

# Lifestyle Medicine: A Foundation for Health Transformation

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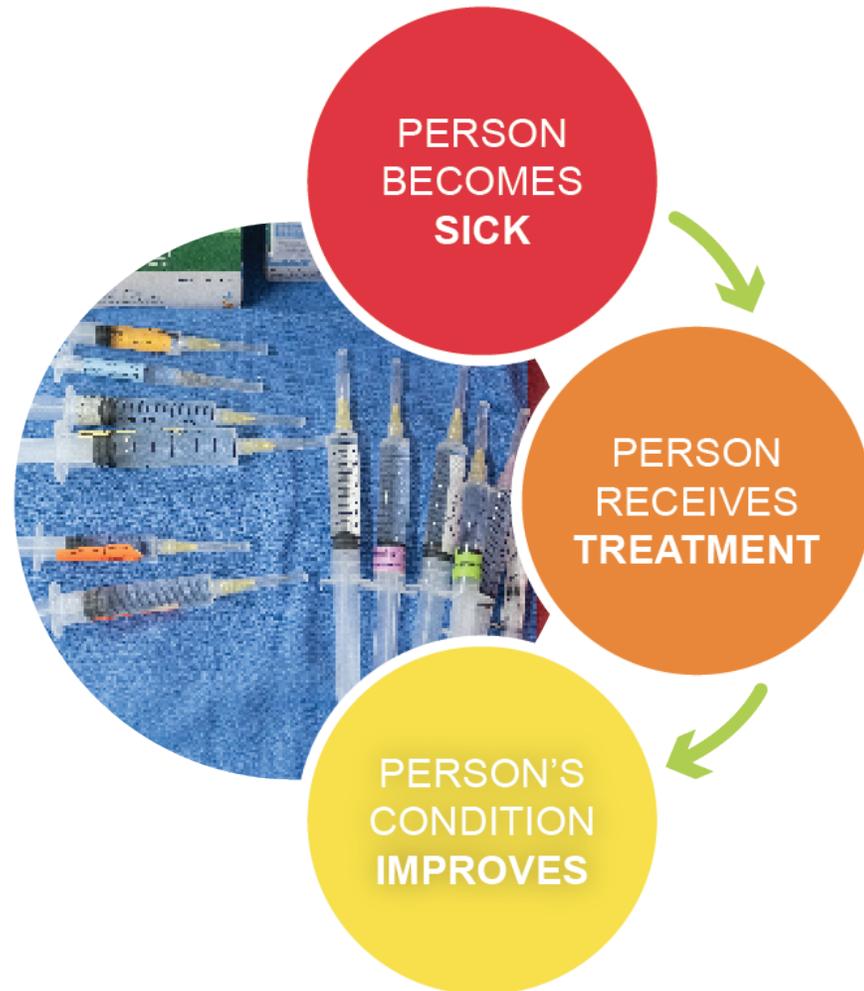
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# LEARNING OBJECTIVES

- Define Lifestyle Healthcare/Medicine
- Compare and contrast lifestyle healthcare/medicine to other fields of healthcare and medicine
- Explain the concept of evidence-based lifestyle medicine
- Describe the unique role of lifestyle medicine in healthcare
- Discuss tips to Spring Into Health to start your journey

# THE UNITED STATES HEALTH CARE SYSTEM



## Biomedical Model:

Focuses only on physical aspects of disease process – treatment is based on pathology or the pathological process. Assumes that **psychological, social, environmental and spiritual influences are all independent** of the disease process. *Treatment is aimed at curing the underlying pathophysiology and pathoanatomy.*

**Have you seen this?**

**What do you think?**



**HEALTH  
CARE**

vs.

**SICK  
CARE**



# THE 6 PILLARS OF LIFESTYLE MEDICINE

- What areas do you see your strengths?
- What areas do you want to improve?
- How much time does your healthcare professional talk about these with you?



