

How Healthy Is Your Doctor?

Kathryn Collins,
M.D., FACEP

Stanford University School of
Medicine, 1977



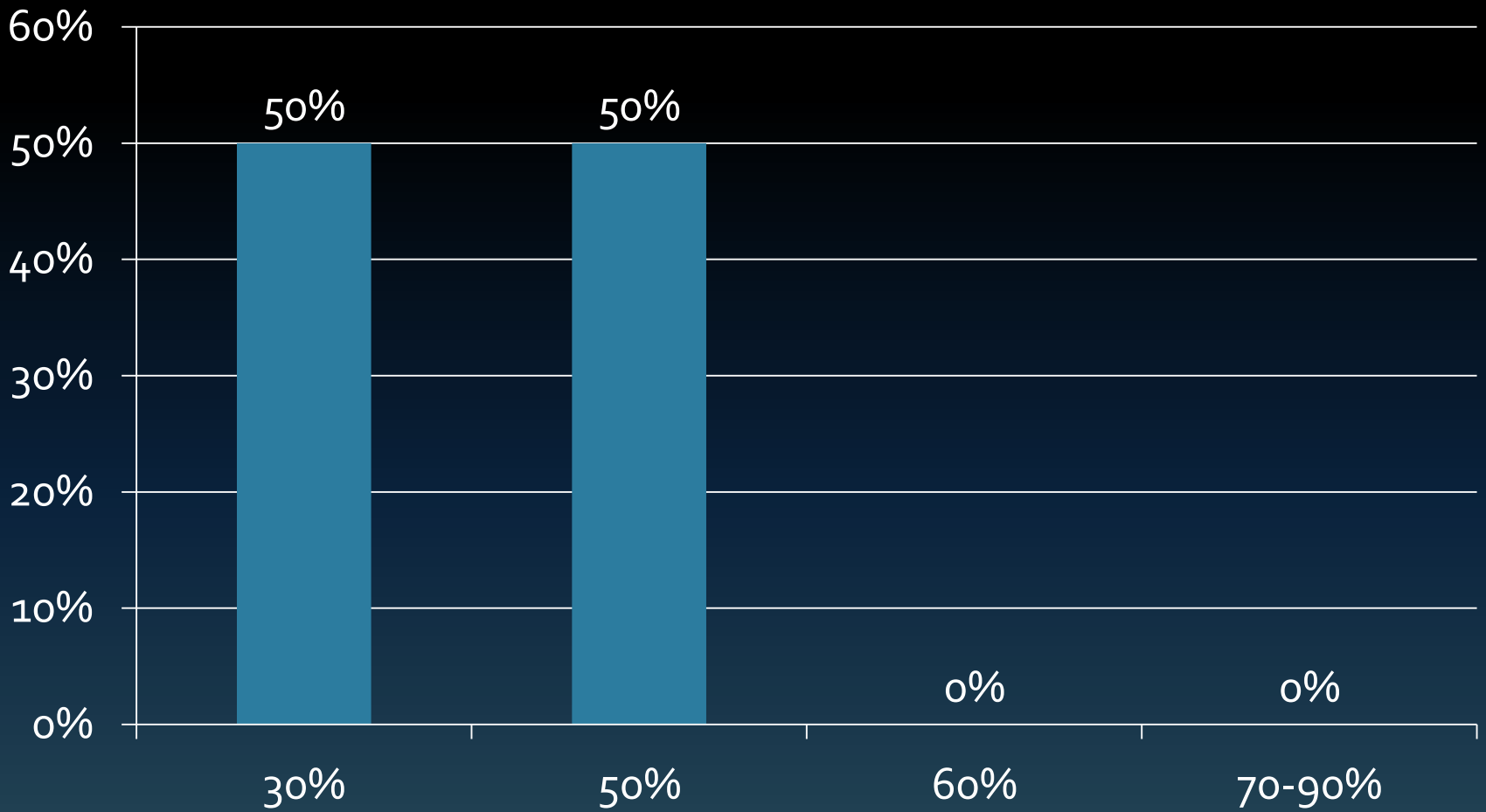
Question

10

What percent of our commonest chronic diseases are preventable, and even reversible, through healthy dietary and lifestyle behaviors?

