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)

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. A 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 increasing need for lifestyle medicine because of increased chronic diseases.

The Lifestyle medicine approach includes the use of diet and nutrition, physical activities, weight management, stress coping mechanisms, management of substance, and tobacco abuse. Lifestyle modification is important in the prevention and treatment of chronic diseases. Lifestyle Medicine produces more benefits to both the patients and the practitioners if applied in a multidisciplinary setting. This paper will look at how to manage chronic diseases using Lifestyle management approach

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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