

DUODECIM

Health and Happiness What´s happening ???

Pekka Mustonen
MD, PhD

Duodecim Medical Publications Ltd. / Finnish Medical Society Duodecim
POB 713, FIN-00101 Helsinki, Finland

pekka.mustonen@duodecim.fi



DUODECIM Medical Publications Ltd



DUODECIM



Finnish Medical Society Duodecim

- Founded 1881
 - > 90% of the Finnish physicians (20.000 members)
 - Publications since 1883
 - Duodecim Journal since 1885
 - Continuous Medical Education
 - Support the young scientists
-
- Duodecim Medical Publications Ltd. 1984



DUODECIM Kirjaudu sisään Rekisteröidy Unohtuiko salasana? Yhteystiedot Palaute Info

TERVEYS portti

LÄÄKETIETOKANTA
RASKAUS JA IMETYS

Lääkärin tietokannat
Sairaanhoitajan tietokannat
Työterveys/Kuntoutus
Hammaslääketiede
Akuuttihoito
Pitkäaikaissairaudet

Lehdet
Jäsenlehdet Lääkärilehti Hammaslääkärilehti NEJM Lancet BMJ Sairaanhoitaja Sairaaterkko

Kirjasto
Käypä hoito EBM Guidelines Lääketieteen sanakirja EKG-tietokannat Diabetes
Tietoa potilaalle The Cochrane Library Lääketieteen termit Ensihoito-opas Sydänsairaudet
Hoidon perusteet Lastenneuvolaopas Matkailijan terveys Reuma Allergiaohjelma

Uutispalvelu Duodecim
▶ Neljä seikkaa selittää puolet sydänkohtausten vähentymisestä
▶ Epilepsialääkkeen epämuodostumariski riippuu annoksesta
▶ Lapsuuden syöpä altistaa uudelle syöpälle

Duodecim tiedottaa
▶ Fifth EURACT Assessment Course for Trainers in Family Medicine
25.8.2011

Etsi
Lääkärin tietokannat
Sairaanhoitajan tietokannat
Duodecim lääketietokanta

Uutispalvelu Duodecim
▶ Neljä seikkaa selittää puolet sydänkohtausten vähentymisestä
▶ Epilepsialääkkeen epämuodostumariski riippuu annoksesta
▶ Lapsuuden syöpä altistaa uudelle syöpälle


Duodecim tiedottaa
▶ Fifth EURACT Assessment Course for Trainers in Family Medicine
25.8.2011

Lääketietoa
▶ Akuuttihoitoon lääkkeet -opas on täydentynyt (Lääketietokannat - toimitus)
▶ Uusia potilasohjeita lääketietokannassa (Lääketietokannat - toimitus)

työpaikat (56)
▶ **Lääkäri, varuskunnan terveysasema Niinisalo** - Puolustusvoimat, Sotilaslääketieteen Keskus
▶ **Lääkäri, varuskunnan terveysasema Sodankylä** - Puolustusvoimat, Sotilaslääketieteen Keskus
▶ **Yleissairaalapysykiatrian apulaisylilääkäri** - Carea
▶ **Terveyskeskuslääkäri, Jakomäen terveysasema** -

Lääkäriseura Duodecim
- Jäsenpalvelut
Kustannus Oy Duodecim

On syytä pitää mielessä kolesterolimikroemboliasyndrooman mahdollisuus.



We publish a national health portal for the health care professionals.
In 2011 more than 50 million opened articles!

Hae Terveyskirjastosta

Voit laajentaa hakua katkaisemalla sanan *-merkillä (esim. uni*). [Lue lisää »](#)

[Lääkärikirja Duodecim](#)
[Käypä hoito -suositukset](#)
[Terveystieto](#)
[Terveystietä edistäminen](#)
[Pitkäaikaissairauksien hoito](#)
[Mielenterveys](#)
[Lapsen terveys](#)
[Lääkkeet](#)
[Ensiapu](#)
[Eri sairausteemoja](#)

Terveyskirjasto - Luotettavaa tietoa terveydestä

Terveyskirjasto tuo luotettavan, riippumattoman ja ajantasaisen tiedon terveydestä ja sairauksista jokaisen suomalaisen ulottuville.

Terveyskirjastossa on yli 10 000 asiantuntijoiden laatimaa artikkelia. [Lue lisää »](#)

Lääkärikirja Duodecim

Sairaudet »

Saat perusteellista tietoa eri sairauksista.

Oireita ja vaivoja »

Selvitä syyt oireisiisi ja vaivoihisi.

Kuvat »

Katso...



Sisätautien erikoislääkäri, professori Pertti Mustajoki on Suomen tunnetuin painonhallinnan

asiantuntija. Hän on Terveyskirjaston päätoimittaja.

[Näytä aiemmat »](#)


Jussi Huttunen on sisätautien erikoislääkäri, joka on työskennellyt Kuopion yliopiston professorina ja

Kansanterveyslaitoksen pääjohtajana. Hän on toiminut useiden terveysjärjestöjen puheenjohtajana.

[Näytä aiemmat »](#)

Uusi teos Terveyskirjastossa

Terveet jalat

[Lue lisää. »](#)

Kotikuntasi terveys

... 11 kpl »

Apteekit 17 kpl »

[Lue lisää »](#)

Uutta Terveyskirjastossa

Terveet jalat -kirja ilmestynyt »

Terveyskirjastoon uusia artikkeleita »

Terveyskirjaston käyttö lisääntynyt »

[Näytä aiemmat »](#)

Uutispalvelu Duodecim

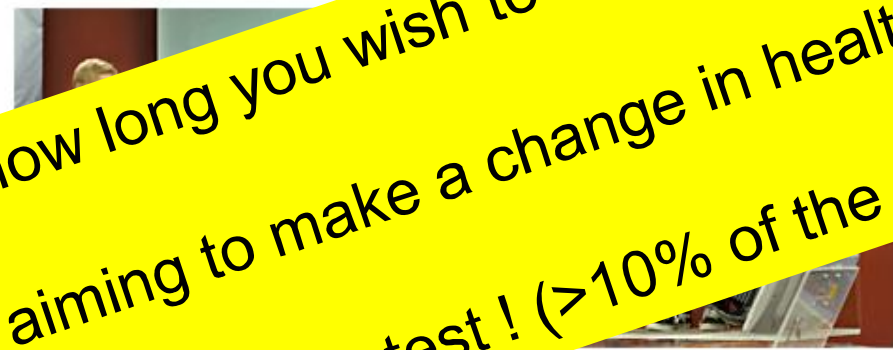
Kävelyn parantaminen ehkäisee iäkkäiden kaatumisia »

Medical portal service for the general public
In 2011 more than 40 million opened articles !



- Etusivulle
- Päähenkilöt
- Juontajat
- Valmentajat
- Onnellisuust...

Elämä pelissä – Kuinka vanhaksi...



