



ADD 15 YEARS TO OUR LIFE  
CAN WE? OF COURSE, WE CAN!!

# Add 15 Years | Fine Tuning Iceberg of Health

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ADD 15 YEARS TO OUR LIFE  
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# WHY DO WE THINK WE ADD 15 YEARS TO YOUR LIFE?

## **Think About It!**

*Let me give an example which all of us can identify with*

*Say, If we have to study for the complete year, all our subjects in the school and suppose we never really opened our books and missed so many classes, never paid attention in class.*

*Then surely we cannot be in the top 25% of the class, chances are, we will fail that class.*

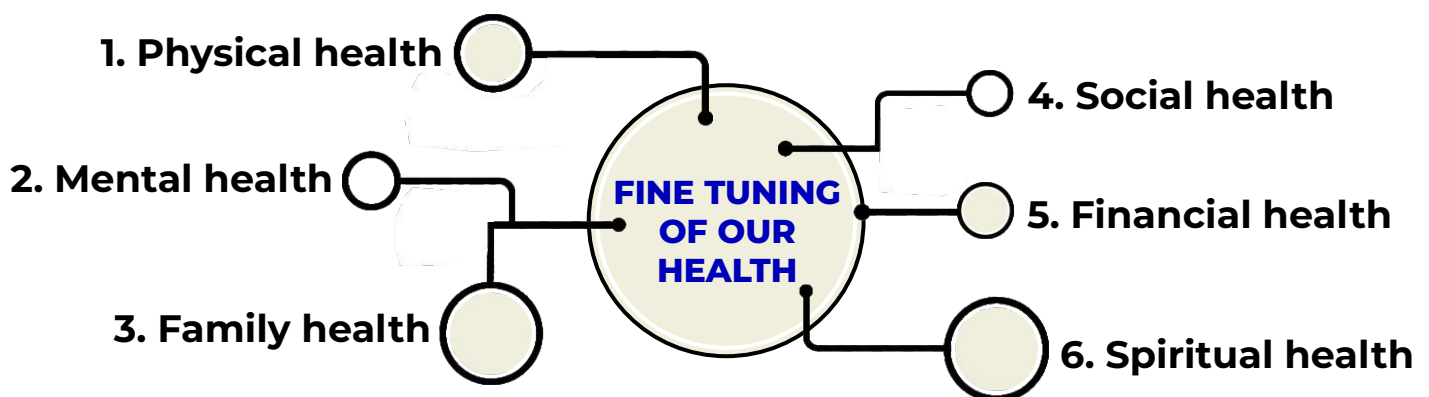
**Miracles do not happen in real life.**

Atleast in India (Not very common in U.S.) we seek care & M.D./ Physicians provide care and their focus is on so called “alarming symptoms” (we call it “crisis medicine”)

Personally in 2020 and in coming years, those “alarming symptoms” (called “Crisis Medicine”) should be RARE before we get into 75 to 85 years of age group.

## **PROVIDED**

We keep **fine tuning our health** (medical definition) and gain insight about fundamental medical knowledge, we actively plan and pay attention to our:



**TRUST ME ALL 6 HEALTH ARE IMPORTANT**

**Results will be dramatic.**

# DISCLAIMER

**All the books that I am writing as physician . M.D. with a life time of experience (along with my team) –**

**mention most common medical facts which each one of us need to know in our day to day life.**

Ignorance is **DEFINITELY NOT** a blessing in 2020.

I highly recommend that anybody entering middle school (8th grade i.e, a 13 year-old) should start reading these books and try to read as many as he or she can read **so that they can get an insight into the most common medical facts.**

These books are written in simple English and in several languages.

**If we get an insight into medical facts before we get into chain smoking and excessive alcohol use etc, we can have a very healthy and a long life.**

All my research and commonsense says that - starting at age 13 years, (that is when you enter your teenager years, our personality, our habits, **our likings and our dislikings -- all are pretty much shaped by the time we get to 26 years old or older.**

**Both India and USA are very dear to me,**

In one country I was born, I have my parents.

In the other country, I have my wife and my children.

One thing became obvious to me as I live in USA, that the population is taking advantage of the latest medical advances.

