

My GP journey and special interest in Lifestyle Medicine

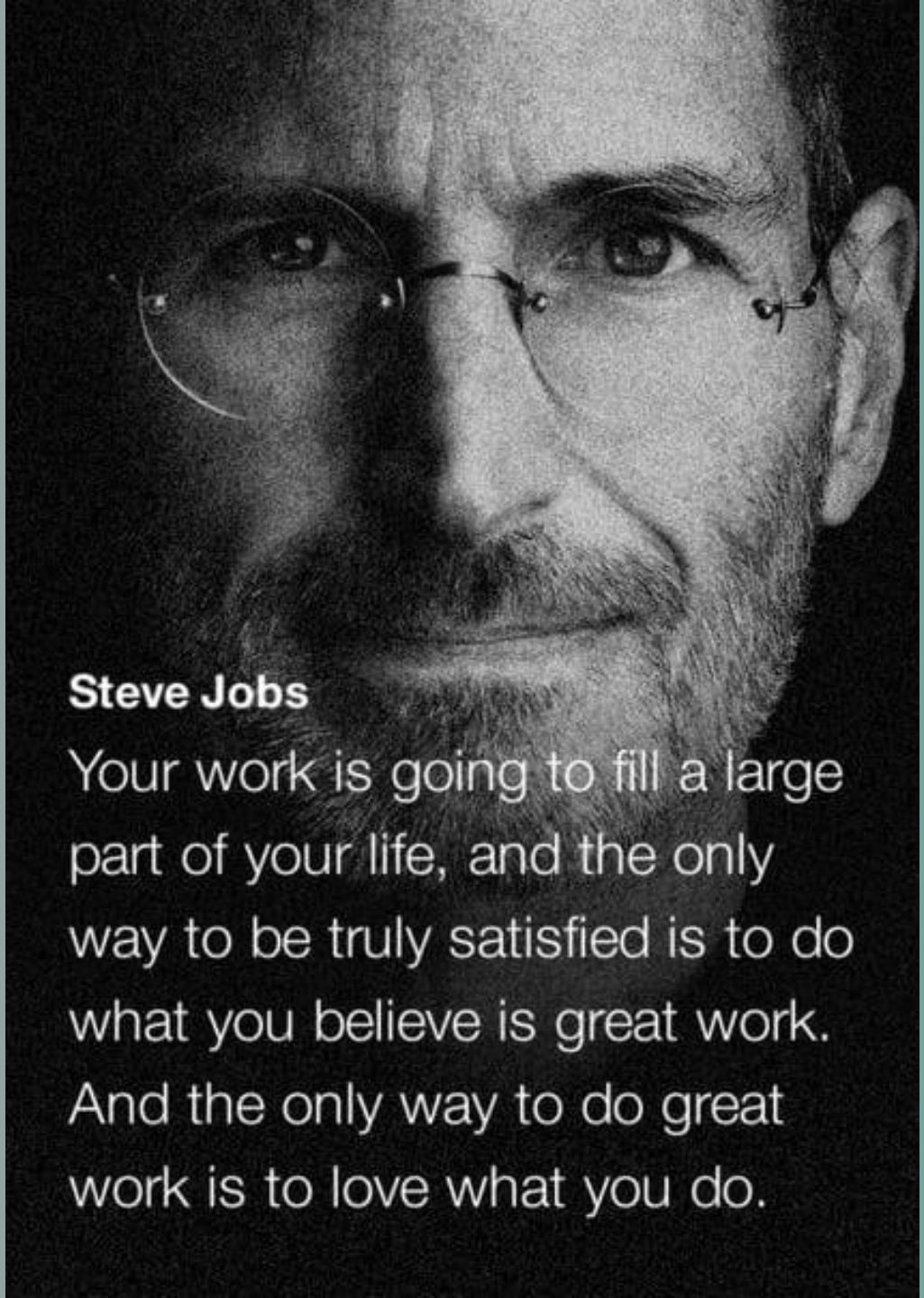
PHN : GP Club, Central Coast | March 2024



Dr. Michelle Reiss

GP and Lifestyle Medicine Physician

MBCChB, CCFP, FRACGP, IBLM, FASLM



Steve Jobs

Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do.

