

GIANT Lifestyle Changes - One Play at a Time

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Purpose

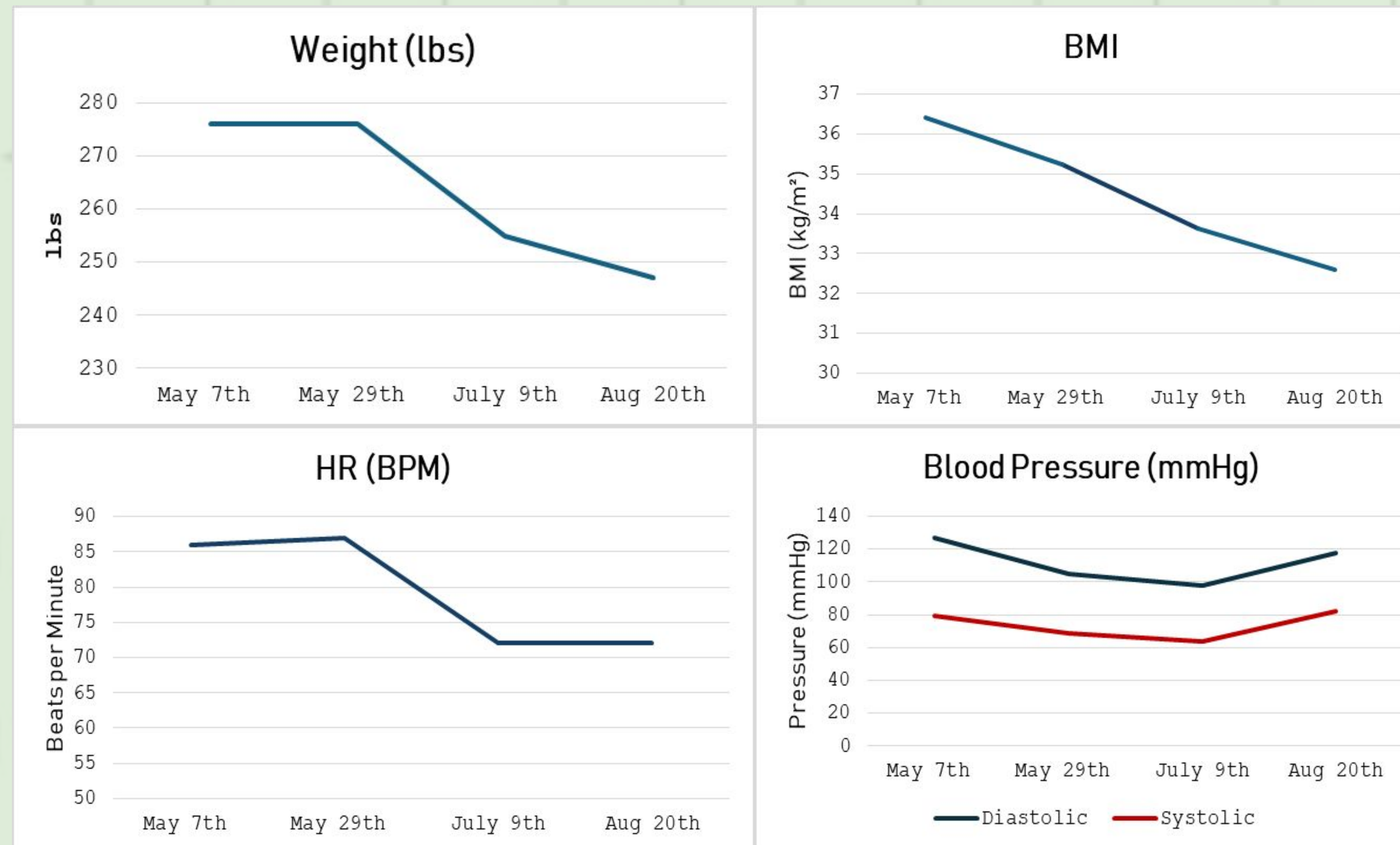
The purpose of this abstract is to highlight the ease of integration in both education and implementation of lifestyle changes, when approaching patients in a more "whole body medicine" fashion.

Background

Integrating lifestyle medicine changes as suggested by the AHA/ACC remains pivotal to providers truly impacting their patients' health. We propose and demonstrate a "game plan" aimed at an individual patients' understanding of the importance of whole food, plant based nutrition, daily movement, and optimal sleep in decreasing blood pressure and HbA1C. Patients are looking for the LONG game of sustainable change!

Methods

- OSA assessment, baseline weight, and a 5 day log of: all meals, resting blood pressure and heart rate for initial assessment.
- Education regarding whole foods plant-based meal plan as well as adherence to CPAP was done.
- Patient assessed at biweekly phone and or in person clinic visits to ascertain responses to blood pressure, daytime energy improvement, and step count.



