sure you get it right.
- 10) **Make time.** Allow time with your doctor to review preventive measures that may be due: mammography, immunizations, health risk assessment or what things you can do that might make you healthier.

About Cleveland Clinic

Cleveland Clinic, located in Cleveland, Ohio, is a not-for-profit multispecialty academic medical center that integrates clinical and hospital care with research and education. Cleveland Clinic was founded in 1921 by four renowned physicians with a vision of providing outstanding patient care based upon the principles of cooperation, compassion and innovation. *U.S. News & World Report* consistently names Cleveland Clinic as one of the nation's best hospitals in its annual "America's Best Hospitals" survey. About 2,000 full-time salaried physicians and researchers and 7,600 nurses at Cleveland Clinic represent more than 100 medical specialties and subspecialties. In addition to its main campus, Cleveland Clinic operates nine regional hospitals in Northeast Ohio, Cleveland Clinic Florida, the Lou Ruvo Center for Brain Health in Las Vegas and Cleveland Clinic Canada. In 2008, there were more than 4.2 million visits throughout the Cleveland Clinic health system and 165,000 hospital admissions. Patients came for treatment from every state and from more than 80 countries. Visit Cleveland Clinic at clevelandclinic.org.

About Ochsner Health System

Ochsner Health System (www.ochsner.org) is a non-profit, academic, multi-specialty, healthcare delivery system dedicated to patient care, research and education. The system includes seven hospitals and over 35 health centers located throughout Southeast Louisiana. Ochsner employs more than 750 physicians in 90 medical specialties and subspecialties and conducts over 300 clinical research trials annually. Ochsner has been listed as one of the "Best Places to Work" by New Orleans CityBusiness since 2005 and received the Consumer Choice for Healthcare in New Orleans for 14 consecutive years. Ochsner was ranked as "Best" Hospital by U.S. News and World Report in 2007 and 2009. Ochsner has 11,000 employees system-wide.