



On-site physician lectures are a great way to reach out to employees to help improve their well-being and health. Presentations are done via PowerPoint and handouts are given to each attendee. Lectures last for one hour with time for Q&A at the end.

***-Asterisk indicates South Asian customized version of lecture available.**

HEART

Heart Healthy by PAMF Nutritionist

- Understanding Cholesterol – What is it?
- Total cholesterol ~ HDL-C, LDL-C, VLDL-C
- Major Risk Factors for Heart Disease
- LDL - Cholesterol
- Other risk factors, low HDL, high TG, lifestyle habits, metabolic syndrome
- Steps to Reduce Cholesterol
- Diet: foods that raise cholesterol & foods that lower cholesterol
- Exercise
- Medication
- Staying Motivated and Informed

**Preventing a High Tech Heart Attack* by Dr.Sinha

- Why high tech workers(or anyone with a desk job) are facing heart disease at an early age
- Which conditions should you be screened for now?
- Healthy eating and exercise for those with little time
- Why your children may be at risk already and what you can do to reduce their risk

**Nutrition and Exercise: A Doctor's Perspective* by Dr.Sinha

- Nutrition made simple
- Understanding healthy fats and healthy carbs
- Which diets really work?
- Discover some of the healthiest foods on earth
- How much exercise do you need?
- Creative ways to get active

**Reduce Cholesterol Once And For All* by Dr.Sinha

- What is cholesterol?
- How to interpret your own test results?
- Improve your numbers without medications
- The true risks and benefits of cholesterol medications.

**Metabolic Syndrome: The New Heart Attack Risk* by Dr.Sinha

- What is metabolic syndrome?
- Why is it becoming the most common cause of heart attacks worldwide?

- ☐ How you can prevent and reverse this deadly condition

**Put a Lid On High Blood Pressure* by Dr.Sinha

- ☐ What is blood pressure?
- ☐ How high is too high?
- ☐ The risks of high blood pressure
- ☐ Reducing your blood pressure without medications

Living Well with Pre-diabetes by PAMF Nutritionist

- ☐ What is pre-diabetes and insulin resistance
- ☐ Benefits of weight loss of 5-10% of current body weight, if needed
- ☐ Type, benefits and goals for exercise
- ☐ Nutrition goals: Learn to prevent heart disease and diabetes
- ☐ Starter diet provided
- ☐ Reduction/low saturated and trans fat
- ☐ Lean protein sources
- ☐ Portion control of carbohydrates
- ☐ Glycemic index of foods
- ☐ Label reading for calories, fat, saturated fat and carbohydrate
- ☐ Increasing/maintaining high fiber intake

MIND

Where Are My Keys?-Understanding Memory Loss and When You Should Worry by Dr.Sinha

- ☐ What is memory?
- ☐ Are you developing Alzheimer's disease?
- ☐ How to protect and improve your memory?

**The Science of Stress: How Stress Can Seriously Harm Your Health* by Dr.Sinha

- ☐ Understand the stress response system
- ☐ Understand the effects of stress on your body (e.g.-how stress can cause a heart attack)
- ☐ Understand the effects of stress on your mind (e.g.-how stress can impair memory and mental function)
- ☐ How to assess stress levels
- ☐ How to manage stress effectively

Sleep More, Weigh and Worry Less by Dr.Sinha

- ☐ Common causes of insomnia
- ☐ How sleeping less can lead to obesity and heart disease
- ☐ Mental effects of sleeping less
- ☐ How to get more sleep
- ☐ Understanding and minimizing the effects of jet lag
- ☐ Will medications and herbals help you sleep?

Recharge Your Batteries for Good: How to Overcome Fatigue by Dr.Sinha

- ☐ Why is fatigue so common?
- ☐ What medical conditions can cause fatigue?
- ☐ Foods and habits that leave you drained
- ☐ Steps that you can take to get your energy back

BODY

Raise Your Defenses Against Infection by Dr.Sinha

- ☐ How you can prevent illness
- ☐ Is it a cold, is it a flu and does it matter?
- ☐ When should you see your doctor?
- ☐ When do you really need antibiotics?
- ☐ Which medications can help?

Making Work a Pain-Free Place by Dr.Sinha

- ☐ How sitting at a desk can cause pain
- ☐ Dealing with back and neck pain at work
- ☐ Carpal tunnel and other work-related nerve disorders
- ☐ Work-place tendonitis
- ☐ Preventing pain with good ergonomics

Is Work Giving You A Headache? by Dr.Sinha

- ☐ Tension Headaches
- ☐ Migraine Headaches
- ☐ Cellphones, computer screens and other headache triggers at work
- ☐ How to treat headaches
- ☐ Danger signs for serious headaches

Nutrition for Sports and Exercise by PAMF Nutritionist

- ☐ How to be physically fit and nutritionally sound
- ☐ (Still working on outline for this one)

Battle of the Bulge by PAMF Nutritionist

- ☐ Why are you here?
- ☐ Typical weight gain patterns
- ☐ Causes
- ☐ Losing weight sensibly
- ☐ Prevention strategies for next time-there will always be a next time!

CHILDREN'S HEALTH

Good Nutrition and Feeding Practices for Toddlers (ages 1-3) by PAMF Nutritionist. Format is lecture/Q&A format

- ☐ Poor weight gain and how to get your child to eat more
- ☐ Rapid weight gain and how to prevent this
- ☐ What is "normal growth"
- ☐ Contents of a healthy meal
- ☐ How much food & fluids your child should have
- ☐ The picky eater
- ☐ The child who fusses at mealtime

ETHNIC HEALTH

Heart Disease in South Asians by Dr.Sinha

- Why do heart attacks occur so early and so often in South Asians?
- Overview of South Asian risk factors for heart disease
- Basic nutrition and dietary advice for South Asians
- Resources to help South Asians fight diabetes and heart disease

South Asian Heart Smart Class by PAMF Nutritionist

- Why South Asians are at high risk for prediabetes,diabetes and heart disease
- The relationship between heart health and prediabetes
- Risk factors, including a strong family history
- Hands-on modifications pertaining to Indian dishes
- Techniques for adding vegetarian protein
- Healthy alternatives to traditional choices
- Body-mind-food connection

Cultural Differences in Heart Disease Risk by Dr.Sinha

- Why are some ethnic groups at higher risk?
- Emphasis on South Asians, East Asians, Hispanic, Americans, Filipinos and African Americans
- What are unique risk factors for each group?
- Overview of basic dietary principles for each group

DR. SINHA



Dr.Sinha is an internal medicine physician at the Palo Alto Medical foundation who has a special interest in preventive cardiology, nutrition, corporate health and ethnic health. He holds faculty positions at UCSF, Stanford, and UCLA schools of medicine. He is co-founder of the PRANA wellness website for South Asians and enjoys giving lectures to companies on achieving health and wellness in the workplace.



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