- **General Practitioner South Africa (1997)**
 - **Canadian College of Family Physicians (2003)**
 - GP (full service: practice/ ED/ obstetrics/ in-patient care)
 - Hospitalist/ high care unit
 - **Fellow of the Royal Australian College of General Practitioners (2008)**
 - ED CMO
 - GP
-
- *International Certification in Lifestyle Medicine – IBLM (2017)*
 - *Fellow of the Australasian Society of Lifestyle Medicine – ASLM (2018)*
 - *Co-Founder and Director:*
 - *“I Can Change Me” Program - 2018*
 - *Lifestyle Medicine Centre – 2019*
 - *Life Medical Centre (hybrid General Practice and Lifestyle Medicine “specialist” practice)- 2021*
 - *Co-author on 2 International publications:*
 - *Lifestyle Medicine Intensivist: Core Competences*
 - *Lifestyle Medicine Intensivist: Performance Measures*
 - *Awards:*
 - *Australian Lifestyle Medicine “Changemaker” 2022*
 - *Runner up Lifestyle Medicine Pioneer, Australia, 2023*
 - *HNECC PHN finalist Innovation award 2022*

Integrating Lifestyle Medicine into Clinical Practice

MALAYSIAN LIFESTYLE MEDICINE CONFERENCE | DECEMBER 2022



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Acute, one-system problem

Vs

**Chronic, multi-system dysfunction
(Metabolic Inflammation)**

Needs a multi-system, “whole-person” approach

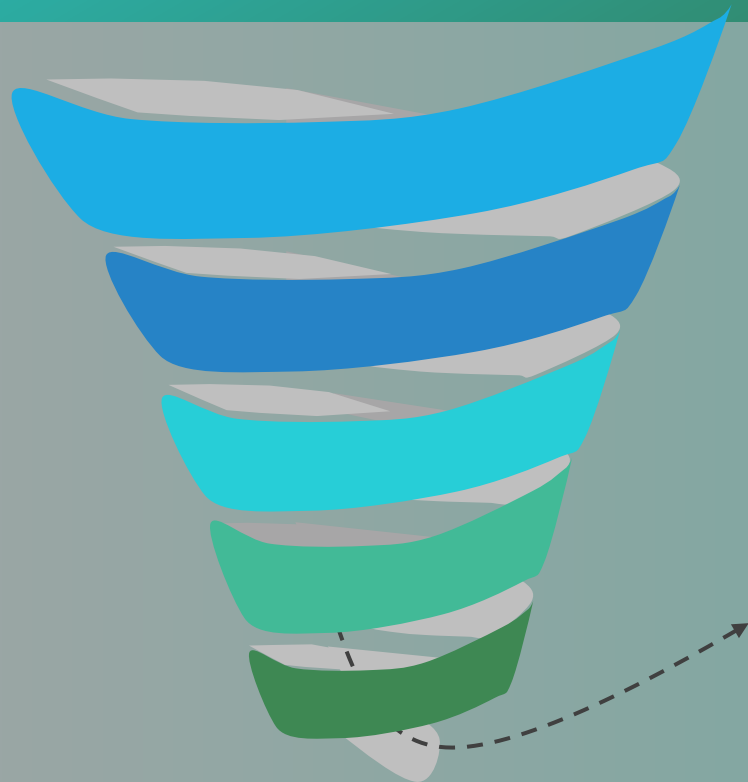


**WHAT IS
“PATIENT-CENTRED CARE” ?**

- Caring for patients beyond their presenting condition
- Delving deeper than face-value
- Empowering the patient through active decision-making and participation in their own care
- Applying a Bio-Psycho-Social approach
- Inter-disciplinary care working towards best patient outcomes
- Respecting that they have their own views on what's best for them
- Helping them define their values and priorities

