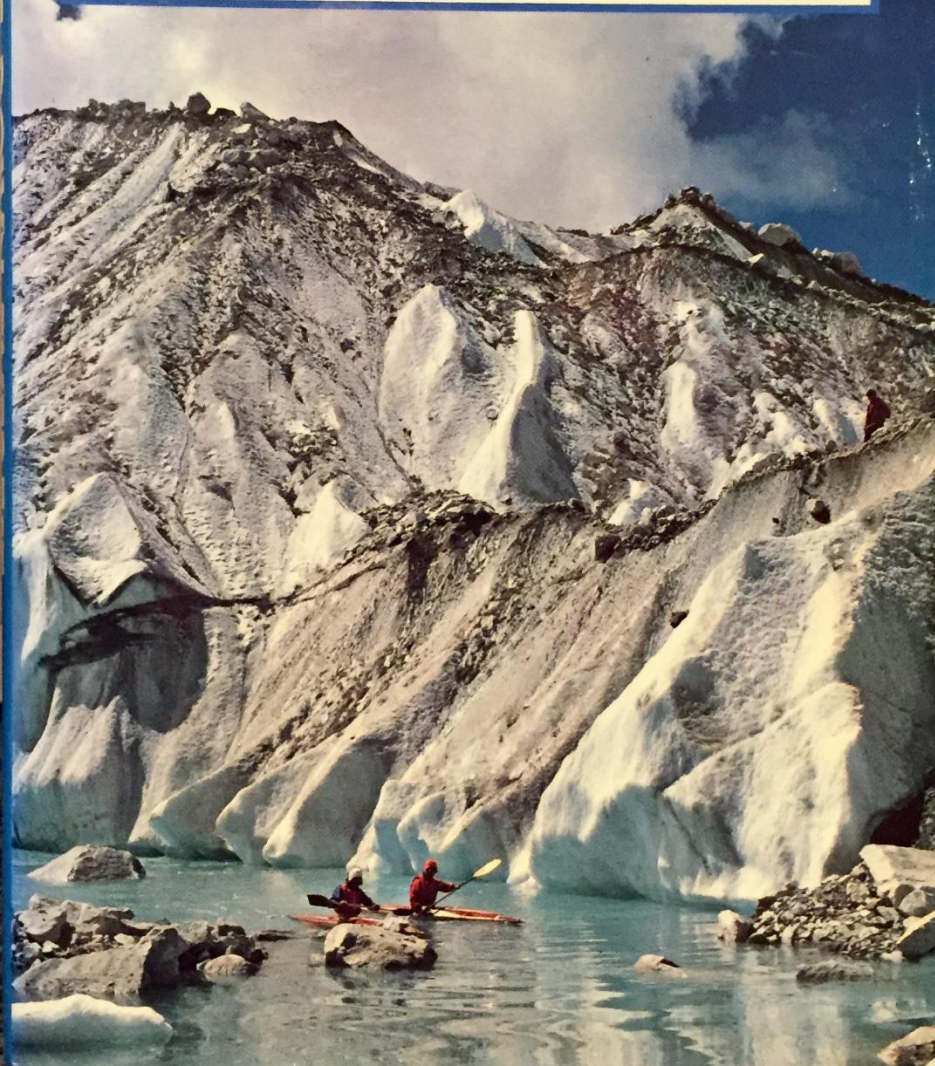


**Prof Chris Oliver**

**How not to be a  
surgeon!**

# CANOEING DOWN EVEREST

MIKE JONES

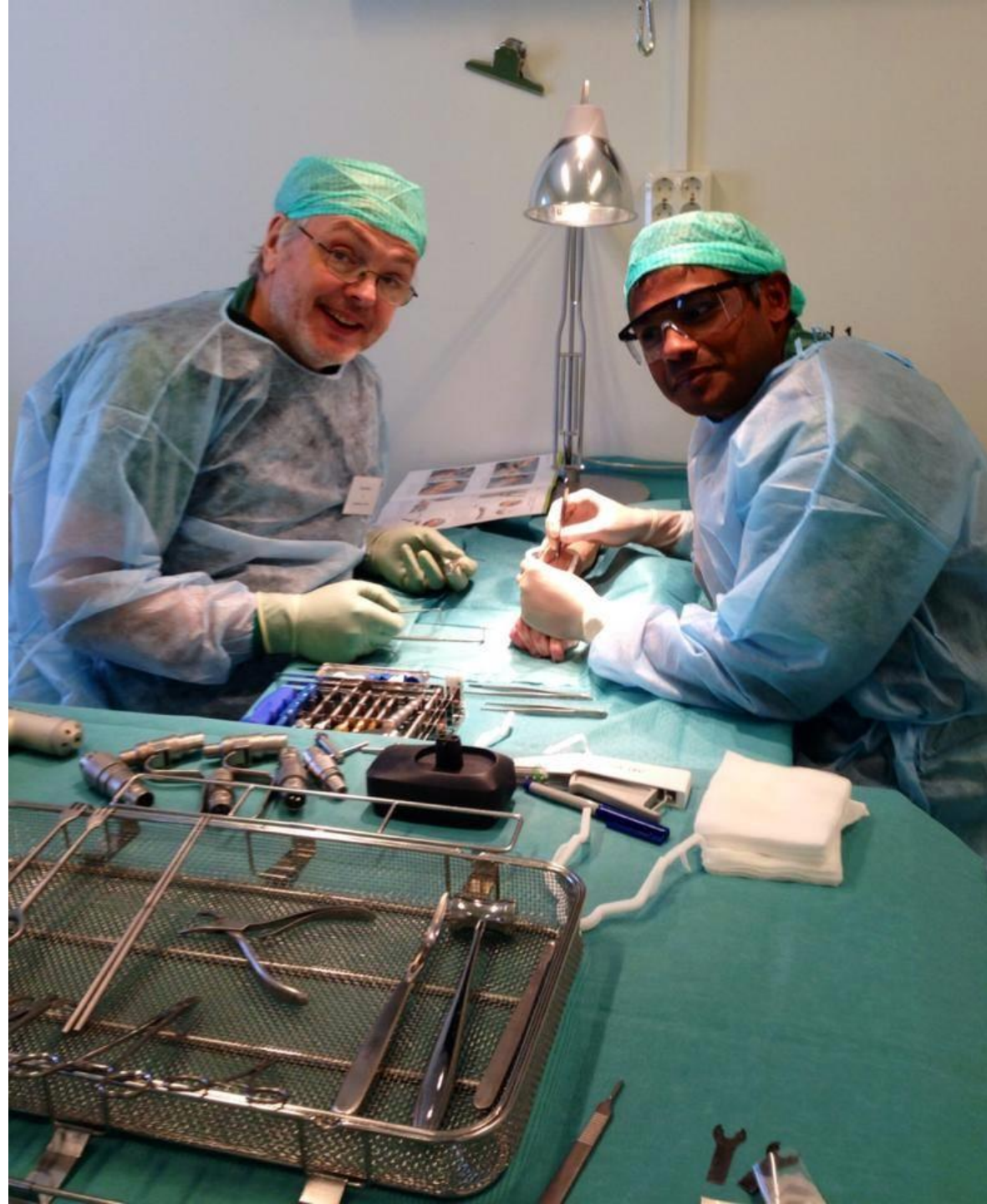






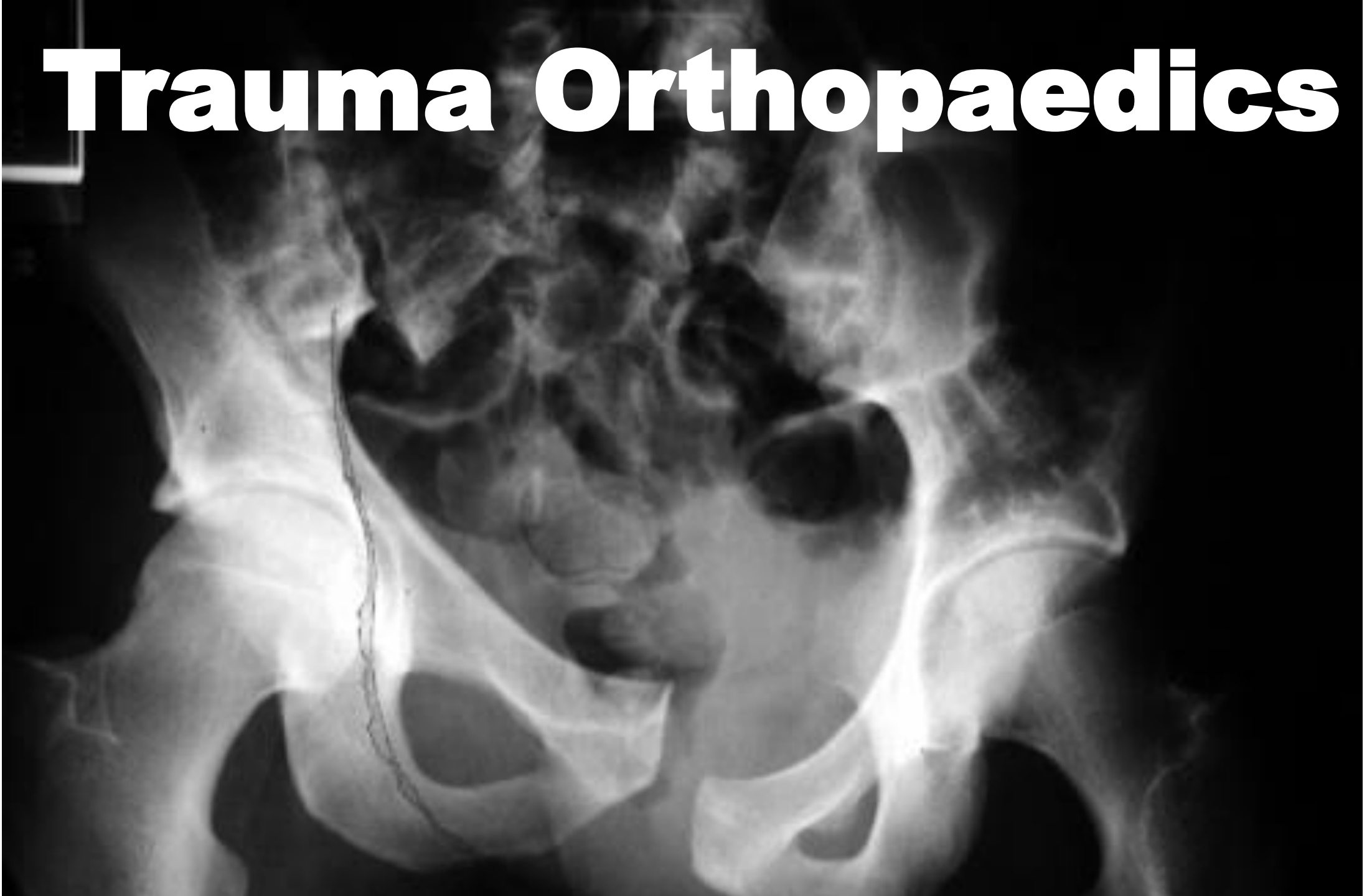


# Consultant Orthopaedic Surgeon





# Trauma Orthopaedics





# Hand & Wrist Surgery





# **All those degrees....**

**BSc (Hons)**

**MB. BS.**

**MD**

**FRCS (Eng), FRCS (Tr and Orth)**

**FRCS (Ed), FRCP (Ed)**

**DMI RCSEd**

**FFSTEd**











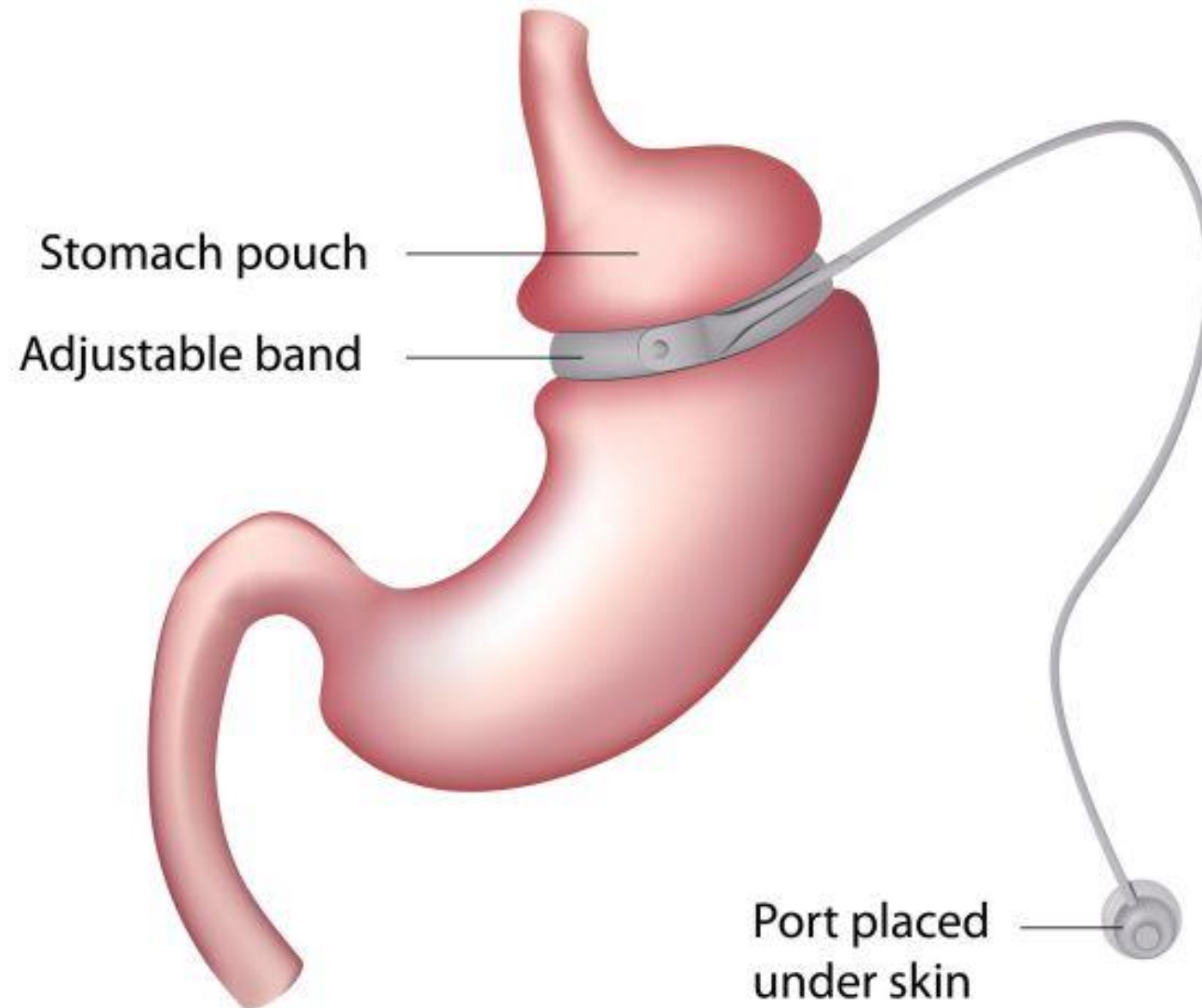




# Obesity



# Adjustable Gastric Band (Lap Band)





# Trouser dynasty





# Cycling





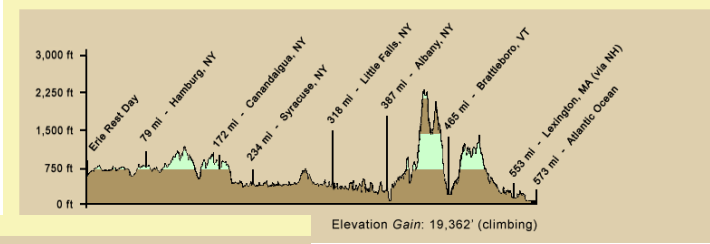
