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Narrator: Welcome to Laila Ali Lifestyle, a show about holistic wellness, fitness, relationships, cooking, and parenting. Get ready to be inspired, entertained, and informed! Now here's your host, Laila Ali:

(Host)Laila: Hey it's Laila how are you doing? Welcome to my show, thanks for listening. This week is the 18th annual National Women's Health Week which is celebrated from Mother's Day, which is May 14th, all the way through the May 20th. Now the purpose of National Women's Health Week is to empower women to make their health a priority and encourage them to take steps to improve their health.

(Host)Laila: Now I recently received an award at the Women's Day Red Dress award ceremony in New York, for the advocacy work that I've done on behalf of the American Heart Association. I met a phenomenal woman named Dr. Clayton who was also being honored for her amazing work in women's health. Now Doctor Janine Austin Clayton MD is an associate director for research on women's health and director of the Office of Research on Women's Health at the National Institutes of Health. Since assuming this role in 2012 Dr. Clayton has strengthened NIH support for research on diseases, disorders, and conditions that affect women. She also leads NIH's efforts to advance women in science careers. So, I invited Dr. Clayton to join me today for a discussion on women's health. Don't go anywhere, I'll be right back with Dr. Clayton.

Narrator: This is Laila Ali Lifestyle.

(Host)Laila: Hello Dr. Clayton, how are you doing?

Dr. Janine Clayton: I'm great how are you?

(Host)Laila: I'm wonderful it's so nice to be talking to you today so we met a little while ago, I think it's been, what, like has it been around six months? I'm not sure I'm really bad with time, but we met in New York, at the Women's Day Red Dress award ceremony where you were being honored for all the work that you do in women's health, and being that it's National Women's Health Week I thought you were the perfect person to speak to today, just about health awareness for women and all the wonderful work that you're doing.

Dr. Janine Clayton: Well thank you so much for inviting me.

(Host)Laila: So, first of all you know I consider you to be a trailblazer, just because being an african-american woman and being you know in a position to do so much for women at the NIH so I just want to just applaud you for all the wonderful work that you're doing and I want to just kind of go back in time a little bit. I like to offer people inspiration so I want to hear a little bit about your story about your upbringing and kind of what led you to where you are now today.

Dr. Janine Clayton: Sure, so actually I grew up in Washington, DC and my mother is from Washington DC. My dad is actually from Trinidad Tobago in the West Indies and he's the only person from his family actually living in this country so it's kind of a unique background in that he came here pretty

much with the no preconceived notions about how the United States would be and I grew up my dad as a physician and my mom is a nurse they actually met in nursing school in medical school and although they were both in the Health Professions neither of them really encouraged me to go into medicine

in fact well you know anything my dad probably actively discouraged me by just kind of showing me how much work it was and how much time it took and never once did they really say you know you should do this

(Host)Laila: why do you why do you think that was is just because of how much time it took and or was there another reason behind that?

Dr. Janine Clayton: you know medicine the training required to be a doctor in medical school is rather intense and you really do need to do it for yourself rather than doing it for somebody else and I think they wanted to give me the freedom of the space to make that choice and I made that choice really early on I really liked science early on and I really never wanted to be anything other than a doctor and so when once I made that choice they were supportive all along the way

(Host)Laila: that's great I'm definitely one of those parents who doesn't like to push my kids in a certain direction my you know obviously with my father me Muhammad Ali and me being an athlete and my husband playing an NFL a lot of people like are your kids gonna play sports and I'm like well if they want to you know I don't want them to ever feel like that's what I want them to do and they will let me down because as you know you know people a lot of times go along with the the dreams and desires of their parents and then they end up not being happy I'm like so I'm glad that your parents gave you space to do that but did you always grow up wanting to be a doctor?

Dr. Janine Clayton: I've always wanted to be a doctor. In fact, I was really, I had some setbacks and some transitions in my life and when I actually got pregnant in my first year of medical school and had some medical complications from my pregnancy and I had to take a leave of absence you know I didn't really know if I was going to be able to finish medical school and that is the first time in my life where I really thought well what else could I actually do and like you said you you know once you have a passion for something that's the way to go and that's really the only thing I've wanted to do and I think that really helped me to get to that difficult time where and it ain't the rest of the year off of medical school and and make some different decisions after that which are really the best things for me in the long run.

(Host)Laila: Right and it takes a lot of perseverance and self-drive to get through medical school but then I'm imagining just having a child and you being so young yourself, you're how old were you when you had your daughter?