Life at Stake – how long you wish to live ?
A TV-program aiming to make a change in health behaviors !
> 500 000 people took the test ! (>10% of the population)

Ovatko he onnellisempia? (7/7)
Ovatko päähenkilöt onnellisempia kuin ennen puolen vuoden valmistusta? Uudet testitulokset julkistettiin 22.10.
[Lue tulokset!](#)



How to live 40-years longer ?

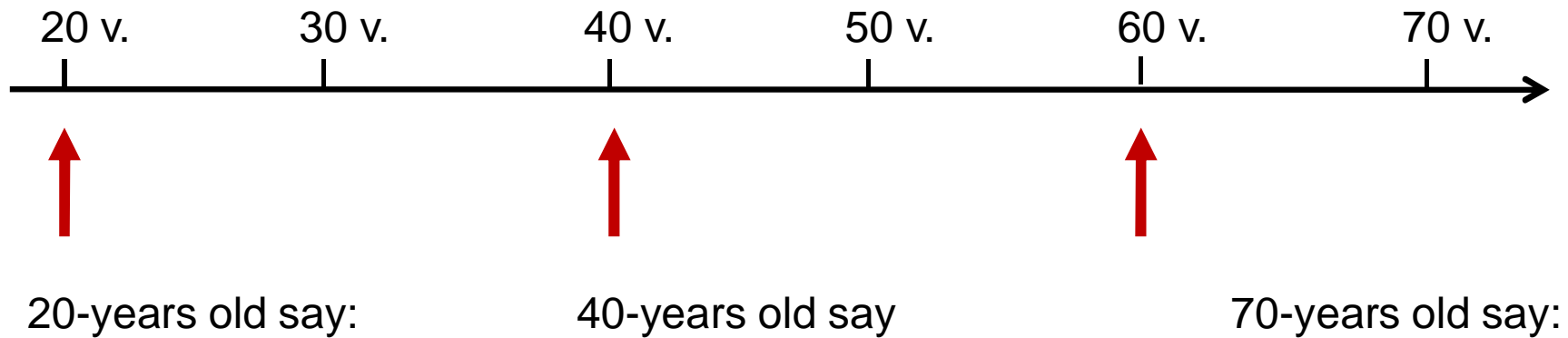
Finrisk-algorithm

- **Blood pressure**
 - **Cholesterol**
- } → 11 years
- **Fruits, vegetables, calories**
 - **Physical activity**
- } → 8 years
- **No smoking**
 - **No alcohol-related problems**
- } → 13 years
- **Optimism, happiness**
 - **Life-satisfaction**
 - **Stress-management**
- } → 9 years

Question remains how these "confounding" variables are interrelated ?

Why should I live Long ? When do the best years of life begin ?

> 300 000 Finns answered this to this question !





tarinatalo

In 2009 the second production term of Life at stake:

The secret of happiness.

22 lifestyle questions and 50 questions exploring psychological wellbeing

Home Company Programmes People Formats Contact us Suomeksi

Formats



The Happiness Project



Summer House



Colonia - Bahia Blanca



Life at Stake



Here I Come!



The Best Young Driver



This is My



Yuk or



The Happiness Project

Optioned to France, Netherlands, Spain and Sweden

Would you like to be happier? According to research, you can increase your level of happiness simply by changing the way you think and act. The Happiness Project is a unique TV format which tries to unearth the secrets of happiness. A lonely overweight artist, widowed single-parent, workaholic... Five people take part in a fascinating televised experiment. During six months they try methods of the school of positive psychology to increase a person's level of happiness. The happiness test, developed carefully by qualified and experienced professionals, is made available to the public online. The show aired on YLE TV1 in Finland this Autumn and performed well, regularly beating the slot average.

DUODECIM



Results

Self reported building blocks of happiness:

TOP 10	
Health	(6940)
Friends	(4039)
Relationships	(3856)
Family	(3660)
Children	(3655)
Love	(3304)
Sense of humor	(2896)
Hobbies	(2720)
Home	(2539)
Spouse	(2506)

Health

Own serious illness (n= 700)	61 p.
Very unsatisfied with own health	29 p.

Couple of more examples:

- Money & wealth (Top 20%) 69 p.
- Money and wealth (Lowest 20%) 64 p.
- Married, > 2 children 68 p.
- Married, no children 68 p.
- Single, female 63p.
- Single, male 57 p.
- Unsatisfied with social relations 37 p.

DUODECIM



Happiness skills:

- I am very optimistic about the future 85 p.
- I find it very easy to forgive 78 p.
- I enjoy helping other people 76 p.
- I feel gratitude 79 p.
- I have clear goals in my life 79 p.
- I don't have clear goals in their life 35 p.
- I am very pessimistic about the future 29 p.
- I don't feel any gratitude 26 p.

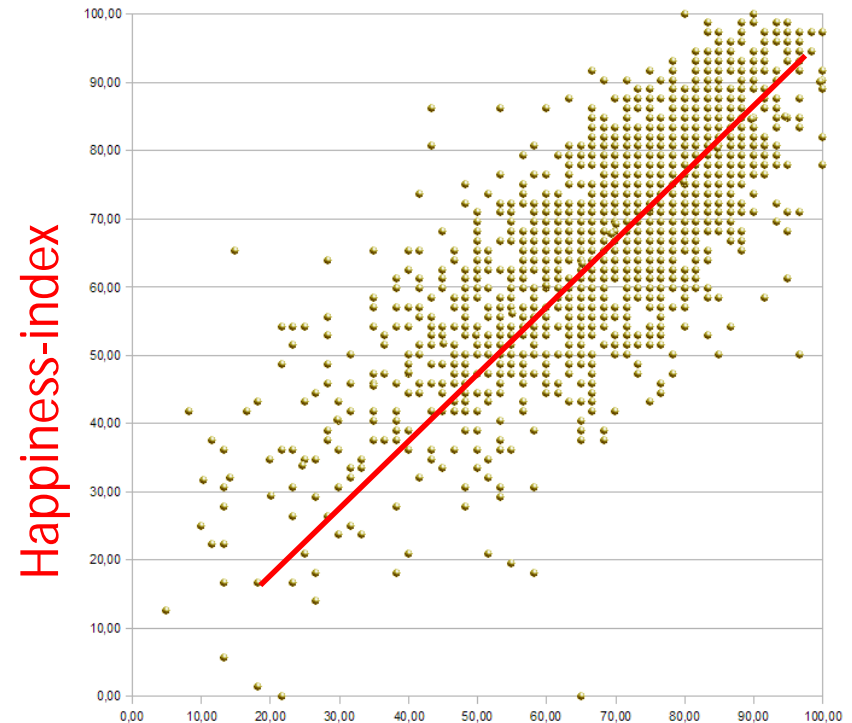
Conclusion:

If you don't have them it's very difficult to be happy !

Good news:

You can develop the happiness-skills by training !

40-50% of happiness can be learned !



Happiness-skills index

(n = 130 000)

Data-analysis

We divided the people into two groups based on how they replied to the question "I have a strong confidence in the future".

