



Editorial

Lifestyle Medicine: A Promising tool to Restoring Health

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Lifestyle Medicine is the application of evidence-based lifestyle approaches for the prevention, treatment, and even the reversal of lifestyle-related chronic diseases such as diabetes, hypertension, heart disease, obesity, polycystic ovarian diseases, dementia, arthritis, and cancers (1).

Type 1 and type 2 diabetes prevalence is predicted to rise by 54% by 2030. Obesity will affect about 50% of adults, and the prevalence of cardiovascular diseases will grow to 41%.

The goal of lifestyle medicine is to address the health issues brought on by changes in lifestyle during the past three to four decades, rather than to replace traditional clinical therapy

In 2004, the American College of Lifestyle Medicine was established. The lifestyle medicine board exam was offered in 2017, establishing a certification process for physicians and health professionals to validate their competency in this area. Lifestyle medicine should be regarded as a complement to conventional medical strategy and treatment (2).

The six pillars of Lifestyle Medicine are eating a predominantly whole food, a plant-based diet, Regular physical activity, Adequate sleep, Stress management, avoidance of risky substance use, and positive social connections. Lifestyle medicine helps people live healthier by producing personalized treatment strategies targeting these six domains and improving the environments in which people live and work besides its significant effect on chronic diseases, lifestyle medicine is one of the cheapest and most accessible therapy to all populations (3).

A healthy diet is built on eating plant-based foods such as whole grains, fruits, vegetables, nuts, beans, and seeds. Physical activity, such as walking, running, and strength training, should be done on a regular basis for optimal health. Additionally, every element of health can be impacted by stress, which is inescapable. It's crucial to acquire healthy management skills. In addition, reducing the use of addictive substances like alcohol, tobacco, and drugs is crucial for reducing the chance of developing cancer and heart disease. Sleep duration and quality have an impact on the immune system. Other habits and diet adjustments can enhance the quality of your sleep. Both mental and physical health are enhanced by having supportive social networks(4,5)

Lifestyle interventions are the first-line approach for treating hypertension and are considered more effective than metformin in preventing the progress of prediabetes to diabetes. Additionally Lifestyle changes can reverse or regress certain cardiovascular diseases

To address the gaps in preparing physicians for the rising burden of chronic diseases,

medical school curriculum reform must include training in lifestyle medicine. A new healthcare system could effectively address non-communicable diseases and lead to wellness as a reality by transforming curriculum and developing new policies to encourage lifestyle medicine teaching in medical education and equipping medical practitioners with the tools they need (6).

Lifestyle-related chronic diseases are likely to increase in the near future. Hence, the prospects for a lifestyle medicine discipline definitely appear healthy. It is now time to use the evidences in lifestyle medicine and promote healthy lifestyles for our patients as well as for ourselves. By incorporating the principles of lifestyle medicine into daily medical practice, there is a significant opportunity to improve patient outcomes and raise the value of medicine as a profession.

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