- A. 30%
- B. 50%
- C. 60%
- D. 70-90%

Results



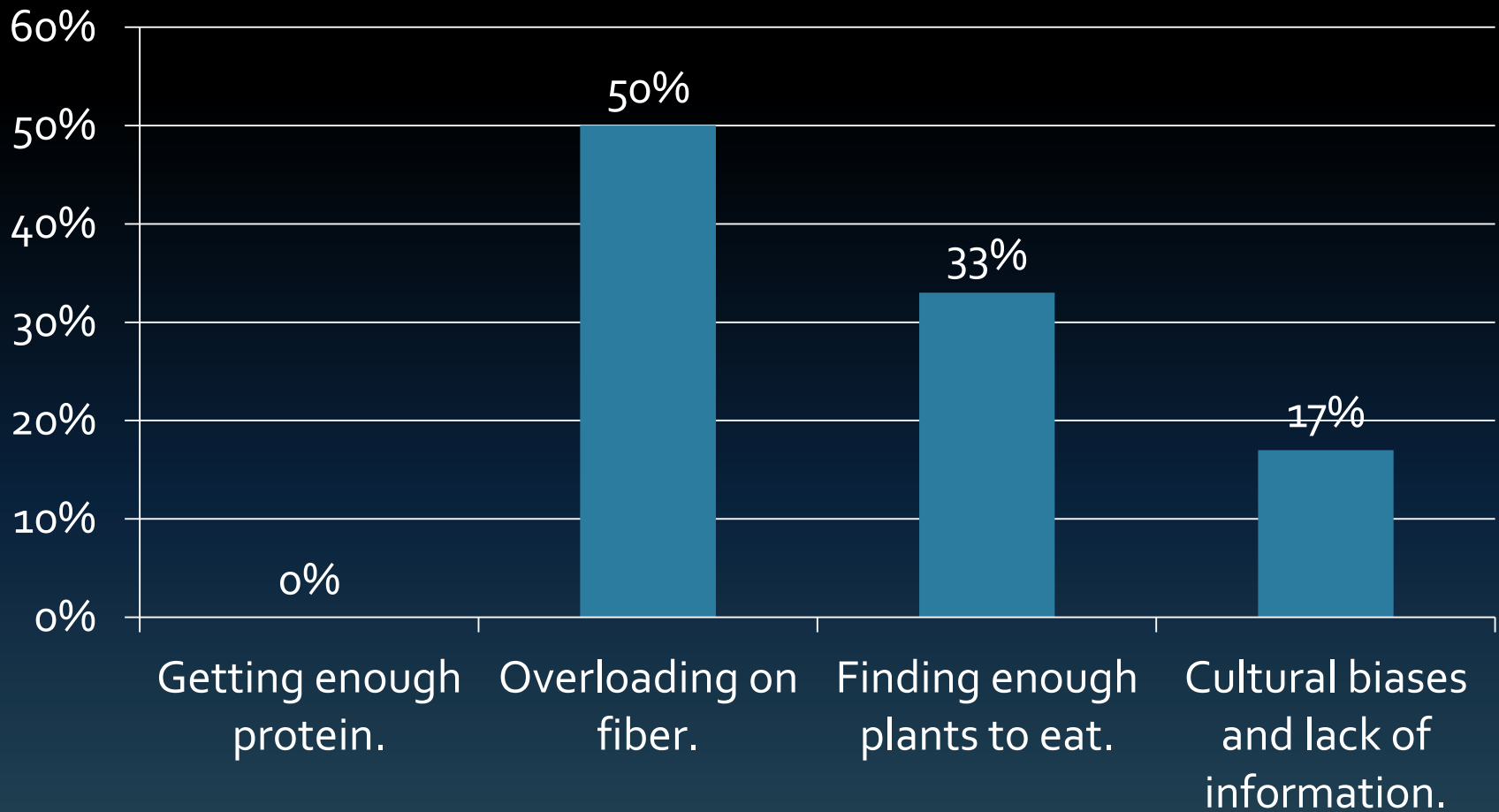
Question

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The greatest challenge in following a plant-based diet is:

- A. Getting enough protein.
- B. Overloading on fiber.
- C. Finding enough plants to eat.
- D. Cultural biases and lack of information.

Results



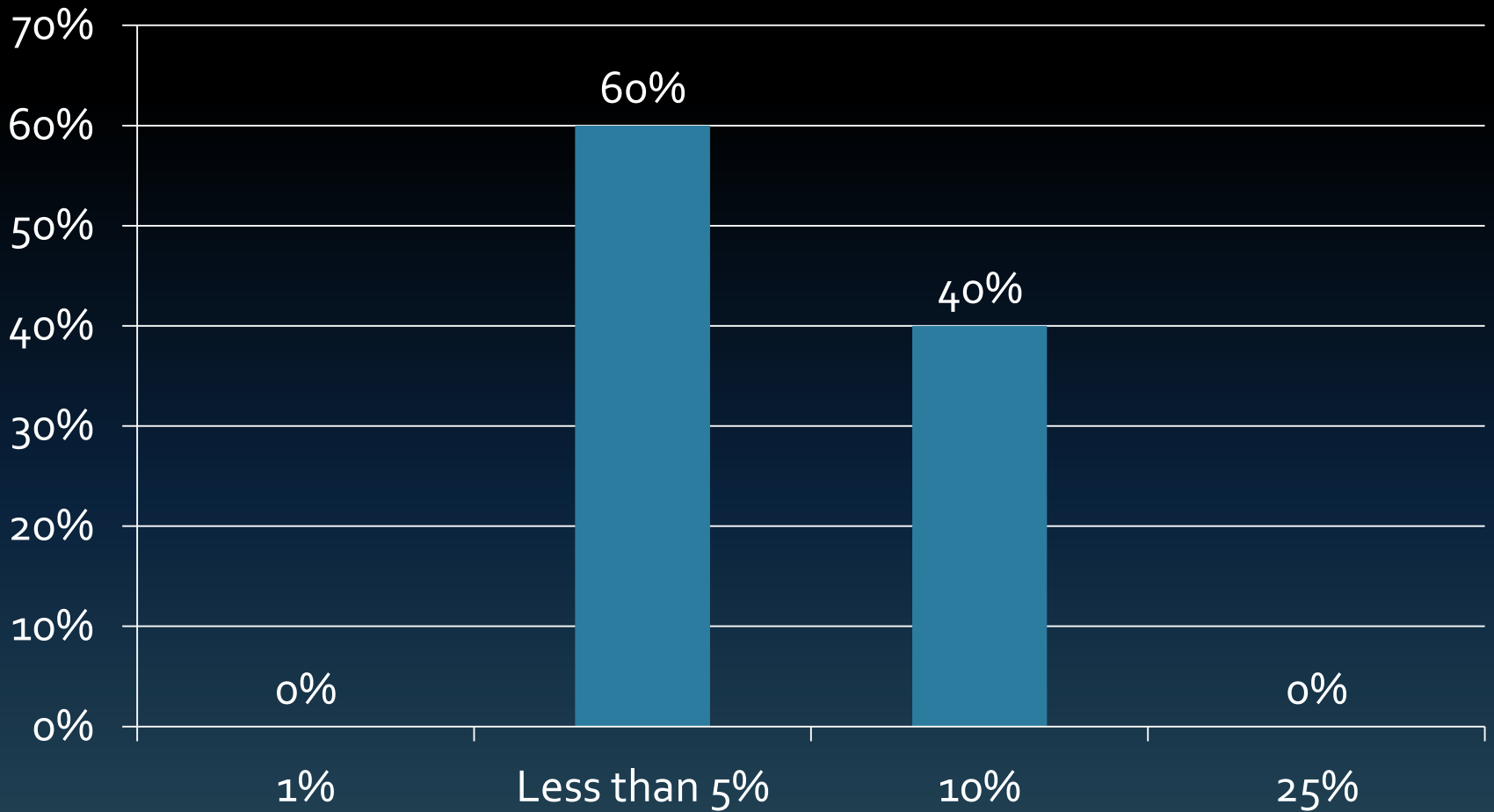
Question

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What percent of healthcare professionals engage in the “cluster of lifestyle strategies known to lower risk of cardiovascular disease”?

