

LIFESTYLE MEDICINE

Relevance and solutions

By: Aarthi Chandarana D.O, DipABLM



Get your cancer screenings!

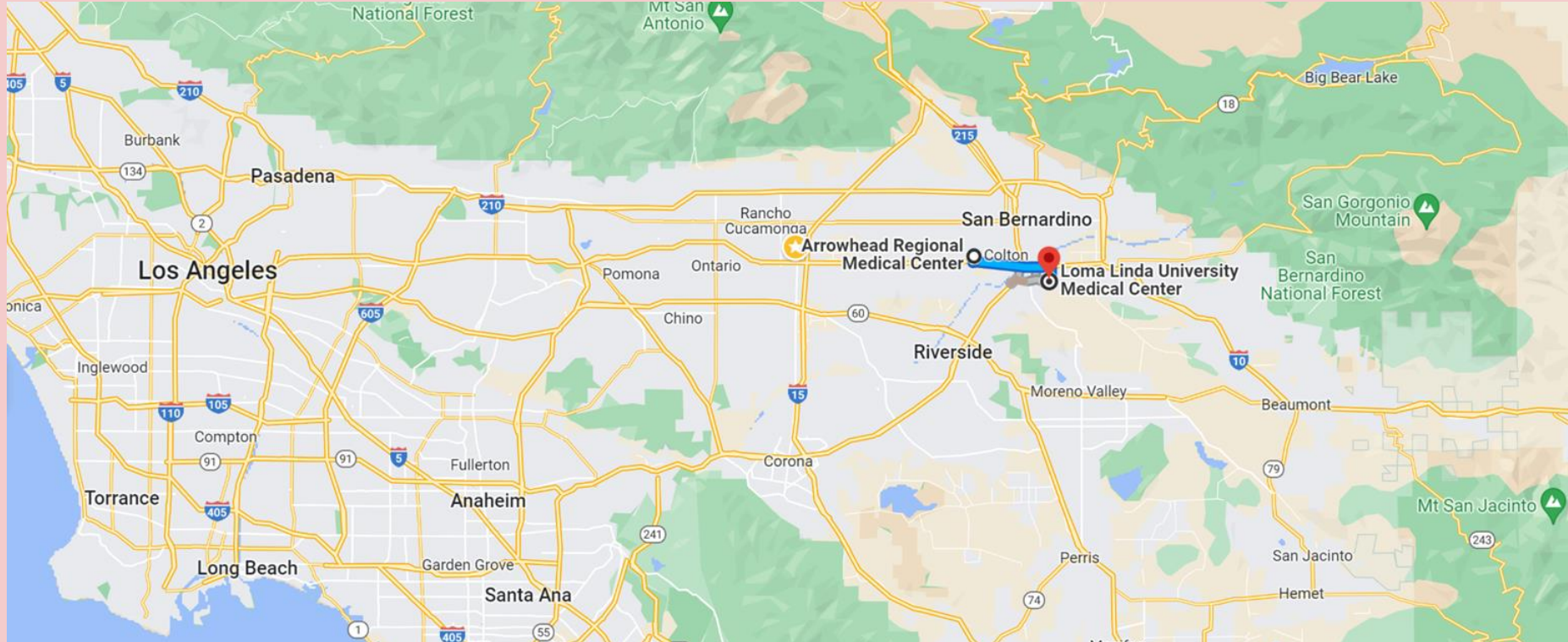
Just Breathe

4 seconds - Breathe in through you nostrils

7 seconds - hold your breath

8 seconds - breathe out through your mouth

Inland Empire





**Lomo Linda,
CALIFORNIA**

**Nicoya,
COSTA RICA**

**Sardinia,
ITALY**

**Ikaria,
GREECE**

**Okinawa,
JAPAN**



