

# 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 includes:**

**Dorothy Cohen Serna, MD, FACLM, DipABLM, FACP, NBC-HWC**, is certified by the Board of Internal Medicine, a fellow of the American College of Lifestyle Medicine, a Diplomate of the American Board of Lifestyle Medicine, and a national board certified health and wellness coach.

**Kelly Englund, MD**

**Stacey A. Gibilterra, FNP**

**Therese Bertrand, FNP**

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