1. 1%
2. Less than 5%
3. 10%
4. 25%

Results



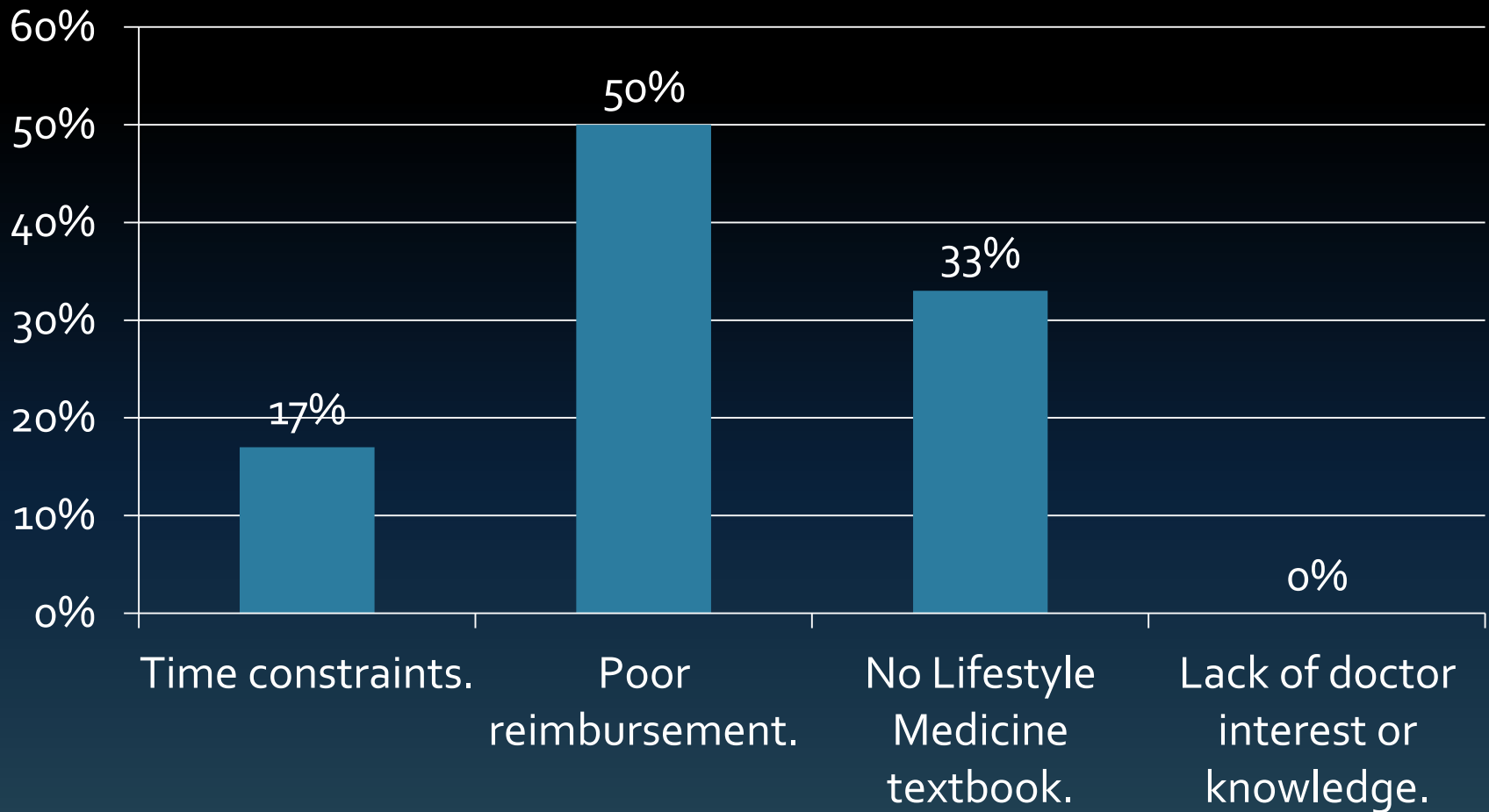
Question

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All of the following are obstacles to incorporating diet and lifestyle conversations into most medical practices EXCEPT:

- A. Time constraints.
- B. Poor reimbursement.
- C. No Lifestyle Medicine textbook.
- D. Lack of doctor interest or knowledge.

Results



What we eat and how we live
profoundly affect our health

Objectives

- Updates/info on lifestyle medicine
- Why important/why now?
- Evidence-based diet/lifestyle practices
- How to help our patients help themselves

Why I love modern medicine



Conventional Wisdom about Health

Hippocrates: Let food be thy medicine...

Winnie the pooh: A bear, however hard he tries, grows tubby without exercise.

An apple a day keeps the doctor away.

Mom: Eat your vegetables!

We all know how to stay healthy: “eat a good diet and exercise regularly.”

How's that working for us?

Fast forward half a century: global epidemics of chronic disease

Cardiovascular disease, cancer, diabetes, pulmonary disease, mental health and behavioral disorders, Alzheimer's disease and dementias, autoimmune diseases....

The United States of Un-health

2/3 of American adults, and 1/3 of our children, are currently overweight or obese.

More than half of Americans could have diabetes or be pre-diabetic by 2020.

UnitedHealth Group, 2011.



Lifestyle-induced chronic disease

- Rosenbaum, Lisa and Daniela Lamas. "*Facing a Slow-Motion Disaster.*" The UN Meeting on Non-Communicable Diseases. NEJM (2012)365(25):2345-2348.
- Olshansky, S. Jay et al. "*A Potential Decline in Life Expectancy in the United States in the 21st Century.*" NEJM (2005)352:1128-1145.

Why us/why now? A perfect storm

- Abundant, cheap unhealthy food
- No need to move
- Chronic stress
- Tobacco/toxins
- Inflammatory lives



70-90% of our commonest chronic diseases are preventable...and many are treatable...through diet and lifestyle intervention

Healthy Living is the Best Revenge

- Ford E.S. et al. Healthy Living Is the Best Revenge: Findings from the European Prospective Investigation Into Cancer and Nutrition Potsdam Study. **Archives of Internal Medicine** (2009) 169(15): 1355-1362.
 - Not smoking
 - BMI under 30
 - 3.5 hrs physical activity/wk
 - Diet: high produce, whole grain bread, low red meat

“Combine eating well and being active
with a commitment to never hold a
cigarette and the risk of all chronic disease
declines by roughly 80%.

David Katz, President, American College of
Lifestyle Medicine

Modern Medical Approach



Lifestyle-induced chronic disease

Are we helping?

Medical care is the 6th leading cause of death in the U.S.

Have doctors been missing the boat on health?



Enter Lifestyle Medicine: Why different/why now?

Evidence-based: reams of research...

It works! ...and people want to feel better/take fewer pills.

Lifestyle AS medicine and Lifestyle IN medicine.

A unique and important opportunity to reverse the tide of chronic disease.



Less expensive, and the only side effect is better health



Growing interest, participation, and enthusiasm, by healthcare professionals

- American College of Lifestyle Medicine
- Institute of Lifestyle Medicine (Harvard):
online courses/CME
- American College of Preventive Medicine
- Lifestyle Med Foundation
- American College of Sportsmedicine
- European Society of Lifestyle Medicine
- Australian Society of Lifestyle Medicine

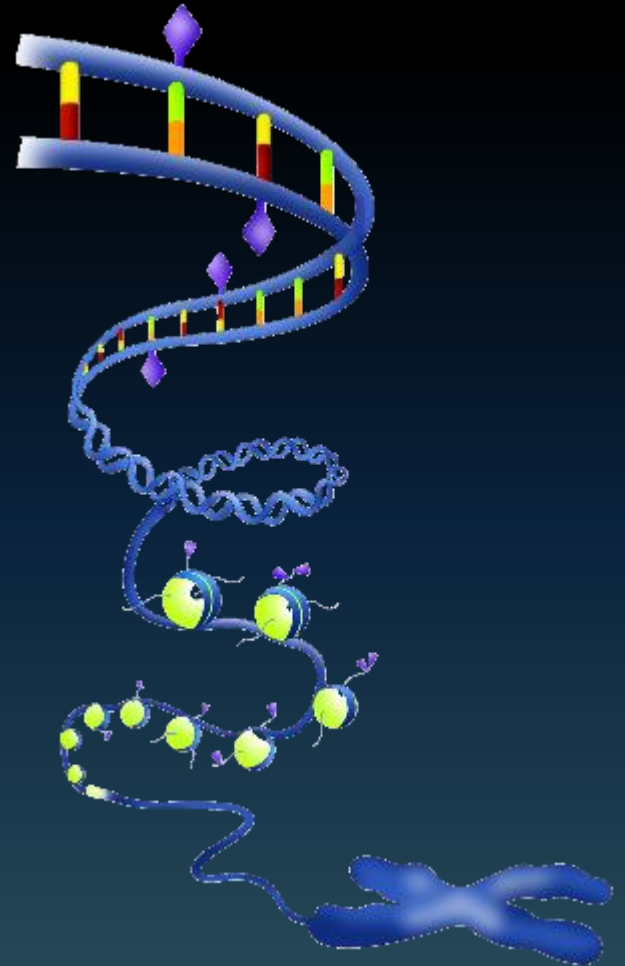
Old: genes vs. environment

New: epigenetics: what's bathing our genes?

