



August 30, 2010 – Orlando, FL

Book It

I enjoy watching the reality show *Gene Simmons Family Jewels* once in a while, and recently I happened to catch an older episode in which his mother made him get a physical. Well, his long-time girlfriend talked to his mother to make sure he got it done on a trip home. After he finished the treadmill test, he had a bout of atrial tachycardia—basically, the upper part of his heart was beating too fast and wouldn't return to the resting heart rate. The doctors had to keep him in the hospital and shock his heart to get it back into normal rhythm.

What's the lesson in that? A wealthy man, an extremely sharp businessman, and a great musician needed two women to prod him into doing what he should have done on his own: getting a physical. The fact that the atrial tachycardia happened after a treadmill test means it could have happened onstage given the type of high-energy performance that KISS does. If so, who knows what the outcome might have been?

Guys, it's time to start taking care of ourselves. Our women love us, and we want to be around for them as long as we can. Start acting like it. Just like I say in *Dr. Chet's Health Tips for Men*: If you haven't had a physical for more than a year, book it today.

What are you prepared to do today?

Dr. Chet

WGVU FM 88.5/95.3 **npr** ***Straight Talk on Health***

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