

# Lifestyle Medicine

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# Some Things To Consider

- ▶ Why you should you even listen to a thing I have to to say?
- ▶ Is Lifestyle Medicine even a thing?
- ▶ If it's a thing, is it really a doctor thing?
- ▶ Is it something I can do in a GP consultation?
- ▶ What things should I be considering?
- ▶ What role could I have in making it a thing in my surgery?
- ▶ Making it a thing: my plan for living life better

Who  
am  
I?



Group discussion: what is lifestyle  
medicine? (2 mins)

# Defining Lifestyle Medicine

- ▶ ... a branch of medicine dealing with research, prevention and treatment of disorders caused by lifestyle factors such as nutrition, physical inactivity, and chronic stress (Wikipedia). Term first used in a print in 1989.
- ▶ lifestyle medicine involves the integration of lifestyle practices into the modern practice of medicine both to lower the risk factors for chronic disease and/or, if disease is already present, serve as an adjunct in its therapy. Lifestyle medicine brings together sound, scientific evidence in diverse health-related fields to assist the clinician in the process of not only treating disease, but also promoting good health (Rippe, 1999)
- ▶ approaches include “a predominantly whole food, plant based diet, regular physical activity, adequate sleep, stress management, avoidance of risky substance use, and other non-drug modalities.” (Lifestyle Global Alliance)
- ▶ It's not alternative. It should be mainstream

# Is Lifestyle Medicine even a thing?

- ▶ It's stating the bleedin' obvious...which we have been ignoring
- ▶ The traditional, disease-based medical model is expensive and broken
- ▶ Life expectancy has plateaued and is now decreasing in the west
- ▶ 30-80% of presentations to primary care are not about “health”
- ▶ “Health” accounts for just 20% of our wellbeing
- ▶ It addresses the cause, not merely the symptoms
- ▶ Increasing reference to lifestyle and prevention in NHS policy
- ▶ Recognition of it as a specialty, [BSLM certification](#)



# If it's a thing, is it really a doctor thing?

- ▶ We have a unique position as the patient's GP
- ▶ We hold the “golden thread” in primary care
- ▶ RCGP endorsed [Prescribing Lifestyle Medicine course](#) since 2018
- ▶ Why settle for treating symptoms when you can address the cause?
- ▶ First do no harm...including investigations, referrals and drugs
- ▶ To not do it is at best lazy and at worst dangerous

# What things should I be considering?

- ▶ Group discussion - 5 minutes.



# What things should I be thinking about?

- ▶ Sleep: The bedrock of our health, the tide that floats all boats
- ▶ Movement: The miracle cure for the Toxic Death Cult of Being Sedentary
- ▶ Nutrition: Eat food, mainly plants, not too much
- ▶ Relaxation: Is it a lion or your life that's trying to kill you?
- ▶ Connection: No man is an island. Commonest theme across Blue Zones
- ▶ Purpose: What's it all about? Aim for ikigai

# What things help us to make changes?

- ▶ Understanding what is important to us
- ▶ Intrinsic vs extrinsic motivation (e.g. health benefits vs weight loss)
- ▶ Having a plan, being specific
- ▶ Simple goals, small changes (complexity dilutes results)
- ▶ Sustainability - rational, relevant
- ▶ Making ourselves accountable (e.g. appointing a referee)
- ▶ Rewards (e.g. temptation bundling)
- ▶ Anticipating failure and planning to overcome it (pre-mortem)
- ▶ Treating failure as a friend. It's a system issue, not a personal one
- ▶ Being kind to ourselves

# Is it something I can do in a consultation?

- ▶ Yes, if you take a pragmatic approach
- ▶ Bite sized chunks. Pick a small, simple and sustainable change
- ▶ Book a follow-up/longer appointment if you need it
- ▶ Offer to help the patient make a plan (e.g. handwritten, document template)
- ▶ Pick your battles. Settle for priming if patient is pre-contemplative
- ▶ Give the patient some responsibility & signpost to further info
- ▶ Arrange follow up with the right person, use primary care team & others
- ▶ It can be a good return on the time invested - for you, the patient & the NHS