Dr. Janine Clayton: I was 22 when I had my daughter and I was the first person from you know my graduating class to have a baby so it wasn't honestly as I said it really wasn't my plan I was one of those people that planned everything out and said okay I'm gonna do this for five years and this for two years it was definitely not on my plan but clearly it was on the Lord's plan for me so I'm really blessed to have been able to to have her and also what made a really big difference for me was the support of family and friends and you know how important that can be

(Host)Laila: Definitely who were some of the women you know they were in your life they were role models to you growing up other than your own mother?

Dr. Janine Clayton: Yes oh definitely have to say my mom first because she's amazing and found a way to get everything done without making it look like it really it was too much of a challenge but I also be in DC and being exposed to Howard University, I was really fortunate to see women and leadership roles at an early age for example one of the girls and my carpool that again and was in my car my mom was the Dean of the dental school at Howard you know though and she's the first black woman Dean of a dental school Jean Stanford and so I saw women like that and I know so you know I was a I'm a voracious reader so I was reading about women I wanted to see you know what women were in that space so I remember reading about Alexa Kanaday who's the first black woman neurosurgeon and just seeing her picture and seeing these women certainly made it seem like something that was doable and it wasn't until somebody came to visit me quit and never been to an HBCU and I took to Howard and he said, "Wow there's so many african-american doctors and nurses here." a lot of people don't have that experience.

(Host)Laila: You're right they don't and that's why it's so important to be a role model when you when you are someone in one of those positions or when you become a doctor you become a lawyer or a fighter like me because there's so many young girls behind us and it's so important for them to see

someone who looks like them in in these professions so they know that there are these different possibilities you know if you work hard that you can be successful at whatever it is that you want to do so but you didn't start off you well you started off as an ophthalmologist right so that was kind threw me off a little bit as I started researching you because if we know where you started and where you are now can you talk about that a little bit

Dr. Janine Clayton: sure so I was practicing ophthalmology is as a research doctor here at the National Institutes of Health doing research with patients patients that have diseases where their immune system instead of fighting infections like it's supposed to basically attacked your own tissue in the eye and so that's called immune eye disease I was doing that taking care of kids taking care of adults doing surgery doing corneal transplants and cataract surgery and that was really I was really doing what I liked and I was at a point where there was a difference in my priorities and priorities in the organization so it was going to be a little bit more challenging for me to go to the next level and I would say I had an opportunity to come over to the office of research on women's health to work with Dr. Vivian pin another black women woman to work with Dr. Vivian again another black woman who actually had taught me pathology in medical school at Howard so having that chance to do what's called a detail a temporary placement was wasn't a door opener for me into the entire world world of women's health but I'll tell you what was really interesting to me about women's health was when I learned that two-thirds of the people that are blind in the world are women

(Host)Laila: mmm

Dr. Janine Clayton: really disturbed me and I said well surely this must not be that in the United States right but when I looked at the information it is the case two-thirds of the people that are blind in the United States are women and we really don't have a good explanation for that so the researcher in me really wanted to understand the why behind that and that's what really got me hooked into women's health.

(Host)Laila: So now the work that you do at the NIH really focuses on ensuring that sex is factored in every stage of research to ensure female physiology is not overlooked or assumed only to be about reproductive matters and we know because women may need different diagnostic tests different medications or dosages and medications and different disease prevention strategies so that's really what I wanted to talk to you about today to get you know to the point because this is not something that I ever really thought about and a lot of times we're just not even aware of the work that's going on behind the scenes on our behalf you know as women so I wanted you to get into that a little bit with me and tell me about the work that you're doing and why it's so important

Dr. Janine Clayton: Sure, so for so for a long time women were actually excluded from clinical studies where we're studying a disease or a treatment to see if it works they would study the disease in men and the treatment in men and then apply the findings from those studies to women that's a problem and we found out more and more that that's a serious one because just as you said women have diseases and appear differently than do men and respond to treatments differently than anyone so we weren't here to make sure that women are included in studies that are clinical studies or retest treatments or surgeries or other interventions but we also worked a little beyond including women so I call that beyond inclusion where we want to make sure that the results for women are examined and reported so that doctors have that information when you or I or our grandmother our or our daughter is that the doctor that the doctor has evidence based on women and credibly women like us upon which to make their treatment decisions so when you do research you're answering questions that are really into diseases and then doctors use that information to decide which fit occasion they should use for you or what strategy they should recommend if women are not included and if women women of color in particularly not included clinical studies, we don't have information that is most relevant to our communities and so we're working hard to make sure and that that happens all the way from including women to reporting the results about women in the scientific publications and one other piece of the puzzle is the fact that in the laboratory we are not studying female animals even so that's a problem so not paying attention to that and over relying on male animal models where we're studying a disease in a laboratory has caused a problem because now we fundamentally know less about female biology and physiology so we're continuing to build a knowledge base which to me has a rocky foundation because it's not firmly rooted in understanding both male and female biology