What we eat and how we live can suppress unhealthy genes and nurture healthy ones

Lifestyle changes beneficially affect gene expression in 501 genes in three months/downregulate oncogenes...(Ornish GEMINAL study 2008)

Telomeres shorten with chronic stress, lengthen with vegetables!

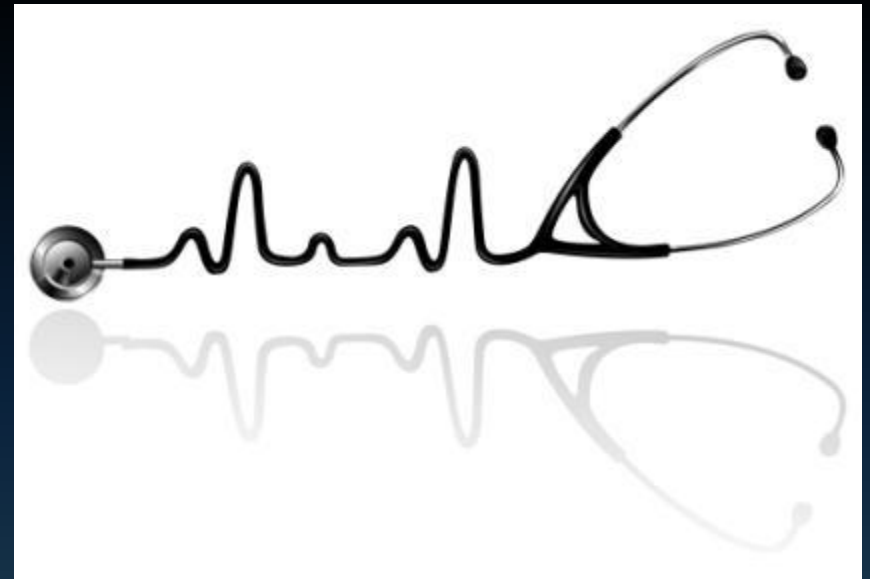


Myriad positive effects of healthy lifestyle behaviors

- Support immune system/prevent cancer
- Improve cardiovascular and metabolic health
- Prevent dementia/grow new neurons!
- Promote healthy and functional longevity
- Improve mental and emotional health

Less than 5% of Americans engage in the “cluster of lifestyle strategies known to lower risk of cardiovascular disease”

- Not smoking
- Maintaining healthy BMI
- Appropriate levels of physical activity
- Healthy diet score
- Target BP, Chol, FBS



Doctors are people, too

Preventive and personal health behaviors among physicians. Acad Psychiatry 2009, 33(4):289-295.

- “A focus on creating healthy lifestyles will benefit physicians as much as the general population.”

If lifestyle intervention is so powerful, why aren't more doctors embracing it?

- Lack of time, for selves or patients
- “Too radical”: patients won't comply
- Poor reimbursement; stay tuned!
- Lack of interest (am I changing that?)
- Unsure about resources/trainings/textbook!

Evidence-based lifestyle practices: a general consensus

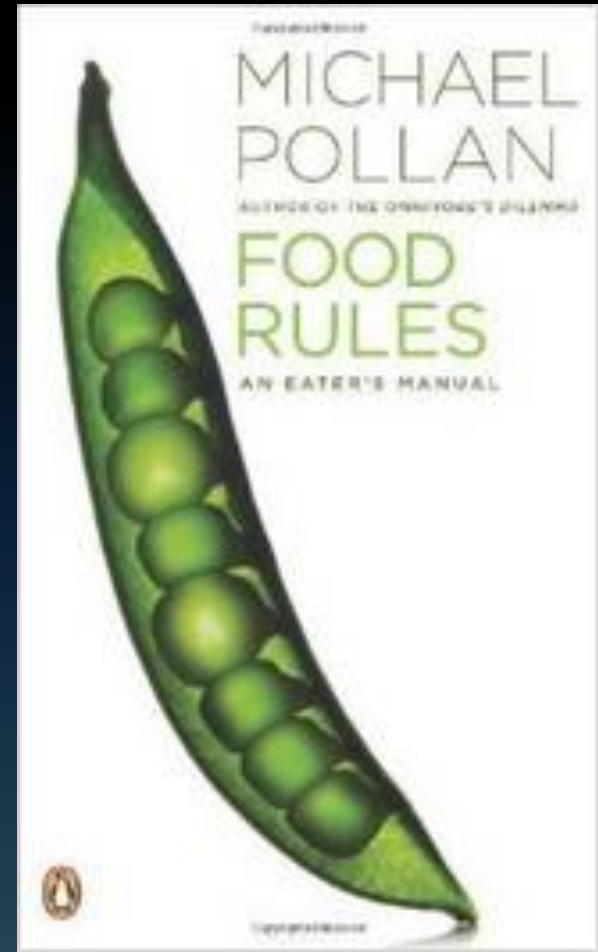
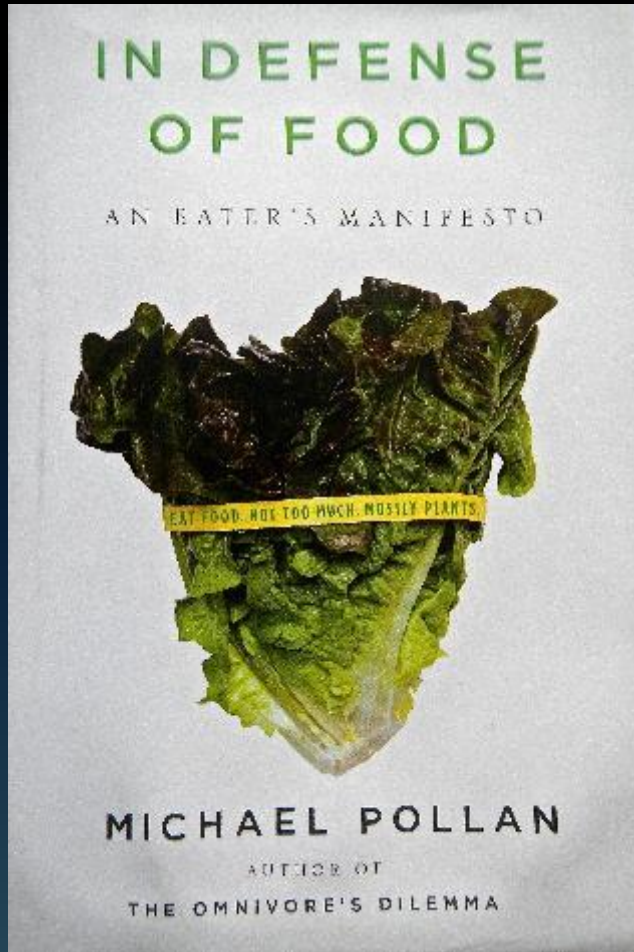


Has that fish been tested for mercury?