# CONVENTIONAL MEDICINE/HEALTHCARE

- Medications or surgical interventions are the highest level of care
- Disease is thought to occur due to pathogens, environmental factors or genetic predisposition
- Treatments target pathogens or long-term management of disease, not curing
- Diseased focused approach.
  - Passive care of patient and not required to make significant changes
- Providers are responsible for care and out comes (Experts of care)
  - Patients are passive receivers of medical services



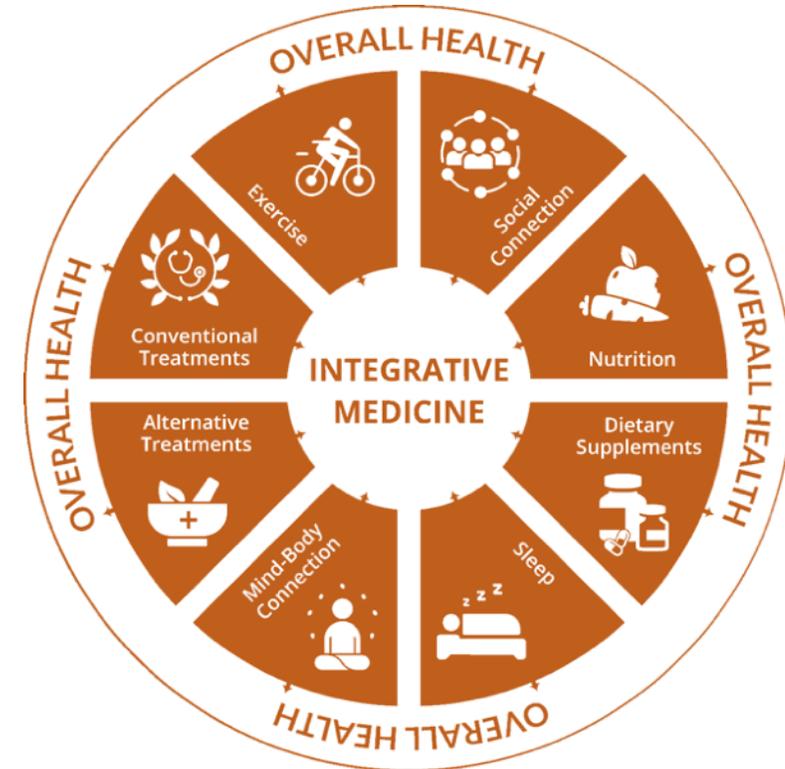
# COMPLIMENTARY AND ALTERNATIVE MEDICINE/ HEALTHCARE

- Not considered part of conventional healthcare
- Uses complimentary together with conventional medicine and/or alternative in place of conventional medicine treatments that historically are not well researched, or evidence based
- Evidence based complimentary modalities are appropriate; non-evidence based alternative treatments should be excluded
  - Tai chi, Acupuncture, Herbal remedies, Homeopathy, Naturopathy, Hypnotherapy



