

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?



By looking at the pictures by van Gogh, I decided to from as I wanted it to be simple and really stand out by final piece which will feature a single flower. It is made paper and chalk paints to create the 3D effect.

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

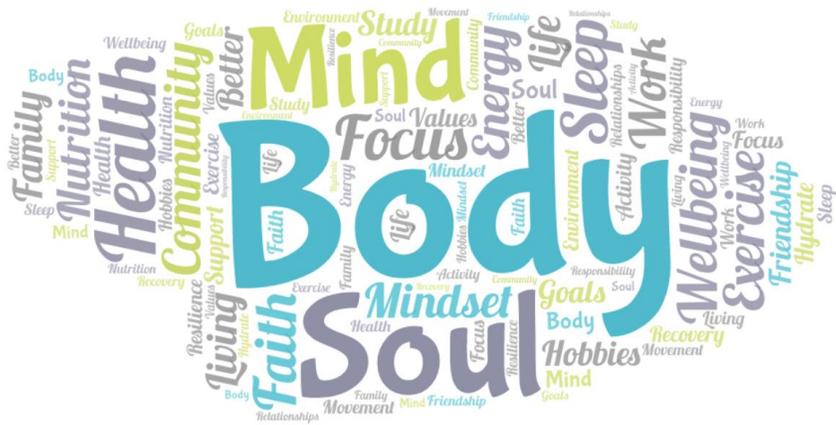
Get up 15 mins earlier so I can walk to the station

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?