I can't eat that. I'm a vegan.

Is that bread gluten-free?

Eat food. Mostly plants.
Not too much.



Why mostly plants?

- Healthiest protein
- Healthy (“good”) carbs and fat
- Great source of fiber (meat has none)
- Micronutrients! (vs isolated vitamins)

What is processed food?

- Far from nature
- Long ingredients list
- Long shelf life
- Most fast food



The power of produce



Fruits and veggies: “More Matters”

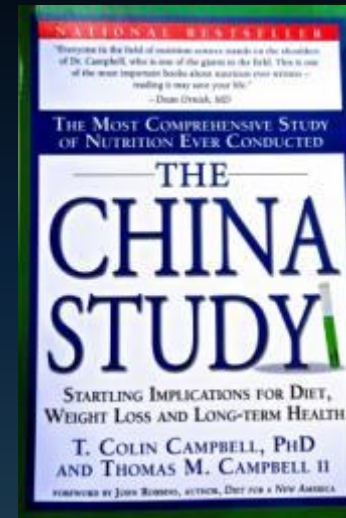
6% Americans achieve produce target in an average day (2012 CDC report)

1/3 high school students eat less than one vegetable a day!

French fries are 41% of the daily vegetable calories of American's *two-year-olds!*

Americans are obsessed with protein

- Daily protein needs: 8-9% cals
- Americans average 17%
- How much animal protein *may be too much?*
- Is milk a health food?



Heavy meat-eaters take heed...

- Brit J Cancer (2012) 107, 1584-88. Processed meat consumption and risk of cancer: a multisite case-control study in Uruguay.
- Curr Atheroscler Rep (2012) 14:515-524. **Unprocessed Red and Processed Meats** and Risk of Coronary Artery Disease and Type 2 Diabetes - An Updated Review of the Evidence.
- Am J Epidemiol. 2013. Red Meat and Processed Meat Consumption and All-Cause Mortality: A Meta-Analysis.

MIKE LUCKOVICH

ATLANTA JOURNAL-CONSTITUTION
APR. 6, 1997 3-11-11

Mike Luckovich



Nutritional Update for Physicians: Plant-Based Diets

Philip J Tusso, MD; Mohamed H Ismail, MD; Benjamin P
Ha, MD; Carole Bartolotto, MA, RD Perm J 2013
Spring;17(2):61-66

- Physicians should consider recommending a plant-based diet to all their patients, especially those with high blood pressure, diabetes, cardiovascular disease, or obesity.

Fear of gluten/wheat

- Specter, Michael: **Against the Grain**, The New Yorker. Nov. 3, 2014.
- Proceedings of the Food Matters Live conference, London, November 19, 2014
- “International insanity”
- “Wheat intolerance? Processed breads are the real culprit”
- Gluten-free junk food

Fear of Soy

Yum!

- Tofu (it won't bite!)
- Tempeh (fermented tofu)
- Edamame (cooks like peas)
- Roasted soybeans
- Soymilk/other plant milks

Ummm...

- Soy snuck into myriad processed foods/filler
- Soy protein isolate?
- GMO/ubiquitous soy?
- Soy junk foods

Fear of being different/uncool

“TO EAT A HEALTHY DIET IN AMERICA IS TO
BEHAVE ABNORMALLY.”

Love of pizza



"pizza, like sugary drinks,
may be a significant
contributor to excess
calories and obesity"

Journal Pediatrics 2015

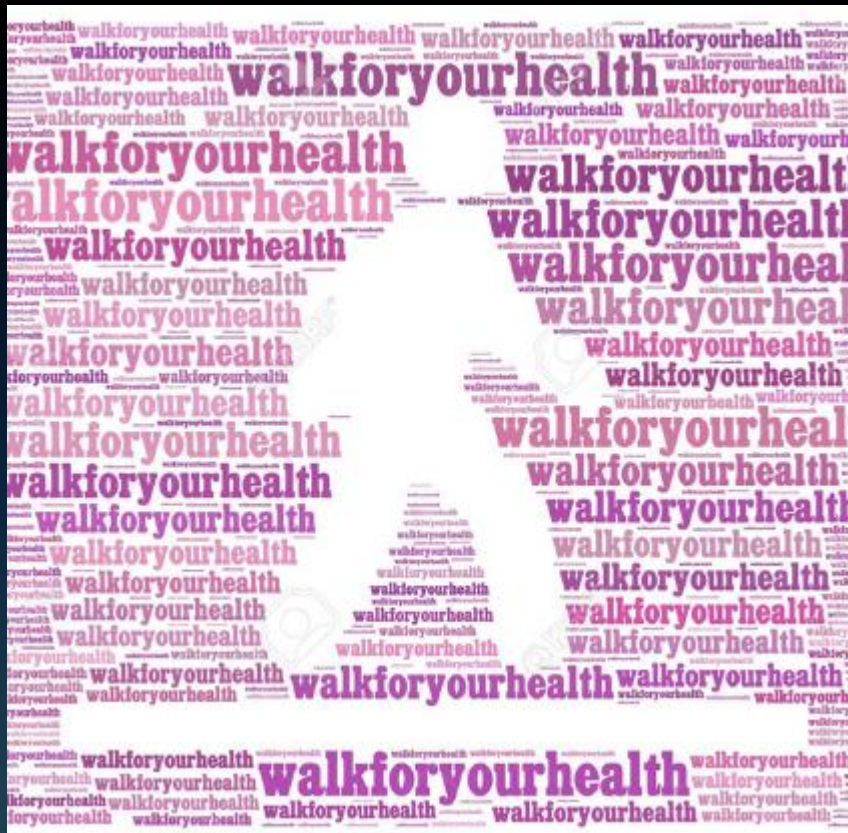
Dietary goals made simple

- More produce
 - More beans/nuts/seeds
 - Less meat/dairy
 - Whole grains
 - Less junk food/soda
- “No second round at the Golden Corral.”

“Exercise” made simple: just move more

WALK 20 MINUTES A DAY

Extra benefit: outdoors



Reduce early death by 30% w/brisk 20 min. walk/day...

- Ulf Ekelund et al. Physical activity and all-cause mortality across levels of overall and abdominal adiposity in European men and women: the European Prospective Investigation into Cancer and Nutrition Study (EPIC) 1–6. *Am J Clin Nutr* doi: 10.3945/ajcn.114.100065. Jan. 14, 2015.

