

PATIENT CONNECTION



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Is it time to schedule your annual physical examination?

Physical examination is recommended at least once a year, especially in people over the age of 50. According to the National Institutes of Health, these exams are used to:

- Check for possible diseases, so they can be treated early.
- Identify any issues that may become medical concerns in the future.
- Update any necessary immunizations.
- Check for high cholesterol, blood pressure, and blood sugar levels.

Source: National Institute of Health- www.nih.gov

Colorectal Cancer Facts

Overall, the lifetime risk of developing colorectal cancer is about 1 in 20 (5%). It's expected to cause about 50,310 deaths this year.

If caught early, colorectal cancer is 90% curable.

The American Cancer Society recommends that beginning at age 50, both men and women, should be tested and retested once every five to ten years.



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Have a Happy & Healthy New Year

3 Health New Year Practices

1. EXERCISE REGULARLY

Adults should aim for at least 2 hours and 30 minutes a week (150 minutes) of moderate-intensity physical activity. This is approximately 10,000 pedometer steps per day.

2. HEALTHY FOOD CHOICES

What we choose to eat has a profound impact on our health and quality of life. Choose lean proteins, whole grains, fresh fruits and vegetables. To lose weight, focus on reducing calories from food and beverages, a healthy eating plan, and portion control.

3. GET ENOUGH SLEEP- At least 7-8 hours a night

How you feel during the day is related to how much sleep you get. Insufficient sleep is also linked to various chronic diseases and conditions.

Why Is a Healthy Weight Important?

Weight has a significant impact on your overall health. A healthy weight helps to prevent and control various diseases. Conversely, a person who is overweight or obese faces higher risk of developing serious health problems such as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers.

Achieving and maintaining a healthy weight often requires exercise and good food choices, combined this all tends to lead a person to feel good with more energy to enjoy life.

Source: National Heart, Lung, and Blood Institute www.nhlbi.nih.gov

Assessing Your Weight and Health Risk

BMI, waist circumference and a group of risk factors are used to assess a person's weight and health risks.

Body Mass Index (BMI)

BMI is a measurement used to estimate body fat content. A higher BMI means a higher risk for high blood pressure, type 2 diabetes, heart disease, gallstones, breathing problems and certain cancers.

Waist Circumference

More fat around the waist rather than hips increases a person's risk for heart disease and puts a person at greater risk for heart disease and type 2 diabetes. This risk goes up when waist size is more than 35 inches for women or more than 40 inches for men.

Source: National Heart, Lung, and Blood Institute www.nhlbi.nih.gov



	BMI
Underweight	Below 18.5
Normal	18.5-24.9
Overweight	25.0-29.9
Obesity	30.0 and Above

What is Metabolic Syndrome?



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Lawna Wigle is a board certified family nurse practitioner. She specializes in the treatment of liver disease, pre and post operative care, as well as other family medical practice treatments.



Elka Miller-Kopp

Elka Miller-Kopp is our office manager. She takes a caring and compassionate approach to working with all patients. Elka is greatly admired by all patients for her attentive ways. Elka is always available to talk with you and address your needs.

We invite you to participate on our Facebook page. We always love to hear from our patients!



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Metabolic syndrome refers to a group of risk factors that increase a person's risk for heart disease, stroke, diabetes and other health problems. A person must have at least three metabolic risk factors to be diagnosed with metabolic syndrome.

1. Large waistline
2. High triglyceride level
3. Low HDL cholesterol level, sometimes is called "good" cholesterol
4. High blood pressure
5. High fasting blood sugar

Risk for heart disease, diabetes, and stroke increases with the number of metabolic risk factors. A person with metabolic syndrome is twice as likely to develop heart disease and five times as likely to develop diabetes.

Insulin Resistance can lead to high blood sugar levels, and is closely linked to overweight and obesity.

LDL cholesterol level and smoking are major risk factors for heart disease.

It is possible to prevent or delay metabolic syndrome with lifestyle changes.

How is Diabetes Diagnosed?

Blood tests are used to diagnosis diabetes and prediabetes.

Symptoms of diabetes include:

- Increased urination
- Increased thirst
- unexplained weight loss

Other symptoms can include fatigue, blurred vision, increased hunger, and sores that do not heal.



Blood Test Levels for Diagnosis of Diabetes and Prediabetes

	A1C (percent)	Fasting Plasma Glucose (mg/dL)	Oral Glucose Tolerance Test (mg/dL)
Diabetes	6.5 or above	126 or above	200 or above
Prediabetes	5.7 to 6.4	100 to 125	140 to 199
Normal	About 5	99 or below	139 or below

Definitions: mg = milligram, dL = deciliter
For all three tests, within the prediabetes range, the higher the test result, the greater the risk of diabetes.