

# Lifestyle Medicine

## Why do we need it?

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NUTRITION



EXERCISE



TOBACCO  
& ALCOHOL



STRESS  
MANAGEMENT



SLEEP

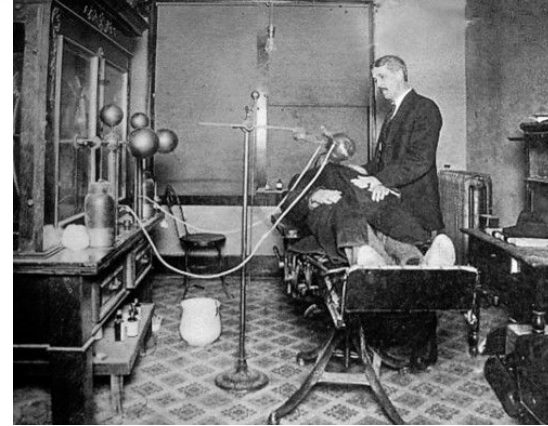
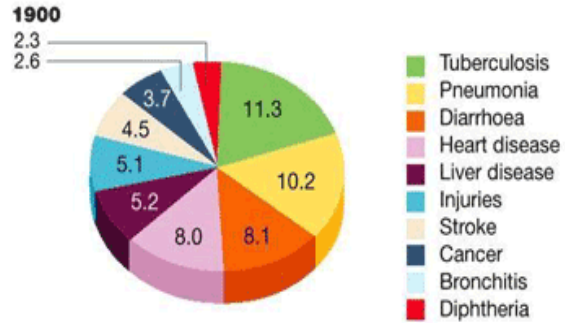


HEALTHY  
RELATIONSHIPS

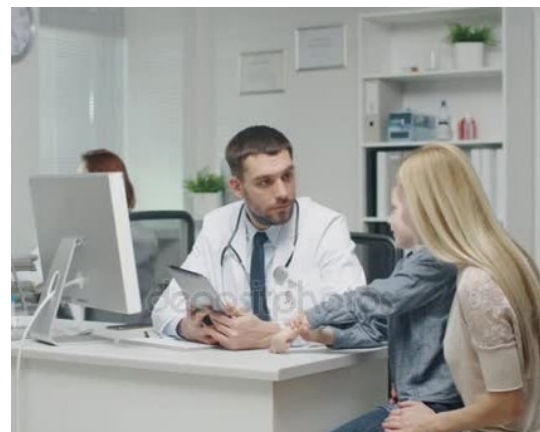
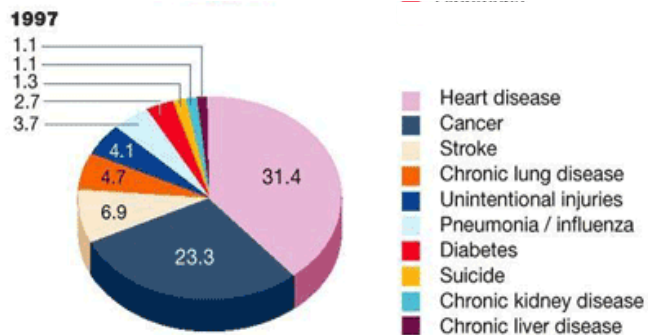
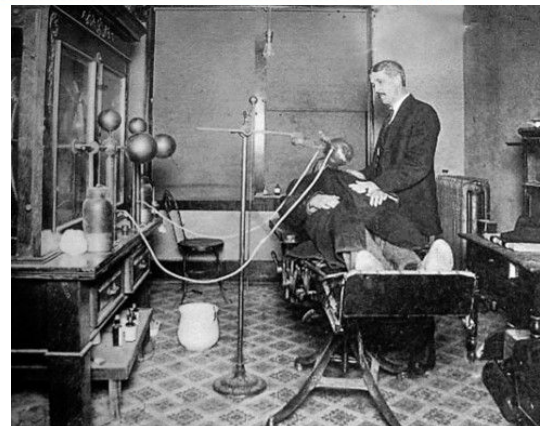
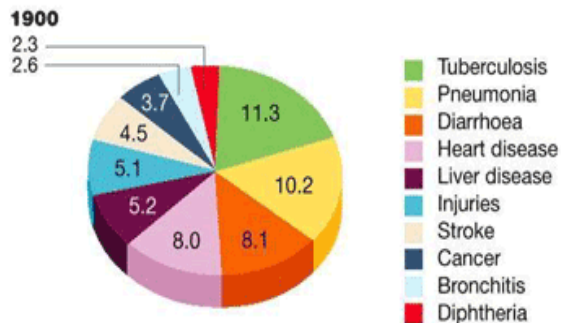
# CHRONIC DISEASE IN THE NETHERLANDS