Pekka Positiivinen (luokat 5, 6 ja 7)

Niilo Negatiivinen (luokat 1, 2 ja 3)

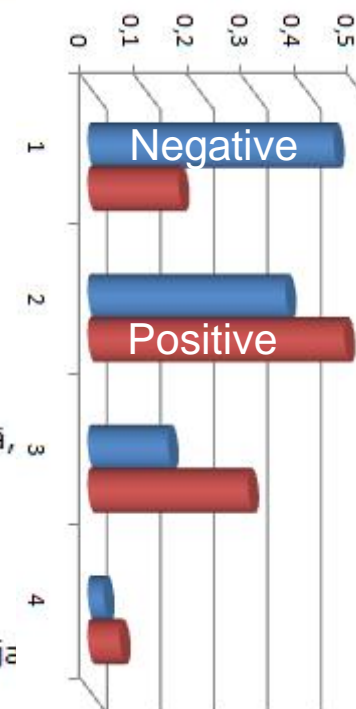


We placed the median-answers of the two groups into the Finrisk-calculator predicting the average length of life.

Weekly exercise level:

Kuinka paljon keskimäärin liikut ja rasitat itseäsi ruumiillisesti vapaa-aikana?

- Vapaa-aikanani luen, katselen televisiota ja suoritan askareita, joissa en paljonkaan liiku ja jotka eivät rasita minua ruumiillisesti.
- Vapaa-aikanani kävelen, pyöräilen tai liikun muulla tavalla vähintään 4 tuntia viikossa. Tähän lasketaan kalastus ja metsästys, kevyt puutarhatyö yms., mutta ei työmatkoja.
- Harrastan vapaa-aikanani varsinaista kuntoliikuntaa, kuten juoksemista, lenkkeilyä, hiihtoa, kuntovoimistelua, uintia, pallopelejä tai teen rasittavia puutarhatöitä tai muuta vastaavaa keskimäärin vähintään 3 tuntia viikossa.
- Harjoittelen vapaa-aikanani kilpailumielessä säännöllisesti useita kertoja viikossa juoksua, suunnistusta, hiihtoa, uintia, pallopelejä tai muita rasittavia urheilumuotoja



Smoking

Oletko koskaan tupakoinut päivittäin ainakin vuoden ajan?

- en
 olen

Mean daily consumption of cigalets was 3 x bigger in the group of the Negative than in the group of the Positive

Tupakointi nykyisin i

Tupakoitko nykyisin? (savukkeita, sikareita tai piippua)

- kyllä, päivittäin
 satunnaisesti
 en lainkaan

Savukkeiden määrä i

Kuinka monta savuketta, sikaria tai piipullista poltat päivittäin?

7 VS. kappaletta
20





Uusi ennuste

Muuttamiesi tietojen mukaiset ihmiset elävät keskimäärin **75 vuotta ja 9 kuukautta** Positive



Uusi ennuste

Muuttamiesi tietojen mukaiset ihmiset elävät keskimäärin **59 vuotta ja 10 kuukautta** Negative

Difference in the average life-length prediction 11 -15 years !

Income inequality and mortality: importance to health of individual income, psychosocial environment, or material conditions

John W Lynch, George Davey Smith, George A Kaplan, James S House

Department of
Epidemiology,
School of Public
Health, University
of Michigan,
109 Observatory
Street, Ann Arbor,
MI 48109-2029,
USA

John W Lynch
assistant professor
George A Kaplan
chair

Survey Research
Center, Institute for
Social Research,
University of
Michigan

James S House
director

Department of
Social Medicine,
University of
Bristol, Bristol
BSS 2PR

George Davey
Smith
chair

Correspondence to:
JW Lynch
jwlynch@sph.
umich.edu

BMJ 2000;320:1200-4

Studies on the health effects of income inequality have generated great interest. The evidence on this association between countries is mixed,¹⁻⁴ but income inequality and health have been linked within the United States,⁵⁻¹¹ Britain,¹² and Brazil.¹³ Questions remain over how to interpret these findings and the mechanisms involved. We discuss three interpretations of the association between income inequality and health: the individual income interpretation, the psychosocial environment interpretation, and the neo-material interpretation.

Methods

We reviewed the literature through traditional and electronic means and supplemented this with correlational analyses of gross domestic product and life expectancy and of income inequality and mortality trends based on data from the World Bank,¹⁴ the World Health Organization,¹⁵ and two British sources.^{16 17}

The individual income interpretation

According to the individual income interpretation, aggregate level associations between income inequality and health reflect only the individual level association between income and health. The curvilinear relation between income and health at the individual level^{18 19} is

Summary points

Income inequality has generally been associated with differences in health

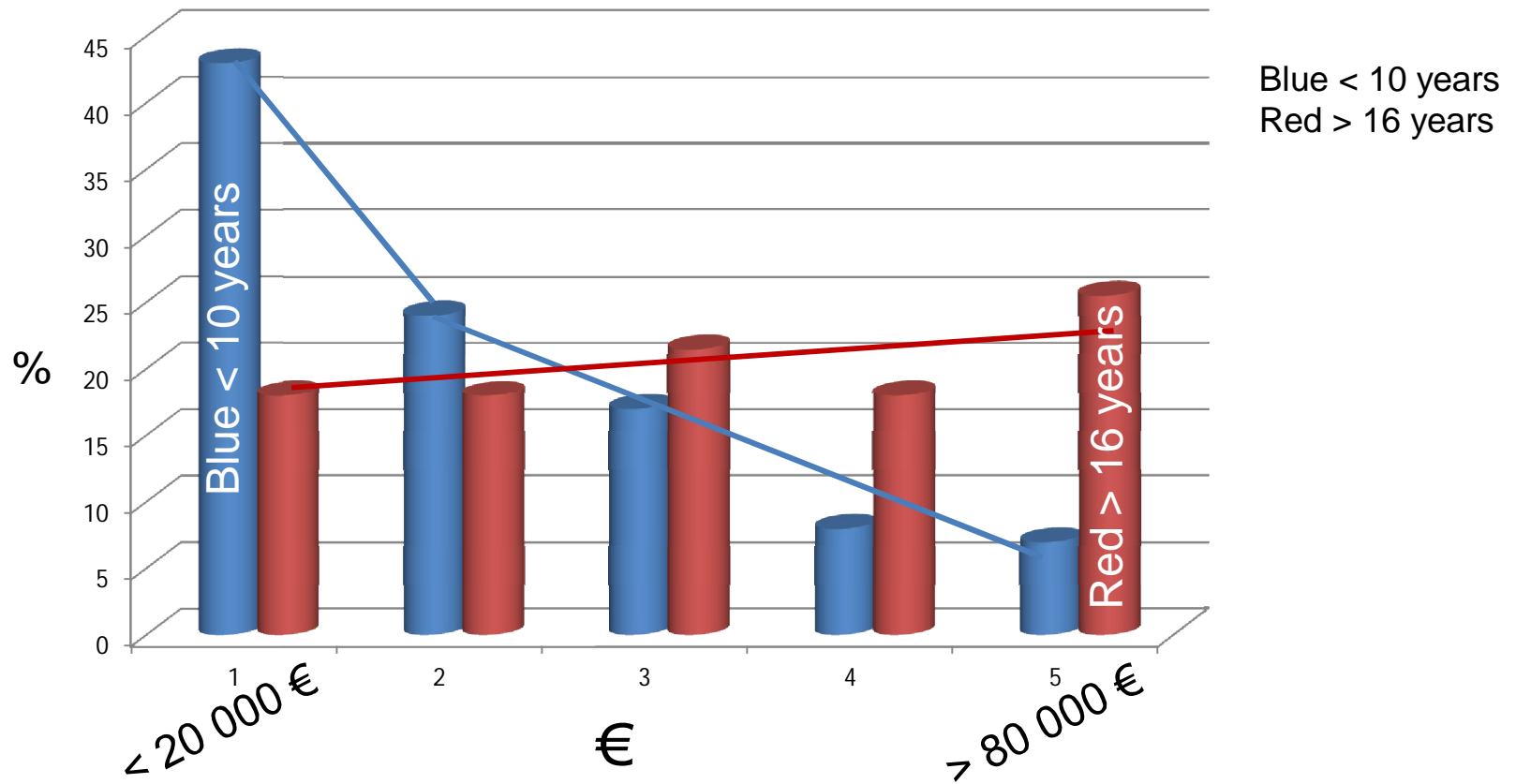
A psychosocial interpretation of health inequalities, in terms of perceptions of relative disadvantage and the psychological consequences of inequality, raises several conceptual and empirical problems