LIFESTYLE MEDICINE FOCUSES ON 6 AREAS TO IMPROVE HEALTH

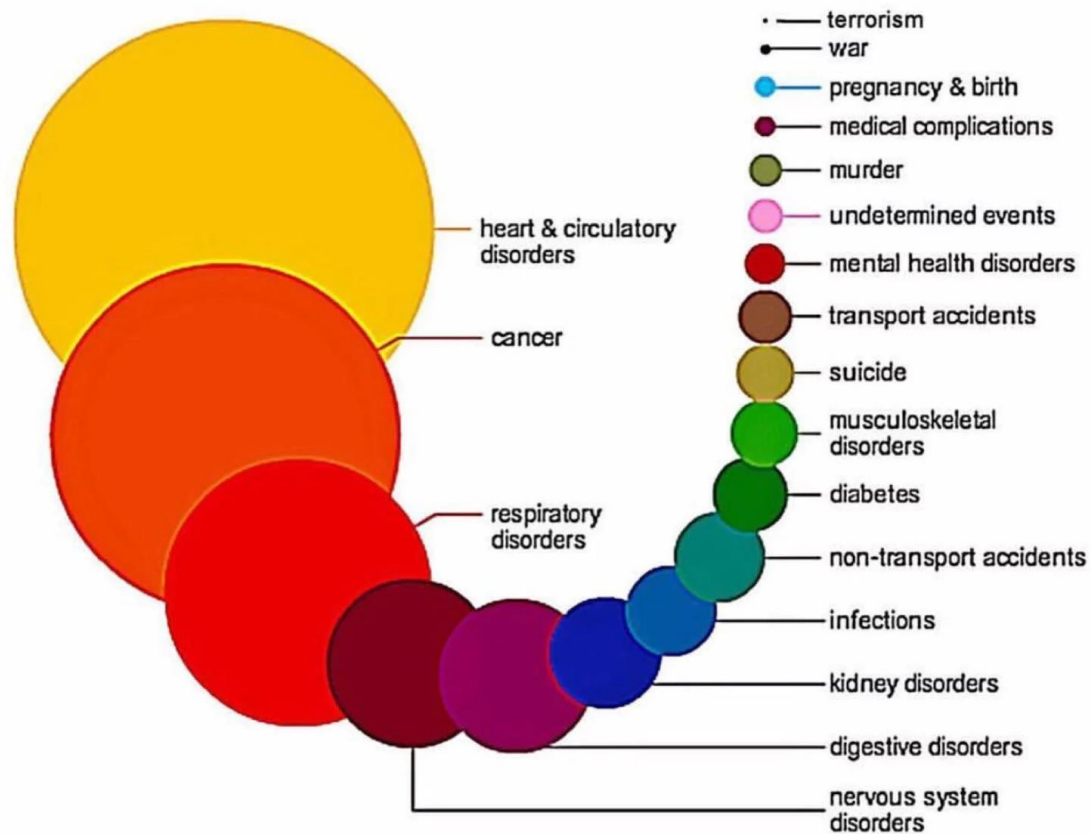


LIFESTYLE MEDICINE

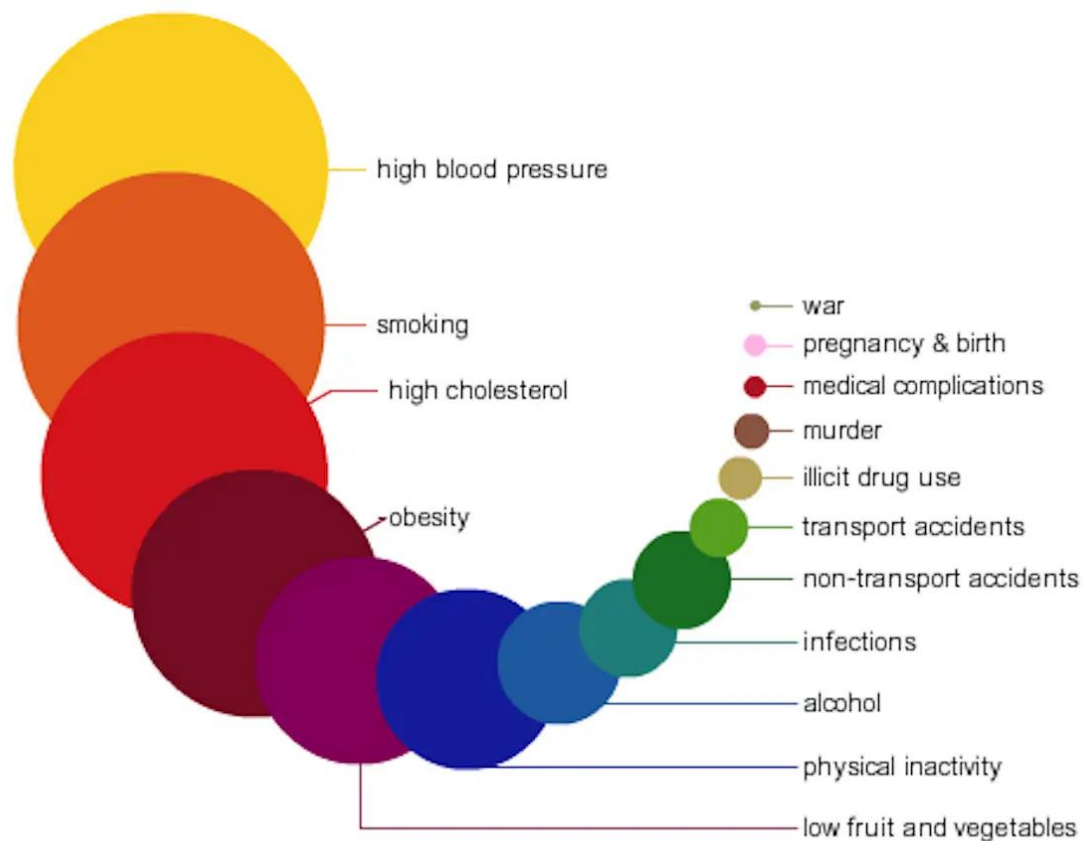
Lifestyle medicine is an evidence-based approach to preventing, treating and even reversing diseases by replacing unhealthy behaviors with positive ones — such as eating healthfully, being physically active, managing stress, avoiding risky substance abuse, adequate sleep and having a strong support system.

