

# 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.



## 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.

## Our Lifestyle Medicine/Wellness Coaching Team

- **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 distinction as a Diplomate of the American Board of Lifestyle Medicine.
- **Stacey A. Gibittera, FNP**
- **Jeanne Torre, MSW, LCSW, NBC-HWC**

# Wellness Coaching at North Cypress Internal Medicine & Wellness

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Setting goals may seem easy, but making them happen is the real challenge. Often, you know what to do but you're just not doing it...yet! Wellness Coaches at NCIM&W understand and offer a highly successfully motivational approach to help you take the first steps, and the next, until your destination is reached. They meet you at any point in your journey and help you develop an individualized blueprint for optimal wellness. Our coaches provide support, guidance and accountability to help inspire and facilitate the change within you.

## *Move forward with confidence*

Our team of certified health and wellness professionals taps into extensive training in positive psychology and behavioral science to identify and eliminate your individual roadblocks to success. They assess your current health and level of fitness, and help you set personalized targets to reach essential goals including:

- ◆ Maintaining health and wellness through nourishment
- ◆ Achieving healthy blood sugar and cholesterol levels
- ◆ Enjoying an energetic lifestyle
- ◆ Managing stress
- ◆ Being fully engaged and satisfied with life

## *Be inspired*

A profound and meaningful level of support is provided by our dedicated coaching team, who partner with patients to help them discover:

- ◆ A higher purpose for wellness
- ◆ A natural impulse to be well
- ◆ An innate motivation and spirit
- ◆ Small victories that build self-efficacy

## *For Members Only*

*Members of North Cypress Internal Medicine & Wellness are invited to experience the transformative benefits of wellness coaching. You're welcome to schedule a complimentary introductory call with our team to explore how our program may benefit you.*

## *Support for your journey includes:*

- Lifestyle Medicine visits
- 1:1 Health and Wellness Coaching
- Regular, personalized check-ins
- Group Lifestyle Medicine Master Classes
- Nutrition counseling
- Exercise as Medicine prescriptions



**NORTH CYPRESS**  
Internal Medicine and Wellness  
*Live healthy, live well.*