Results

Following 3 months of lifestyle interventions, the patient:

- **BMI decreased from 36.41 to 32.59 and weight decreased from 276 lbs to 243 lbs.**

- **HbA1c decreased from 6.5% to 5.7%**

- De-escalated his metformin and antihypertensive medication dosing.

- Treadmill log showing a steady increase in his physical abilities, reaching 30 minutes per day and averaging 1.5 miles.

- Overall mood and engagement in his healthcare plan was improved and he reported a subjective increase in quality of life.

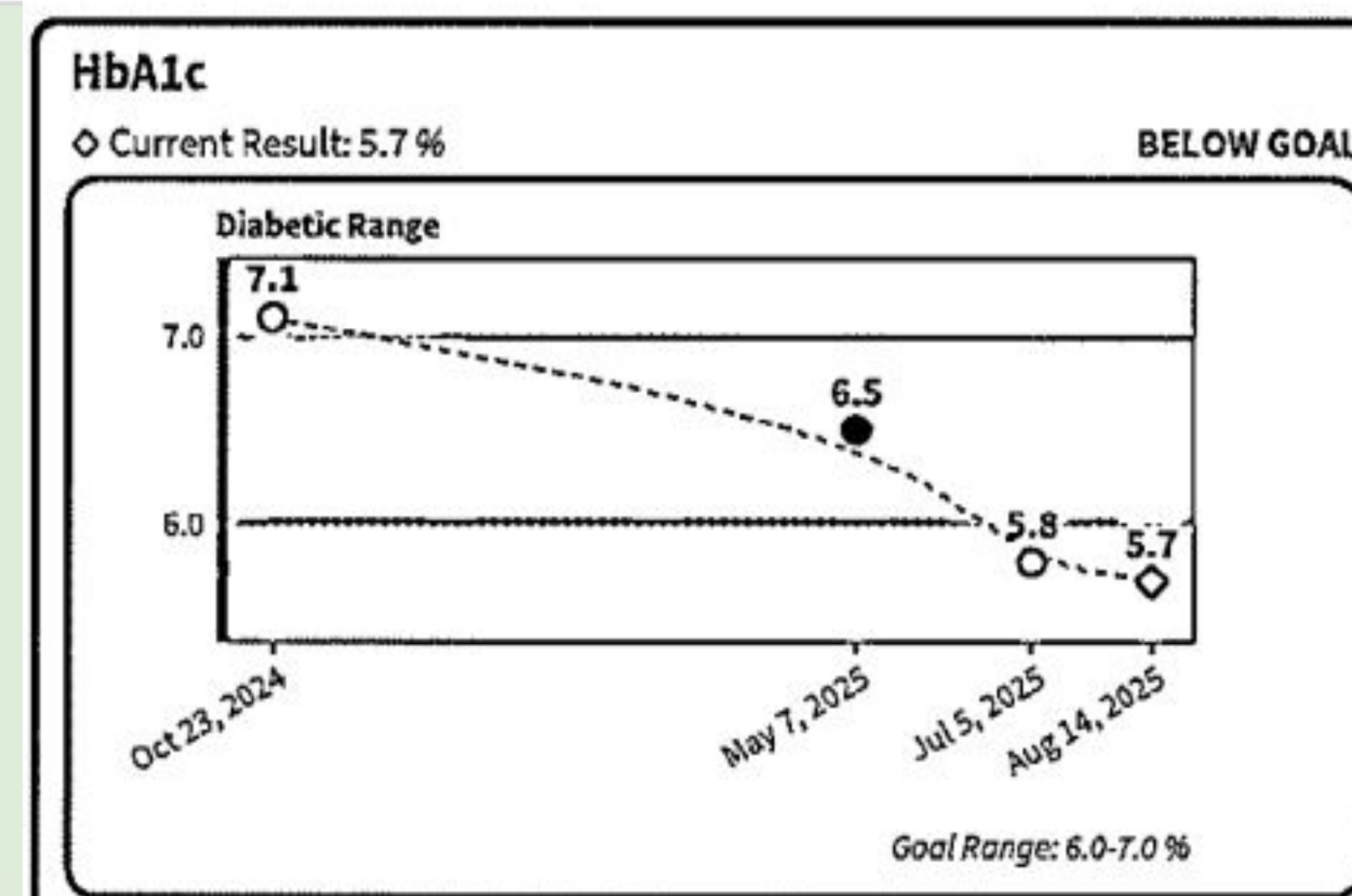


Figure 1: Patient metrics tracked over a three month time frame including: weight, BMI, heart rate, blood pressure, and hemoglobin A1c*.

Conclusions

Being truly in the game of individualized patient care requires a provider's willingness to be on the field with them.

"Watching film" means giving patients an opportunity to see that the goal of guidelines and recommendations is truly personal. THEIR individual statistics matters to them-not "how many Americans die of heart disease each year", but rather whether or not THEY succumb to heart disease.

References

* Chart for HbA1c obtained from LabCorp results.