# CROSSROADS

*Cycling Adventures*

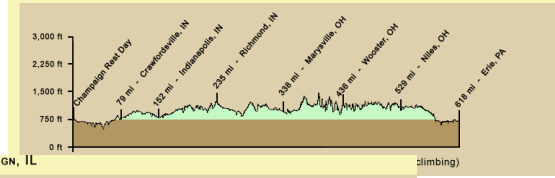
atlantic



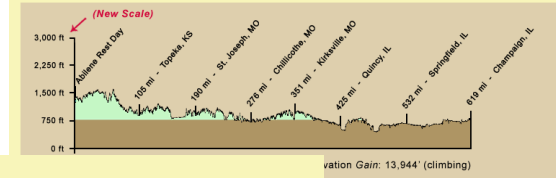
ERIE, PA TO BOSTON, MA



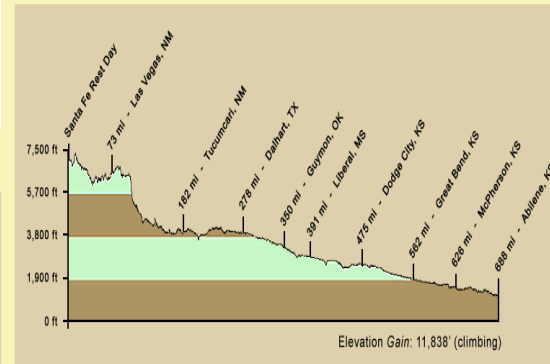
CHAMPAIGN, IL TO ERIE, PA



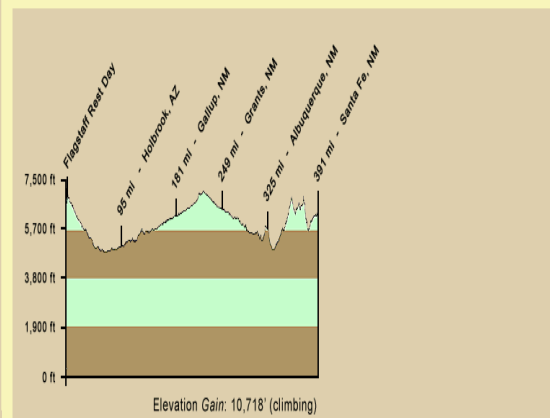
ABILENE, KS TO CHAMPAIGN, IL



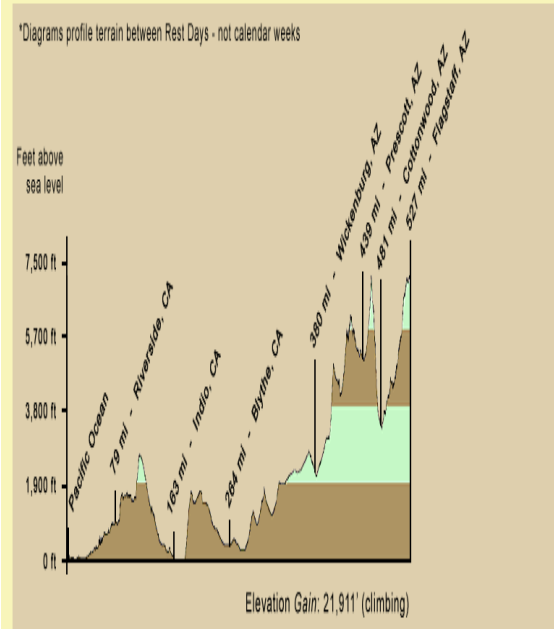
SANTA FE, NM TO ABILENE, KS



FLAGSTAFF, AZ TO SANTA FE, NM



LOS ANGELES, CA TO FLAGSTAFF, AZ\*



85 Miles Per Day  
6 Century Rides  
100,000+ ft climbing



# You need a team



# **Lessons from co-riders**

**Never too late**

**Never too slow**

**Never too soon**

**Never too heavy**

**Never too young**



**Never Too Late**

**Sherman Age 76**

**Oldest up Mount  
Everest at 64**

**Rode on Interstate**

**Total sun screen**



**Never Too Slow**

**Jeanne Age 68**

**Slow**

**Triathlete**

**Doesn't care if  
she is last, she  
just does it**







**Builder**

**Wife died**

**Never Too Soon**

**Chris at Age 45**

# **Never Too Heavy**

**Chris at Age 53**

**Lost 12-1/2  
stone  
Gastric Band**





# Never Too Young

Catherine Age 22

Gap year

“No need to train”