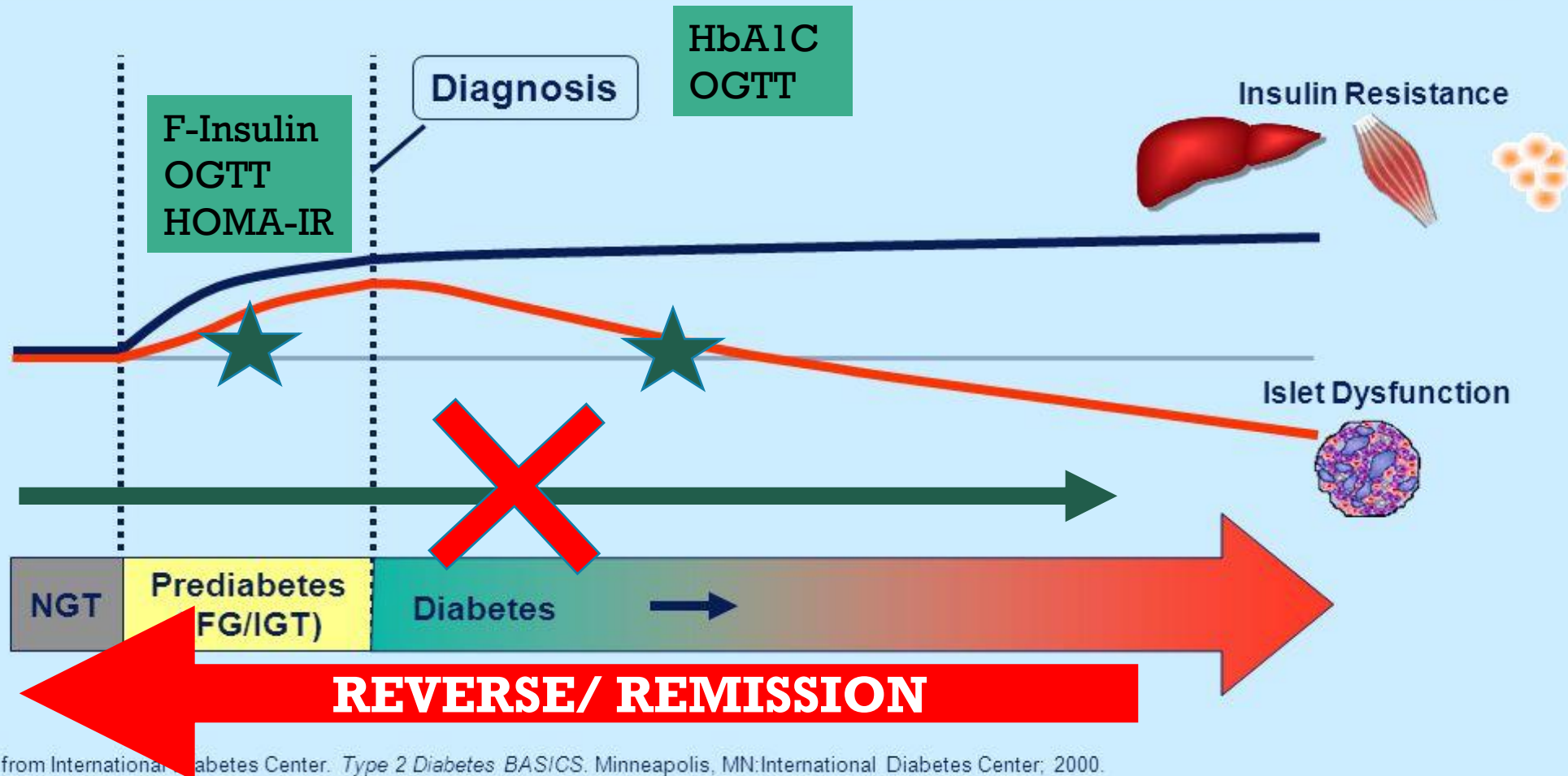
EXAMPLE:

Overweight	-	Lose weight
Fatigue	-	More energy
Depression/anxiety	-	Be happier
Hypertension	-



- ⊗ **High Fasting Insulin**
- ⊗ **Abnormal HbA1C**
- ⊗ **High TGs, LDL, low HDL**
- ⊗ **High Blood Pressure**
- ⊗ **High Visceral Fat**
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- ⊗ **Excess Fat Mass (Not BMI)**
- ⊗ **Depressed/ Anxious Mood**

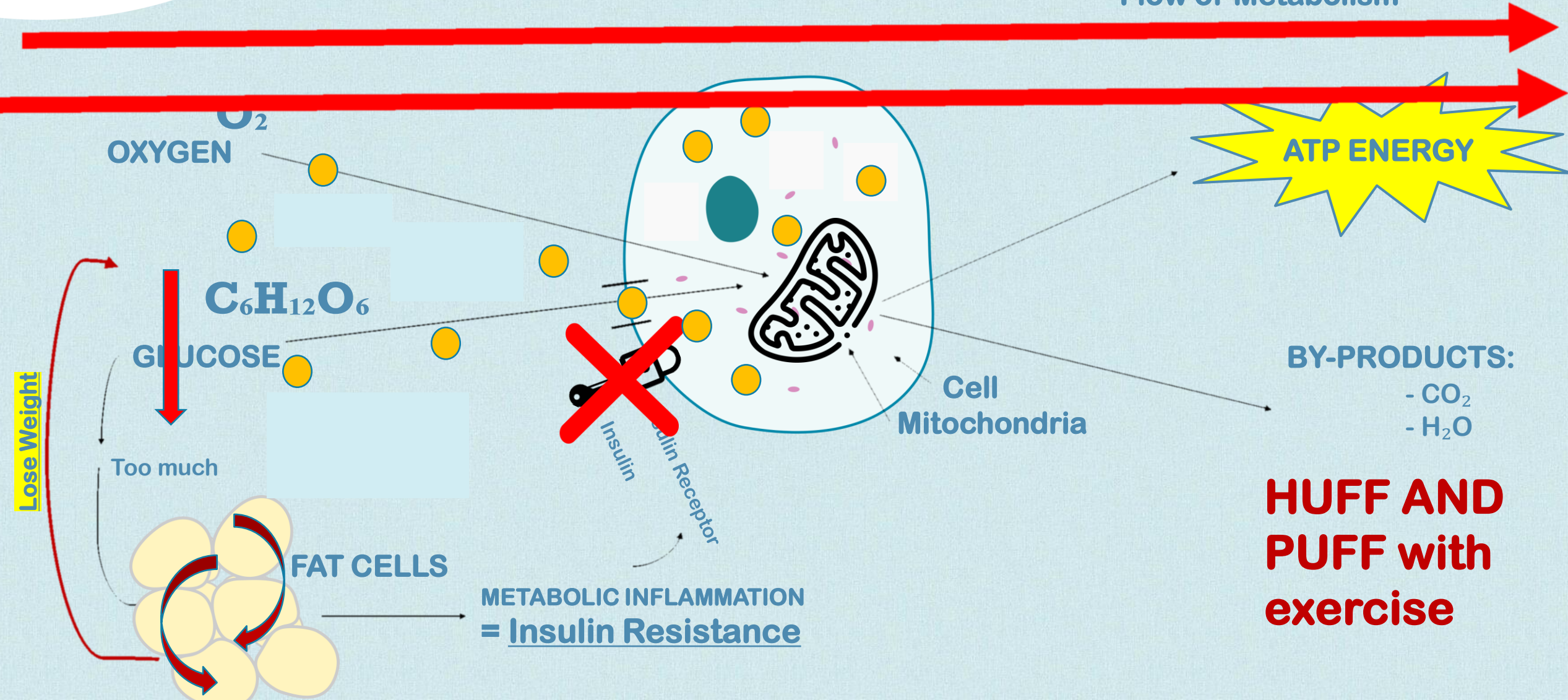
Natural history of type 2 diabetes: progressive deterioration of Islet Cell Function in the Setting of Insulin Resistance



