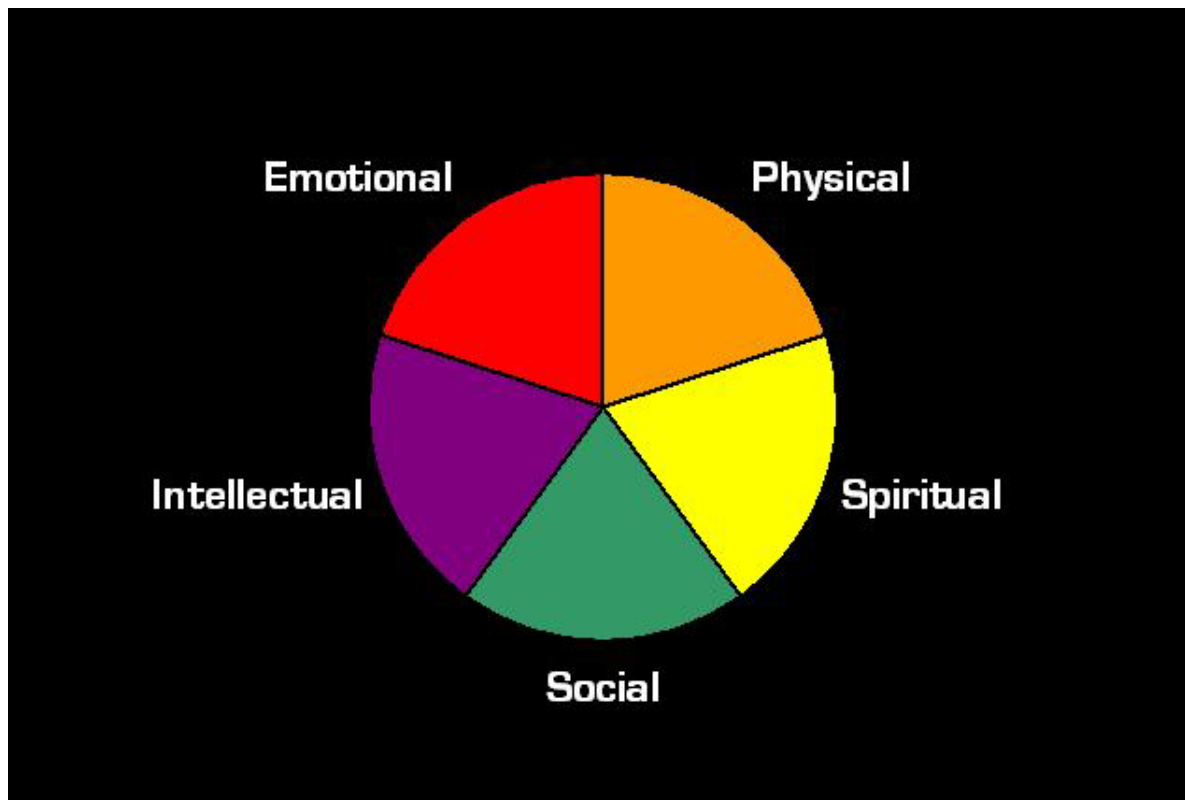

Hepatitis C Choices in Care

Wellness, Healing, And Hepatitis C

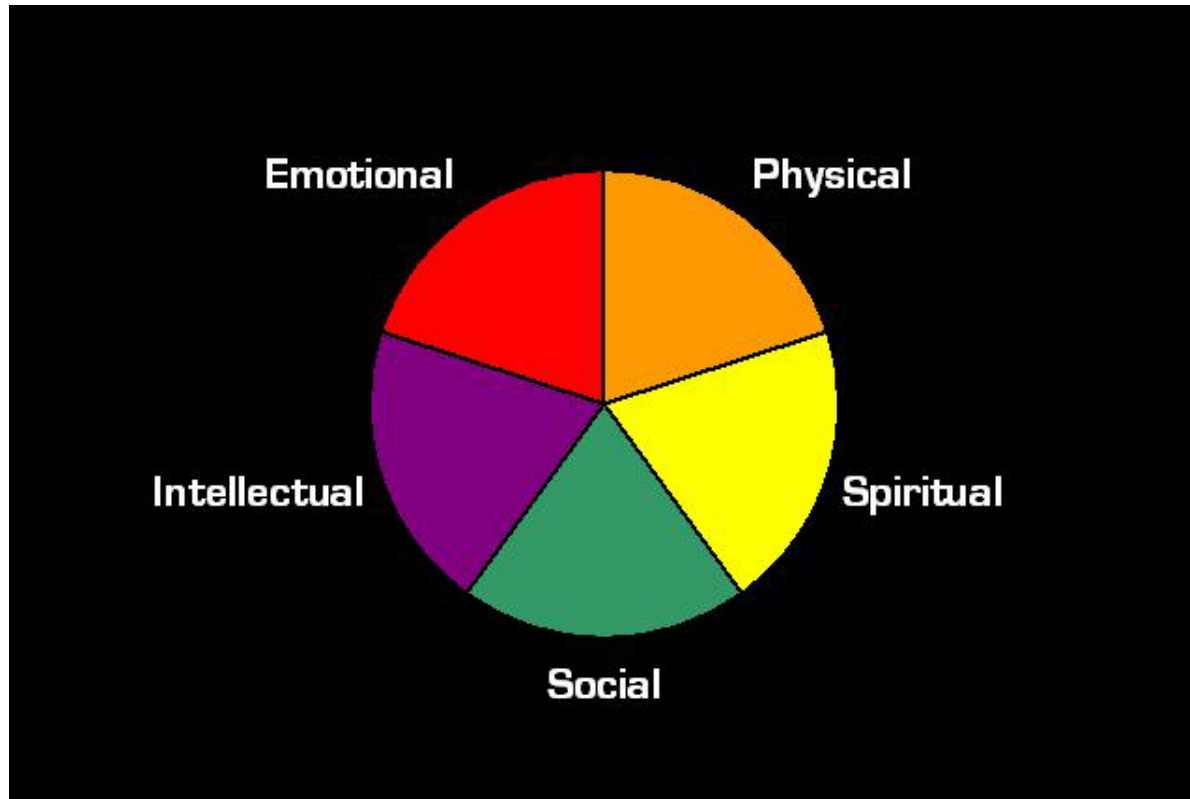
Determinants of Wellness

Why do we look at the interaction of the various parts of the “determinants of wellness”?



Determinants of Wellness

All of the components of wellness are
equally important !!!



Holistic Wellness

- It doesn't matter what system of medicine you use: allopathic, complementary, or "alternative"
- A holistic approach is available in every type of medicine.
- *And* alternative medicine isn't necessarily holistic.

Holistic Wellness

- Why do we need to pay attention to the other parts of the pie chart if all we're really trying to do is “get rid of the virus” or “stop feeling so tired and nauseous” all the time?????
- What does a holistic approach have to do with chronic hepatitis C?

Physical Health

- In medicine, physical health is usually determined by lab work, physical exams, and symptoms.
- Physical health is defined by numbers and something called a **prognosis**.
- How accurate is this approach by itself?

Physical Health

There are 3,600 documented cases of spontaneous remissions of cancers and other diagnoses that would not have been predicted by medical data on those patients.

Your View of Your Health

- In a study involving 2,800 men and women (which agreed with 5 other large studies involving 23,000 subjects)- there was one agreement:

One's own opinion about his or her state of health was a better predictor than physical symptoms, extensive exams, labs, or even behaviors like smoking!

What makes us healthy?

A 10 year study in 2,700 people indicated that men who did not engage in volunteer work were 2.5 times more likely to die from various causes than their peers who engaged in volunteer work –

REGARDLESS of their labs or health conditions.

What makes us healthy?

- A study in 1971 found that most people in the United States who have their first heart attack under the age of 50 had NONE of the recognized major risk factors for heart attack.
- A federal government survey found that the best predictor for a heart attack was none of the classic risk factors but was “job dissatisfaction.”

What makes us healthy?

- A study of heart attack incidence found certain protections against fatal heart attacks even in stressful settings
 - Control: a sense of personal decision-making ability in life
 - Challenge: a sense of personal growth and wisdom as a result of challenging situations
 - Commitment: to life on and off the job: work, family, community, self