(Host)Laila: of course

Dr. Janine Clayton:did you know that study that becomes a problem later on because that information is supposed to inform the studies that we do with people to examine diseases and treatments right

(Host)Laila: Dr. Clayton and I are going to discuss the negative effects women are suffering from due to gender bias and basic research but first I want to tell you guys about Sun Basket many times I hear people complain they just don't have the time it takes eat healthy getting to the farmers market planning meals figuring out portions it all adds up and if you're like me you don't always have that kind of time well if you're one of these people you will love Sun Basket. Sun Basket delivers delicious healthy recipes and fresh ingredients straight to your door you can get dinner on the table in 30 minutes it's healthy cooking made easy you get organic non-gmo ingredients from the best farms and fishermen everything is seasonal and sustainably sourced. Sun Basket offers paleo gluten free vegetarian breakfast and family options created by an award-winning chef and approved by nutritionists each meal comes with pre-measured fresh ingredients and easy to follow directions is not only delicious it's time well spent in the kitchen go to Sun Basket dot-com slash ali today and get your first 3 meals for free Sun Basket dot-com slash ali to get three healthy easy to prepare meals for free that's Sun Basket dot-com slash ali so what's been the negative effect of this routine gender bias and basic research that I mean we

can see and feel I'm saying as women a lot of times with the medications if they're just not reacting the right way or as we expected is that because of some of what you're talking about?

Dr. Janine Clayton: Absolutely, absolutely so for example the dosage of a medication may need to be different for a woman that is per man in fact the FDA recently at their first drug that has a dosage specific for women in its first thing until the dosage recommended for women is recommended for men until you take it at night and in the morning you go to bed go get good work you got to get up and go to work in the morning and get on the run and drive if the sleeping pill is still in your system because the dosage was too high you can have a delay in your reaction time of driving for example right and you and import when they looked at the studies women actually didn't even feel drowsy didn't feel sleepy but their reaction time on a driving simulation test was delayed so that's a really specific example of how the dosage of a medication may need to be different for women than it is for men and the choice of a medication in particular might need to be different for women than for men so some blood pressure medicines cause more side effects in women than men so often a doctor will choose a different one as the first line of therapy and not go to those other medications in women unless it's needed.

(Host)Laila: Right and everything that you're saying to me even though I wouldn't have thought of it before now that you've done the research and you're on top of it seems obviously like okay we need to we need to make sure that we start testing women and using female you know animals in the lab but what is some of the resistance and some of the challenges that you're facing from scientists that are being required to follow these new policies and you use more female subjects in their studies?

Dr. Janine Clayton: Well anytime you're making a change you know how that is it can be it takes time for people to get used to the change but it's been I will have to say exciting to work with so many different stakeholders in biomedicine so here at NIH and beyond to help orient them to the value of accounting for sex is a biological variable and in the context of their particular science or what they study so one of the key ways to do that is to show them the data like things we just talked about but in their space to show them how important it is to look at male and female outcomes separately because anytime you make a change of course they're going to be some parts that are easier and first little more challenging I think we made a significant amount of progress the policy has been in place for over a year now and that we're starting to get some insights from doing science differently and we think that studying sex strengthens science is really important for innovation as well.

(Host)Laila: Definitely so I want to talk about heart disease a little because it is the leading cause of death for men and women right so I wanted to discuss the current state of women's health as it relates to heart disease disease.

Dr. Janine Clayton: Heart disease is indeed for women you know one in four women have heart disease and it continues to be something that in particular african-american women are suffering for disproportionately and at a younger age.