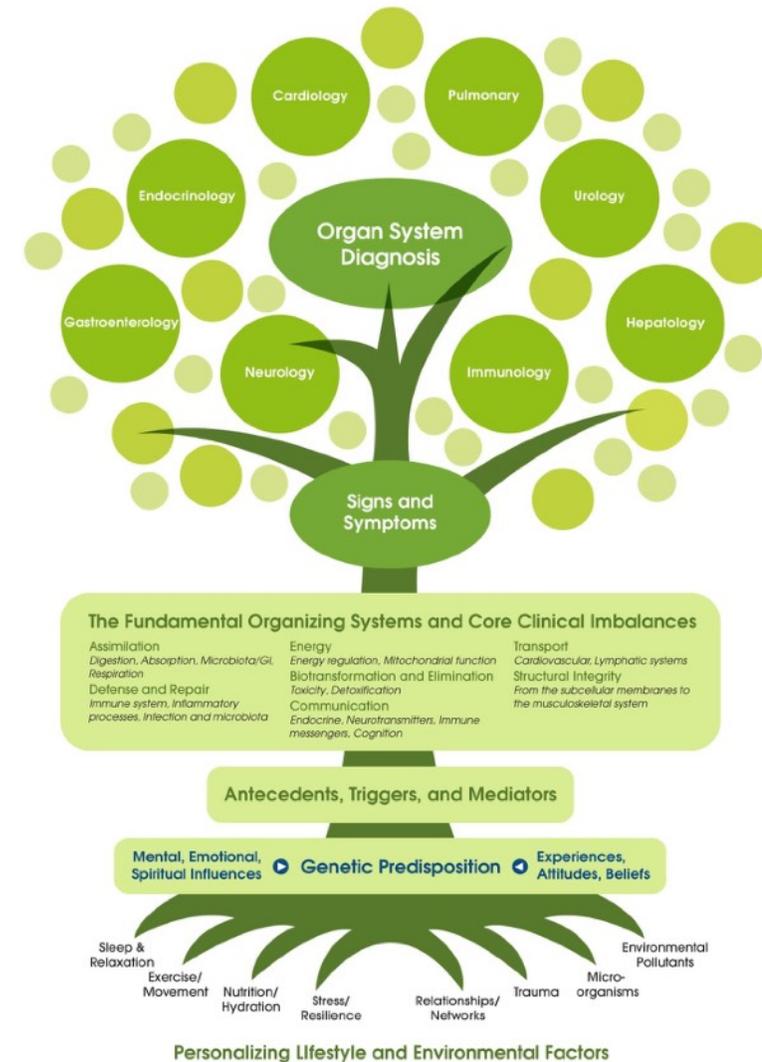
# INTEGRATIVE MEDICINE/HEALTHCARE

- Addresses the whole-person needs (physical, social, emotional, mental, environmental, and spiritual) through a combination of conventional, complimentary, and alternative medicine
- “Integrates” experience based complementary and alternative medicine methods with evidence based conventional methods
  - Some see this as a strength, others view it as a weakness of practicing conventional evidence-based medicine



# FUNCTIONAL MEDICINE/HEALTHCARE

- Focuses on physiologic and biochemical functions of the body
  - From cells to organ systems
- Investigates the balance and processes of cellular metabolism, digestive function, detoxification, and control of oxidative stress
- Emphasizes testing of various hormones and metabolites that are not well proven or generally accepted within evidence-based medicine
  - There is still some controversy over this testing and its meaning



# MIND-BODY MEDICINE/HEALTHCARE

- Investigates the interactions between body and mind – behaviorally, emotionally, mentally, socially, and spiritually
- Treats with modalities such as relaxation, hypnosis, visual imagery, meditation, yoga, biofeedback, spiritually, and tai chi
- Some mind-body medicine is solidly evidence based, while other aspects are not as well proven

Mind-Body Medicine (MBM)			
<b>Nutrition</b> Balanced Diet Mindful Eating	<b>Behavior</b> Thoughts and Emotions Social Support Family and Friends Communication Work and Performance Cognitive Behavioral Therapy Cognitive Mental Techniques	<b>Exercise</b> Yoga Tai chi Qigong	<b>Relaxation</b> Meditation Mindfulness-Based Interventions Mindfulness-Based Cognitive Therapy Faith Spirituality Relaxation Techniques Sleep Techniques

# LIFESTYLE MEDICINE/HEALTHCARE

- Aimed at **treating the root cause** of most of modern chronic diseases
- Most modern diseases are caused by lifestyle and lifestyle change is the cure
- Lifestyle change is the first line and most important intervention for disease prevention, treatment and reversal
- LM is a foundational approach – NOT an “add on”
- Evidence based meds may be used, but only to supplement changes in lifestyle
- Treatments are based on the six pillars!



# What is Really Causing Death?

- Lifestyle practices are the most important determinants of health outcomes
- Improving unhealthy behaviors is essential for effective care
  - Must establish a trusting relationship – therapeutic alliance
  - Patient support – IP Team, family/friends, community
- 80% of premature deaths attributable to unhealthy lifestyle choices
  - Tobacco use
  - Poor eating pattern
  - Lack of physical activity

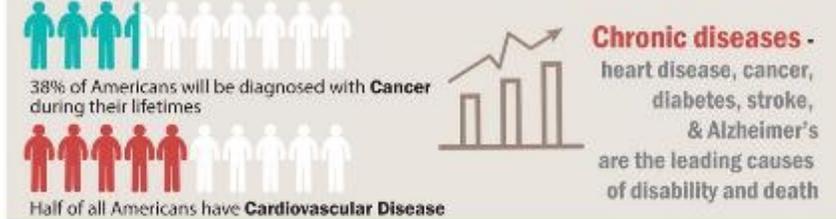
# Why Lifestyle Medicine?