Income inequality is accompanied by many differences in conditions of life at the individual and population levels, which may adversely influence health

Interpretation of links between income inequality and health must begin with the structural causes of inequalities, and not just focus on perceptions of that inequality

Reducing health inequalities and improving public health in the 21st century requires strategic investment in neo-material conditions via more equitable distribution of public and private resources

Education vs. Income of the household



> 30 % better income for the positive!

	median	mean
Positive (5-7) N=47921	40000 €	51856,0 €
Negative (1-3) N=9092	30000 €	38389,3 €

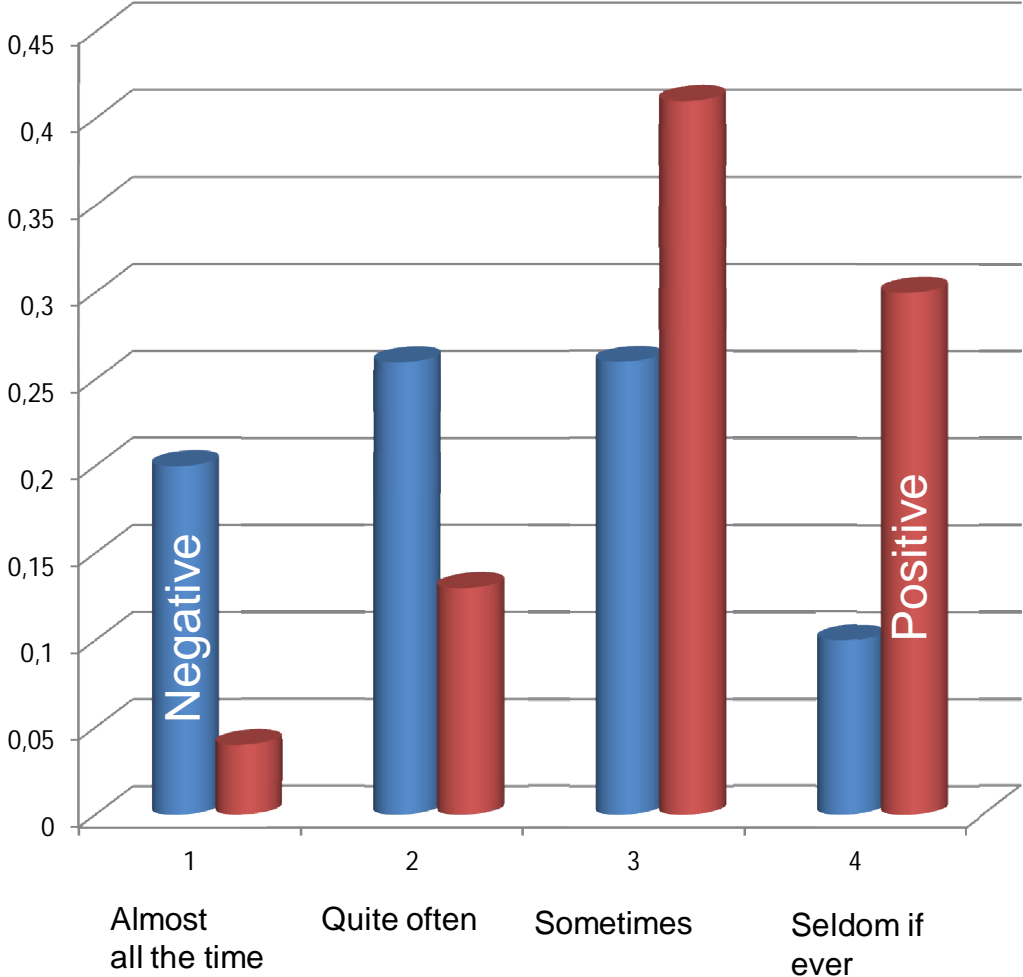
No difference in education !