Our Indian community, all our friends and families, when we have medical issues, are really putting themselves at the mercies of Government and private hospitals and doctors (with “zero” trust).

**In India, people have to spend their own money. Realizing this, I have provided all the medical information which is available to us doctors, so that one can make wise choices and confidently take their health in their own hands.**

**But still I request sincerely that you will not take any medications without the supervision of your own family doctors.**



The facts I have provided in my books, is available in every medical book, but I write them in simple English or in your language *because how are you going to make right choices in relation to your health, if you do know what the answer is.*

Our horoscope/stars are not enough, and consulting a pandit, priest or mullah is not enough. Blind faith is not enough.

Prayers help, yes! When we do not know the answer to a situation. If our car ran out of petrol, our car will not move (how much so ever we may pray, it is not going to happen).

**If you anticipate and choose wisely, you will not have a crisis. So our disclaimer is we give you that insight but Please always consult your physicians before starting on any prescription medications.**





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# Chapter 1

Hair a thing of beauty & a joy forever!!

## **Think About It!**

*Healthy lifestyle is very important for all of us and it is actually statistically very much possible to stay healthy till about 85 years of age today in the middle-class families in India and close to 90 and 100 years in middle class families of US.*



Chap1Fig1

Our normal (average) lifespan in India is 65 plus years today, in 2020.

While in the USA, the average lifespan is about 80 plus years today, in 2020.

# Chapter 2

## Everybody's definition of good health

I have talked to a lot of people, especially in India, and almost everybody believes that, good health and healthy lifestyle mean:

1. Sleep well.



Chap2Fig1

2. Eat well.



Chap2Fig2

3. Exercise well.



Chap2Fig3

# Chapter 3

Our body goes through changes very-very slowly —  
One day at a time

## ***Think About It!***

*While sleeping well, eating well and exercising is very important to stay healthy, it is still **'the tip of iceberg'** when it comes to our long term health and life span.*