MSc Marine Science

Life lessons





# You Need a Bike

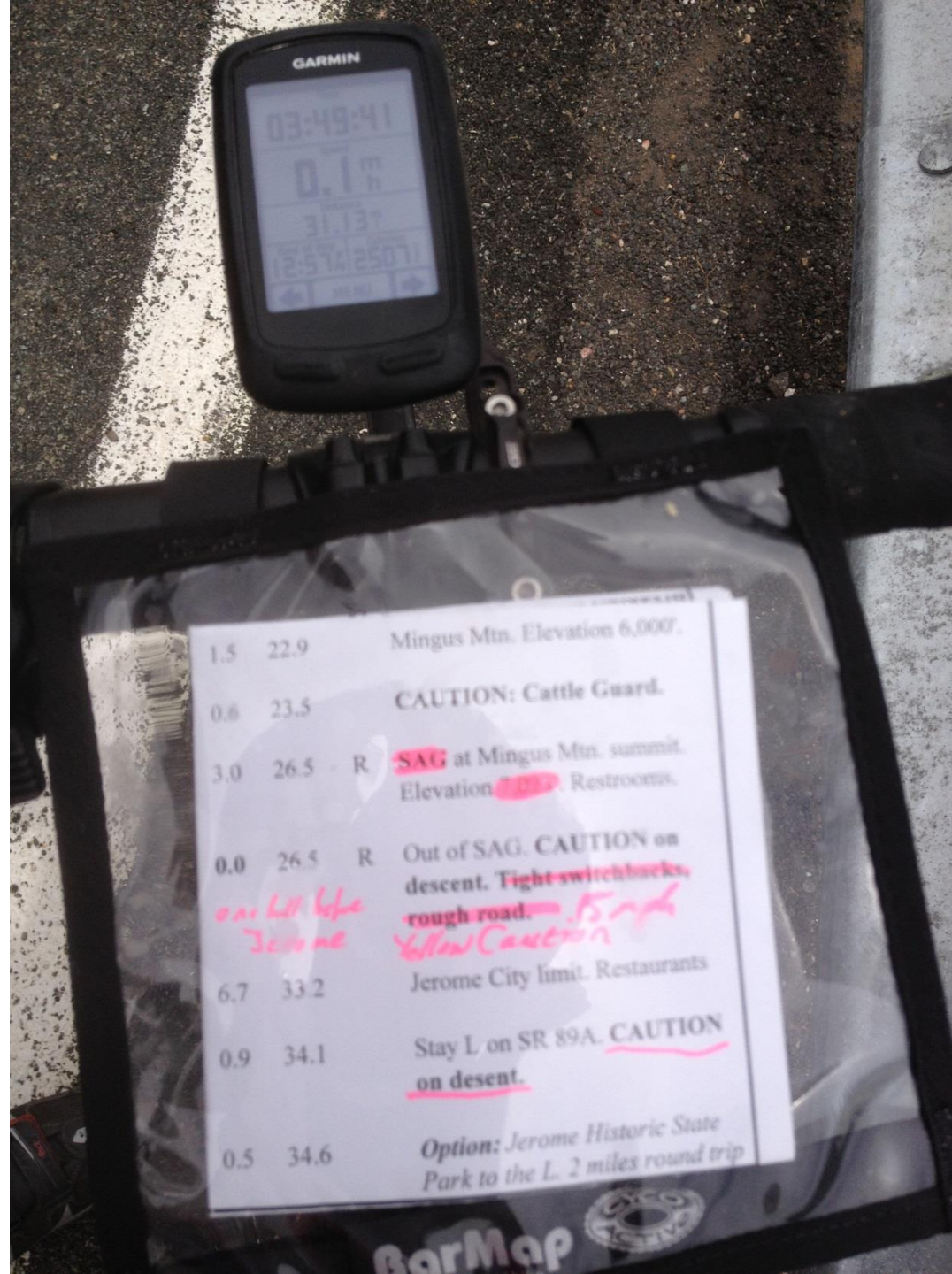




# Saddle



# Navigation

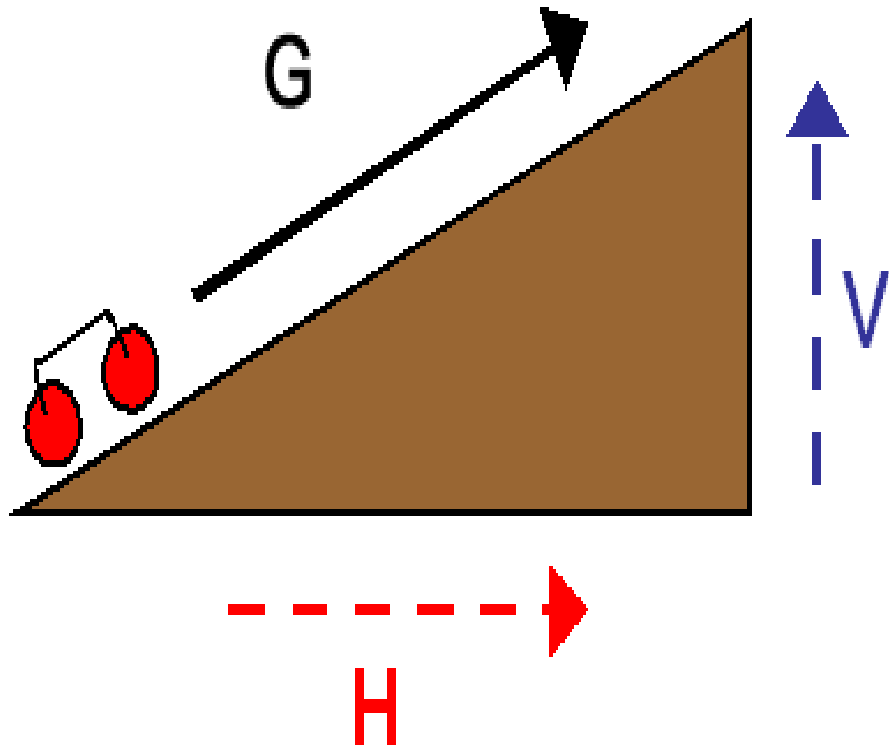




# You need a Trainer



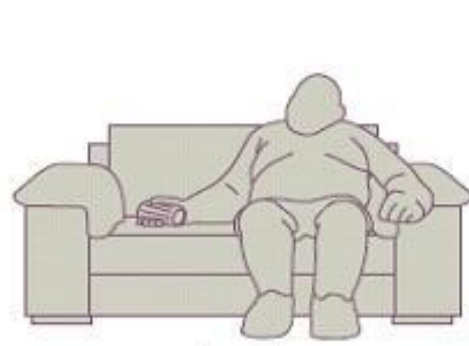
# Power to Weight Ratio



- Century rides
- 15mph
- Sufferfest
- Watts per Kg
- Lose 5Kg increase performance by 8%



