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Using lifestyle medicine to manage musculoskeletal pain

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Abstract

Lifestyle medicine is defined as the use of lifestyle interventions in the treatment and management of disease. Lifestyle interventions can include activities such as health eating, exercise or physical activity, stress management, restorative sleep, tobacco cessation, alcohol moderation and a variety of other non-drug activities. The Centers for Disease Control and Prevention (CDC) report that chronic diseases affect approximately 45% of the U.S. population and consume about 75% of the total health care costs. The CDC also reports that about 75% of the total health care costs in the U.S. are related to preventable conditions. Musculoskeletal pain can be considered a chronic condition and in many cases can be prevented and managed with the help of lifestyle medicine activities. This presentation will apply lifestyle medicine concepts to the prevention and management of pain, particularly those related to musculoskeletal pain in the low back and lower extremity joints

Biography

Tom Lenz, PharmD is Associate Professor and Clinical Director of the Cardiovascular and Diabetes Risk Reduction Program at Creighton University in Omaha, Nebraska, USA. Dr. Lenz is a Fellow in the American College of Lifestyle Medicine, a member of the editorial board for the American Journal of Lifestyle Medicine and has published 4 books and over 75 journal articles in the area of lifestyle medicine, cardiovascular disease and pharmacy practice.

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