OBJECTIVE

• DISCUSS USEFUL STRATEGIES IN HELPING PATIENTS WITH IMPLEMENTING LIFESTYLE CHANGES
LIFESTYLE MATTERS!!

• SMALL CHANGES OVER TIME CAN LEAD TO BIG WINS

• TREATMENT OF UNDERLYING DRIVERS OF DISEASE MAKES A DIFFERENCE – DPP REPORTED A 58% REDUCTION IN INCIDENCE OF DIABETES OVER 3 YRS IN PREDIABETICS TREATED WITH LIFESTYLE INTERVENTION VS PLACEBO

• LOOK AHEAD STUDY – INTENSIVE LIFESTYLE INTERVENTION LED TO GREATER DECREASE IN HBA1C AND GREATER IMPROVEMENT IN FITNESS AND CV RISK FACTORS
LIFESTYLE HURDLES

• LEARNED BEHAVIOR
• LACK OF KNOW HOW
• LIFE STRESSORS
OUR PHILOSOPHY – PAY NOW ..........
….. OR PAY LATER

MEDICATIONS

COMPLICATIONS

DISCOMFORT
HOW DO WE LEARN?

10% - 20% - 80%
OUR APPROACH

• LUNCH AND LEARN PROGRAMS
Thank you