**Why?**



Inactivity



Obesity

Chronic systemic inflammation



Adipocytes



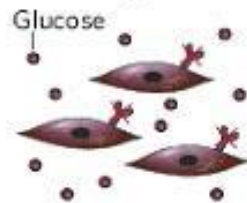
Immune cells



Brain cells



Systemic and local  
increase in cytokine  
concentrations



- Insulin resistance
- Type 2 diabetes



- Atherosclerosis



- Alzheimer's disease
- Huntington's disease
- Parkinson's disease



- Cancer



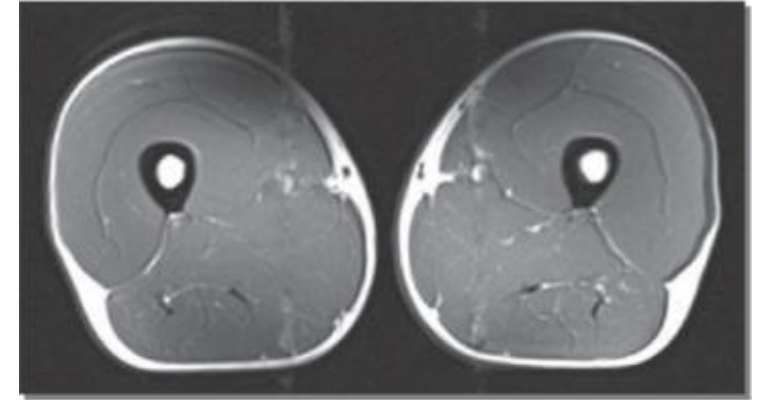
# MRI Cross Sectional Leg Scans

**40-year-old triathlete**

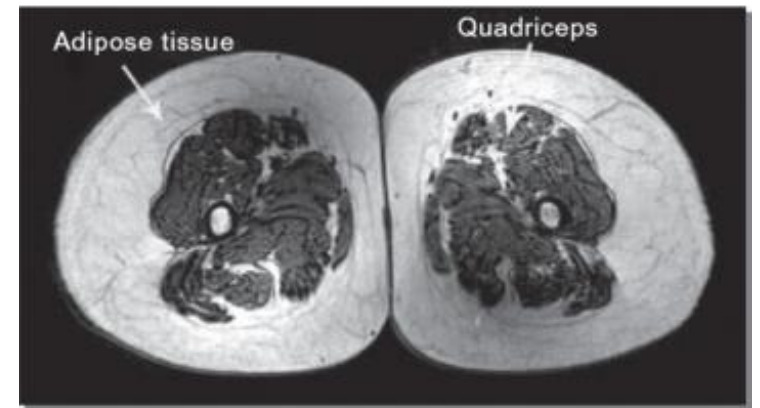
**74-year-old sedentary man**

**70-year-old triathlete**

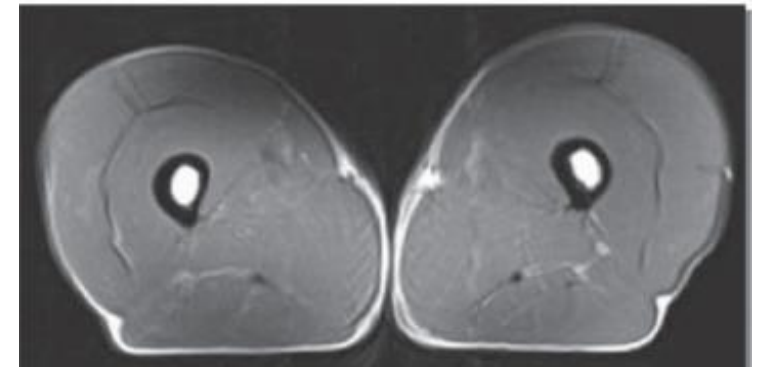
40-year-old triathlete



74-year-old sedentary man



70-year-old triathlete



# **“Begin at the beginning”**

***“Begin at the beginning,” the King said, very gravely, “and go on till you come to the end: then stop.”***

**Lewis Carroll  
Alice in Wonderland**