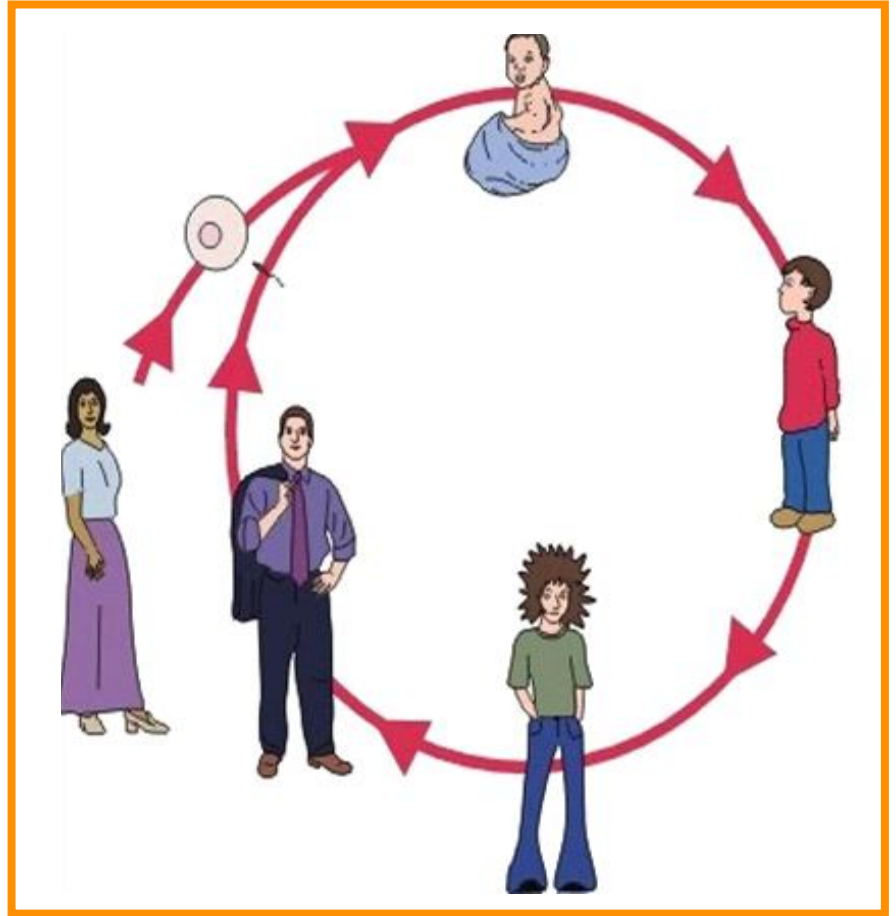


Chap3Fig1



**Fact is**

**as we so often go through the life,  
year after year,  
starting from our young age,  
our body keep going through  
changes throughout our life and,  
almost all of us feel fairly  
healthy till about 50 years of age.**



Chap3Fig2

# Chapter 4

## Infections that would kill us within days (50-100 YEARS AGO) are not our focus today in 2020

In 2020, infections would kill us within days 50-100 YEARS AGO, are not our focus today.

In 2020, medical situations, start somewhere in our life time and stay with us for rest of our lives.

### And, we have no symptoms like

- **NO SYMPTOMS** of pain,
- **NO SYMPTOMS** of fever,
- **NO SYMPTOMS** of even weakness,

**Convincing us about our continuous good health.**

# Chapter 5

Today medical situations can cut down our life span, just believing that “no symptoms” = “good health”

Today medical situations can cut down our life span, just believing that “no symptoms” = “good health”.

Believing that, we can **CUT DOWN** our life span by

- **CUT DOWN LIFE BY** 5 years
- **CUT DOWN LIFE BY** 10 years
- **CUT DOWN LIFE BY** or even 20 years.

OR,

Managing them, we **CAN ADD** healthy years to our life span

- **CUT DOWN LIFE BY** 5 years
- **CUT DOWN LIFE BY** 10 years
- **CUT DOWN LIFE BY** or even 20 years.

# Chapter 6

**What are all those long-term medical/health situations affecting our health which can cut down our life span by 15 years, by ignoring them (because we feel OK)?**

*What are all those long-term medical/health situations affecting our health which can cut down our life span by 15 years by ignoring them (because we feel OK)?*

**If we focus and think about it, we probably already know the answer.**

## **1. Lack of exercise**

We do not exercise enough and we have a comfortable lifestyle.

We will not have any symptoms for years to come, but **with lack of exercise we do age faster.**



Chap6Fig1

## **2. Increased cholesterol**

We may look very healthy, but if the cholesterol is high especially the bad cholesterol (**LDL-Low Density Lipoprotein**)

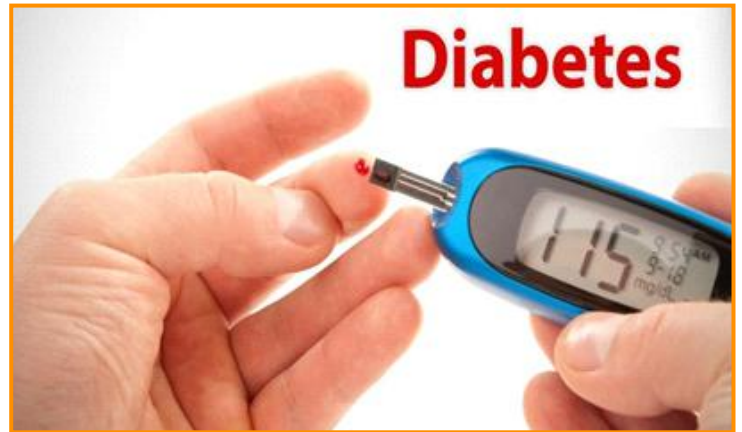
it can seriously affect our health, but we will **not have symptoms over years as the cholesterol blocks our heart arteries** and makes us closer at the risk of sudden death by heart attack.



Chap6Fig2

### 3. Diabetes

Everybody knows about diabetes, but if you ask any physician, he or she will tell you about type 2 diabetes which we develop in youngish years.



Chap6Fig3

We do not have any symptoms for more than 5 years.

### 4. Blood pressure

Again, **blood pressure goes up very-very slowly.**

Over the years, our body keeps adapting to the blood pressure.

We may not have any symptoms but high **blood pressure is very detrimental** to our long-term health causing

- i. **'stroke'** with **'paralysis'**,
- ii. **'heart attack'**,
- iii. or **'kidney failure'**
- iv. or, **all of the above.**



Chap6Fig4

## 5. Arthritis

Once again, we **develop arthritis very-very slowly**.

Wear and tear of our joints really shows in our wonder years.

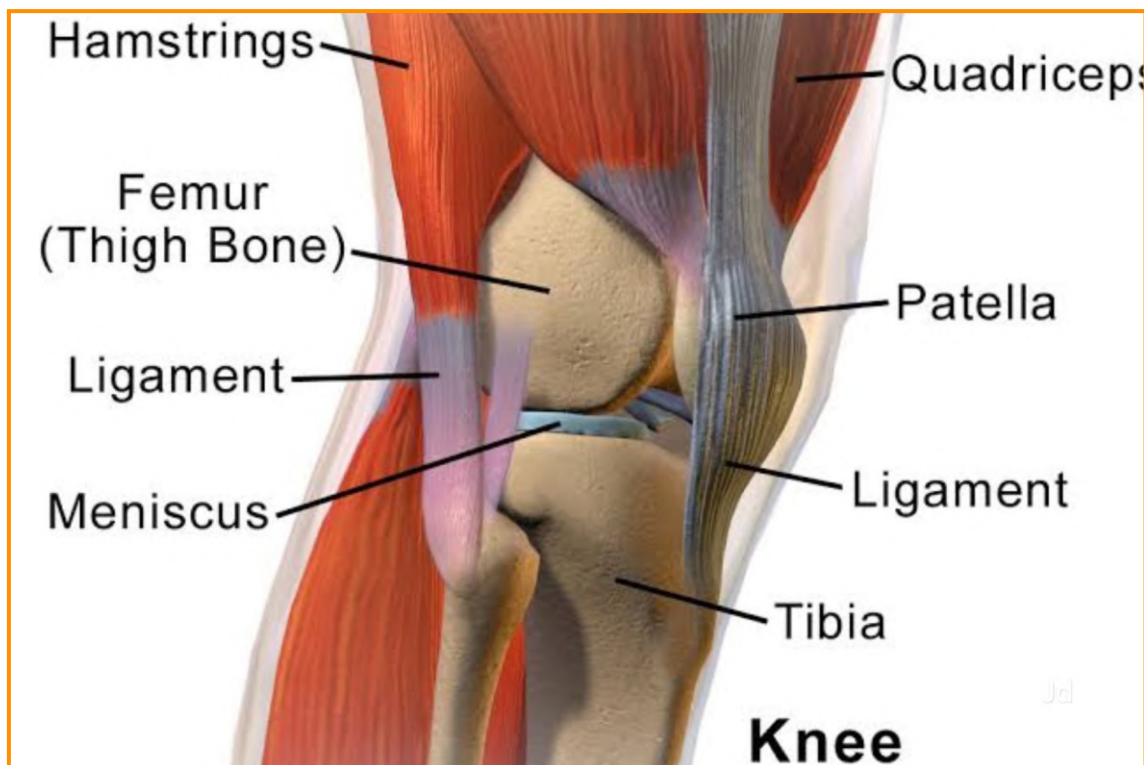
If we really look around, most common joints which bother us are:

- a) especially in our **knees**,
- b) our **back** and,
- c) in our **neck** and,
- d) our **thumb**,

We may not have any pain in joints

or limitation of our joints till we almost get to our 50s and 60s years of age.

**In India, we all know our mothers and grandmothers cannot climb stairs anymore because of knee pain.**



Chap6Fig5

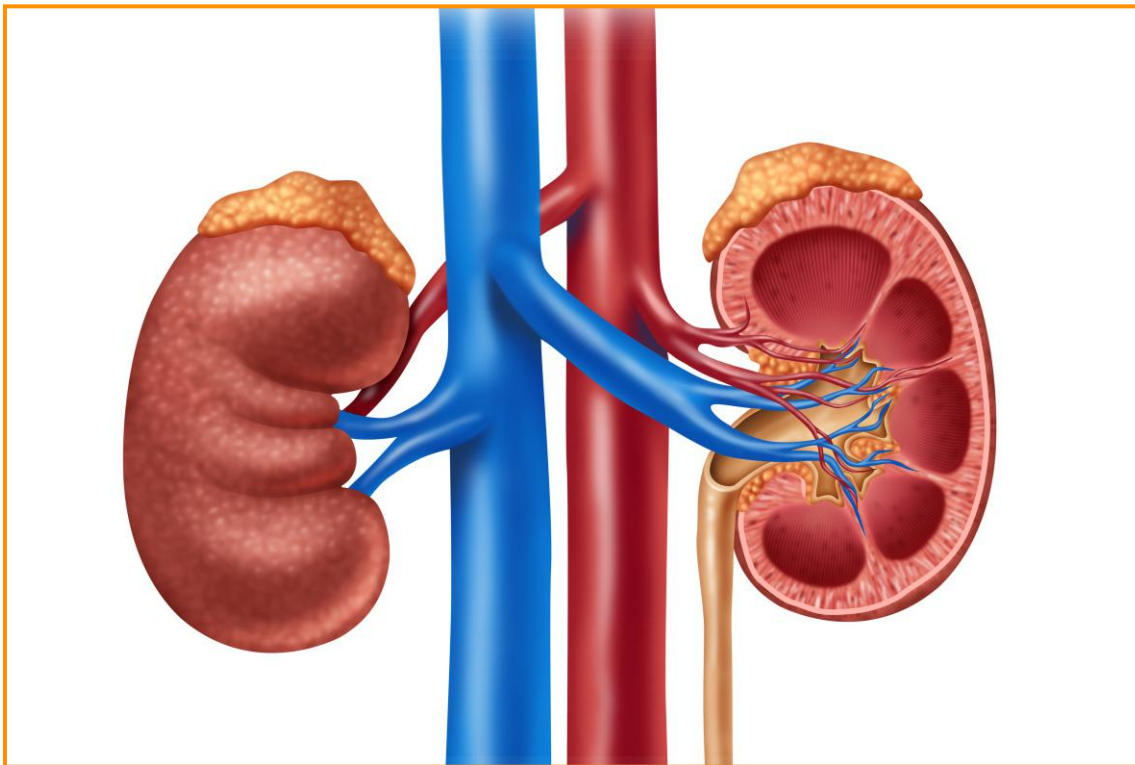
## 6. Kidney Failure

As a medicine doctor and a kidney specialist, it is unbelievable for me that we have no symptoms till we have lost more than 50% of our kidney functions.

YES, we can lose 50-60% of our kidney functions without any symptoms.

A very-well known fact by every M.D.,  
combination of  
high blood pressure and,  
diabetes is really disastrous for kidneys and,

**without active management of diabetes and blood pressure,**  
we risk losing our kidneys in 15-20 years and once we get to the  
point of dialysis, we will die within six months, without dialysis.



Chap6Fig6

## 7. Cancer

**Early stages of the cancer really do not cause any symptoms.**

Women may develop breast cancer, but to be honest, she may not have any symptoms for years.

All STAGE 1 (Early Stage) of cancer are 100% curable, seriously.



Chap6Fig7

**Best example I can give you is,**

mammogram screening can tell/diagnose breast cancer **3 YAERS EARLIER** before doctors can feel it or self-examination.



# Chapter 7

## What will I do as an MD?

After all this,  
you may be wondering what should we do  
or what will I do if I were you.

**Well, answer is simple,  
we really have to start fine tuning our health from a very early age.**

So, what age I am recommending,

**18 Years of age—an important milestone!**

I choose **18 years** as an **age** (before 18 years, parents really do an excellent job)

**to start taking responsibility**  
for our health and fine tuning it,



Chap7Fig1

- a) because before 18 years our parents take responsibility for our health (after that we go to college) and,
- b) As we enter college life, suddenly we are **responsible for our own lives** and for our **own health**.

In USA,  
where the legal age is **18 years**  
and teenagers become very independent by then,

- they start driving in  
11 th or 12 th grade in US.
- And law and order are also very strong in USA.
- We cannot really question the independence of our children or their choices (we can, but not legally).
- But even more important is that irrespective of that age (the legal age), the peer pressure is even more important when everybody becomes independent of their parents in USA.

India is catching up,  
teenagers are considered mature at age 18  
and this is also the legal age for voting in India.

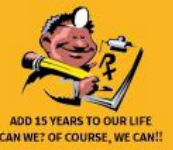
Even Indian children  
who know that their Indian parents are very protective,  
also follow their peers and act very independently.

By maintaining our health from 18 and every year rest of our life, we can deal with the slow changes in our health.

So, it is very important for us to develop some basic insight into medical facts that will help you to stay healthy for a long time and, to be able to enjoy every phase of life.

We have discussed how good health can be maintained with Gold Standard Blood Tests and how these tests can add 15 years to our life!

The book discusses all the Gold Standard Tests, which we should continue from age 18, every year for rest of our life (Recommendation of top medical bodies applicable all over the world) to ensure check and balance in our body and fine tuning our health years to year



**Add 15 Years |**  
**Gold standard blood tests**  
**Every year**  
**Worth their "weight in gold "**

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Chap7Fig2

# Chapter 8

## How do we fine tune our health?

**Answer is really simple,**  
we have to fine tune our health starting at age 18,  
but to be honest,  
it is never too late.

We all know that **before the age of 18 years,**  
our parents take care of our health.

**Top medical bodies in US have come to a conclusion**  
**that**



Chap8Fig1

- there are certain tests we should all be doing every year fine tuning our health.
- which reflects the day-to-day functioning of our body.
- If there is any deviation from those baseline standard parameters, then we really have to look for the reason why our parameters are not falling within the normal range.

Let me explain,

- Our **normal blood pressure** should **always be 120/80.**

If it is rising  
and stays higher

- then we need to figure out why
- and what should we do about it (you have to decide about consulting to a physician/M.D.)



Chap8Fig2

2. Same thing goes with **blood sugar**.

Our **normal blood sugar** parameter is **100 mg%**.

- And our body functions best at 100 mg%,
- for numbers higher than that

we really need to find out why and then you need to decide about consulting a physician/M.D..

3. Another example is **cholesterol**,

if LDL (bad cholesterol) is more than 100,  
you will not have any symptoms

- but we still have to worry about why our cholesterol level is high
- because the high cholesterol in years will seriously affect our health
- and may be the major reason for our heart attack and you need to decide about consulting a physician/M.D..

# Chapter 9

Every dime spent for fine tuning our health is totally worth it

Once again, we have to fine tune our health starting from age 18 and we have to do gold standard test every year religiously.

OR,

We risk dying prematurely or suddenly when we are really making tons of money.

Looking at those gold standard tests and our general day-to-day health

if all the parameters are normal,

- a) we are in good shape.
- b) But if there is some deviation then,
- c) we have to fine tune those deviations and,
- d) these simple steps can have a dramatic effect in coming 15 to 20 to 30 years and,
- e) and, these steps will really keep us healthy till 85 years of our age, even beyond.



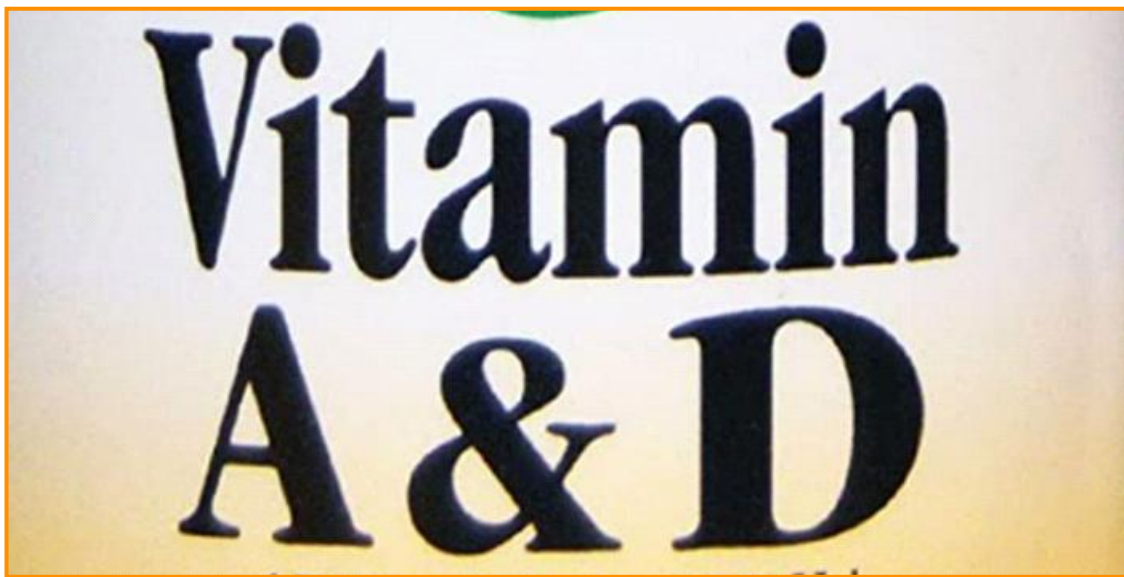
Chap8Fig1

## **Think About It!**

*Fine tuning all the below information (in consultation with physicians) can really have dramatic consequences on our long-term life span and our health.*

*USA has dealt with Vitamin A and Vitamin D deficiency by putting it in the milk and juices we drink.*

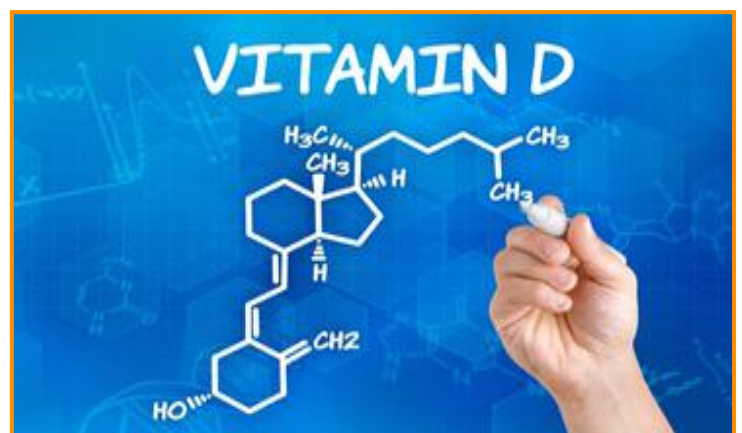
*And then USA has dealt with iodine deficiency by putting it in the salt. Almost everybody uses iodized salt, which keeps our thyroid hormone level normal.*



Chap8Fig2

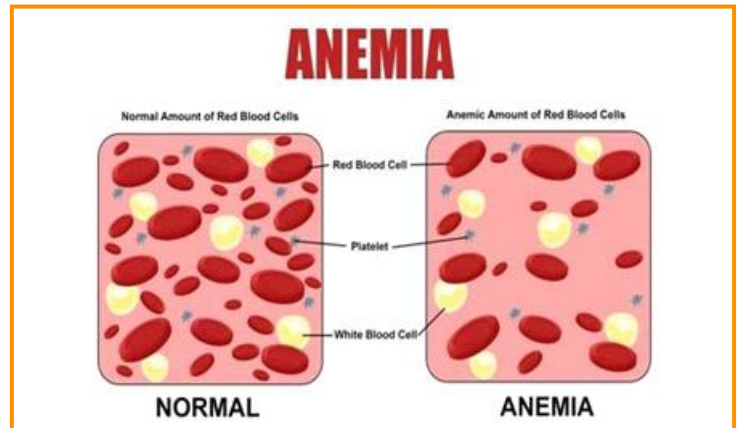
Simple very common examples an an M.D. I've come across in my life,

1. Almost every child lacks vitamin D in India.



Chap8Fig3

2. Every young Indian woman lacks iron and has anemia.



Chap8Fig4

3. Indian population really does not get enough iodine in the salt, so they are deficient in thyroid hormone.



Chap8Fig5

4. We do not get enough Vitamin A (it was number 1 cause of blindness and today is diabetes).



Chap8Fig6



5. We do not get enough Vitamin D (spending time under the sun was part of our life but NOT ANYMORE).



Chap8Fig7