Beyond Prevention: Health Promotion Across the Lifespan

Tierona Low Dog, MD
Director of the Fellowship
Arizona Center for Integrative Medicine
Clinical Asst Professor
Department of Medicine
University of Arizona
Chair: United States Pharmacopeia Dietary Supplements & Botanicals Expert Panel

www.DrLowDog.com
"Health promotion is the process of enabling people to increase control over, and to improve, their health. To reach a state of complete physical, mental and social well-being, an individual or group must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment. Health is, therefore, seen as a resource for everyday life, not the objective of living. Health is a positive concept emphasizing social and personal resources, as well as physical capacities. Therefore, health promotion goes beyond healthy life-styles to well-being." (WHO, 1986).
OBJECTIVES:

1. Participants will be able to identify two lifestyle interventions that can reduce the risk of cardiovascular disease.

2. Participants will be able to discuss with women the importance of omega-3 fatty acids during pregnancy.

3. Participants will be able to describe the key components of the Mediterranean diet.