Some is better than none; more is better than some

- 30 minutes aerobic exercise, most days; 10 minutes to minimum benefit; try 3x/day
- Weight/resistance training a few times a week, to preserve muscle/burn fat
- Yoga, tai chi, balance activities **preserve flexibility and functional longevity**

Just sitting—for over an hour at a time!— is hazardous to health



Stress...and sleep

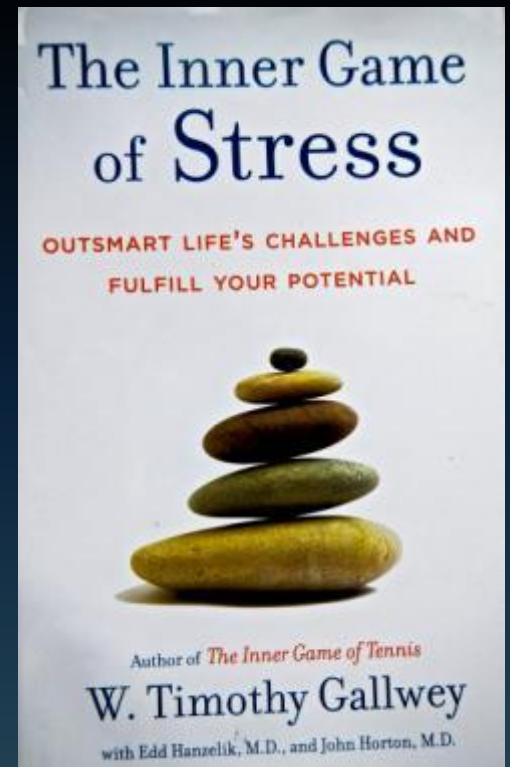
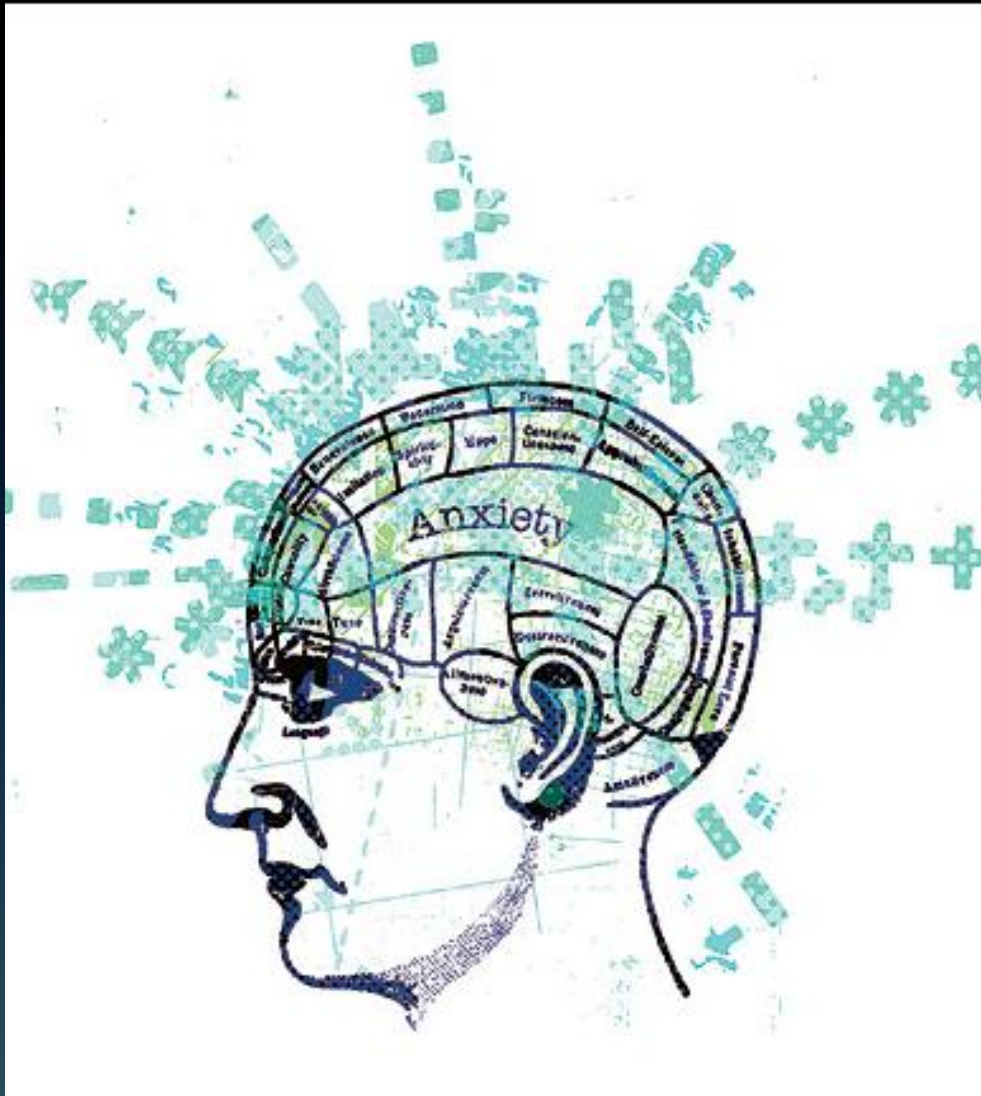
Chronic stress:

- Inflammation
- Cardiovascular disease
- Weight gain
- Shorter telomeres

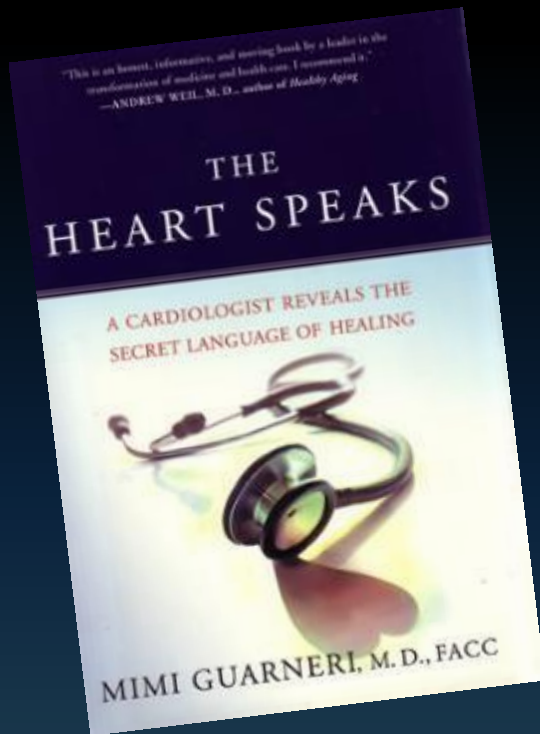
Sleep deprivation:

- Weight gain
- Decreased longevity
- Chronic disease
- Addictions/accidents

If we FEEL stressed
we ARE stressed



Community/connection/purpose



- There's an "I" in Illness; there's a "We" in Wellness
- Lifestyle Intervention Programs: A Key Ingredient is Social Support

Helping our patients help themselves: lifestyle IN medicine



Empathy is an intervention



Listening vs. judging



Why people hate to “diet” or “exercise”

- Misinformation
- Deny the health connection
- Have not experienced how good HEALTH feels



The Joy of Living (vs. the fear of dying)

Lifestyle change makes people feel better—and be better—fast

What matters to them (vs. what's the matter with them)

Open the door to possibility

Initiating/Engaging Change

Where are they now; what willing to do?

