LIFESTYLE MEDICINE

by:
Karen U. Pumares
Teacher III, Culis Elementary School

Lifestyle diseases, also considered a global health problem, belong to the noncommunicable diseases category and are considered “diseases of affluence” (Varona, 2020). Lifestyle diseases do not restrict to adults alone, it have started hitting kids as well.

Statistically, 14.2 million people between the ages of 30 to 69 prematurely die per year from heart attack, diabetes, and high blood pressure (ETimes, 2019). Some of these common lifestyle diseases are Obesity, Type II Diabetes, Arteriosclerosis, Heart diseases, High Blood Pressure, Swimmer’s Ear, Cancer, Stroke, Chronic Obstructive Pulmonary Disease, Cirrhosis and Nephritis.

While communicable diseases such as malaria, cholera, polio and the like can managed with the help of proper treatment, these lifestyle diseases can be prevented through healthy active lifestyle.

Varona (2020) explains that cancer, stroke, heart disease, and infertility have common denominator: westernized eating habits.

Due to these findings, a new medical specialty is getting more popular nowadays, called lifestyle medicine. Egger et al. (2009) defined lifestyle medicine as “the application of environmental, behavioural, medical and motivational principles to the management of lifestyle-related health problems in a clinical setting.” In other words, it is a medical practice that aims to treat or prevent common chronic diseases through scientifically proven lifestyle interventions or methods. Hyman et al. (2009) further explained that lifestyle medical treatment, are therapies which are low-risk and effective in reversing and preventing chronic diseases.
The major focus of this lifestyle treatment is to promote healthful habits, emphasizing six main changes:

1. Diet and optimum nutrition,
2. Regular physical activity and exercise,
3. Stress reduction and mental health,
4. Adequate sleep,
5. Control of harmful substance (tobacco, drugs and alcohol), and
6. Improved interpersonal relationships.

Therefore, it is best not only to depend on prescription medicines, but also focus on learning and initiating steps to healthy lifestyle changes.

References:


