

## HE 381 Mind/Body Health Final Examination

In the following scenario, please provide a plan to address the issues lending influence to health concerns/problems for **Dr. Dean Ornish**. Incorporate the knowledge, techniques, methods and strategies you have learned and have been exposed to in class or have developed on your own. Please address each of the concepts - **Perspective, Prioritize, and Practice** relative to how you would recommend Dr. Ornish make changes and/or adjustments/modifications in his life to once more gain balance and control. Please word process and be detailed as possible in no less than **1000** words.

Dr. Dean Ornish is a highly successful and renowned Cardiologist famous for his landmark study demonstrating the correlation and impact of stress in the development of cardiovascular disease. In addition, he demonstrated that diet, exercise and stress management practices have influence over control and even reversal of demonstrated coronary artery narrowing and disease. Unfortunately Dr. Ornish's career has been on a whirlwind tour of talk shows, book promotions, and professional lectures, while still maintaining a private practice and group sessions. He was recently late arriving for an airline flight in route to speak to a group of colleagues in London, and as he boarded the airplane looking haggard and apologizing for the delay saying, "My life and schedule have snowballed out of control lately". The airline stewardess replied, "You need to read this great book I have by Dr. Dean Ornish on the *Benefits of Managing Stress in Your Life!*" Upon checking into the hotel in London, when asked if he was the famous cardiologist here to talk, he responded irritated, "why do people have to be so nosy?", then later apologized. He went to his room to prepare for his talk the next day, and there waiting was an invitation to a reception for Prince Charles that evening. Well he could hardly refuse a royal invitation, so he went to the party that evening and then stayed up half of the night working on his talk for the next day. Prior to giving his lecture the next day Dr. Ornish felt a bit faint. He was sweaty, had problems breathing, looked sort of pale and his vision was a bit blurred. As he arose to the podium to give his talk, he suddenly collapsed. When he recovered consciousness, he was informed his blood pressure was 190/95, resting heart rate was 90BPM and he was suffering from extreme exhaustion and overwork and if he did not effect lifestyle changes immediately, he would probably become his own next patient.