Mortality Rate

Leading causes of death in perspective



Risks leading to death in perspective

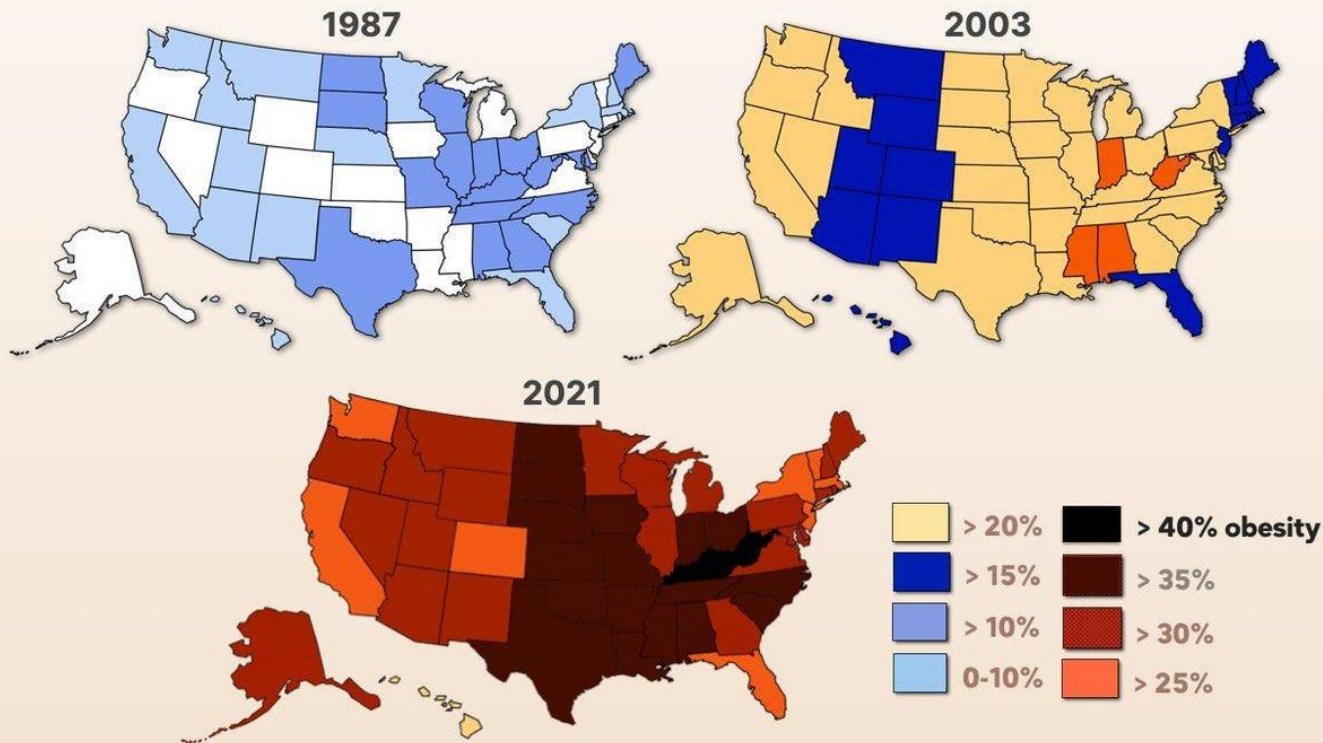


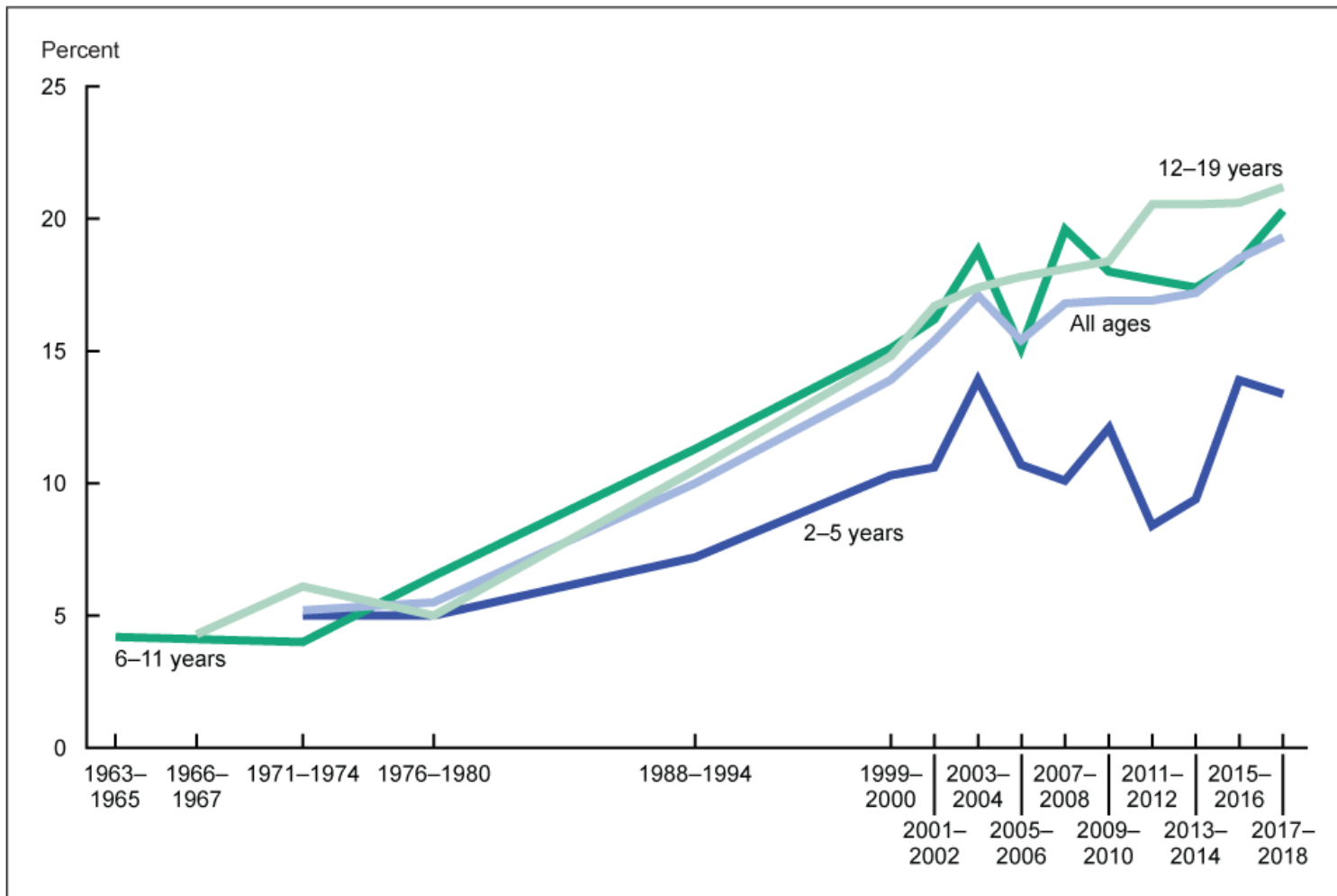
How did we get
here?

Obesity

Tripled obesity rates

In one generation





NOTE: Obesity is body mass index (BMI) at or above the 95th percentile from the sex-specific BMI-for-age 2000 CDC Growth Charts.

SOURCES: National Center for Health Statistics, National Health Examination Surveys II (ages 6-11), III (ages 12-17); and National Health and Nutrition Examination Surveys (NHANES) I-III, and NHANES 1999-2000, 2001-2002, 2003-2004, 2005-2006, 2007-2008, 2009-2010, 2011-2012, 2013-2014, 2015-2016, and 2017-2018.

Is it the food?

Adults Meeting
Recommendations,
2015

Fruits 12.2%

Vegetables 9.3%

In 2015, only 1 in 10
adults consumed
enough fruits and
vegetables daily.

