

The “Daily Plan-It™”

HOOPES & ADAMS, PLC

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Rx for Healthy Living

We want to warn you up front that this is an unusual Daily Plan-it. Since we're committed to having a great time with you, our readers—some of the most important relationships in our lives—we thought that we'd share a rather scary and shocking medical study. The *Online Neurology Journal* and Harvard Medical School recently released an amazing report, which was also reported in the April 15th issue of the *Wall Street Journal*.

A waisted life

Researchers at Harvard Medical School reported that, in a study of 44,636 women, those with waists larger than 35 inches were 79 percent more likely to die prematurely than those whose waists less than 27 inches. This applied even when their weight could be classified as normal.

With men, the scary number was a waist size of 40 inches or more. The perennial and proverbial “beer gut” creates problems for men. This belly fat—a visceral type that accumulates around internal organs—is linked to diabetes, high blood pressure, strokes, heart disease, sleep apnea, and multiple forms of cancer. In fact, men with such fat have greater health risks than men with higher Body Mass Indices (BMI, a height-and-weight-based formula for determining levels of under or overweight), who have relatively less fat in the abdominal region.

40+40 = 3x risk

To make matters even more frightening, if you're a man over 40, and your waist is greater than 40 inches around, your risk of dementia later in life triples. This three-fold increase is apparently due to the presence of increased visceral fat. This is in addition to the higher susceptibility to the various maladies cited above. The connection to dementia is not yet well understood, although it's been proposed that the connection may result from the higher blood pressure

and lower blood vascular function linked with increased visceral fat. It's also possible that the connection is more “random.”

Oh no! This visceral gut has got to go!

The good news is that visceral fat can be reduced regardless of your gender. The better news is that it's often the first body fat to go on weight loss programs. Walking, running, hiking, or just about any form of aerobic exercise will help reduce weight, particularly when combined with a healthy diet.

We found this study to be so significant and surprising that we wanted to spread the word, and encourage the people whom we care about to act now to reduce their risk of dementia, Alzheimer's, and a host of other potentially-avoidable serious health problems. We're here to be your counselors, but we can't counsel you if you're not here!

Hoopes & Adams, PLC

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**Hoopes & Adams, PLC
2410 W. Ray Road, Suite 1
Chandler, Arizona 85224
Visit us at www.halaw.com**