Lifestyle Medicine

A framework for delivering effective lifestyle advice in your consultation to improve and reverse diabetes

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What you are going home with today

• An introduction and overview to LM

• A “Lifestyle Prescription” you can use tomorrow in clinic

• Find out how to improve / reverse T2DM without polypharmacy

• Suggestions where you can learn more
GPs need to start prescribing lifestyle medicine

Professor Clare Gerada explains how a new film highlights the need for lifestyle changes to reap benefits of a Mediterranean lifestyle.

I am writing this whilst visiting my mother in Malta. Her mother’s generation is cruising into their ninth decade, while the generation behind them is suffering from the modern plagues of diabetes, heart disease and obesity related problems, reaching their eighth decade.

We need a healthy dose of lifestyle medicine

ASEEM MALHOTRA

Lifestyle | Health and Fitness | Body

We need a healthy dose of lifestyle medicine

ASEEM MALHOTRA

‘Lifestyle medicine’ could revolutionise patient care

Dr Ayon Peng and Dr Rangan Chatterjee

The sequencing of the human genome was meant to crystallise our understanding of the critical roles that genes play in health, but we have discovered the opposite.

Genetics only accounts for about 10% of disease risk, the remaining 90% being due to our lifestyles, behaviours and environment. Deep down, we GPs know this, and see it first hand when it comes to conditions like type 2 diabetes. But a paradigm shift has been going on largely out of sight of doctors looking at the role of lifestyle vs medicine.

Now I know what you are thinking. ‘Lifestyle medicine’? It’s a real buzz phrase at the moment, but it is just a bit of step smoking advice, diet and exercise, right? Actually, there’s a lot more to it. There are regrets of
Confirmed Sister Organisations
“A branch of evidence based medicine in which comprehensive lifestyle changes including nutrition, physical activity, stress management, social support and environmental exposures are used to prevent, treat and reverse the progression of chronic diseases by addressing their underlying causes.”

Global Lifestyle Medicine Alliance 2014

Non-communicable diseases have overtaken infectious diseases as the biggest killers worldwide.
M Chan WHO Director 2016
Reversal of Coronary Disease Achieved with Plant-Based Diet

Coronary angiograms of the distal left anterior descending artery before (left bracket) and after (right bracket) 32 months of a plant-based diet without cholesterol-lowering medication, showing profound improvement. Used with permission from Dr. Caldwell B. Esselstyn, Jr. (Source: Prevent and Reverse Heart Disease by Dr. Esselstyn.)
NCDs = LRDs

• Non-communicable diseases (NCDs) kill 41 million people each year, equivalent to 71% of all deaths globally

• Cardiovascular diseases account for most NCD deaths, or 17.9 million people annually, followed by cancers (8.8 million), respiratory diseases (3.9 million), and diabetes (1.6 million)

• These 4 groups of diseases account for over 80% of all premature NCD deaths

• Tobacco use, physical inactivity, the harmful use of alcohol and unhealthy diets all increase the risk of dying from an NCD

http://www.who.int/mediacentre/factsheets/fs355/en/
It’s a Fan!

It’s a Wall!

It’s a Rope!

It’s a Spear!

It’s a Snake!

It’s a Tree!
The NICE elephant in the room

- T2 DM NG28 + CG87
- Hypertension CG127 + QS28
- Peripheral Arterial Disease CG147
- Cardiovascular disease CG181 + QS100
- COPD NG115
- Heart Failure NG106
- Lipid modification CG67
- IBS CG61
ILLNESS-WELLNESS CONTINUUM

**DISEASE**
- Multiple medications
- Poor quality of life
- Potential becomes limited
- Body has limited function

**POOR HEALTH**
- Symptoms
- Drug therapy
- Surgery
- Losing normal function

**NEUTRAL**
- No symptoms
- Nutrition inconsistent
- Exercise sporadic
- Health not a high priority

**GOOD HEALTH**
- Regular exercise
- Good nutrition
- Wellness education
- Minimal nerve interference

**OPTIMAL HEALTH**
- 100% function
- Continuous development
- Active participation
- Wellness lifestyle

**HIGH-LEVEL WELLNESS**

**COMFORT ZONE (FALSE WELLNESS)**

**PRE-MATURE DEATH**
5 Steps

- Nutrition
- Movement
- Sleep
- Relaxation
- Environment
Mr. P

- 82 y.o male
- T2DM 20 years
- Glic / Sita / Solostar
- HbA1C 90 -123
- Weight 88 kg
- Under DM clinic
Lifestyle Prescription

- Eat = More fruits/veg, cut bread and potatoes
- Move = Very little extra = less sitting
- Sleep = Regular pattern established
- Relax = Evening soak with music
- Environment = Wife/family stopped buying “treats”

And now...

- Weight = 75kg
- HbA1C = 54 (Feb 19)
- Discharged from clinic
- Walks 2 miles daily
- 3 daughters all lost weight – one is no longer diabetic
Taking a lifestyle history

- Typical daily routine
  - Nutrition
  - Movement
  - Stress
  - Relaxation
  - Environment

- Ask the patient where they think changes can be made

- Multiple small changes can lead to large benefits
Nutrition

- Whole foods / unprocessed
- Plant based
- Re-think your plate
- Eat the rainbow
- De-normalise sugar
- Eat food within a 12 hour window
Movement

• Move more / sit less

• Increase your daily step count – increasing targets

• Daily movement snacking

• Wake your muscles – strength training 2 x week

• Wake your heart – HIIT 2 x week
Sleep

• Environment of absolute darkness

• Bedtime routine

• Consume caffeine before noon

• No tech after 9 and get an alarm clock

• Aim for 7-8 hours per day

• Evening preparation for the next day
Relaxation

• Daily practice of stillness

• Me-time every day

• Keep a gratitude journal

• Eat one meal at a table with loved ones

• Weekly screen free sabbath
Environment

• Create an environment where it is easy to maintain healthy habits

• Family support crucial

• Home / work / social engagements

• Control what food enters the house / workplace

• Plan your meals ahead especially when travelling
Mr. S

- 43 y.o
- Weight = 82kg
- Prediabetes
- Hba1c = 46-47
- IFG = 6.7
- “Busy” lifestyle
- TATT
- Headaches
Lifestyle Prescription

• Eat = More fruits/veg, TRE – 16/8
• Move = Take stairs / body weight training
• Sleep = Regular pattern / tech off after 2100
• Relax = Daily Calm App
• Environment = Wife supported him and changed family eating habits

And now...

• Weight = 72kg in 5 months
• HbA1C = 38
• More energy / less stressed / works less / more productive
Where to learn more...
Watch...
Join...

Attend...
Thank you