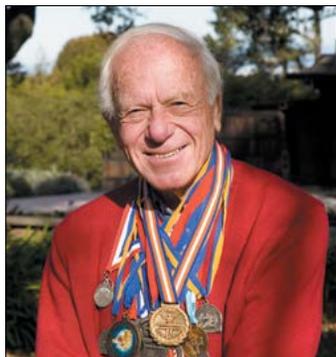


Lifestyle Choices = Better Health



By Walter M. Bortz, II, MD

One of the pleasures of living in the atmosphere of an academic institution particularly one as formidable as Stanford is the growth opportunities along the way. Five years ago, I learned of an effort at Harvard Medical School entitled "The Lifestyle Medicine Institute."

It was led by Dr. Edward Phillips, professor at Harvard Medical School who has become a good friend.

I was so taken by this effort that I scrounged up a few dollars and sent a couple of our strong Stanford medical students to Boston to see what was up. They returned full of enthusiasm and before long they had set up our own Stanford Lifestyle Medicine course. We had 20 students attend the first year, 40 the second year, and currently in our fourth year, we have 80 students attending.



The students recognized as we all do that the standard medical curriculum is jam-packed with all sorts of technical trivia of marginal, if any, future use. But when it comes to issues as fundamental as nutrition and exercise and stress management, there is a vacuum.

Meanwhile Dr. Phillips is extending this reach to other schools and institutions. I am proud that we at Stanford have become his poster child.

Medical schools recognize that lifestyle choices lead to chronic disease and are now teaching their medical students the value of nutrition, exercise and overall wellness in an effort to combat the country's high obesity rates and Type 2 diabetes.

According to a 2012 study by the Robert Wood Johnson Foundation, obesity alone in the United States currently costs \$147 billion to \$210 billion in annual healthcare costs. The World Health Organization predicts that by 2020 two-thirds of diseases worldwide will be the result of lifestyle choices.

Dr. Walter M. Bortz, II is one of America's most distinguished scientific experts on healthy aging and longevity. He spent his entire career at Stanford University where he holds the position of Clinical Associate Professor of Medicine. An active marathoner, he has written seven books including "Dare to Be 100" and "Next Medicine." To learn more, visit walterbortz.com or email: DRBortz@aol.com.

Editor's Note: For more insight on how the body ages over time, Dr. Walter M. Bortz has written an excellent book on the topic: "Dare To Be 100." Available from Amazon.com.

Secrets of Longevity

