

## Testimony in support of HB 207

As a 50-year physician in family and internal medicine, I am giving testimony to this very important bill to bring attention to the inertia against healthy outcomes for men. Men are the leaders of their families and communities. Look around and you know it's true. Half of the men in this room and in this city will die of a very preventable disease and few are even aware of this fact.

1. Heart disease-extremely preventable-prevention must be taught to junior high and high school students and to adults.
2. Prostate cancer- not preventable, but simple to cure if detected early.
3. Diabetes and overweight- simple to prevent and to turn around.

Understanding metabolic inflammation has been known for about 30 plus years.

The real truth of metabolic inflammation is that the inflammatory foods are habit and addiction forming. They cause their damage through frequency of use, not quantity. Balanced nutrition teaching should be a part of the high school curriculum so that young people start out with the head knowledge to prevent the common illnesses of hyperlipidemia, obesity, type 2 diabetes, chronic joint pain and ultimately heart disease.

4. It is important to add campaign ads and events, like are done by Susan Koman for breast cancer, but even more vocal.

As George Washington stated, *Truth will ultimately prevail where pains is taken to bring it to light.*