(Host)Laila: Let's stop and let's talk about that specifically, why is it that african-american women suffer at such higher rates from heart disease and at a younger age as well

Dr. Janine Clayton: So Laila, we don't have the answers to those questions which is exactly why we need more research to answer those questions and we have studies on going looking at the effects of smoking looking at the effects of obesity and overweight looking at the effects of different diets and I will many of the factors associated with heart disease are things that we can do something about, eating a healthy diet, not smoking, and being physically active are three major things that each and every one of us can do about our own on our own to try to be our most healthy. You can't help your genes so if your parents have heart disease or have heart disease it is more likely that you are going down our disease and it's important to know that so that you can be on top of that and trying to maintain a healthy lifestyle to prevent heart attacks and strokes and other serious complications, but maintaining healthy blood pressure and eating a healthy diet are some of the major things that we can do and learning about this with drew vehicles just like this are so important to get the word out in fact we've seen that women who have more education have actually more like or more likely to know these facts but african-american women are lagging behind there in terms of knowing what the symptoms of a heart attack are maybe we can talk a little bit about how the heart attack might show up in a woman versus a man.

(Host)Laila: I definitely want to talk about that I was about was coming up and I first wanted to ask you to just kind of some people I think aren't even really clear on when we say heart disease what that entails like what's what is considered to be heart disease

Dr. Janine Clayton: So the term heart disease is kind of an umbrella term and it incorporates several different ways the heart can be affected most commonly what's meant by that is the process of atherosclerosis which is fats and other material builds up within the blood vessels that supply oxygen and nutrients to the heart and as that plaque builds up it narrows the blood vessels so not enough oxygen is getting to your heart so you can think about it kind of like having a cramp you don't have oxygen you know it hurts right so as that progresses those blood vessels can get narrower and narrower and in fact that little plaque area can rupture and cause a clot which blocks the entire blood vessel going to that part of the heart muscle that heart is the hardest working muscle in your body it's working constantly whether you tell it to our nuts but you will know if something's wrong and so in a heart attack what happens is you don't get enough oxygen to part of the Heart so because those arteries are blocked off either because of plaque rupture it's narrowed or in women for example really small blood vessels

that we have that are intricately branching those small blood vessels get diseased and that actually can cause a different pattern in disease so also blood vessels can what's called spasm making closed and then open back up and you can have pain just when they're closed and not pain resolving when the blood vessels open so there is an other mechanism or what we call coronary artery disease but under that heart disease umbrella also comes heart muscle disease that happens for example in heart failure and we know in particular that african-american women have very high rates of heart failure as a consequence of hypertension, diabetes, and obesity and some umbrella term cardio vascular disease, cardio meaning heart and vascular meaning blood vessels, we use that term to me a heart disease, heart muscle disease, the vessels in the heart, as well as the blood vessels going through your brain. So stroke which is essentially a heart attack in your brain is similar to the mechanisms that cause a heart attack they're the mechanisms that cause stroke are very similar to the mechanism that cause heart attack in fact if you're doing the right things to prevent a heart attack you're also helping to prevent a stroke.

(Host)Laila: Right and when we talk about heart disease and how closely related it is to just your lifestyle choices and I'm hearing you talking about fat and plaque and it's building up you know and it causing problems and hypertension diabetes, obesity all these things I feel like we can prevent by you know maintaining a healthier lifestyle through eating properly, exercising, and I want to get into that later but what are some of the signs of a heart attack for men versus women or women versus men?

Dr. Janine Clayton: For men typically have very severe what's called crushing chest pain that the classic description is it feels like an elephant is standing on my chest. Women half of the time 50% of women having a heart attack don't have that kind of thing they may have something very subtle like pain in their jaw or pain in the shoulder or pain in their back or even pain down one of your arms or just kind of feeling like you have indigestion so kind of a burning chest pain, men also typically kind of have their chest pain when they are physically active like exercising

(Host)Laila: mm-hmm

Dr. Janine Clayton: Men are more likely to have chest pain when they're actually resting or even sleeping it can wake you up in the middle of the night so people don't often think that that is hard because they they're not active so they don't really think it's coming from your heart the fourth important thing to remember is any pain from your jaw all the way down to your waist can be part related pain in a woman and it needs to be treated as if it is an emergency so we know that women tend to put ourselves last and oftentimes we don't say anything when we're having a problem and we want all women to know that you need to say something if you're having something that is out of the ordinary for you we all know our own bodies our best we know our own bodies right, so you know if something is not using for you we want you to speak up let a friend know let somebody know if you really are here by yourself you need to call by going along when you're having any kind of unusual pain like that it's not worth it to take

the risk to not get it checked out because there many things we can do to minimize the damage to the heart muscle if we get people in time.

(Host)Laila: Yeah that's definitely something I think like you said women a lot of times especially think you know oh it's probably nothing so even if it's a pain that you feel I think you said from your jaw between your jaw and your hip and it feels like something that you can you can you can handle like oh I'll be okay I can handle this you should still go get it checked.

