



November 18, 2009 – Grand Rapids, MI

Reality—Gene Simmons Family Jewels

I like Gene Simmons. I'm not a KISS fan, I don't even know one song they play, but I've watched his reality show and I respect his business acumen: there's nothing that has "KISS" on it where he doesn't get a percentage of revenue. I'm sure he does the reality show so he can promote himself, but it really got interesting when in one of the episodes, his mother finally got him to go to the doctor. Jewish mother and guilt—you know the stereotype. During the stress test, his heart rate escalated due to an arrhythmia, and it wouldn't return to normal. They turned off the cameras, so we don't really know exactly what happened, but I have a good idea: they had to do a cardio conversion on him to get his heart rate to return to normal rhythm. It was never really mentioned again, but I'll bet that's what happened.

You want to know why I tell everyone to get a stress test before they start an exercise program in my messages and on my CDs? That's why. You need to know how your heart and cardiovascular system are going to respond at maximal levels. The more sedentary you've been, the more important it is. Simmons was in exactly the right place when he had his arrhythmia—they had all the equipment and expertise to address the issue and quickly, safely get things back to normal. With a better diet, regular exercise, and some meds if necessary, there will be no permanent problem.

Gene's mom was right—he needed that physical and so do you. If you're over 40, men, and over 50, ladies, get your stress test before you start an exercise program. You don't need to be in a reality television program or wait till your mom tells you to do it—get it done.

Next up, *The Biggest Loser*.

What are you prepared to do today?

Dr. Chet

WGUV Straight Talk on Health

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The health information in this message is designed for educational purposes only. It's not a substitute for medical advice from your healthcare provider, and you should not use it to diagnose or treat a health problem or disease. It's designed to motivate you to work toward better health, and that includes seeing your healthcare professional regularly. If what you've read raises any questions or concerns about health problems or possible diseases, talk to your healthcare provider today.

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