Positive vs. Negative

	median	mean	sd
Education	14	14	4,76

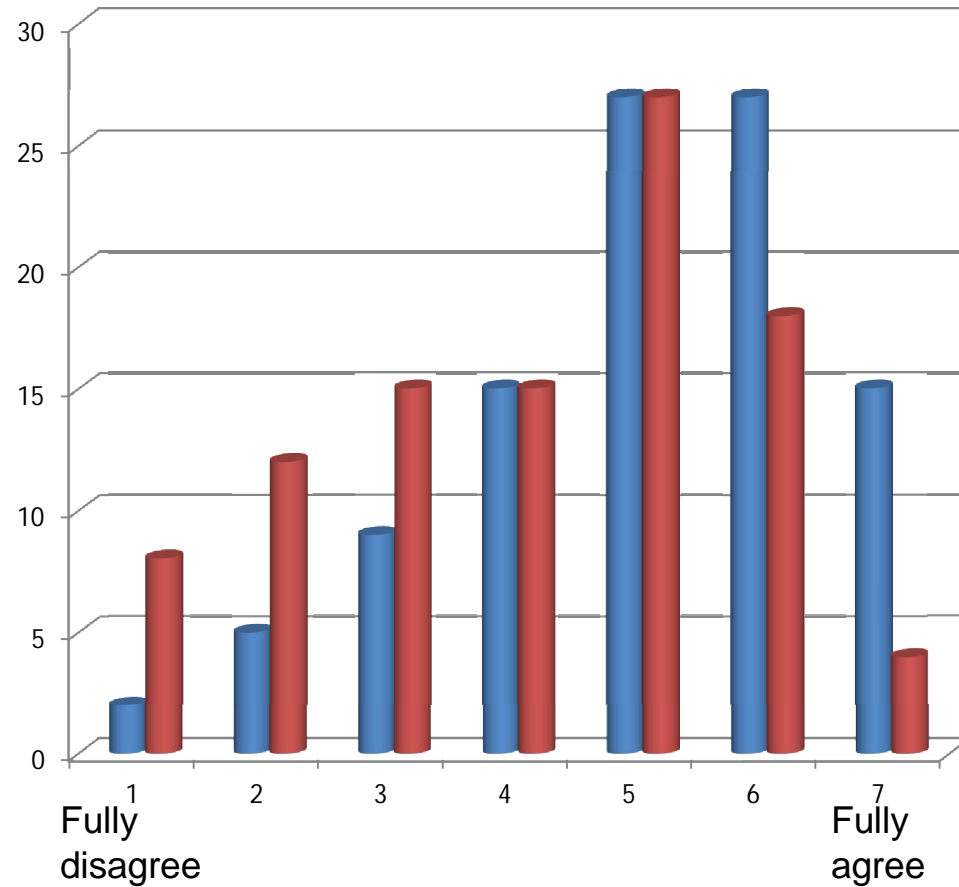
	median	mean	sd
Education	14	13,54	4,8

Work stress experience



Positive 11 % not at work
Negative 19 % not at work

I am satisfied with my socioeconomic status ?



- = Positive (5-7) belonging to the lowest income quartile (mean 4.8)
- = Negative (1-3) belonging to the highest income quartile (mean 4.1)

Am J Psychiatry. 2001 Jun;158(6):839-47.

Successful aging.

Vaillant GE, Mukamal K.

Department of Psychiatry, Brigham and Women's Hospital, 75 Francis St., Boston, MA 02115, USA. gvaillant@partners.org

Grant study of Harvard students since 1938:

(George Vaillant, MD, Professor of Psychiatry Harvard Medical School)

Two best predictors for long life, good health and life-satisfaction:

1. Warm Childhood
2. Overall College Soundness
3. Empathic Coping Style (age 20-35)
4. Warm Adult Relationships (age 30-45)

controlled, depression was the only uncontrollable predictor variable that affected the quality of subjective and objective aging.

CONCLUSIONS: One may have greater personal control over one's biopsychosocial health after retirement than previously recognized.

Satisfaction with social relationships

Positive (5-7)

vs.

Negative (1-3)

	median	mean	sd
ET01	6	5,44	1,2

	median	mean	sd
ET01	4	3,75	1,59

7 = Very satisfied

6 = Satisfied

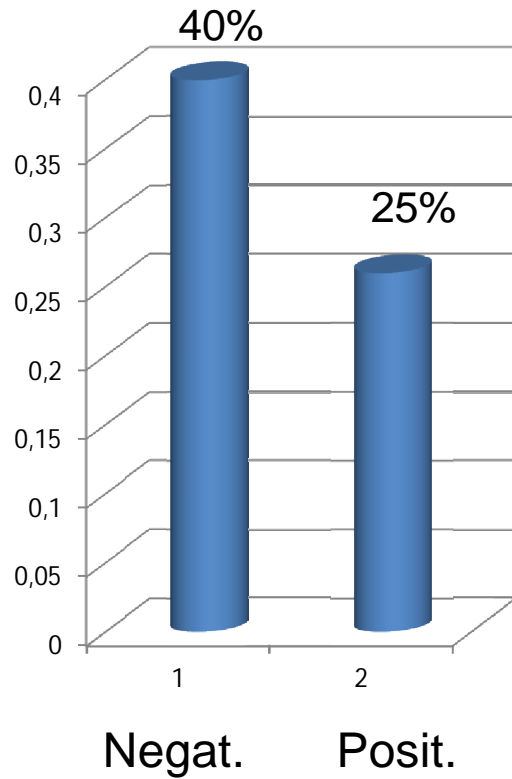
4 = not satisfied / not unsatisfied

2= Unsatisfied

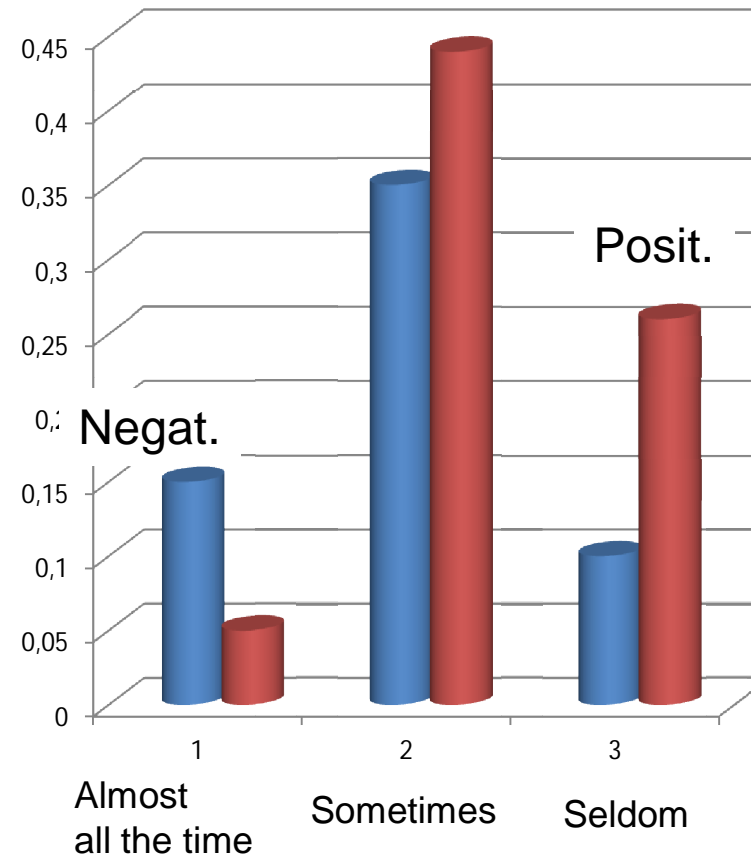
1= Very unsatisfied

Marriage (1-3 vs. 5-7)

Not married



Problems in marriage ?



Can you learn Positivity or Happiness ?