Dr. Janine Clayton: Absolutely, absolutely very important.

(Host)Laila: okay is that something like you said you would go to the emergency room for?

Dr. Janine Clayton: If you were alone I would definitely call 911 for something like that I think each person knows their body their best the best the best and you know this is different if you're having shortness of breath if you're having palpitations or if you're having feels like your heart is beating irregularly if you're in encountering sweats those are some of the other signs of heart attack they definitely warrant calling 911 or going to the emergency room I would say it's always better safe than sorry.

(Host)Laila: And what can women do so you're not necessarily having a heart attack but just to make sure they're getting their checkups and getting taken care of and make sure they don't have any heart disease whatsoever?

Dr. Janine Clayton: That's something that we're talking about this week during National Women's Health Week where we want women to make sure they're getting their annual checkup so at least once a year we want to get women permission to take care of themselves they take care of everybody else every other day of the year at least once a year if they could take care of themselves by seeing their health care provider getting an annual checkup and knowing their numbers knowing what their blood pressure is, knowing what their cholesterol numbers are, those are important things that we get each do for ourselves.

(Host)Laila: And we need to encourage one another encourage our friends and our family our sisters our brothers, our mothers, grandmas to go and get checked as well.

(Host)Laila: Dr. Clayton and I are gonna discuss why women get heart attacks at a later stage in life than men typically do but before we dive into that I want to talk to you about take care of dot comm if you're not absolutely sure you're meeting your body's nutritional needs vitamins and supplements are one of the best most basic ways to make sure it happens, but it can be so hard to figure out which ones to take especially in a drugstore when there's no one there to help you out carob is a new vitamin company on their site they ask you questions about your diet and health goals and then they recommend the best supplements for you. It's a really an easy process that takes just a few minutes they send you your supplements and personalized daily packs which are so convenient and best of all they only use the best ingredients in their vitamins and supplements plus you can actually save money when getting your vitamins they're compared to your local health food stores pack start at just \$20 a month and you can try one month of care up and get 50% off of your first order go to take care of dot comm now and get a personalized recommendation then use my code Lela and get 50% off of your first order go to take care of dot comm

(Narrator): This week on all of the above with Norman Lear beep star Julia louis-dreyfus sits down with Norman and Paul well you know there wasn't a script when I was first talking HBO about it there was a concept and my my agent had said to me listen they're developing this thing at HBO about an unhappy vice-president an unhappy female vice president and I thought to myself well I gotta get in on this action because it's gold and it's so amazing that nobody's done it before. Listen today on the podcast one app or subscribe at Apple podcast or on podcast 1 dot com.

(Narrator): You're listening to Laila Ali lifestyle.

(Host)Laila: Why is it that women get heart attacks later in life than men do.

Dr. Janine Clayton: So that's a great question and when women tend to develop heart disease about ten years later than do men and the thinking there is that estrogen itself is protective for the heart and as women go through menopause their estrogen levels go down and that's when their heart disease risk goes up so the thinking is that the decrease in estrogen that comes with menopause are the change in life and some of us have more symptoms than others related to menopause makes women and a higher risk for heart disease than they had been when they were younger so it's an important issue but we're all at risk for heart disease.

(Host)Laila: Definitely so let's talk about preventive care a little bit I'm one that likes to live a healthy lifestyle eat healthy exercise so that I feel like I'm in control of my health so I can prevent any of these

issues coming up later as best as I can, what are some of the things that we can do to take care of ourselves and decrease chances of heart disease? I know you've already said it but I just want to really drive it home for our listeners.

Dr. Janine Clayton: It's really important to think about there's so many things around us these are important things like you said Laila we have a lot of power over certain things the first thing would be our diet and eating a balanced diet so that's that is healthy vegetables and fruits and a low amount of red meat fish and poultry and fish in particular the mega three fatty acids in fish are really healthy and we want people to eat about two servings of fish a week lots of leafy greens and salads and every kind of vegetable imaginable and having a lower amount of the carbohydrate so less of the potatoes less of the rice and thinking about your plate differently you can really help by kind of dividing up the plate into quadrants and having more of the plate covered by the vegetables rather than the carbohydrates.