# What role could I have in making it a thing in my surgery?

- ▶ Sleep: get 7-8 hours (8-9 hours of sleep opportunity).
- ▶ Movement: walking before/during/after surgery, walking meetings, taking stairs (step jockey), standing every hour, standing desk, micro workouts, park run practice, encourage staff to cycle/walk to work (eases car park issues!).
- ▶ Nutrition: healthy food in reception & practice lunches (could get delivery to practice e.g. Riverford, Abel & Cole). Don't skip meals. Batch food prep.
- ▶ Relaxation: mindfulness (individual or group), social media policy, challenge ideas about effectiveness, break up day e.g. shorter surgeries, grouping tasks/type of work together. Learn to say No or say Later.
- ▶ Connection: meeting space & time e.g. coffee break, lunch, debrief, social events, practice parties, peer learning group, CPD events
- ▶ Purpose: remind yourself of your/team's values when making decisions

# Here's something I prepared earlier...



## Living Life Better Means..

Being fitter so I can enjoy physical activities with my children and feel less tired



## My Living Life Better Goals..

Complete couch to 5k program

Do my first park run

Play football with my children



## Changes I will make to achieve my goals

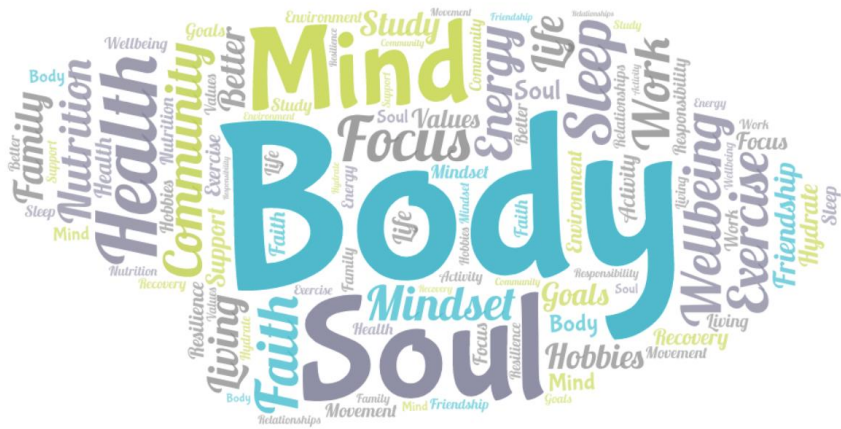
Get up 15 mins earlier so I can walk to the station

Get off the tube 2 stops early and walk the rest

Take the stairs at work

Get a standing desk

Download the couch to 5k app and start the program



## Who will support me and hold me accountable for each of these areas?

My wife - who will check what time I get up each morning



## How will I measure whether I have successfully made these changes?

I will be getting up early enough to walk to the station



## Details

Date of next review with Living Life Better:

12/02/2019



# Making it a thing: my plan for living life better

- ▶ Small group discussion: 10 mins
- ▶ Pick one goal (could be personal or professional)
- ▶ Why do I want to do this?
- ▶ How specifically will I achieve this?
- ▶ What are the barriers and how will I overcome them?
- ▶ Who will hold me accountable? (friends, family, trainer)
- ▶ How will I know when I have achieved it? (bright lines)

Write your plan down. Share with group if comfortable.

# Some more things

- ▶ Recommended reading:
  - ▶ Nudge (Sunstein and Thaler) & Inside the Nudge Unit (David Halpern)
  - ▶ Think Small (Owain Service, Rory Gallagher)
  - ▶ Four Pillar Plan & The Stress Solution (Dr Rangan Chatterjee)
  - ▶ Why We Sleep (Prof Matt Walker)
  - ▶ Food: WTF should I eat (Dr Mark Hyman)
  - ▶ Blue Zones (Dan Buettner)
  - ▶ A Statin Nation (Dr Malcolm Kendrick)
- ▶ Podcasts:
  - ▶ Feel Better Live More (Dr Rangan Chatterjee)
  - ▶ Doctor's Kitchen (Dr Rupy Aujla)
  - ▶ Freakonomics (Steven Dubner)
  - ▶ Real World Behavioural Science (Stu King)
  - ▶ Bite Sized Habits Podcast (Heather Mckee)
- ▶ Find our more about [Living Life Better](https://livinglifebetter.uk) @ <https://livinglifebetter.uk>



# Thank you

▶ Questions?