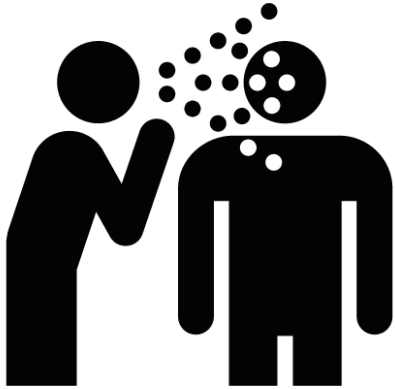
# UNSUSTAINABLE HEALTH CARE



# UNSUSTAINABLE HEALTH CARE



## THEN: SIMPLE UNIFACTORIAL DISEASE





## NOW: COMPLEX SYSTEMS DISEASE



## Cardiovascular Diseases



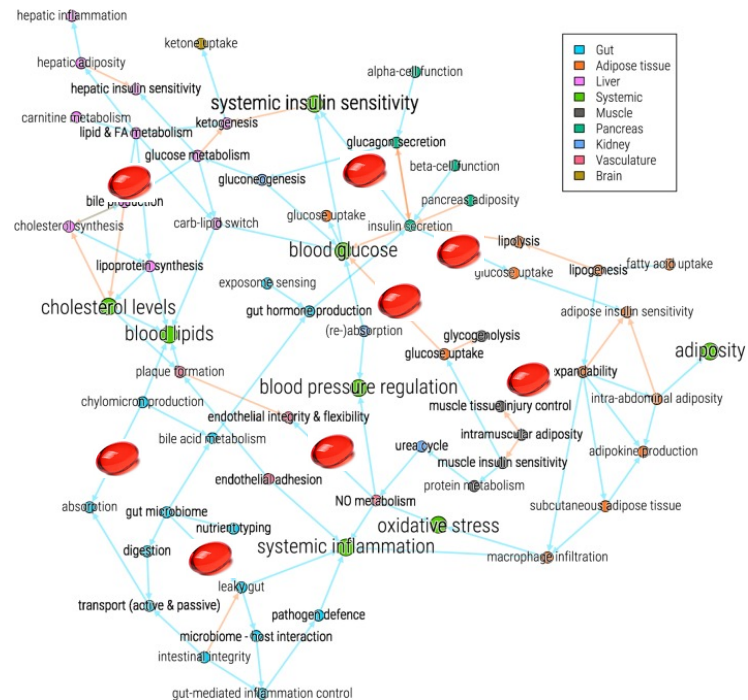
## Cancers



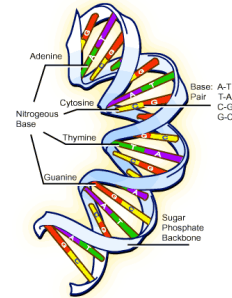
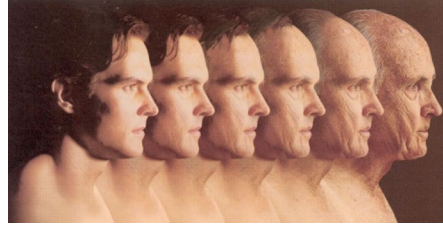
## Diabetes



## Chronic lung Diseases



# ETIOLOGY OF NCD

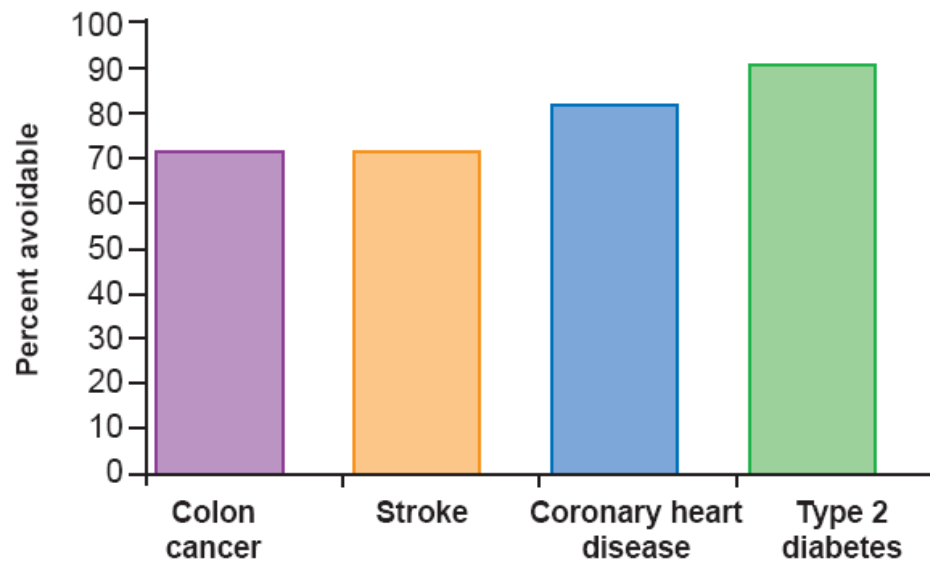


## ENVIRONMENT/LIFESTYLE IS KEY

Pacific Islanders	Nauru (1952)	0
	Nauru (2002)	41
New Guineans	Rural	0
	Urban	37
Aboriginal Australians	Traditional	0
	Westernized	23



# NCD IS PREVENTABLE



## WIM & SAÏDA



# LIFESTYLE MEDICINE: WHAT DO WE NEED?



NUTRITION



EXERCISE



TOBACCO  
& ALCOHOL



STRESS  
MANAGEMENT



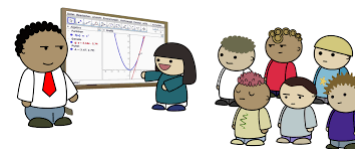
SLEEP



HEALTHY  
RELATIONSHIPS



# PATIENT EMPOWERMENT





# HEALTH COACH



# E-HEALTH



## WHY DOCTORS?



**Diagnose**

**Inform**

**Inspire**

**Check**

# HOLISTIC APPROACH

environment

biology

behavior

spirituality





- **The disease burden has changed, medicine should change as well**
- **Our way of life is at the root of many non communicable diseases**
- **Lifestyle medicine tackles the roots of the etiology**
- **Patient empowerment is key**
- **Modern doctors are advisors, no more no less**