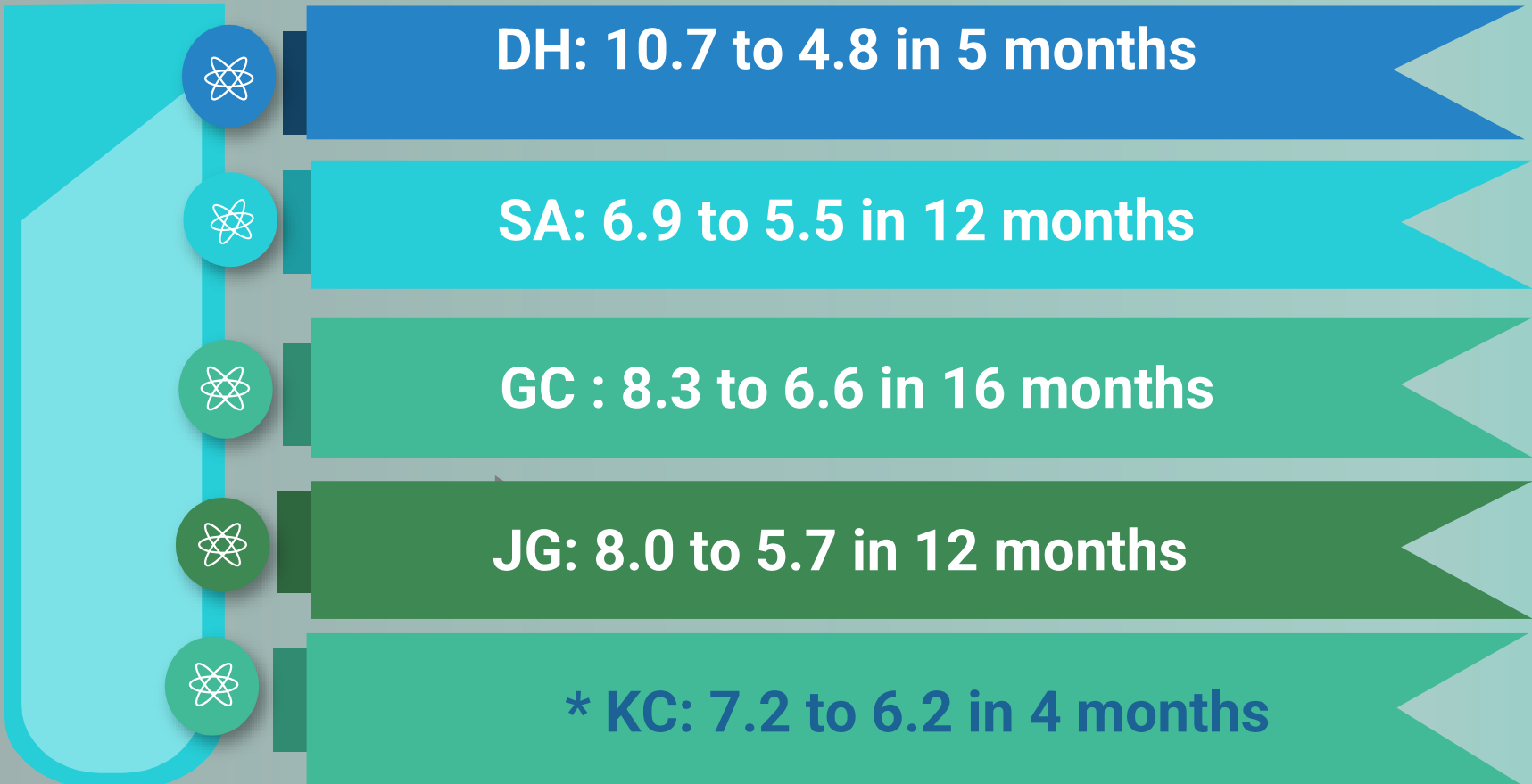
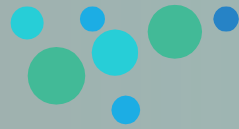
METABOLISM