What makes us healthy?

People in the study who had these characteristics of “hardiness” were found to be relatively immune to stress-induced illness or death.

What are the strongest predictors of physical health?

Emotional Support

17 year study of nearly 7,000 men & women:

- Those who had little or no social support were twice as likely to die of cancer and 5 times as likely to die of smoking-related cancer.
- Those who said they felt isolated were 5 times as likely to die from hormone-related cancers (breast, prostate, ovary).

What are the strongest predictors of physical health?

A landmark 1989 study of 89 women with metastatic breast cancer found —

Those who were in an ongoing support group where they learned relaxation skills for pain control lived TWICE as long as the women with no support group exposure.

What are the strongest predictors of physical health?

A study among a group of elderly Swedes enrolled in a “social activation program” that included moderate exercise and social support showed —

Levels of hormones (testosterone, estradiol, DHEA) were beneficially raised while control group levels dropped.

What are the strongest predictors of physical health?

From the research of Kenneth Pelletier, MD, author of *Sound Mind, Sound Body* on truly healthy people:

- “Two key findings resulted from my analysis:
- Every personal practice and every use of the medical care system was done in moderation.
 - Each person was able to attain a state of mental and physical quiet whenever they chose to do so.”

What are the strongest predictors of physical health?

American Cancer Society studied the health habits of over 1 million Americans.

- Over 6 years, they identified all the people who had died during that period.
- Out of all the factors they studied (exercise, smoking, nutrition, etc.) the one factor that had the most significant tie to mortality was **SLEEP**.

What are the strongest predictors of physical health?

- The highest mortality rates for ALL AGES were for those who slept 4 or less hours per night and those who slept 9-10 hours or more each night.
- The lowest mortality rates were for those who said they consistently slept 8 hours per night.

Sleep and the Immune System

- Sleep deprivation increases cortisol production, which suppresses the immune system and contributes to insulin resistance.
- Subjects in a sleep study who stayed up until 3 AM had a 30% drop in natural killer cells – the immune cells that protect us against viral infections and cancer.

