Lifestyle Medicine at North Cypress Internal Medicine & Wellness

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Healthy lifestyle can prevent as much as 80% of chronic disease. No other medicine can do this.

This includes 80% of heart disease and stroke, 80% of type 2 diabetes, and 40% of cancer, according to decades of research from the Centers for Disease Control and Prevention (CDC).

Lifestyle medicine is an evidence-based approach to preventing, treating and even reversing chronic diseases by replacing unhealthy behaviors with positive ones in six key domains:

- ◆ **Healthful eating.** Choose whole, plant-based foods that are fiber-filled and nutrient-dense as frequently as possible.
- ◆ Adequate sleep. Lack of, or poor quality, sleep can lead to a decreased ability to recover from illness and a strained immune system. Identify dietary, environmental and coping behaviors to improve sleep health.
- Exercise. Maintain regular, consistent physical activity on a daily basis throughout life.
- Stress management. Recognize negative stress responses and develop coping mechanisms and stress reduction techniques.
- Ceasing tobacco use and moderating alcohol use. Avoid the well-documented dangers of tobacco, including an increased risk of cancer, heart disease and chronic obstructive pulmonary disease (COPD); understand how to prevent risky use of alcohol.
- Relationships. Social connectedness prevents isolation and loneliness associated with increased mortality and morbidity.

Our physicians

Dorothy Cohen Serna, MD, DipABLM, FACP, certified by the Board of Internal Medicine and one of the first group of medical professionals in the country to earn certification as a Diplomate of the American Board of Lifestyle Medicine

Kelly M. Englund, MD, personal physician, certified by the Board of Internal Medicine



Fewer medications

The evidence is clear and compelling that lifestyle modifications can significantly decrease the amount of medication patients may require on a daily basis.

The first remedy may not be a pharmaceutical one, but a consideration of all the physical, emotional, mental, social and environmental influences that affect a person's health. A personalized strategy for long-term health is then developed that takes into account individual lifestyle and guides patients, at their own pace, toward healthier behaviors.