- Treating Chronic Noncommunicable Diseases
  - Cardiovascular Disease, Cancer, Type 2 Diabetes, Stroke
- Pick one, two or even three pillars
- Largest effects what we are eating and how much we move!
- Empowers the patient to be active in their care, not passive participant
- Uses a Coach Approach, not expert

## Chronic Disease in U.S.

AMERICAN COLLEGE OF Lifestyle Medicine

### Problem



### Cause

#### Eliminate

- Poor Diet
- Sedentary Behavior
- Smoking

### Prevent

- 80% of heart disease & stroke
- 80% of type 2 diabetes
- 40% of cancer

### Solution

#### Restore Health

- Whole-food, plant predominant diet
- 150 mins/wk of moderate exercise
- 8 hours of restful sleep
- Daily relaxation time to lower stress
- No Smoking
- Regular connection to positive people

Lifestyle Medicine providers treat and reverse chronic disease

# So What Are The Benefits of Lifestyle Medicine

Taking an active approach to your health and wellness and actually restoring your health

<b>Living Longer – Increased health span!</b>	<b>Improved cognition</b>
Decreased risk of cardiovascular disease	Decreased anxiety
Decreased risk of type 2 diabetes	Decreased stress
Decreased risk of some cancers	Decreased depression
Decreased risk of stroke	Decreased risk of Alzheimer's disease
Stronger bones	Decreased risk of mental health conditions
Decreased risk of obesity	Decreased systemic inflammation (OA, AI disease)
Stronger muscles and bones	Less falls and injuries after falls

# How Are We Doing?

Only 3% of individuals have healthy levels of all four health behaviors

Non-smoking	76%
BMI <25	40%
Fruits and veggies 5/day	23%
Regular physical activity	22%
<b>All 4</b>	<b>3%</b>



# The Six Pillars



**eat plants**

**keep moving**

**sleep well**

**be present**

**stay calm**

**love people**



Is change easy and is everyone ready  
to change their lifestyle?

How do people change?

# Lifestyle Change



What is needed for change to happen?

# The Six Stages of Change

- Pre-Contemplation Stage
- Contemplation Stage
- Preparation Stage
- Action Stage
- Maintenance
- Termination



# Stages of Change

## **Pre-Contemplation**

- Not intending to take action in the foreseeable future
- Not yet embraced the notion that there is a health related problem or engaging in unhealthy behavior
- Has not seriously considered changing behavior
- May be uninformed or underinformed about consequences of behavior

## **Contemplation**

- Intending to change. Light bulb is being turned on
- Recognizes that behaviors are associated to a health problem and may investigate the behavior
- People may get stuck in this stage for long periods
  - Behavioral procrastination

# Stages of Change

## Preparation

- Intending to take action in the immediate future
- A choice to change the unhealthy behavior has been made
- A plan of action is developed

## Action

- Change is initiated
- Behavior change is equated with action, but there must be an attainment of behavior change that is sufficient to reduce risks of disease
- Person must not go directly from contemplation to action. Preparation allows for adequate planning. Skipping increases risk of failure

# Stages of Change

## **Maintenance**

- Working to prevent relapse back to old behaviors
- Confident they will continue their behavioral change
- Regular practice of the new behavior

## **Termination**

- Regular practice of the new behavior
- No matter their emotional state, they are sure they will not return to their old, unhealthy lifestyle
- May not be a reality for all people



# First Steps to HEALTH RESTORATION

Lifestyle Medicine is the use of evidence-based therapies such as a whole food, plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connection for the treatment and reversal of chronic disease.



## ADDITIONAL TIPS

- Drink water to quench thirst
- Choose a fitness activity you enjoy, such as walking, moving in water or biking, Build up slowly, with a goal of at least 30 min. 5 days/week
- For the best quality of sleep, make your room cool, dark, quiet and comfortable.
- Understand the well-documented dangers of any addictive substance use can increase risk for many cancers and heart disease.
- Recognize stress that leads to improved health and productivity vs. stress that leads to anxiety, depression, obesity, immune dysfunction and more.
- Set regular times to engage with others. Social connectedness is essential to emotional resiliency.

# Learn More about Lifestyle Medicine at RFUMS

- Email me: [Jeffrey.Damaschke@rosalindfranklin.edu](mailto:Jeffrey.Damaschke@rosalindfranklin.edu)
- Look at the LM certificate program: [Here](#)
- Look at the LM MS degree program: [Here](#)