Sleep and Insulin Resistance

- Chronic sleep deprivation -- **6.5 hours or less** of sleep a night -- had the same effect on insulin resistance as aging.
- Those who averaged 5.2 hours or less -- over 8 consecutive nights -- secreted 50% more insulin than their more rested counterparts who averaged about 8 hours.
- As a result, "**short sleepers**" were **40% less sensitive to insulin.**

Sleep Disorders and Depression in Hepatitis C

- Those with cirrhosis and unsatisfactory sleep (47%) show higher scores for depression and anxiety.
- Unsatisfactory sleep in cirrhosis was associated with delayed bedtime, delayed wake-up time, and waking up at night.

Stress, Sleep, and Mood in Hep C

- Approximately 35-50% of individuals with cirrhosis report having sleep-related difficulties.
- Sleep disorders with cirrhosis vary and include:
 - being tired all day, yet awake all night
 - erratic sleeping habits characterized by days of excessive sleep (hypersomnia) alternating with days of lack of sleep (insomnia)

Risk Factors for Sleep Deprivation

- Alterations in the body's production of melatonin (a substance produced by the pineal gland and is involved in the sleep cycle) is one possible cause.
- Medications: interferon, ribavirin, prednisone, propranolol, and others are associated with insomnia.
- Caffeine, nicotine, and alcohol consumption may contribute to disturbed sleep habits.

Positive Steps in Each Component of Wellness

Spiritual Health

- Prayer/contemplative prayer/meditation
“Each person was able to attain a state of mental and physical quiet whenever they chose to do so.”
- Public practice of spiritual or altruistic beliefs: participation in group spiritual practice (church, synagogue, sangha) or involvement in community service.

Positive Steps in Each Component of Wellness

Social Health

- Support groups
- Friendships
- Family meetings
- Community involvement
- Continuing education classes

Positive Steps in Each Component of Wellness

Intellectual Health

- Develop a personal strategy for enhancing control (a sense of personal decision-making ability) using the “reconstructing stressful situations” technique or other techniques that allow you to problem-solve.
- Use affirmations.

Positive Steps in Each Component of Wellness

Emotional Health

- Progressive relaxation
- Quieting the mind (relaxation response)
- Counseling

Resources

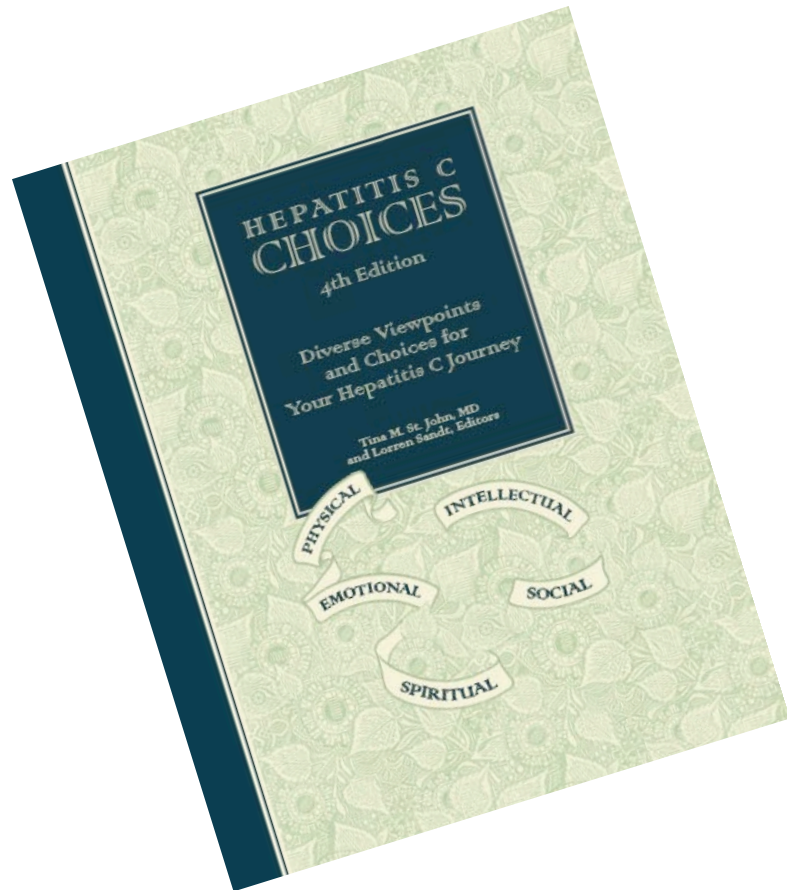
- Relaxation tapes: for guided imagery, self-hypnosis, meditation and breathing, yoga, qigong.

Healthjourneys: www.healthjourneys.com

1-800-800-8661

- Applied Meditation for a Healthy Liver
<http://www.hepcmeditations.org/>

For more information



Chapter 13: Mind-Body Medicine & Spiritual Healing

http://www.hepcchallenge.org/choices/pdf/Chapter_13_OL.pdf

Visit us on line at www.HepCChallenge.org