How fast or slow? They decide.

Empower with information/strategies

What CAN I eat (vs. pain/deprivation)

Support positive change

- Clarify the benefits
- Encourage a shift from:
“Doctor, what can I take?” to “Doctor, what can I do?”

“Few people know they have prediabetes yet they could prevent or postpone diabetes by making some basic lifestyle changes. This should be shouted from the rooftop.”

Ann Albright, CDC

Sustainable lifestyle change

Transition to healthy eating; weight loss
as a welcome side effect

Physical activity stokes metabolic furnace

Manage environments for process support

Track and applaud; setbacks as learnings

find things you love to do, that move you...

- 2010 report: up to a third of breast cancer cases in Western countries could be avoided if women ate less and exercised more
- Women who walk two hours a week can reduce stroke risk by 30%



Be on their side

One step at a time...hurrah!



Quality of life: being happy



What I'm suggesting

- Reflect on your own health: pick one thing and take a step
- Get curious about Lifestyle Medicine; browse the resources; take a course; stay tuned
- Consider how you could use a bit of Lifestyle IN Medicine to help your patients get healthier

What I'm suggesting

Think about empowering your
patients—and yourself—with
healthy nutrition and lifestyle
information

Why I love modern medicine...and lifestyle medicine!



- Became expert in self-care, gained many years of quality life
- Rescued from death from massive bilateral pulmonary emboli...at age 92; gained a wonderful year of quality life
- Died suddenly, 4 months after this photo was taken, at age 93...making breakfast for her new boyfriend!

70-90% of our commonest
chronic diseases...

...are preventable...reversible...improvable...
through healthy dietary and lifestyle practices.

What we eat and how we live
profoundly affect our health



Thanks for listening

Kathryn Collins, M.D., FACEP

kcollinsmd@aol.com

www.lifestyledr.com



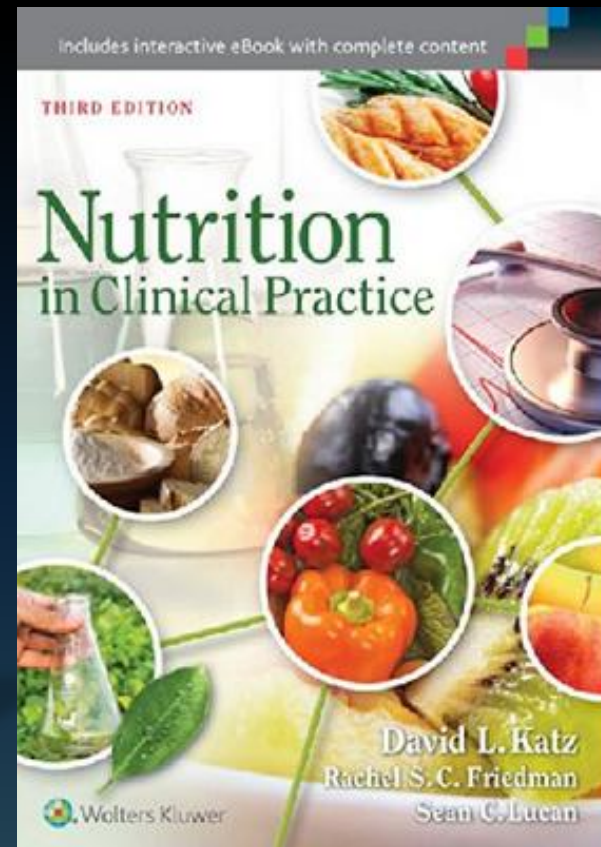
Resources for doctors

Nutrition Guide for Clinicians

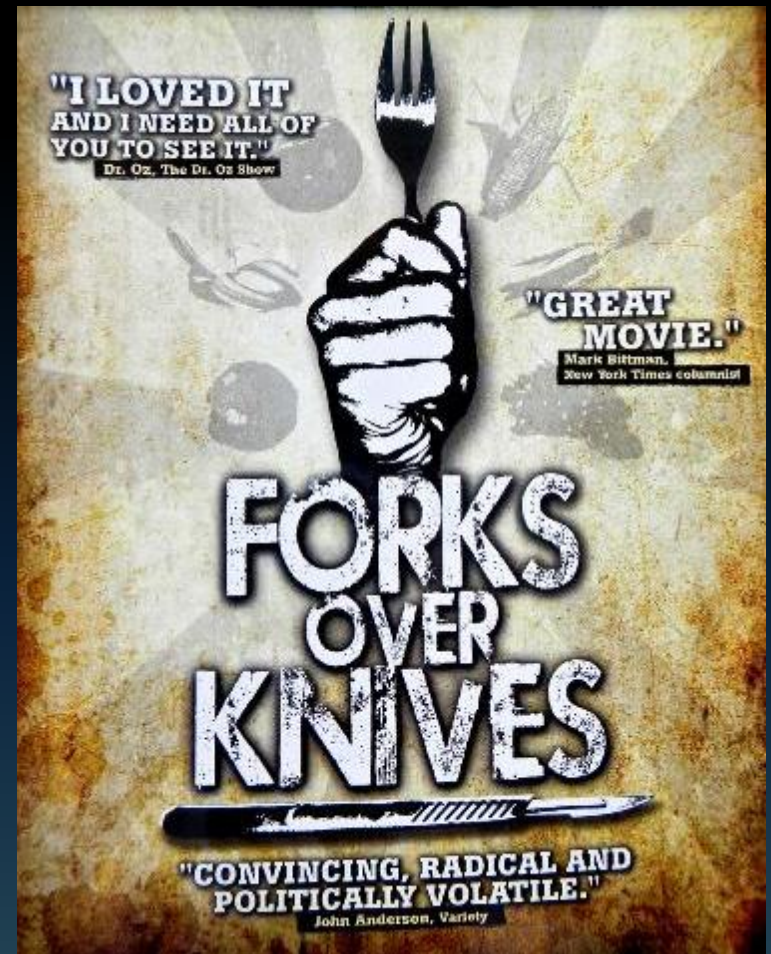
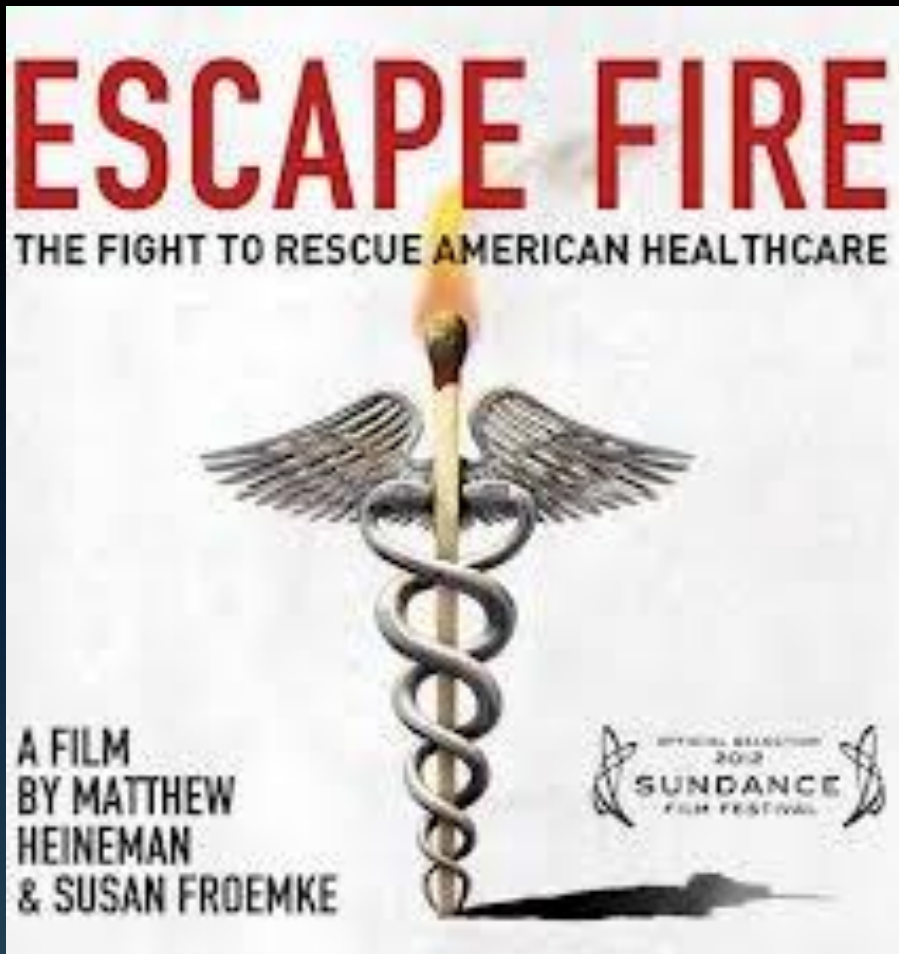
SECOND EDITION