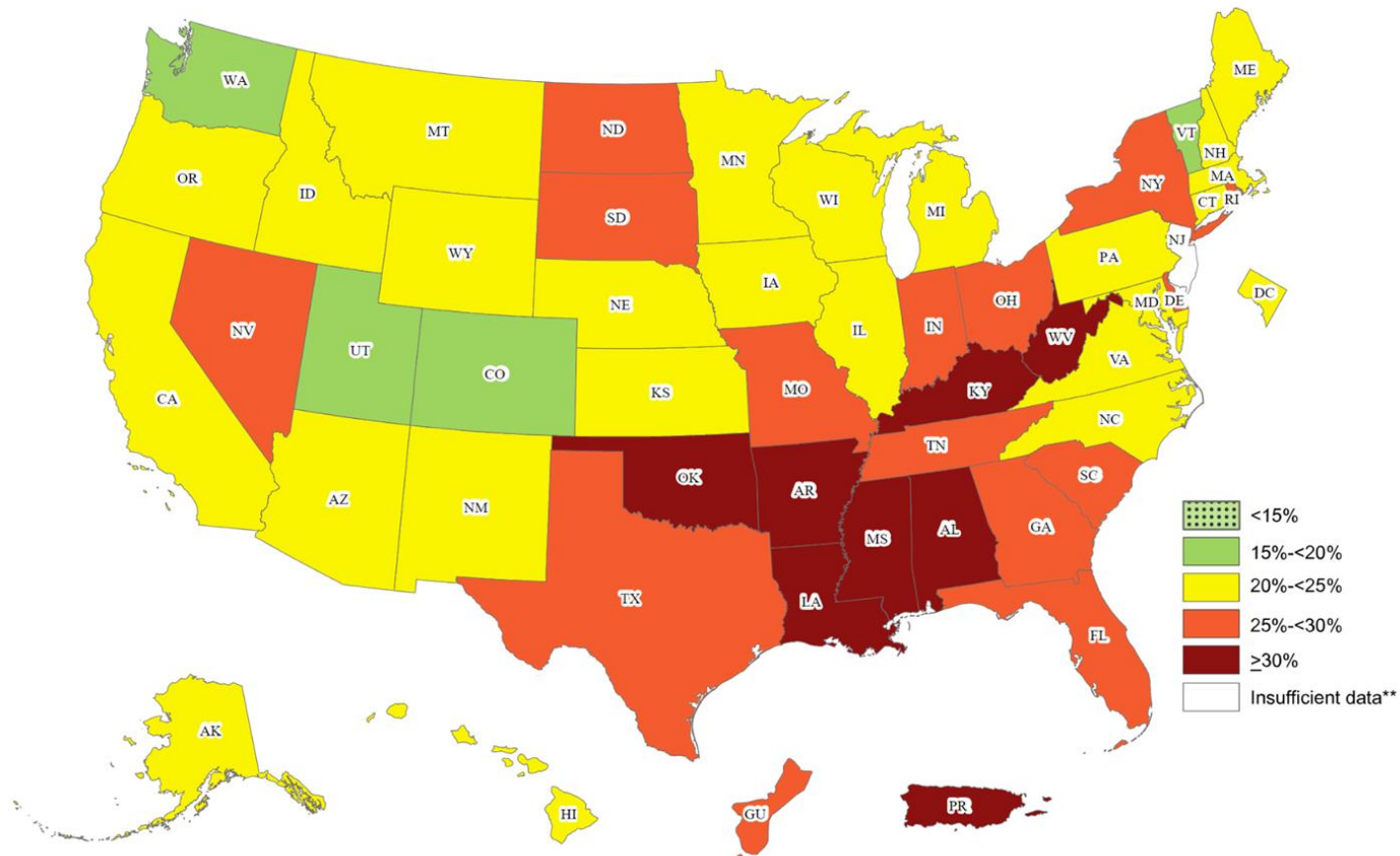


Men, younger adults, and people with lower incomes get the fewest

Physical Activity

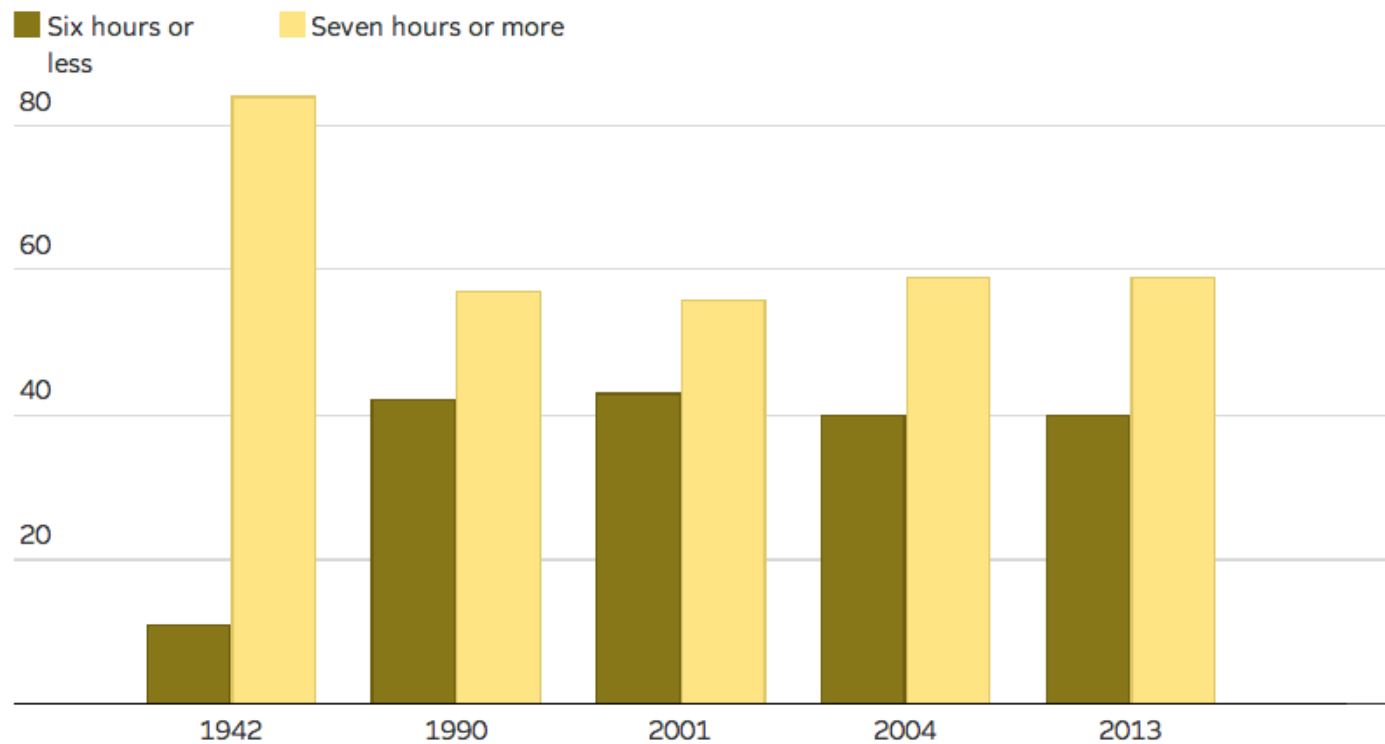
Map: Overall Physical Inactivity

Prevalence of Self-Reported Physical Inactivity* Among US Adults by State and Territory, BRFSS, 2017–2020