converting what you eat or have stored into energy

Flow of Metabolism



HbA1C: sustaining it



Lifestyle Medicine's "WHY" clinically

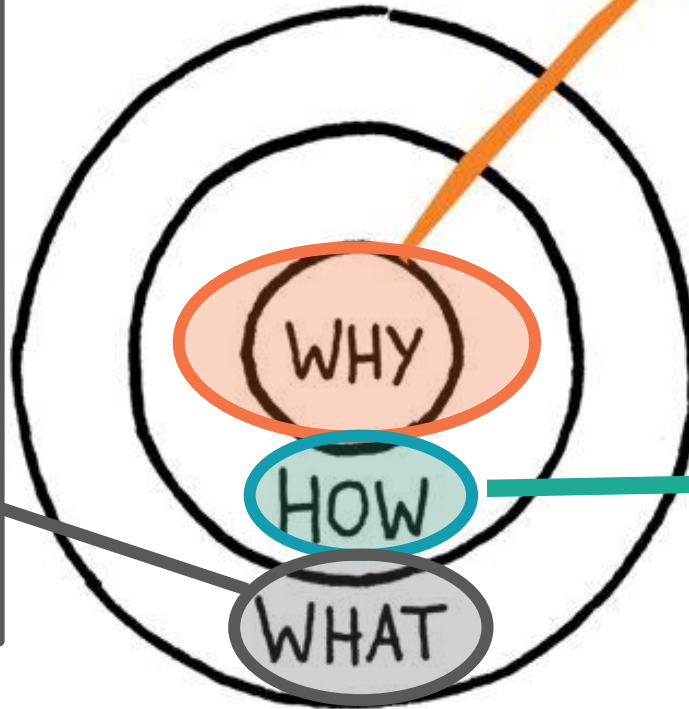
What are the goals?

BIO:

- Weight loss
- T2DM: treat, reverse, remission
- IHD, HPT, Metabolic Syndrome: prevent or reverse
- Auto-immune
- Alzheimers: prevent or delay onset or progression
- Post cancer management
- Fatigue

PSYCHO:

- Mental Health
- Feel better about self



WHY? THAT IS THE "REAL" REASON ! The CORE of it all.

Underlying PURPOSE?... EMPOWER

- Self-worth/ self-esteem
- Quality of living
- Add "Years to Life and Life to Years"
- Vitality
- Aligning with one's value-system

Reduce METABOLIC INFLAMMATION

BIO:

- Nutrition
- Movement
- Sleep
- Addictions (yes...sugar and screens too!)

PSYCHO:

- Patterns of thinking, Limiting beliefs
- Stress, Overwhelm
- Trauma, Fear

SOCIAL:

- Habits
- Support structures

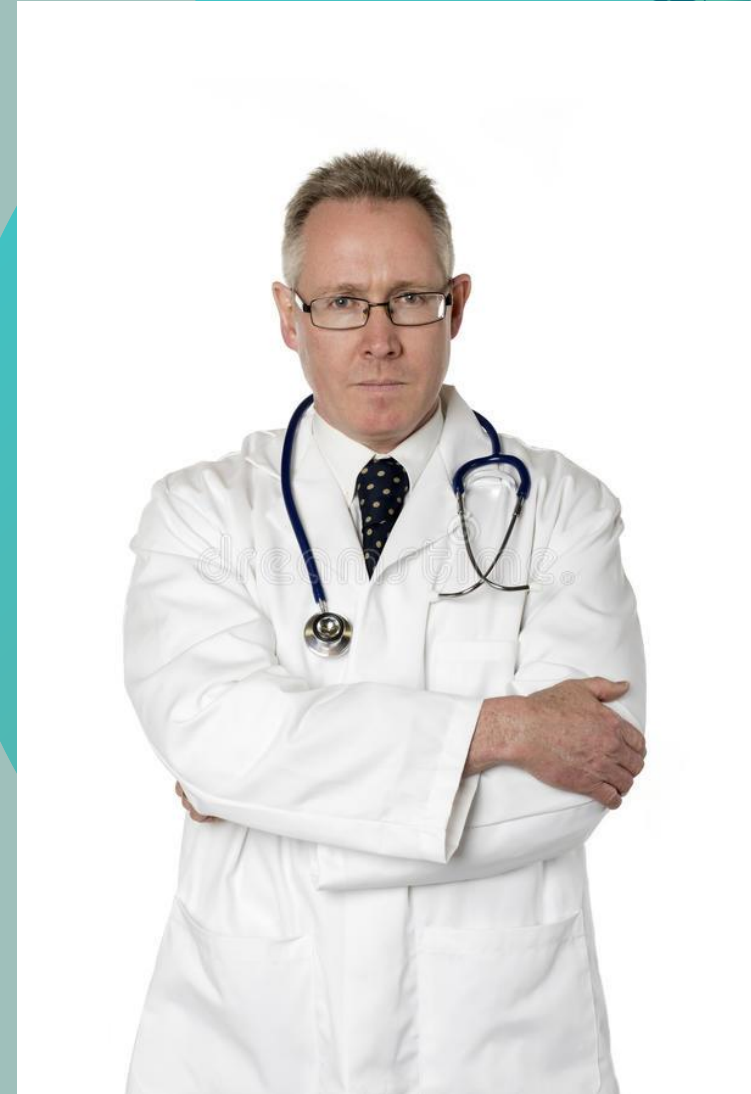


COACH vs EXPERT APPROACH using MI techniques

Methods
toolbox



Empowering the patient through active decision-making and participation in their own care



TAKE-HOME MESSAGES

- Know YOUR **WHY** ... and help your patients/clients discover theirs !
- Have the mindset of **COACH** vs Expert..... EMPOWER by defining purpose
- Give **STRUCTURE** to your assessment, advice and follow up..... **B-P-S (BIO-PSYCHO-SOCIAL)**
- Arrive in your day knowing you'll leave **FULFILLED**, having
contributed to something bigger than yourself



FULFILLMENT



WHAT IS YOUR WHY?
Do you know your PURPOSE?
Is this your PASSION?

When we help **ourselves**, we find moments of **happiness**.

When we help **others**, we find lasting **fulfillment**.

- *Simon Sinek*



- michelle@lifemedicalcentre.com.au
- www.lifemedicalcentre.com.au

Declarations:

- Not an academic 😊
 - Took the plunge
 - Private trial and error
- Contracted by iNova Pharmaceuticals to advise on the Bio-Psycho-Social model of care for weight loss

