

Summary of the February, 2010 Program

The One Muscle You Cannot Live Without

Presented by Dr. John Brock, Cardio-Thoracic Surgeon

Since February is heart month, the members of North Central Florida Post Polio Support Group were pleased to welcome Dr. John Brock, a nationally renowned thoracic surgeon who is a partner in the cardio-thoracic program with Ocala Regional Medical Center and West Marion Hospital in Ocala. He is on the board of general surgery and thoracic surgery and is also boarded in wellness and anti-aging which is the newest boarding available.

Dr. Brock began the program by showing us a live video of cardio bypass surgery. It was riveting. He told us that he wanted us to realize that it could be one of us having this surgery and he discussed how we can take better care of ourselves to prevent this surgery in the future. By the way, thoracic surgeons only receive about \$800 per bi-pass surgery and the two surgeons performing this exhaustive surgery which can take around 30 to 35 hours have to split this amount. It is the hospital that receives the thousands of dollars charged to our insurance for these surgeries.

Dr. Brock explained that one pound of fat has 3,500 calories. Our ancestors had a diet of carbohydrates, protein and fat, probably eating 4,000 calories a day when they ate. But in order to eat they had to hunt for food, slay the food, dress the meat, chop wood and prepare a fire pit to cook the meat and this burned the calories they would consume. Their physiology was the same as ours today. However, we can go to a fast food restaurant drive through and expend very little energy to consume the same amount of calories. Our ancestors died from infectious diseases. We die from chronic diseases.

In the last five years we have gained a lot of information to help prevent heart disease or coronary artery disease. The main cause is inflammation. There is a blood test called "Spectro Cell-Berkley" that can find out what is causing the inflammation. High cholesterol is an inflammation that can be reversed. To help prevent plaque build-up in arteries or atherosclerosis, we can take Omega 3 fish oil and we can eat healthier and make sure we eat protein along with carbohydrates to slow the absorption of glucose in our blood. Statin drugs work very well in reducing high cholesterol and there is a drug called "Zetia" which works by reducing the absorption of fat, this works if you are eating a lot of fatty foods, but if you are on a low fat diet, there isn't a lot of fat to reduce.

Dr. Brock is very interested in what causes people to age. There are many theories, but the thing that has the most scientific background behind it is cell division. There is an antioxidant called "Resveratrol" which is a compound found in the skin of young grapes and in wine that can slow the process of telomeres cleaving which is the cause of aging. Telomeres are strands on the ends of DNA that can only divide so many times and then we start to age. By slowing this process, we can slow and possibly reverse the aging process. We still have to control our glucose metabolism, fat intake and exercise 60 minutes a day, but science is working toward solving the problem of aging.

At the beginning of the program Dr. Brock asked us what are three things humans need in order to survive. The answer is food, shelter and intimacy. We thank Dr. Brock for

providing us with an “intimate” program and look forward to hearing from him again. We also would like to thank Sharon Mixson of A V Connections for helping with the audio visual part of the program.

Summary by Sharon Daszczyński