Sleep

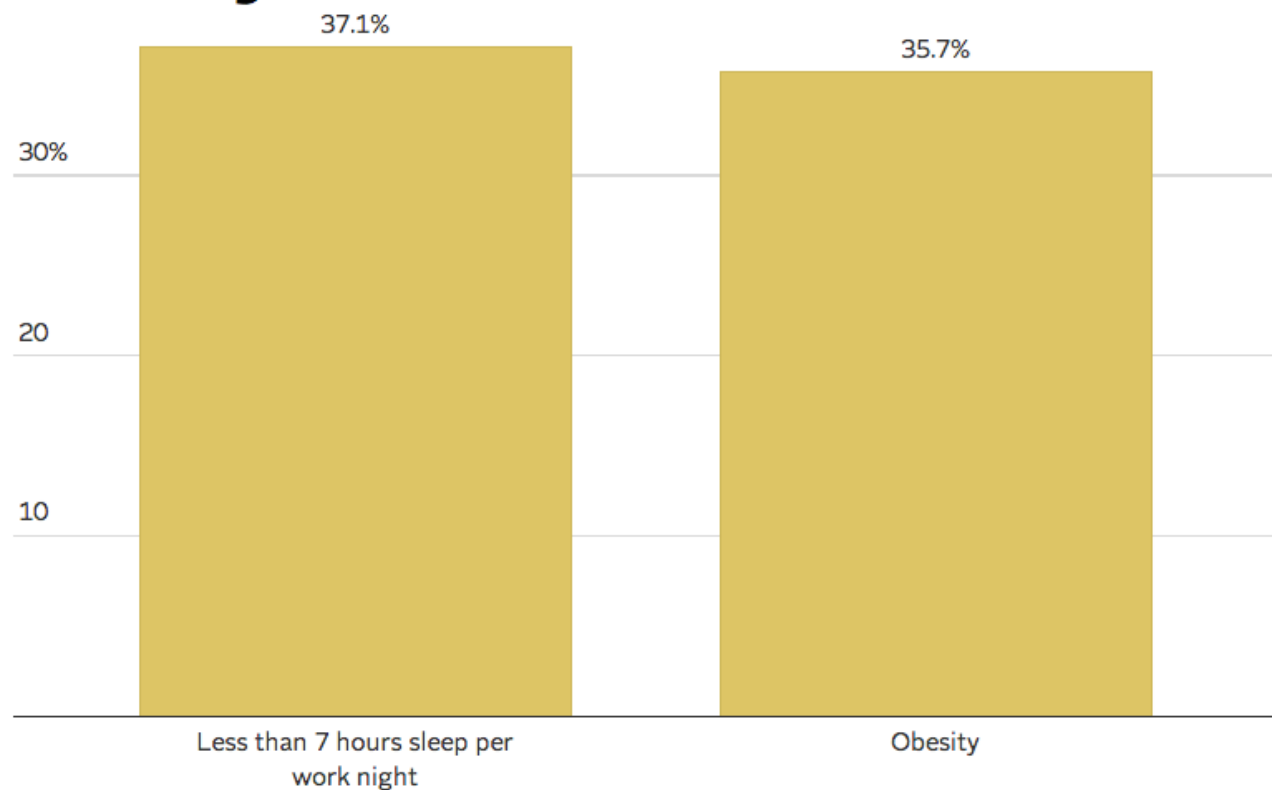
Americans are sleeping less than they used to



Source: Gallup



Americans with insufficient sleep or obesity



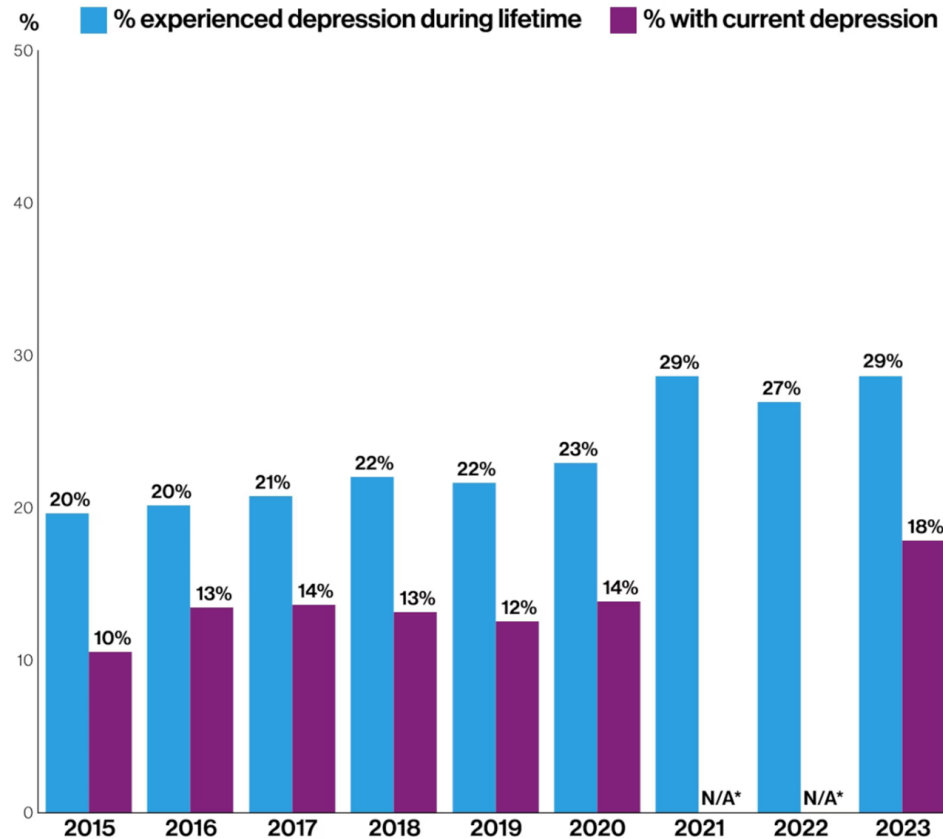
Source: CDC



Mental Health

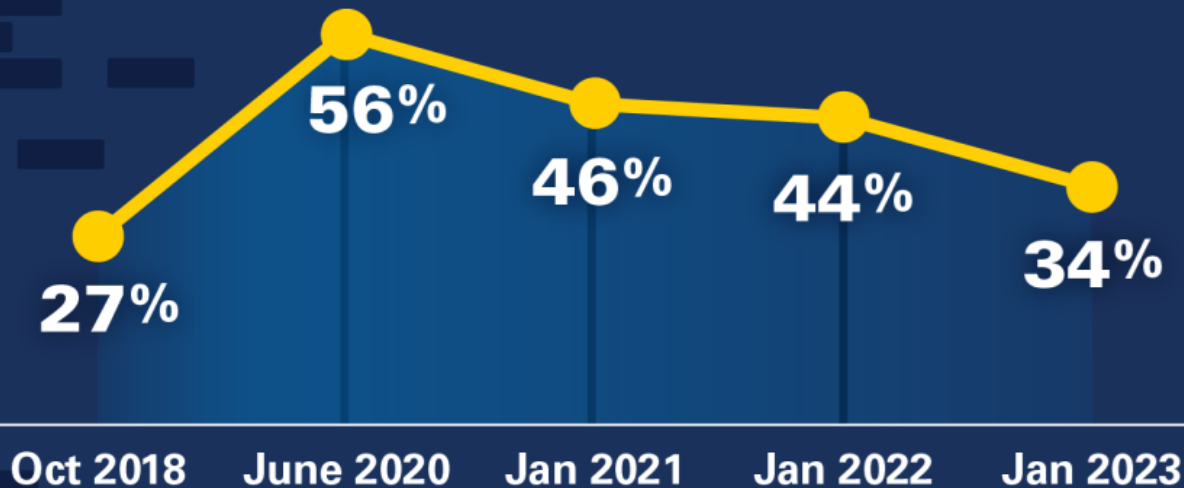
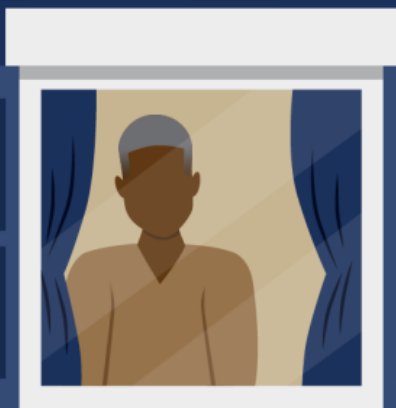
Lifetime and Current Depression Rates

2015-2023



Changes in feelings of social isolation, 2018–2023

AMONG ADULTS AGE 50–80



Percentage who felt isolated from others some of the time or often

Substance use

NYTS
2022

More than **2.5 million**
high and middle school students currently use e-cigarettes.