(Host)Laila: Definitely I think it's so funny cuz it always just comes back to the same thing I mean we can I can talk to so many different doctors and all about health and it always leads back to eating healthy eating clean you know whole foods from the earth fruits and vegetables, lean meats, reducing the amount of red meat like you said and letting go of the processed food and we talked about you know fat and we talked about plaque clogging your system up you know I always try to paint a picture for people you know you're putting in this you're opening up a package and putting this food that it's not even food its food like into your body that it can't process you know and it just kind of gets stuffed in there it's just there's just we have a million reasons to just finally just nip it in the bud and try to start eating healthy people you know because it can become so overwhelming when we think about all of the diseases and all that we have to do and worry about but if you were just exercise and it's very very simple and eat healthier then you know we would do away with a lot of the problems that we have I want to talk about exercise a little bit and just talk about how much is recommended because I think people get overwhelmed with that as well I don't think you have to go into the gym and workout like an athlete right?

Dr. Janine Clayton: Right that's a huge issue in our communities I would say again you mentioned that it can be really overwhelming so you know I'm not going to give you magic numbers actually because those numbers change over time in terms of how many minutes are recommended we want people to start small start where they are today and so I'd like to talk about being more active however that is for you so that may mean walking up a couple flights of stairs at work instead of taking the elevator that might mean night your lunch break walking around the building with a friend versus spending the whole time you know at lunch that certainly could mean doing simple exercises that you can do in your home wherever you are and you know as you said you don't have to go to a gym to yet to be more physically active there exercises that you can do with resistance bands as you know there are all kinds of ways to increase weight bearing exercises which are really important for women and women's bones because we develop osteoporosis weakening of our bones more than men do and exercise actually decreases the risk of that unbelievable if you can put an exercise in the pill we would definitely not be talking here we both be you know able to affect a lot of women because exercise actually can by itself decrease the risk

for example of going from pre-diabetes to diabetes as much as a pill all right no that isn't incredible it is how important is it for us to drink water well our bodies made up mostly of water and this is something I struggle with every day I don't get thirsty and so I have to force myself to drink water it's really important if you think of your bodies to come primarily made up of water you know that it's important to drink water along with the healthy diets so and caffeinated beverages are diuretics so they make you put out more water so those don't really count so whether it needs to be club soda or water or water with the lemon or you know all of the things that are not processed as you mentioned are critical I'm back to a lemonade and iced tea which is old-school right because we now know that carbonated beverages cause more problems than we realize that's fairly recent information and even some of the fruit juices have a lot of sugar so I would say another thing that we could encourage all of our friends on is looking at the labels because I've been surprised by some of the things that I thought had no sugar in them and there's actually sugar a lot of sugar oh yeah one of those yeah it's hard to find you know things without sugar in them now but I definitely fill you on drinking more water because you need that too help purify your body and you know help everything keep moving you know a lot of people just even struggle just going to the restroom which causes us to become constipated you know and everything's backed up it's just not good for your body's organs in your system so all these things together of course just add up to disease and that's what we don't want so I'm always encouraging people to just live a holistic healthy lifestyle one of the most overlooked aspects of maintaining a healthy lifestyle is stress management before we discuss the importance of this I want to tell you guys about bear mattress if you go to bear matches calm that's BA our mattress calm and use my code Ally 50 you get \$50 off of a new mattress let me tell you what's so special about bear mattress they use eco-friendly materials that were created with insights from sleep experts professional athletes and engineers to create a super comfortable and supportive sleep that is up to seven times cooler than traditional foam mattresses they also use technology to improve muscle recovery sleep quality and athletic performance now buy the mattress in store can cost thousands of dollars but the bare mattress starts at just five hundred dollars and every size is under \$1,000 it's made in the USA which I love sold online and ships free right to your doorstep making it easy and convenient for you now you get to try this mattress completely risk-free with the 100 night in-home trial you get 100 nights to try out the mattress and if you don't love it they'll pick it up and refund you 100% of your money that's right 100 nights absolutely risk-free with no hidden charges go to WWE scum that's beat e AR mattress calm today and use promo code alley 50 for \$50 off of your purchase I also want to talk to you about true car there's something about true car a lot of people don't know using true car can also help you buy a used car in fact there are over 700,000 pre-owned vehicles available from true car certified dealers nationwide so whether you're looking to buy new or used you can get upfront pricing information that empowers you discounts off a list price for used cars and a better car buying experience - the true cars certified dealer network you'll see what other people paid for the car you want so you'll know what a fair price is and feel confident with true car you can connect with a local certified dealer of your choosing so you can enjoy a quick easy car buying experience true cars sold over 3 million cars they have over 13,000 dealers and more than 700 thousand pre-owned vehicles available with an average savings of \$3,000 off of MSRP so when you're ready to buy newer used visit true car to enjoy a more confident car buying experience some features not available in all states first of all do you have anything else you want to add as far as just women's health ok let's talk about that so one of the things that doctors and health care providers sometimes forget to ask about is stress and it's one of the elephants in the world for most of us stress is a daily a daily fact of life for most of us but what's critically important is how we manage the stress that we experience there's certainly