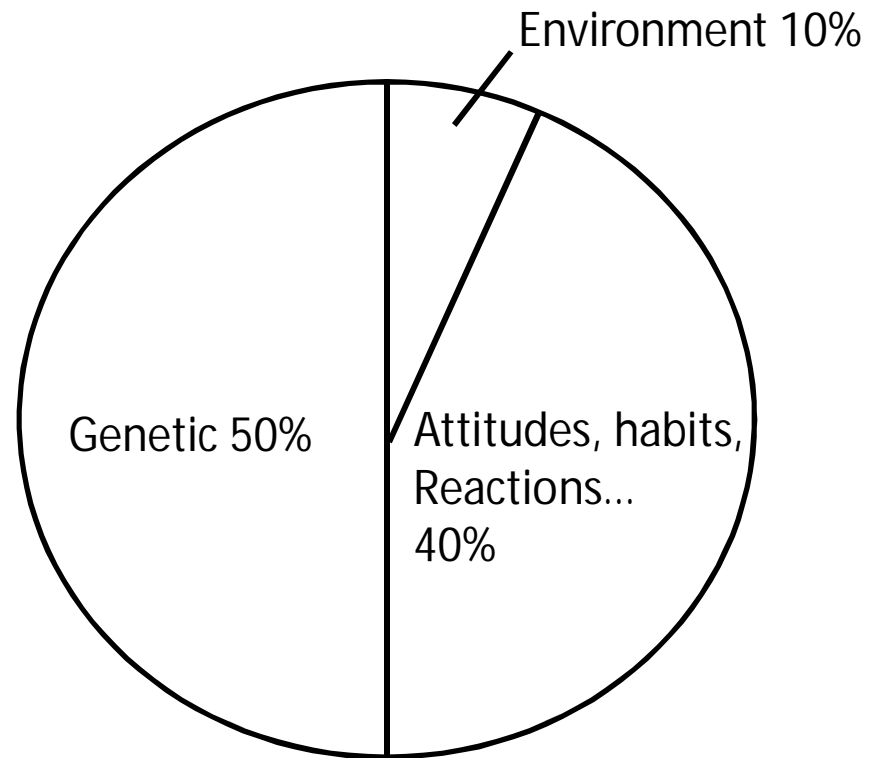
Yes !

- We have a long experience from therapies, executive training programs, positive psychology methods, etc.
- Functional schemes, reactions, attitudes and control of negative emotions can be developed and learned
- Pre-requisite is own interest, activity, first steps and feelings of success...

DUODECIM



The How of Happiness



Sonya Lyubomirsky, 2007

DUODECIM

From theory to
Implementation...



DUODECIM Medical Publications Ltd





PHR as an integrated part of the EHR

- Patients right to see his/her own dg`s, drugs, labs, etc.

eSPOO.FI Omahoitopalvelu

Terveystilanne Hoitosuunnitelma Viestit Kalenteri Poistu palvelusta

Yhteenveto Omat mittaukset

TERVEYSTILANNE - Yhteenveto

Tekstin koko: A A A

PYSYVÄT SAIRAUDET
Lääkärisi on todennut sinulla alla olevat sairaudet.

Sairaus	Todettu
I10 Essentiaalinen (primaarinen) verenpainetauti	2007
J45.9 Määrittämätön astma	2003
F32.9 Määrittämätön masennustila	

LÄÄKITYS

Lääke
[SPESICOR DOS 95 MG 100](#)
Resepti kirjoitettu
Lääke

Sisällysluettelo

- Masennuksen monet kasvot
- Masennustilan oireet, hoidon periaatteet ja sairauden kulku
- Masennustilaan vaikuttavat tekijät
- Masennus kokonaisuutena
- Lääkitys

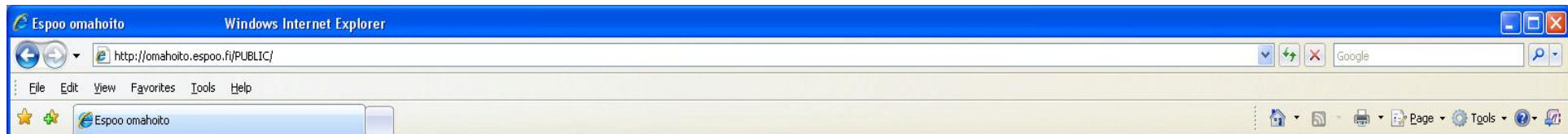
Empowerment by context-sensitive patient information management

Lääkärin kommentti: Laboratoriotutkimusten tulokset ovat normaali

Seerumin triglyseridipitoisuus
Seerumin HDL-kolesteroli
Plasman paastosokeri

[fp-Kol-HDL](#)
[fp-Gluk](#)

työkyvyn arviointi ja kuntoutus
apumus ja masennustila
Traumaattiset kokemukset ja masennus
Päihteet ja masennus
Ahdistuneisuus- ja persoonallisuushäiriöt ja masennus
Masennustilojen yhteydet muihin sairauksiin
Itsemurhat ja masennus
Kaksisuuntainen mielialahäiriö ja masennustilat
Synnytyksenjälkeinen masennus
Lasten ja nuorten masennustilat
Vanhusten masennustilat
Kaamosmasennus
Kirjallisuutta
Hyödyllisiä verkkosivuja
Sanasto



TERVEYSTILANNE - Yhteenveto

PYSYVÄT SAIRAUDET

Lääkärisi on todennut sinulla alla olevat sairaudet.

Sairaus

[I10 Essentiaalinen \(primaarinen\) verenpainetauti](#)

[J45.9 Määrittämätön astma](#)

[F32.9 Määrittämätön masennustila](#)

LÄÄKITYS

Lääke

[SPESICOR DOS 95 MG 100](#)

Resepti kirjoitettu: 1.3.2007

Lääke

[PULMICORT TURBUHALER 200µg/dos 200](#)

Resepti kirjoitettu: 10.4.2008

Todettu

2007

2003

Aloitettu

1.3.2007

Aloitettu

1.3.2007

Voiko masennusta hoitaa ja ehkäistä itse?

Masennus

2.2.2011

Jyrki Tuulari

- Positiivisuuden kasvattaminen
- Toipumisen edistäminen

Masennusoireilussa on hankalaa, että oireet ovat toipumisen esteitä. Olisi hyvä syödä monipuolisesti, nukkua hyvin, olla aktiivinen ja ajatella realistisesti. Masennuksen tyypillisiä oireita ovat kuitenkin mm. keho ruokahalu, unettomuus ja unihäiriöt, voimattomuus ja negatiiviset ajattelutavat (ks. «Masennustilan oireet ja diagnoosi» [1](#)). Toiveikkuutta olisi hyvä pitää yllä, mutta masennustilalle on ominaista toivottomuus.

Oman elämän hahmottamisessa voi ihan aluksi esittää itselleen seuraavat kysymykset: Onko minulla ollut elämäni aikana alavireistä tai masentunutta oloa ja kuinka paljon se on haitannut elämääni? Kuinka tärkeää minulle on voida paremmin? Haluanko laittaa hyvän olon lisäämisen elämäni asialistalla tärkeimpien tavoitteiden joukkoon?

