Myanmar Medical Association August 6, 2019 Goa. India

Path to Wellness

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• 34thCMAOO

Myanmar Medical Association

Myanmar's Perspective on "Path to Wellness"

Health is a state of being, where as wellness is the state of living a healthy lifestyle. Health refers to physical, mental, and social well-being; wellness aims to enhance well-being. ... It can affect physical, mental, and social well-being.

A Path to Wellness

Many bends & Winding Road



Its Not the Destination but the Journey

Anonymous

Ralph Waldo Emerson



 (We) Should assign greater importance to 'healthspan' rather than 'lifespan' where we want to be as healthy as possible, both physically and emotionally, right up to the end.... many studies show, the two are related. But the primary goal of clinical studies of new drugs and devices, lifespan is usually the primary endpoint.

S Jay Olshansky

 Nowadays – even in Myanmar – NCDs are becoming a bigger health issue.

Life style – related diseases – Metabolic Diseases, Cancers

Most are associated with overindulgence (of everything modern)

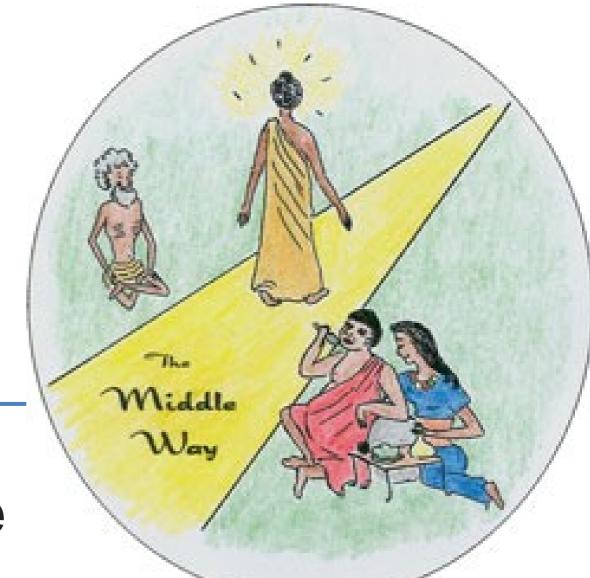
Anthropocene

 Human overindulgence (overconsumption, overexploitation) is also causing environmental problems affecting the

"Health of the our WORLD"

Path to Wellness of 'Humans = Planet'

Moderation, Restraint



The Middle Way or Middle Path

(Pali: Majjhimāpaṭipadā;

Sanskrit: Madhyamāpratipada;)

Moderation vs overindulgence

in the cellular theory of aging and the shortening of telomeres and lifespan, stress shortens telomeres. Something to think about. Keep smiling:)

And remarkably, we can see lengthening of telomeres in response to endurance exercise.

Reference;

Annu Rev Clin Psychol. 2018 May 7;14:371-397. doi: 10.1146/annurev-clinpsy-032816-045054. Epub 2018 Mar 1.

Stress, Telomeres, and Psychopathology: Toward a Deeper Understanding of a Triad of Early Aging.

Epel ES, Prather AA¹.

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Physical exercise as dancing

Meditation and Mindfulness

Editorial

The therapeutic effects of meditation

BMJ 2003; 326 doi: https://doi.org/10.1136/bmj.326.7398.1049

(Published 15 May 2003)

Cite this as: BMJ 2003;326:1049

Article

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Responses

Peter H Canter (Peter.Canter (Qpms.ac.uk), research fellow in complementary medicine

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The conditions treated are stress related, and the evidence is weak

Meditation includes techniques such as listening to the breath, repeating a mantra, or detaching from the thought process, to focus the attention and bring about a state of self awareness and inner calm. There are both cultic and non-cultic forms, the latter developed for clinical or research use. The relaxation and reduction of stress that are claimed to result from meditation may have prophylactic and therapeutic health benefits, and a plethora of research papers purport to show this. However, this research is fraught with methodological problems, which I outline here, along with

NEJM Journal Watch



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CME

SUMMARY AND COMMENT | PSYCHIATRY

December 3, 2007

Benefits of Meditation: You Don't Need Years, Just a Week

Jonathan Silver, MD reviewing Tang Y-Y et al. Proc Natl Acad Sci USA 2007 Oct 23

A specific type of meditation is beneficial after just 5 days of training.

Meditation may improve mood and attention. Long-term Buddhist meditators can increase gamma-band EEG activity during meditation (Journal Watch Psychiatry Dec 8 2004). However, to demonstrate meditation-specific effects, researchers would need a standardized, easy-to-teach form of meditation. In this study, 40 Chinese undergraduates naive to any such training were randomized to receive training in either integrative body-mind training (IBMT), a specific meditative technique developed in China in the 1990s, or relaxation

Although the exact mechanism for how exercise preserves telomeres is unknown, It may be tied to inflammation and oxidative stress.

Previous studies have shown telomere length is closely related to those two factors and it is known that exercise can suppress inflammation and oxidative stress over time.