nothing we can do about things that other people are doing around us but there are things we can do about how we respond to that person and cutting you off this morning when you drove in if you choose to let that bother you're going to start yelling at the person out of the window they're never going to hear you for one and number two it's gonna make your blood pressure go up actually your blood pressure is going to go up if that's your response to somebody cutting you off and so just kind of thinking through that and not going there and saying look I don't know what's going on with that person this morning maybe they're having a bad morning meeting they're rushing to get to the hospital they just heard about a loved one who's there say or they're late for their job and they've been late all this week and they're going to get you know fired as early today I don't know what's going on with that person but you know so I don't need to get angry about that I'm just happy that you did hit by heart sorry and find the positive it sounds so simple but the same situations can be framed differently in your mind and we did not realize how powerful our minds are in terms of our health learning managing waste just chose to coal ore is really important avoiding stressful situations where they can exercising is a really good other way to to manage stress just walking is helpful we talked about changing your outlook on the situation going to join something you enjoy spending time with friends or family that's important learning new ways to relax relaxation techniques are deep breathing those are things that make a big difference yes just beginning getting enough sleep is important too we're learning more and more how critical sleep is to your metabolism and overall health so you know you have permission to sleep because really it's important to get a healthy amount of stiva that does differ for most people I would end the last thing we already talked about eating a healthy diet but I would add the last thing is learning to say no mm-hmm and you know what we don't nobody really what person ever told us you can say no to that nobody tells you that but in order for you to be at your best at anything you're choosing to do you can't be saying yes to everything everybody else once you need it so we really want to make sure women know that for example we put our families first right just because we put our families first doesn't mean we have to put ourselves last that doesn't make sense right you get on the plane to tell you if the oxygen mask comes down put your mask on first before you help others because you can help others if you're taking care of yourself and I think during National Women's helped me is a week we really want to make sure that all women know that you can take care of those cells first and that will put them in a the best position to take care of the people that they care about their family their friends their community and everyone else is looking to us to make those examples so we wouldn't just by our example of what we're doing what we choose to put on our plate what we choose to do how we choose to exercise how we choose to respond to somebody that wants to start an argument with us people are watching us our daughters are watching this other young women are watching us I do find it amazing that every once in a while I hear my daughter say something that I've said to her usually she doesn't know that I'm hearing it but what we're doing and is making a big difference even when we don't realize it so we just we've got such a responsibility to be able to share that information with our communities so that we can improve the health of women and men across the lifespan and girls and boys you're right and that message is so powerful in more ways than one we're all connected and as women we take care of so many people they depend on us as we know and you know we have to take care of ourselves because if something happens to us then a whole lot of people are going to be suffering so you got to put yourself first and a lot of information that we're talking about today we hear over and over all the time right we hear oh get more sleep drink more water get some exercise and a lot of times we just keep going and going and going until something breaks down so I encourage people to stop you know get your get your priorities in order you know whether you have to pull out a piece of paper and write

