



Flying After 50 by Dr. Jack Hastings-Excerpts from the Webinar

Medical Risk Factors: Non-Modifiable (largely beyond your control)

- Age
- Sex
- Family History (genetic makeup)
- Existing Disease
 - Diabetes
 - Hypertension
 - Heart Disease

If we just applied all the knowledge we have today, we would improve the public health in this country by a long shot.

Risk Factors: Modifiable (within your control)

- Smoking
- Alcohol
- Body Weight
- Diet and cholesterol level
- Physical inactivity
- Disease management (blood pressure and blood sugar control, etc.)

Hypertension

- Awareness and treatment largely responsible for 30% decline in incidence of stroke from 1970 to mid 1990's
- The most important risk factor for stroke
- Lowering blood pressure by even 4-5 points significantly reduces stroke risk

“Pre-hypertension”

- 120-139 mmHg. systolic
- 80-89 mmHg. diastolic
- Within this range lifestyle changes are advised, not necessarily treatment

Smoking-Increases your risk factors for:

- Heart disease
- Stroke
- Cancer
- Chronic lung disease

Alcohol

- 1-2 ounces per day all right
- Beyond that increased risk
 - heart disease
 - hypertension
 - liver disease

Diet

- Limit fat to 30% of total calories (American Heart Association)
- Limit saturated fat to 10% of total calories
- Limit portion size
- Limit alcohol
- Include fiber

Weight Control

- Maintenance of ideal body weight is a natural accompaniment of good dietary habits and regular exercise
- Weight reduction lowers blood pressure, may allow one to discontinue medication

Cholesterol

- Ideal cholesterol 200 or below
- LDL (bad) cholesterol 130 or below
- HDL (good) cholesterol 35 or above
- Treat with dietary limitations, medication

Exercise

- Increases collateral circulation (blood vessel branching)
- Decreases platelet adhesivity (stickiness) needed for blood clotting
- Increases HDL (good) cholesterol
- Decreases blood pressure
- Decreases stress

Aerobic (with oxygen) exercise

- Maximal heart rate 220 minus age
- When beginning, achieve 60% maximum heart rate
- When trained achieve 80% maximum heart rate
- Exercise 20-30 minutes 4-5 times per week
- Make it a habit

Noise

- Noise will cause fatigue
- Noise will cause hearing loss
- Wear a noise-canceling headset

Oxygen

- Partial pressure of oxygen at 18,000 feet one-half that at sea level
- Smokers may have 7-10% carboxyhemoglobin in blood (a measure of carbon monoxide level), non-smokers 1-2%
- Know your symptoms of hypoxia (chamber)
- Set personal limits for oxygen use