Myanmar Medical Association
August 6, 2019
Goa, India

Path to Wellness

Dr Htin Aung Saw
• 34th CMAOO

• 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: Majjhimaṭṭipada; Sanskrit: Madhyamāpratipada;)

The Middle Way
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;


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

Epel ES, Prather AA¹.

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Meditation and Mindfulness

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
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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 a short summary of the best evidence for the therapeutic effects of...
Benefits of Meditation: You Don’t Need Years, Just a Week

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 training. IBMT focused not on thought control, but on restful alertness.
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 fulfillment**

Having joy and peace from spiritual fulfillment are important ingredients to good health and longevity.
Path to Wellness
Path to Wellness for Drs
Path to Wellness for Drs at the Work Place
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.

AMA
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

Stanford University School of Medicine
Mayo Clinic
American Medical Association
Hennepin County Medical Center
Yale University School of Medicine
University of Virginia School of Medicine
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 disengagement, 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