Neal D. Barnard, MD
Rick Weinsinger, MS, RD
Brent J. Barter, MD
Scott Kahn, MD, MPH
Charles Smyth

Physicians Committee for
Responsible Medicine



Resources: DVD's



Resources: websites

www.nutritionfacts.org

www.aclm.org

www.instituteoflifestylemedicine.org

www.nutritionstudies.org

www.wellnessforum.org

www.nealbarnard.org

Resources: books

- Campbell, T. Colin, PhD: *Whole: Rethinking the Science of Nutrition*. Dallas, TX: BenBella Books, 2013.
- Arden, John, PhD: *The Brain Bible: A Plan to Stay Vital, Productive and Happy for a Lifetime*. New York, NY: McGraw-Hill, 2014.
- Brownlee, Shannon. *Overtreated: Why Too Much Medicine Is Making Us Sicker and Poorer*. New York: Bloomsbury, 2007.
- Moss, Michael: *Salt, Sugar, Fat: How The Food Giants Hooked Us*. New York, NY: Random House, LLC, 2013.
- Fuhrman, Joel, MD: *Eat to Live*. New York, NY: Little, Brown and Co., 2011.
- Selhub, Eva M., MD and Alan C. Logan, ND. *Your Brain on Nature: The Science of Nature's Influence on Your Health, Happiness, and Vitality*. Ontario, Canada: John Wiley and Sons, 2012.

more books...

- Esselstyn, Caldwell B., Jr., MD. *Prevent and Reverse Heart Disease*. New York: Avery Books, 2007.
- Stone, Gene, ed. *Forks Over Knives: The Plant-Based Way to Health*. New York: The Experiment, LLC, 2011.
- Robbins, John. *Healthy at 100: The Scientifically Proven Secrets of the World's Healthiest and Longest Lived Peoples*. New York: Ballantine Books, 2007.
- Ornish, Dean, MD. *The Spectrum: A Scientifically Proven Program to Feel Better, Live Longer, Lose Weight, and Gain Health*. New York, NY: Ballantine Books, 2008.
- Servan-Schreiber, David. *Anticancer: A New Way of Life*. New York, NY: Penguin Group, 2009.

Resources: selected articles

Eckel RH, et al. *2013 AHA/ACC Guideline on Lifestyle Management to Reduce Cardiovascular Risk: A Report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines.*

Ockene JK et al. *Can we improve adherence to preventive therapies for cardiovascular health?* Circulation. 2011;124:1276-82.

Kadoch, Michael. *The power of nutrition as medicine.* Prev Med. 2012 Jul;55(1):80.

Lianov, L. and Johnson, M. *Physician Competencies for Prescribing Lifestyle Medicine.* JAMA. 2010;304:202-203.

De Koning, Lawrence et al. *Do the Health Benefits of Dietary Fiber Extend Beyond Cardiovascular Disease? Comment on Dietary Fiber Intake and Mortality in the NIH-AARP Diet and Health Study.* Arch Int Med (2011) 171(12): 1069-1070.

Eriksson, Margareta K. et al. *Quality of Life and Cost-Effectiveness of a Three-Year Trial of Lifestyle Intervention in Primary Health Care.* Arch Int Med (2010) 170(16): 1470–1479.

Lee, Dr. I-Min et al. *Effect of physical inactivity on major non-communicable diseases worldwide: an analysis of burden of disease and life expectancy.* The Lancet. Vol.380, No. 9838, p219-229, 21 July 2012.

Cohen S. et al. *Chronic Stress, Glucocorticoid Receptor Resistance, Inflammation, and Disease Risk.* Proceedings of the National Academy of Sciences (April 2, 2012).

- Mitka, Mike. *Lifestyle Changes Key to Cut Stroke Risk*. Journal of the American Medical Association (2011) 305(6): 551-552.
- Mozaffarian, Dariush MD et al. *Lifestyle Risk Factors and New-Onset Diabetes Mellitus in Older Adults: The Cardiovascular Health Study*. Arch Int Med (2009) 169(8): 798-807.
- World Cancer Research Fund/American Institute for Cancer Research. *Food, Nutrition, Physical Activity, and the Prevention of Cancer: a Global Perspective*. WCRF/AICR (2007).
- The Look AHEAD Research Group. *Long-term Effects of a Lifestyle Intervention on Weight and Cardiovascular Risk Factors in Individuals With Type 2 Diabetes Mellitus: Four-Year Results of the Look AHEAD Trial*. Arch Int Med (2010) 170(17): 1566-1575.
- Minich, Deanna and Jeffrey Bland: *Personalized Lifestyle Medicine: Relevance for Nutrition and Lifestyle Recommendations*. The Scientific World Journal (2013). doi.10.1155/2013/129841.
- Bedell, Susanna E. et al. *Words That Harm, Words That Heal*. Arch Int Med (July 12, 2004) 164(13): 1365-1368.
- Blanck, H. et al. *Trends in Fruit and Vegetable Consumption Among U.S. Men and Women, 1994-2005*. Preventing Chronic Disease (2008) 5(2).
- Cappuccio, Francesco P. et al. *Meta-Analysis of Short Sleep Duration and Obesity in Children and Adults*. Sleep (May 1, 2008) 31(5): 619-626.