Among current youth e-cigarette users:

More than **1 in 4**



use e-cigarettes daily

The most commonly
used device type is

disposables



Almost
85%

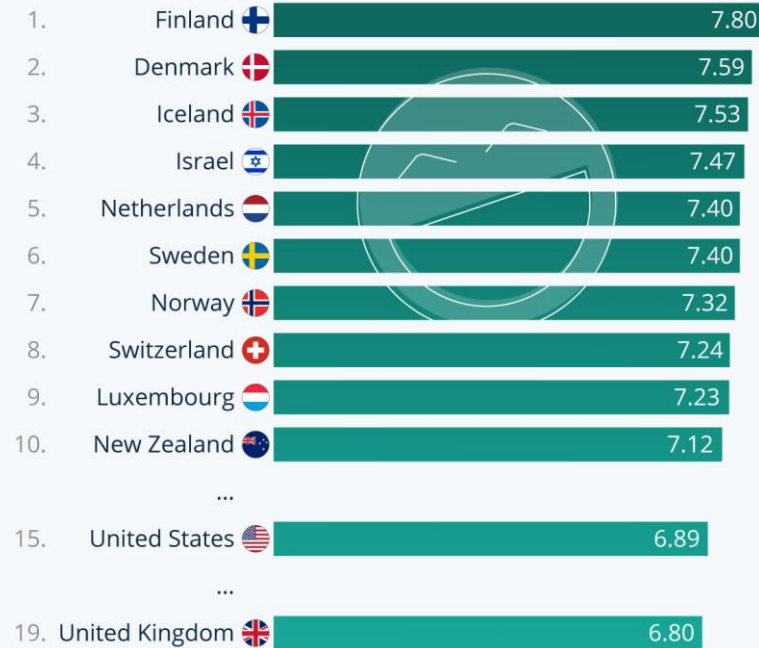
use flavored e-cigarettes



Stress

The Happiest Countries in the World

Ranking of the world's happiest countries by index value (2020-22)



Scores were averaged over three years and based on life evaluations from the Gallup World Poll data.

Source: World Happiness Report 2023

The Tribe

BURNOUT BY THE NUMBERS: EHR A CHIEF CONTRIBUTOR



Nearly twice –
Prevalence of burnout among
physicians vs. other U.S. workers⁴



39.2% Physicians who find EHR design/interoperability the **least satisfying aspect of medical practice**³

78.7% – Physicians who find patient relationships the most satisfying aspect of medical practice³
Yet **65.7%** – Physicians indicating that EHR negatively affects patient relationships³

PHYSICIANS' WEEKLY HOURS ARE LONG AND HEAVY WITH NON-CLINICAL DUTIES³



54.3% work more than **50 hours**

28.2% work more than **60 hours**

12.5% work more than **70 hours**



46.4% spent **11+ hours** on non-clinical duties each week



\$500,000 TO MORE THAN \$1M

Potential cost to replace a physician who leaves due to burnout⁵



54%
of doctors
say they are
burned out.¹



88%
of doctors
are moderately
to severely stressed.²



59%
of doctors
wouldn't recommend
a career in medicine
to their children.³

1. Mayo Clinic 2014.
2. VITAL WorkLife & Cejka Search Physician Stress and Burnout Survey 2015.
3. Jackson Healthcare; 2013 Physician Outlook and Practice Trends.

Medicine's great resignation? 1 in 5 doctors plan exit in 2 years



LIFESTYLE MEDICINE FOCUSES ON 6 AREAS TO IMPROVE HEALTH



LIFESTYLE MEDICINE

Lifestyle medicine is an evidence-based approach to preventing, treating and even reversing diseases by replacing unhealthy behaviors with positive ones — such as eating healthfully, being physically active, managing stress, avoiding risky substance abuse, adequate sleep and having a strong support system.

Case Study:

68 y/o Indian male, sedentary lifestyle, vegetarian diet, Engineer

PMHx: DMII for 30+ years

SxHx: Dental implants

Meds: Metformin, Glipizide, Lisinopril, Atorvastatin, Lantus 30u BID

Normotensive 115/72 HR 91, GFR 70, BMI 33

A1c: 9.8, microalb: <30

LDL: 100

HDL: 35

Trig: 210

Patient questionnaire

Lives with: **Who does the cooking**, pets, safe?

Work: Home vs office, **satisfied**

Breakfast: frequency

Lunch: bring or buy

Dinner: together

Snack: When & what

Drinks: Plain water, coffee, alcohol

Exercise: **Frequency and intensity**

Sleep: continuous, snoring

Stress: **manageable, quality of life**

Activity: **Hobbies, skills, creative outlet**

Patient Questionnaire

Lives: Wife, MIL

Work: Retired-ish, Inventions and patents

Breakfast: Cereal, banana, coffee

Lunch: Rice, curry and yogurt

Dinner: Rice, curry and yogurt

Snacks: cookies, chips and fried snacks

Drinks: Coffee, minimal water

Exercise: None

Sleep: 5-7 hours

Stress: Family health, deadlines for patents

Activities: Handyman, playing flute and piano, social activities



NUTRITION



EXERCISE



SUBSTANCE
ABUSE



HEALTHY
RELATIONSHIPS



STRESS



SLEEP



STRESS

Stress

UMD and Cornell Researchers Find as Little as 10 Minutes in Nature Has Measurable Impacts on Mental Health, with a Focus on the Highly Stressed College Student Population

[Home](#) > [News](#) > UMD and Cornell Researchers Find as Little as 10 Minutes in Nature Has Measurable Impacts on Mental Health, with a Focus on the Highly Stressed College Student Population



Case:

Somes stress - deadlines, staying up late

Intervention: 10 minute walk after dinner with spouse



SUBSTANCE
ABUSE

Substance Use

Simple rule, no hot fire or oil down lungs

- No more than 2 drinks in one sitting
 - Replace, Nurse or Dilute

1 drink per day for women

2 drinks per day for men

Breast cancer risk increases 9% with one drink per day for post-menopausal women



Case: No substance use



HEALTHY
RELATIONSHIPS

Healthy Relationships

Relationship brings out the best
version of myself



Case Intervention:
Family time without
screens 30 minutes



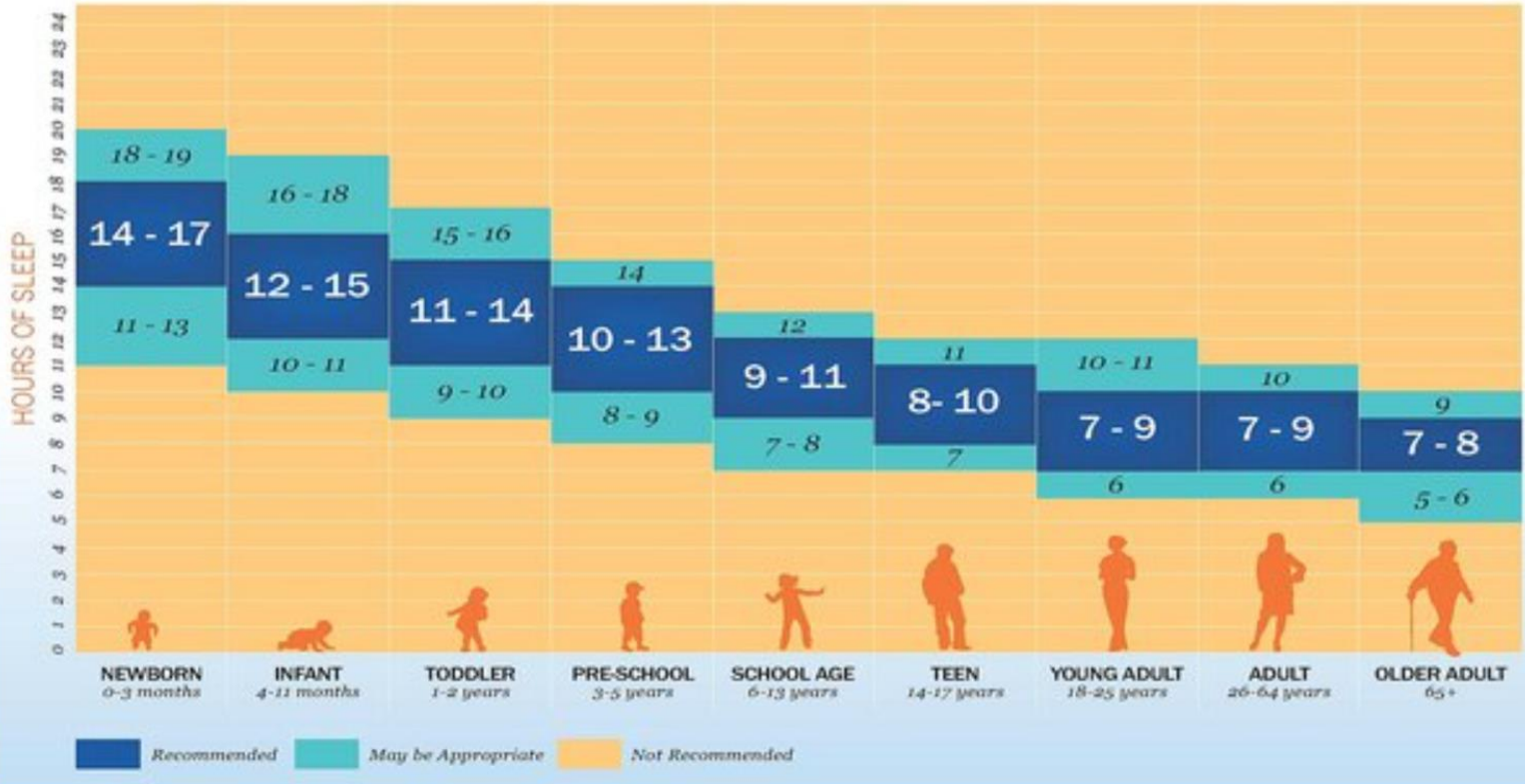
SLEEP

Case: Poor sleep habits
Staying up late

Intervention:
Timer set on computer
9:00 pm to shut off



SLEEP DURATION RECOMMENDATIONS



 Download Full Issue

Effects of sleep extension on sleep duration, sleepiness, and blood pressure in college students

[Abagayle A. Stock, BA](#) • [Soomi Lee, PhD](#) • [Nicole G. Nahmod, BS](#) • [Anne-Marie Chang, PhD](#)  

Published: November 18, 2019 • DOI: <https://doi.org/10.1016/j.sleh.2019.10.003> •



Results

Participants increased sleep duration during week 2 by 43.0 # 6.2 standard error minutes per night, compared with week 1

($p < .001$). Furthermore, 41 of 53 participants (77%) **increased their sleep duration by >15 minutes per night** ($p < .001$).

Participants reported less daytime sleepiness on weekly ESS ($p < .05$) and daily log ratings ($p < .001$) after sleep extension;
and systolic BP was significantly reduced by 7.0 + 3.0 mmHg ($p < .05$).

Conclusion

This study demonstrates that substantive sleep extension is feasible in college students and can positively impact their sleep and cardiovascular health.



EXERCISE

Exercise

Do you need convincing? Your patients might!

- Dancing to one song per day, tik tok
- Hold isometric squat twice a day
- Sun Salutation - 2 minute per rep, goal of 6 reps per day