# Mindfulness

- Present
- No sums
- One with surroundings



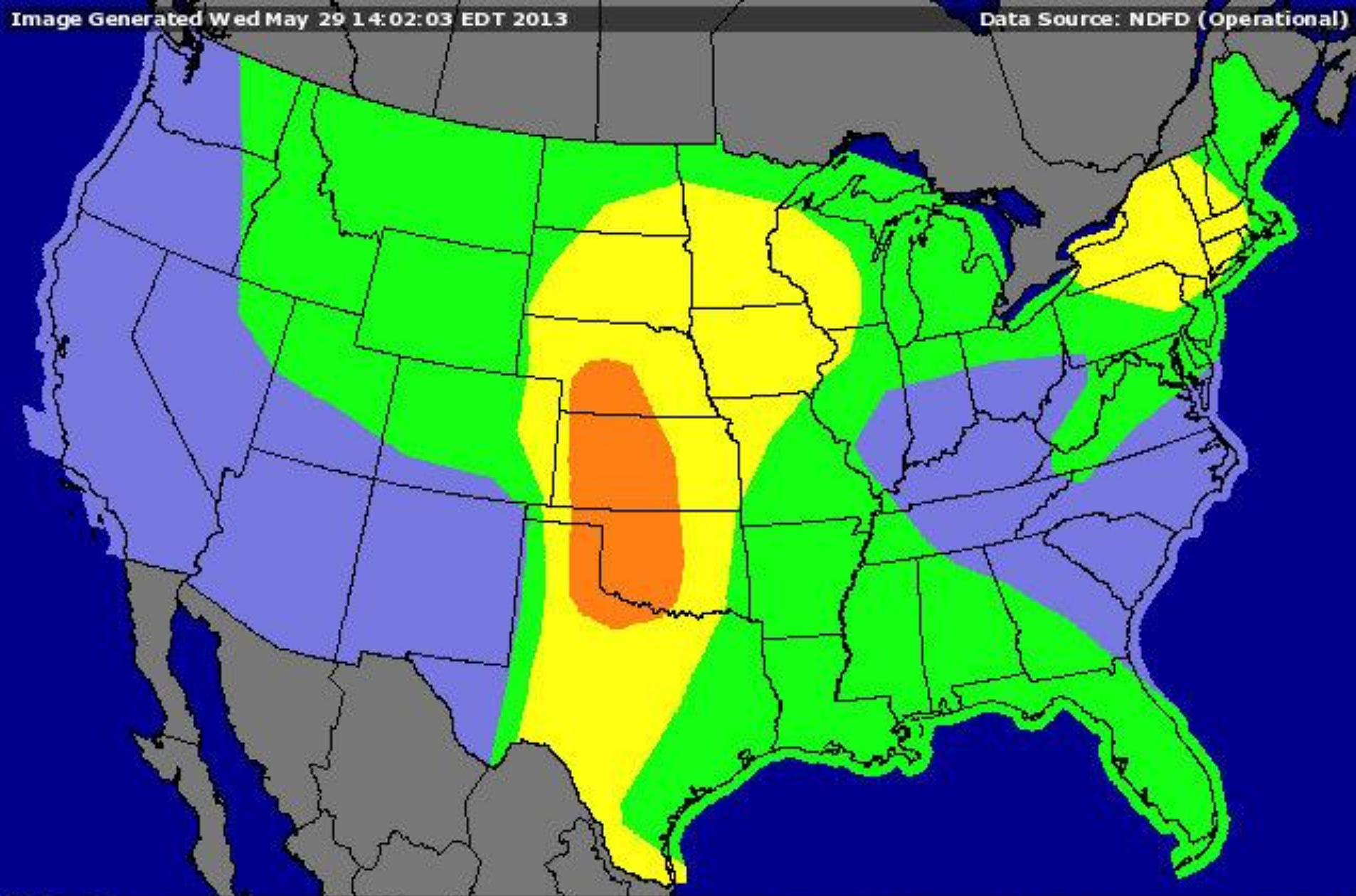
# Mojave Desert

**Protective heat measures**

**122°F - 50°C**







## US Convective Outlook

For 24 hours ending May 30, 2013 8AM EDT

none general slight moderate high



Thunderstorms / risk of severe thunderstorms



[www.wunderground.com](http://www.wunderground.com)



# Lack of Preparation





# Lack of Preparation











CHOCOLATE  
Artificially Flavored

**GENUINE**

# MUSCLE MILK<sup>®</sup>

**CONTAINS NO MILK**

**PROTEIN NUTRITION SHAKE**

**230**  
**CALORIES**





# Shredded Tyres



Chris Oliver

















# Trail Fairies







# Stateline - Rituals



























## CONTINENTAL DIVIDE

Elevation 7245 ft.