things down and you know write your affirmations meditate whatever it is you need to do to learn how to put yourself first because you're either gonna do it now by your own choice or you're gonna end up having to do it when your doctor ends up telling you hey you got to get on medication for diabetes and you have to eat this way you have to exercise in order to live and then you're gonna have a reduced quality of life and that's something that's a fear of mine and why I'm so passionate about taking care of myself because I don't ever want a doctor to tell me something you know bad about my health and me feel like I could prevented it by just making some small choices and in our community a lot of times in african-american community I hear oh that doesn't taste good or I want to use butter or I want to use this kind of fat to cook and I'm like look you're gonna have to make some sacrifices you know but you kind of you know you learn to cook new ways to cook you know using healthier healthier cuts of meat or in healthier oils and all of that but you have to want to do it in the first place and seek the information is out there so thank you so much for all the wonderful information that you gave me I just want to circle back and ask you do you ever remember a time when you were challenged in your life and you had to hold true to some of your principles and that it actually paid off so that you can remember well I do think that the first year medical school is pretty challenging for me and the principal they are kind of really for me is being able to rely on your your focus so for me my focus is being first focus family flexibility and fortitude and those are five s that I try to remember if I get taxed or out of whack and you know there I can count them on my hand and try to re orient myself to what's most important so you might get derailed from something and you think you're gonna be around for something in fact I did but actually the new net may end up being even better for you and my transition from ophthalmology to women's health is another example where I went in a different path at a time where mid-career it's more challenging to change gears but this opportunity to affect so many women by supporting research that addresses all women across the lifespan with just two too good of an opportunity to turn it tore down and so I think that for all of us remembering that our own strength is something as we forget how strong we really are if we kind of center ourselves and get focused again on what was important to us and really opportunities like this are critically important for getting the word out and I want to acknowledge you and thank you for your podcast and your programs and all of your efforts to combat heart disease and promote a healthy lifestyle you've done a lot to help get the word out and there's a continuing need for that so thank you so much for what you do it was my pleasure to get to meet you know instead next year at the Women's Day readdress Awards when you were recognized for your efforts thank you so much well I believe that we're all in this together like I've said we're all connected and you know any information that I have that I've learned along the way is just for me wanting to know and me be my own little personal research or at Google things all the time call people that I know ask questions I'll talk to someone such as yourself you know to get the information that I need and then I try to share it with others so I think that like I said we're all in this and I try to do what I can and thank you so much for all the work that you do what are your current goals and aspirations when it comes to you know what you're doing to protect women's health is it what's what's next for you I'd love to see where women is an automatic issue I'd love to see what we call sex in gender appropriate medicine so when a patient is in the office the doctor automatically first thinks okay here's my treatment strategy for a woman here's my treatment strategy for a man instead of it being an afterthought it needs to be the first thought in my opinion because we know that sex being a man or woman and female or female is probably one of the number-one variables that affect your health and if we can change our research systems if we can change our publication so that information is disseminated and if we can change the fact that we ask so that's the other thing women and men should be asking doctors when they give us a

treatment plan you know has this drug been studied in women how do we know this is going to work for me it hasn't been studied in african-american women how what's the evidence for that we are our own best advocates for our own health and we absolutely need to take that to heart and ask those questions definitely I agree and I think that anytime someone's in a doctor's office and they feel like okay the doctor naturally knows more than I do and sometimes they're a little intimidated especially if they get a response and they don't really know how to you know come back at that person they get in these situations so I think that this a conversation that we had has been very helpful I would love to also offer the listeners some where they can go to read up more about what we've been discussing today they go to the website for the NIH office of research on women's health which is www.hopkins.edu/whi perfect is there anything else that you want to add so I'm actually my cousin it was in the hospital last week with chest pain and I had to talk to the doctors because they were be very dismissive of her she had a negative nor so that means normal she had a normal catheterization where they inject the dye in the heart but as I mentioned women had this kind of heart disease pattern called small vessel disease and it doesn't show up on what we think of as the gold standard test for coronary disease blood vessel disease in the heart so you know even though heart disease is the number one killer of women women with heart disease still are running the risk of being missed or missed and that is unacceptable in 2017 when we know there are differences between men and women we need to take that into consideration and act on it and everything you do that's right so when gonna be mr. dis and if I ever have any heart problems I'm calling you to come to the doctor with me so if I don't know how to back up what I'm saying you can be right there have to be like that everyone deserves to have the best care whether you have a health background or not so ask questions you are right that's right well thank you so much Dr. Clayton it's been such a pleasure to talk to you today for National Women's Health Week and I hope that everyone listening got something out of this got inspired to start taking care of yourself if you feel like you might have any health problems heart disease or even had a heart attack in the past that didn't know it was never too late go to the doctor check on it ask questions like Dr. Clayton said thank you so much and you have a wonderful day thank you so much for listening today I hope you're able to take something from today's conversation if you would like more information on National Women's Health Week or just resources to help improve your lifestyle go to Women's Health gov as always you can visit me on [podcast one.com](http://podcastone.com) subscribe to my show I'm also on Apple podcasts and visit me anytime on my social media pages of the real Laila Ali on Twitter and Instagram and you can also visit my Facebook page take care and I'll talk to you guys next week thanks for listening to Laila Ali lifestyle downloads new episodes every Thursday I'm a podcast one app or subscribe at iTunes or a podcast one DICOM hey i'm emanuele aza posta beyond the film room where we take the muzzle of a mouse of premier athletes every Thursday join me and your favorite sports figures as we tackle the uncharted topical sport and discuss the far-reaching impact outside of the stadium itself download episodes every Thursday a podcast one calm the podcast one at or subscribe at iTunes