Lifestyle Medicine
The Common Sense Solution To The Chronic Disease Epidemic

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Note: a number of slides below have been reformatted to make this handout more readable

Lifestyle Medicine focuses on 6 areas to improve health
• HEALTHFUL EATING of whole, plant-based foods
• Increase PHYSICAL ACTIVITY
• Develop strategies to MANAGE STRESS
• Form & maintain RELATIONSHIPS
• Improve your SLEEP
• Cessation of TOBACCO
a·ha mo·ment
noun
informal
noun: aha moment; plural noun: aha moments; noun: a-ha moment; plural noun: a-ha moments
1. a moment of sudden insight or discovery.
2. "it was one of those aha moments, when you know you have to risk it all"
10 Leading Causes of Death
United States – 2016
1. Heart disease
2. Cancer
3. Chronic lower respiratory diseases
4. Accidents
5. Stroke
6. Alzheimer’s disease
7. Diabetes
8. Influenza and pneumonia
9. Nephritis, nephrotic syndrome, and nephrosis
10. Intentional self-harm (suicide)
Can Lifestyle changes reduce rates of diabetes?

Diabetes Prevention Program

~3200 Pre-diabetics

- Metformin
- Lifestyle
- Placebo

31% 58%

1. Eat a healthy diet
2. No smoking
3. Exercise 3.5 hours/week
4. Maintain a healthy weight
4 out of 5 heart attacks prevented

BE THE CHANGE THAT YOU WISH TO SEE IN THE WORLD.

MAHATMA GANDHI
But the reality is…

**ONLY 1 IN 4**

medical schools meets federal requirements for nutrition education.⁶

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Physicians are considered by the public to be the best, most credible source of information about nutrition.⁵

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The problem…

Upon graduation, less than half believe nutrition is important.

71% of incoming Medical students think nutrition is clinically important.

Medical Boards Do not test on nutrition or lifestyle.

Cardiologist training require 100 caths but 0 hours of nutrition.

94% of physicians feel that nutrition counseling should be part of primary care visits, but only 14% are qualified to offer it.¹⁰

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Nutrition Education in areas of global obesity and diabetes. Esmberg, Eugene Academic.
"As medicine and health care delivery in our nation continue to evolve in new and exciting ways, the US medical education system, which is based largely on an education model more than a century old, has not kept pace."

-American Medical Association

Source Report: Accelerating change in medical education: creating the medical school for the future 2015

Antiquated Medical Education Model

Figure 2: The relationship between pathogenesis, the mechanism by which a disease is caused, and salutogenesis, the process through which health and well-being are produced. Credit: Wayne B. Jonas, MD, and Samuel Institute (www.samuelinstitute.org). Reproduced with permission.

Salutogenesis medical education model

“Future curricula would include modules on nutrition, exercise, sleep, mindfulness, self care, and developing cutting edge skills to support expertis counseling patients on behavioral change.”


A new generation of physicians empowered to address the current healthcare climate

Hippocratic Oath - Modern Version

I will respect the hard-won scientific gains of those physicians in whose footsteps I walk, and gladly share such knowledge as is mine with those who are to follow.

I will apply, for the benefit of the sick, all measures that are required, avoiding those twin traps of overtrement and therapeutic nihilism.

I will prevent disease whenever I can, for prevention is preferable to cure.

I will remember that my patients are individuals, and their problems are not merely scientific diagnoses.

I will always act so as to preserve the finest traditions of my calling, and I will long experience the joy of healing those who seek my help.

“Do the best you can until you know better. Then when you know better, DO BETTER.”

- Maya Angelou

Thank you!
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