Title: Lifestyle medicine: Management and prevention of chronic diseases

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Abstract

Lifestyle medicine is a new approach to the management of chronic diseases including diabetes, stroke, heart disease, cancer, obesity, COPD and Metabolic syndrome. American college of Lifestyle Medicine defines Lifestyle Medicine as " the use of a wholefood plant-predominant dietary lifestyle, regular physical activity, restorative sleep, stress management, avoidance of risky substances and positive social connection as a primary therapeutic modality for treatment and reversal of chronic disease" (Lifestyle Medicine, 2019)

The Lifestyle medicine approach include the use of diet and nutrition, physical activities, weight management, stress coping mechanism, management of substance and tobacco abuse. Lifestyle modification is important in the prevention and treatment of chronic diseases. Lifestyle medicine nutrition will focus on. Lifestyle Medicine produces more benefits to both the patients and the practitioners if applied in a multidisciplinary setting.

Unhealthy lifestyle behaviors have been noted to be the root cause of most non-communicable diseases and do account for more than 50% of all deaths. Healthy lifestyle on the other hand has been shown to lower the number of non-communicable diseases and reduce morbidity and mortality rates. There is an increase need for lifestyle medicine because of increase chronic diseases

Keywords: Lifestyle medicine, chronic diseases, prevention, management, Health promotion

Reference

Lifestyle Medicine. (2019). Lifestylemedicine.Org. https://lifestylemedicine.org/What-is-Lifestyle-Medicine

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