Positiivisuuden kasvattaminen

Masennussairauden kanssa kamppaileva ei usko enää voivansa kokea mielihyvää, mielenkiintoa asioihin eikä iloa tai riemuakaan. Positiiviset tunnekokemukset ohjaavat meitä kohti sitä, mikä on meille hyväksi. Masentunut ei kykene siirtymään positiivisiin tunnekokemuksiin. Masennus vie ihmiseltä halun olla sosiaalisissa tekemisissä muiden kanssa.

Masennussairaus asettaa ihmisen haastavan tehtävän eteen: kuinka kasvattaa positiivisten tunnekokemusten määrää ja vähentää negatiivisen tunnekokemuksen taakkaa? Masennuksen omatoimisessa hoitamisessa ja ehkäisyssä kannattaa pyrkiä toimimaan kolmella suunnalla:

1. Pyrkä pitämään elämää aktiivisena – tai masennustilan jälkeen pyrkiä aktivoimaan sitä uudelleen (ks. «Masennusoireilun vähentäminen elämää aktivoimalla» [2](#)).
2. Pyrkä muuntamaan ja hallitsemaan taipumusta ajatella negatiivisesti (ks. «Masennusoireiluun liittyvän kielteisyyden voittaminen» [3](#)).

Home

Take Electronic health examination

Set targets

Fill in health information

Logout

ELECTRONIC HEALTH EXAMINATION

If you do not know the answer to one of the following questions or you wish to leave it outside the electronic health examination, you can leave the field empty. Required fields are marked with a (*) -symbol.

Show report

Basic information



Sex

What is your sex? (*)

- Man
 Woman

Age

How old are you? (*)

years

Height

How tall are you? (*)

cm

Weight

How much do you weigh in light clothing? (*)

kg

Waist Measurement?

What is your waist measurement? ?

cm

Education

For how many years in total have you studied as a full-time student during your life?

years

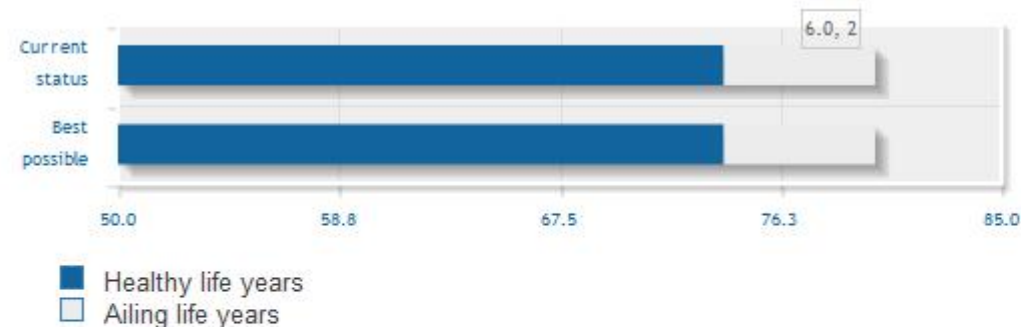


VIRTUAL HEALTH CHECK - REPORT

[Printable report ▶](#)

Your lifestyle and living conditions influence your life expectancy. According to estimates, men in your age group with similar lifestyles achieve on the average about the age of 80. The chart below shows estimated life expectancy and also the average remaining healthy life years and ailing years.

Life expectancy



If you were to change your lifestyle to most favorable, you might increase your healthy life years by 0.

Ailing years are characterised with sicknesses, the likelihood of which can also be estimated from your health habits. The chart shows the risk during your lifetime of suffering a heart attack, stroke, dementia or diabetes. At the same time the chart shows your disease risk, if your lifestyle were as healthy as possible.



Blood pressure

You should measure your blood pressure for risk of vascular diseases. To test your blood pressure, turn to your local health clinic or occupational health care.

Cholesterol

You should measure your level of cholesterol for risk of vascular diseases. Ask for a cholesterol measurement from your local health clinic or occupational health care.



Weight

Based on the body mass index your weight is normal, which greatly promotes your health. Usually one's weight tends to accumulate over years. The upper level of a normal weight (body mass index 25), for you, 78.0 kg. Keep track of your weight so as not to exceed this. A healthy diet and physical exercise will help to prevent overweight.

Waist measurement

Abdominal obesity or the accumulation of excess weight around the waist increases the risk of disease. For men, the abdominal waist measurement limit is 100cm, the ideal being less than 94cm. Sometimes fat can accumulate around the waist and in the abdominal cavity by a few too many kilos, even though your BMI is still within the normal range.

Your waist measurement is under 94cm, which is ideal for health.



Vegetables, fruits and berries

Daily consumption of fruits and berries is good for your health.



SETTING OF GOALS

You can improve your health estimation by making changes to your way of living. The best changes are made, when you do them gradually, so that the renewed habit remains as part of your daily life. You should choose just 1-2 changes at first. When you have achieved permanent changes, you can choose some new targets.

For your chosen changes, you need to set a goal. Health coaching supports you in each part of your target for three months, giving you encouragement and feedback on your progress. In order for the program to give you personalized feedback, monitoring information needs to be recorded as regularly as possible. If required, after the monitoring, you could set yourself a new goal or choose some new things to change.



Weight management

For someone with a normal weight, weight loss is not necessary from a health point of view. However, it can still be a good idea to check that you are eating a healthy and varied diet.

Set targets ▶



Diet

By increasing the consumption of fresh vegetables, fruit and berries you can prevent cardiovascular diseases and reduce the risk of cancer diseases. In addition to this the consumption of vegetables and fruit helps with blood pressure and weight management.

Set targets ▶

Stress

We experience stress very individually in different situations. If you experience stress at work it may be due to unreasonable worker requirements and expectations. However, not all situations have available solutions, for example negotiating or cutting workload. Our own attitudes, interpretations and opinions affect the issue strongly.

You can't "control" stress, but the ability to tolerate stress can be developed. If you choose to do a training program, you receive two messages a week, which include stress tolerance exercises.

Life management

You can improve your mental well-being through exercises. According to studies they can enhance your stress tolerance, creativity and productivity, and combat depression. You may also experience an increase in energy and immunity levels. Choose one of the following exercises to begin with.

Training programs

Stress

- Stress tolerance program

Life management

- Good deeds 
- Gratitude 
- Optimism 
- Human relations 
- Positive interaction in relationships 
- Resolving conflicts in a relationship 

Save 

two percent of people manage with 6 hours of sleep or less. Likewise two percent of people need over 9 hours of sleep. One fourth of people either sleep too little or too much.

I try to sleep every night for at least,

Electronic health coaching as an integrated part of the system (www, email, mobile...)

We experience stress very individually in different situations. If you experience stress at work it may be due to unreasonable worker requirements and expectations. However, not all situations have available solutions, for example negotiating or cutting workload. Our own attitudes, interpretations and opinions affect the issue strongly.

Stress

You can't "control" stress, but the ability to tolerate stress can be developed. If you choose to do a training program, you receive two messages a week, which include stress control development exercises.

I start to do Stress control development exercises

Life management

You can improve your mental well-being through exercises. According to studies they can enhance your stress tolerance, creativity and productivity, and combat depression. You may also experience an increase in energy and immunity levels. Choose one of the following exercises to begin with.