Rainfall divides at this point. To the west it  
drains into the Pacific Ocean, to the east,  
into the Atlantic.





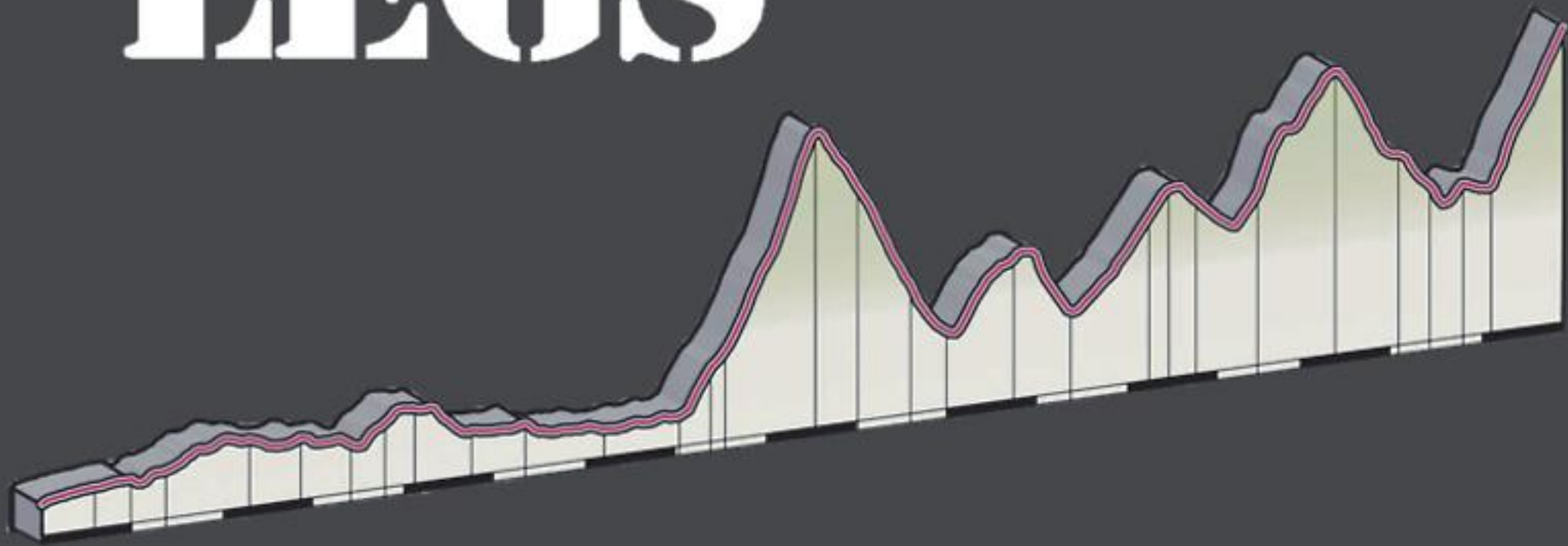








# SHUT UP LEGS





















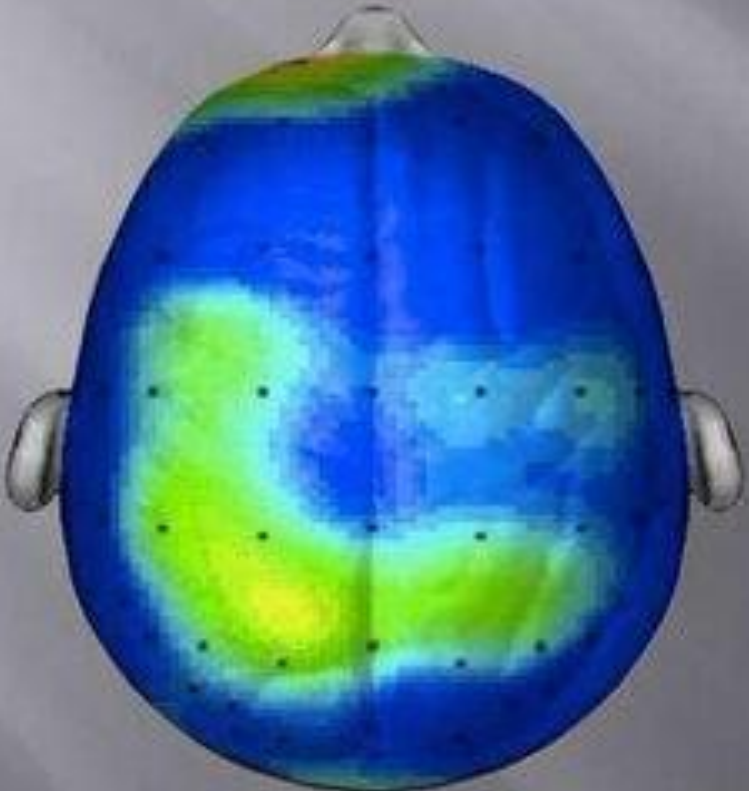


**Passion**

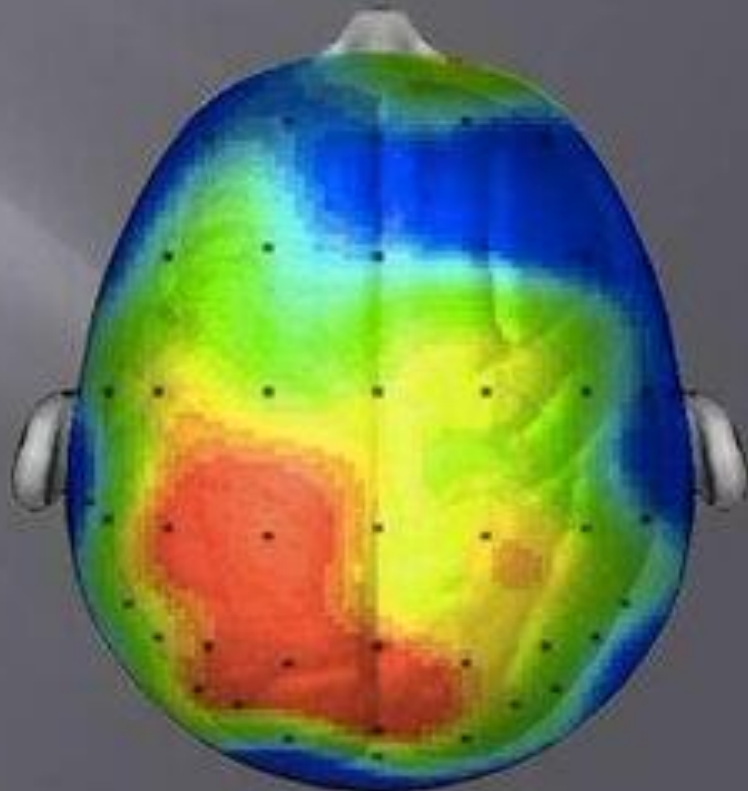


# Professor Physical Activity for Health

BRAIN AFTER SITTING  
QUIETLY



BRAIN AFTER 20 MINUTE  
WALK





**Sit Less**

**Walk More**

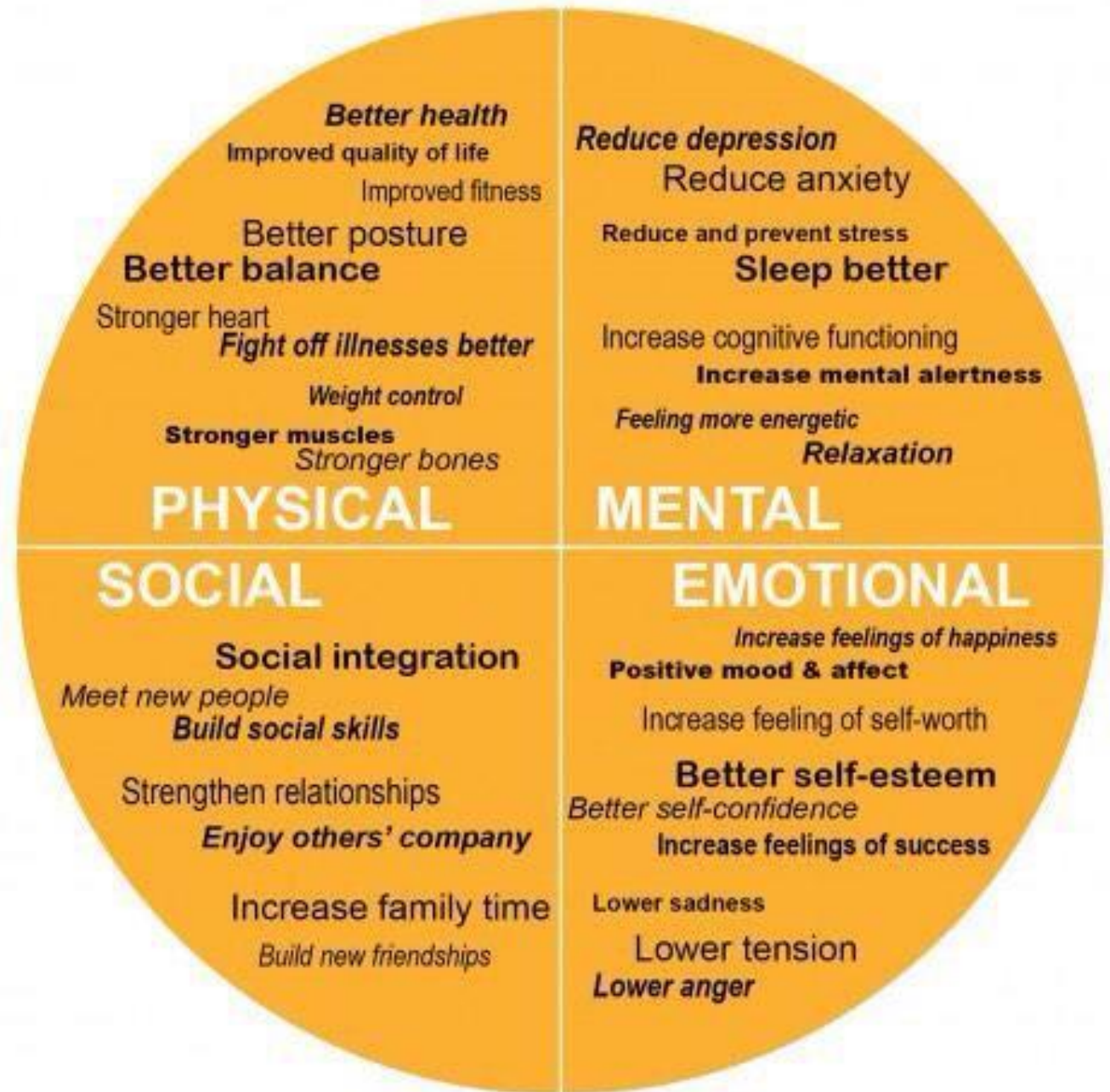


# Risk reduction associated with physical activity

Chronic condition	Risk reduction
All cause mortality	30% risk reduction
CVD, stroke	20-35% reduction
Diabetes	30-40% reduction
Hip fractures	36-68% reduction
Colon cancer	30% reduction
Breast cancer	20% reduction
Loss of function	30% reduction
Depression/dementia	20-30% reduction



# Mental Physical Social Emotional Health



# **Work life balance**





**NEVER GIVE UP**



# **Prof Chris Oliver**



**@CyclingSurgeon**