Tucker et al May 10, 2017

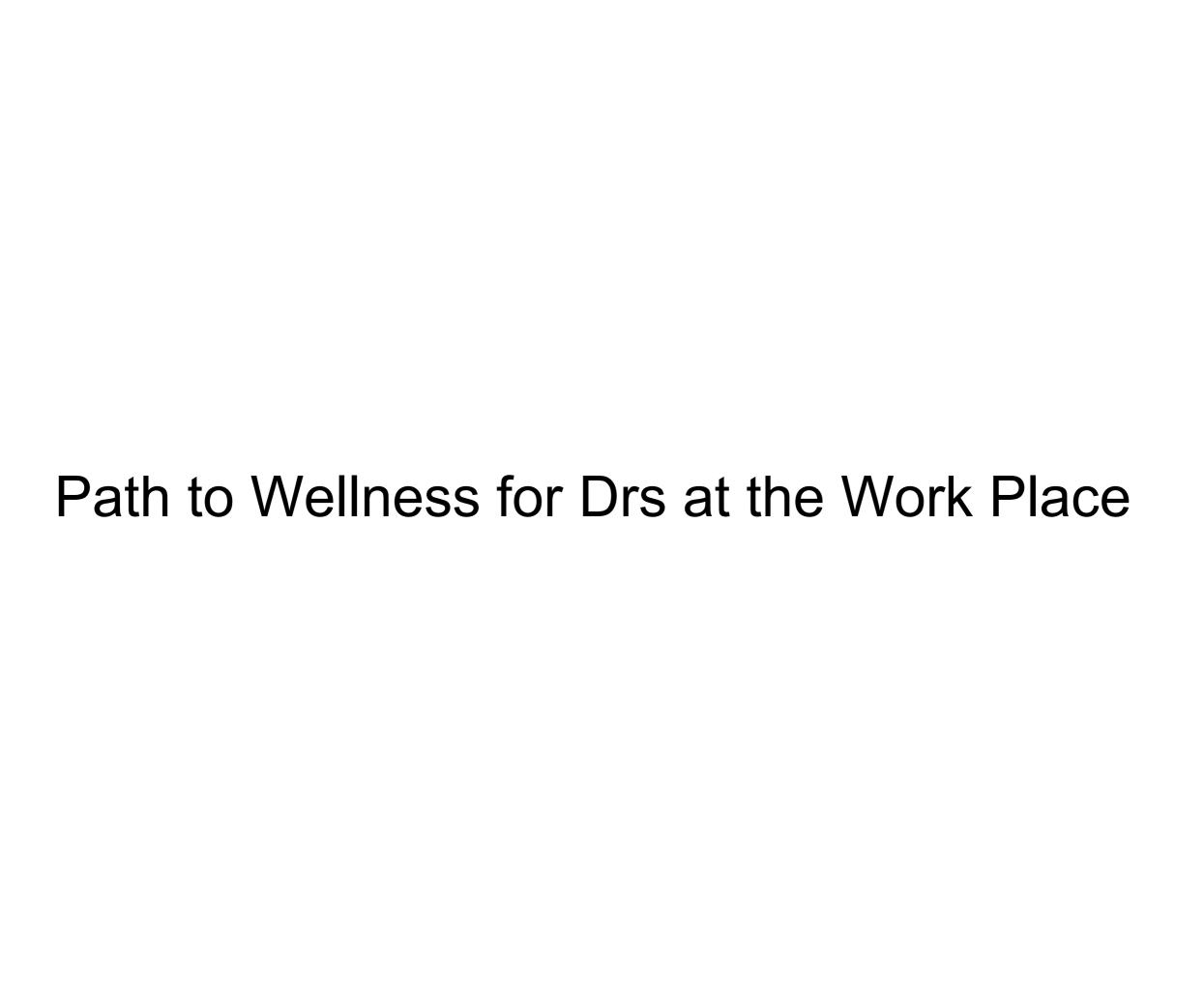
Physical Wellness, Emotional Wellness, Intellectual Wellness, Social Wellness

SPIRITUAL fullfillment

Having joy and peace from spiritual fulfillment are important ingredients to good health and longevity.

Path to Wellness

Path to Wellness for Drs



WORKPLACE WELLNESS For HCWs

 Developing a positive working environment and providing health care settings that support excellence and decent work has the potential to attract and retain staff, improve quality of care, safety, patient satisfaction and deliver cost-effective services.

PHYSICIANS LEADING | LEADING PHYSICIANS

Physician Well-Being: The Reciprocity of Practice Efficiency, Culture of Wellness, and Personal Resilience

Article · August 7, 2017

Bryan Bohman, MD, Liselotte Dyrbye, MD, MHPE, Christine A. Sinsky, MD, Mark Linzer, MD, FACP, Kristine Olson, MD, MSc, Stewart Babbott, MD, Mary Lou Murphy, MS, Patty Purpur deVries, MS, Maryam S. Hamidi, PhD & Mickey Trockel, MD, PhD

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The quality and safety of patient care, and indeed vitality of health care systems, depend heavily on high-functioning physicians.- recent data have revealed an extraordinarily high – and increasing - prevalence of physician burnout, defined as emotional exhaustion, interpersonal disengegement, and a low sense of personal accomplishment.

WORKPLACE WELLNESS

Key principles of a positive practice environment (PPE) are:

- 1. Professional Recognition
- 1. Management Practices
- 1. Support Structures
- 1. Occupational Health and Safety
- 1. Education

Thank you