- well-being exercises not selected
- Good deeds exercises ?
- Gratitude exercises ?
- Optimism exercises ?
- Sociability exercises ?

Alcohol

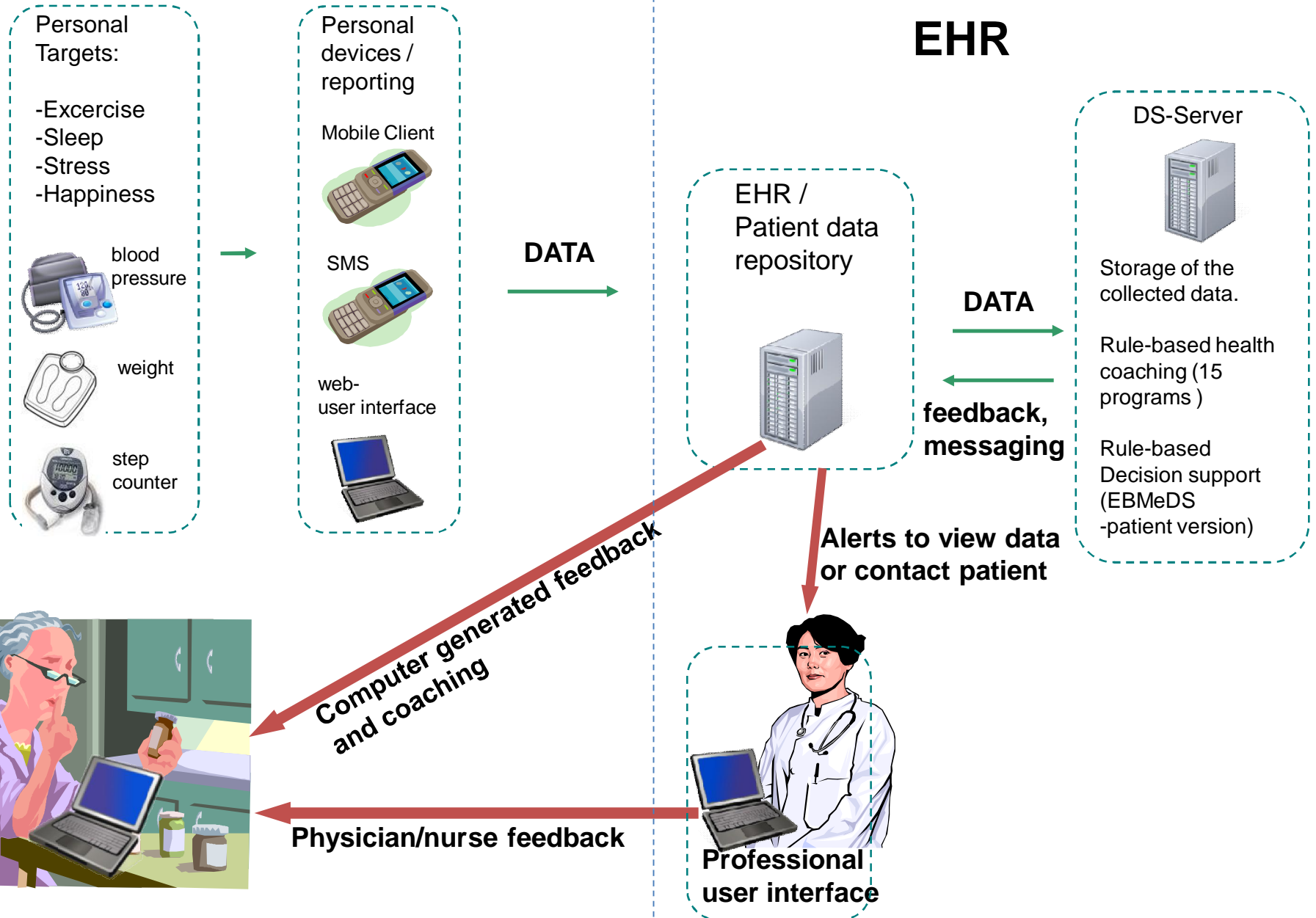


By reducing alcohol consumption you can reduce the risk of many cardiovascular, liver, nerve and cancer related diseases. The limit of moderate consumption is around 7-14 units of alcohol per week.

I want to start monitoring my drinking

Overview

EHR



Thank you !



“But, remember, you’re
responsible for your own
happiness.”
by Leo Cullum

Diagnoses

30.05.2008 **Non-insulin-dependent diabetes mellitus**

[Decision support](#) 
[DNA](#) [0]
[NOTES!](#) [0]

Acute diagnoses

Procedures and treatments

Previous visits

12.06.2008 Total cholecystectomy nec Diagnoses 12.06.2008

Medication and dosage

12.06.2008 Enalapril 20mg tablets 1 /day
 30.05.2008 Simvastatin 40mg tablets 1 /day

Measurements and target values

Height (cm) 179 cm (6/5/2008)
 Weight (kg) 94 kg (6/2/2008)
 BMI **29.3 (6/2/2008)**
 BP (Systolic) **138 mmHg (6/3/2008)**
 BP (Diastolic) **72 mmHg (6/3/2008)**

Medicine allergies

Penicillin

Additional info relevant to medication

[Medication and Drug Allergies from GP Systems](#)

Other allergies

Peanut

Special diet

Lactose-free

Lifestyle and risks

Smoking Yes Pack years: n/a
 Risk of coronary heart disease **11%**
 Mortality risk of cardiovascular disease **1%**

NHS Number: +052157-9456 Age:

Hospital number:

Diagnoses

30.05.2008 Non-insulin-dependent diabetes mellitus

Acute diagnoses

Medication and dosage

12.06.2008 Enalapril 20mg tablets
30.05.2008 Simvastatin 40mg tablets

Medicine allergies

Penicillin

Medication and Drug Allergies from GP Systems

Other allergies

Peanut

Special diet

Lactose-free

Lifestyle and risks

Smoking Yes Pack years: n/a
Risk of coronary heart disease 11%
Mortality risk of cardiovascular disease 1%

Reminders:

- The patients has type 2 diabetes. Metformin is the primary choice for better glyceimic control. As the glomerular filtration rate calculated with the MDRD formula is below normal range (44 ml/min), lower dosage should be considered. (scr00016)
The patient has type 2 diabetes and no indication of ASA allergy or asthma. Based on current knowledge, ASA treatment is encouraged using a dose 100 mg daily. (scr00108)

Guidelines:

- Metabolic syndrome
Newly diagnosed type 2 diabetes
Diabetes: definition, differential diagnosis and classification
Treatment and follow-up in type 2 diabetes
Lifestyle education in type 2 diabetes
Oral antidiabetic drugs in the treatment of type 2 diabetes
Insulin therapy in type 2 diabetes

Decision support

DNA [0]
NOTES! [0]

12.06.2008