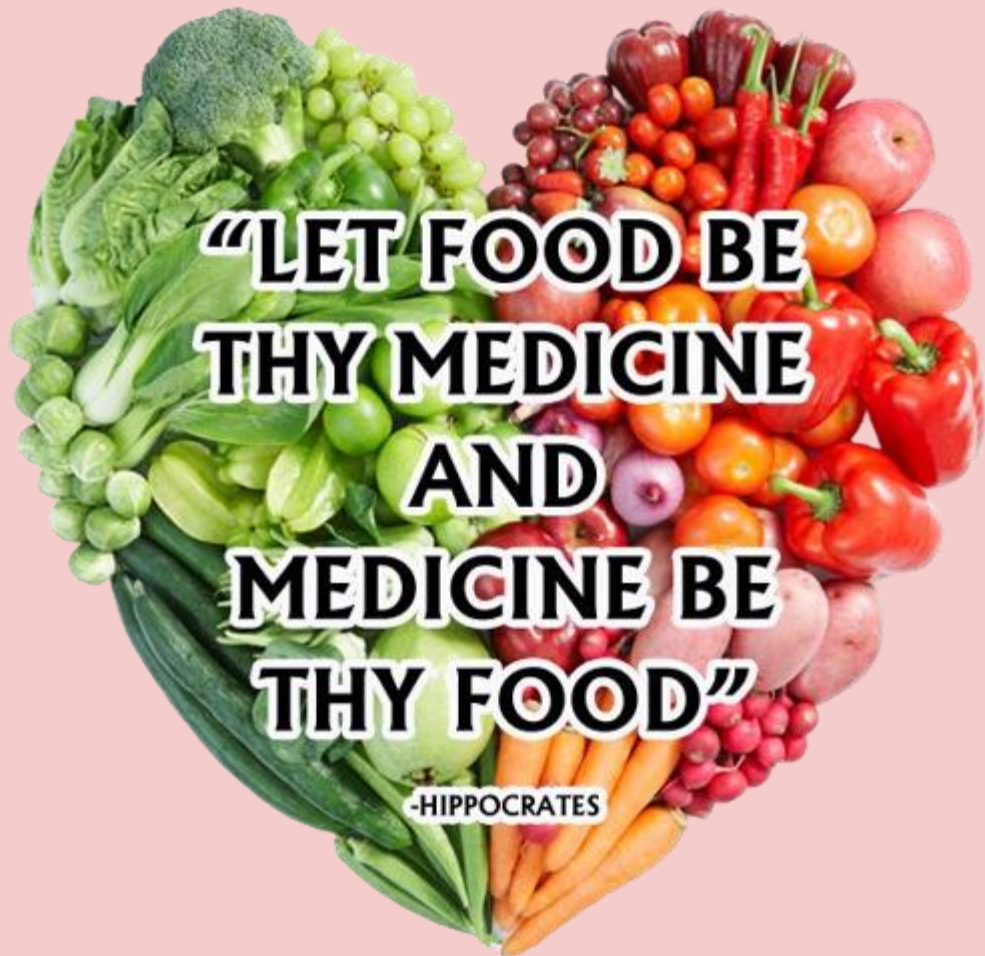
Case: None

Intervention: Walk after dinner, 2 rounds of sun salutation





NUTRITION



**“LET FOOD BE
THY MEDICINE
AND
MEDICINE BE
THY FOOD”**

-HIPPOCRATES



Nutrition Rule

GBOMBS



Greens



Beans



Onions



Mushrooms



Berries



Seeds

3 colors per meal
5 colors per day -
taste the rainbow

“Eat Food, Not Too Much,
Mostly Plants”

Michael Pollan

Case: Standard Indian
Vegetarian diet
Heavy carbs, cream and oil

Intervention: Whole Food, Plant
Based
95% elimination of dairy

December 16, 1998

Intensive Lifestyle Changes for Reversal of Coronary Heart Disease

Dean Ornish, MD; Larry W. Scherwitz, PhD; James H. Billings, PhD, MPH; [et al](#)

» [Author Affiliations](#)

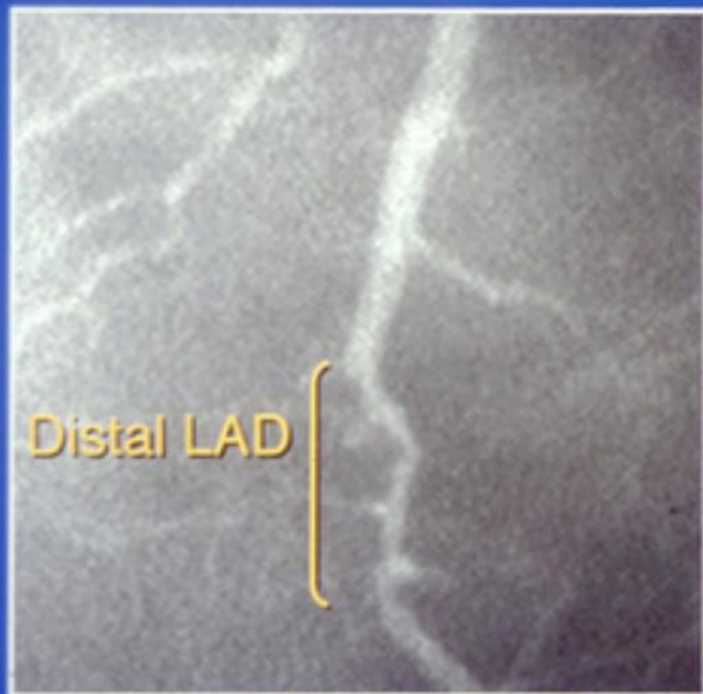
JAMA. 1998;280(23):2001-2007. doi:10.1001/jama.280.23.2001

Abstract

Context.— The Lifestyle Heart Trial demonstrated that intensive lifestyle changes may lead to regression of coronary atherosclerosis after 1 year.

Reversal of Coronary Disease

November 27, 1996



July 22, 1999



Case Study - Update

68 y/o Indian male, vegetarian diet

PMHx: DMII for 30+ years

6 months of a low fat, mostly plant based diet, exercise 10 minutes daily

BP: 105/68, BMI

Weight loss ~ 15 lbs, BMI 29

A1c: 6.8

LDL: 88

HDL: 38

Trig: 140

Meds: Metformin, Atorvastatin

Discontinue: Glipizide and Lantus after 3 months - Due to hypoglycemia



Lifestyle Medicine in your practice

Take home

Nutrition: WFPB, G-Bombs, 3 colors/ 5 colors

Physical: 10 minutes a day - dance, yoga or just walk

Substance use: No minimum need, cut back, replace/nurse/dilute

Relationship: Brings out the best version of yourself

Stress: 10 minutes in nature, Breathe

Sleep: Take pride and priority, every 15 minutes counts

Simple but effective

Flax seeds: 2 tablespoons per day 15/7 bp reduction

1/4 - 1 teaspoon turmeric reduce colon polyps and reduce colon cancer

1 cup of soymilk or 1/2 cup tofu can reduce breast cancer by 29% and recurrence by 32%, prostate cancer by 26%

5-10 strands of saffron = aricept 5 mg and prozac 20mg

1 - 2 kiwis = 10 mg melatonin

1/2 tsp of ginger power = ibuprofen 200 mg

Where to learn more!

American College of Lifestyle Medicine - Free CME - 5.5 hours

Rochesterlifestylemedicine.org - training

Nutritionfacts.org - nutrition bible

PCRM.org - WFPD

achanda1@hfhs.org - me

Saffron Mind/Mood/Melatonin drink:

Pinch of saffron ~ 5+ strands

1/4 tsp ginger powder

1/4 tsp turmeric powder

1 tsp of maple syrup

1 tablespoon of almond powder

1 cup of soy milk or almond milk

Mix, heat and drink!