Lifestyle Medicine's "WHY" clinically

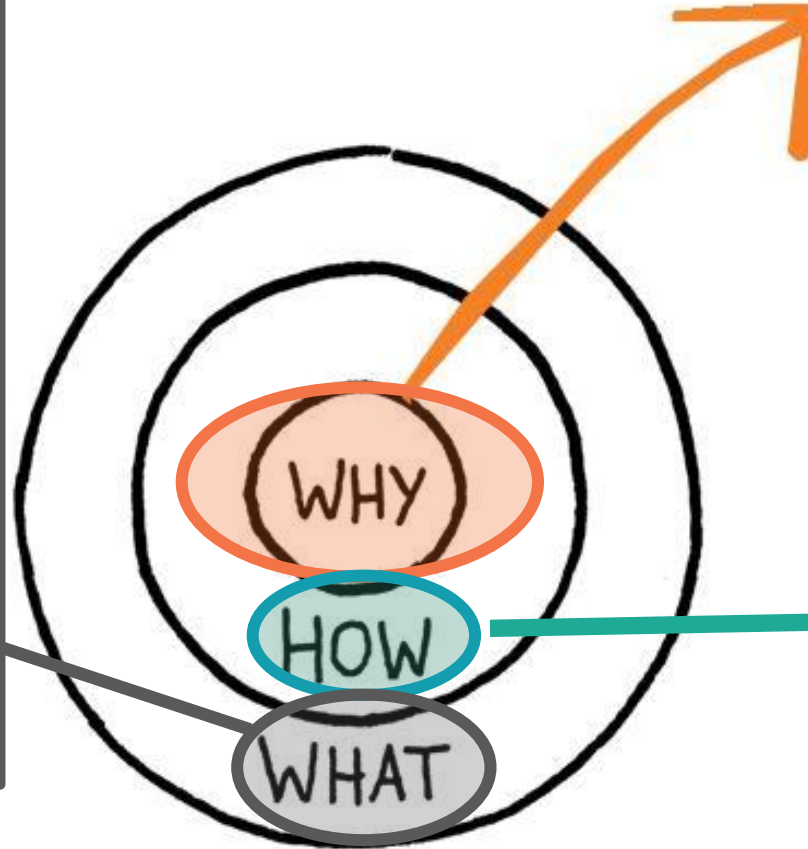
What are the goals?

BIO:

- Overall wellbeing
- Weight loss
- T2DM, IHD, Metabolic Syndrome prevention, management or reversal
- Auto-immune
- Delay or prevent neurological decline such as Alzheimers
- Post cancer management

PSYCHO:

- Mental Health
- Feel better about self



WHY? THAT IS THE "REAL" REASON! The CORE of it all.

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BIO:

- Nutrition
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SOCIAL:

- Environment
- Relationships and Community



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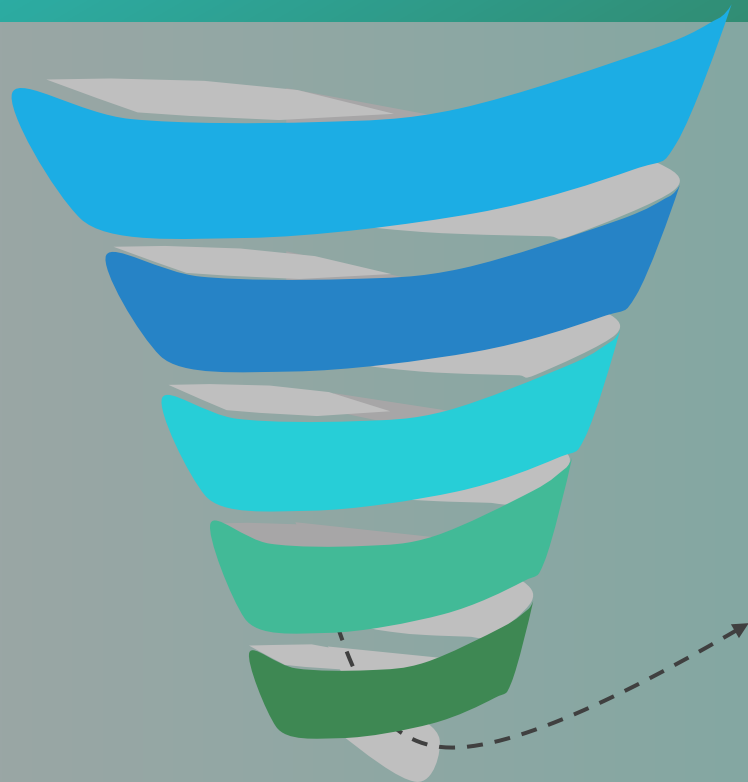
Jose Mourinho

Empowering the patient through active decision-making and participation in their own care



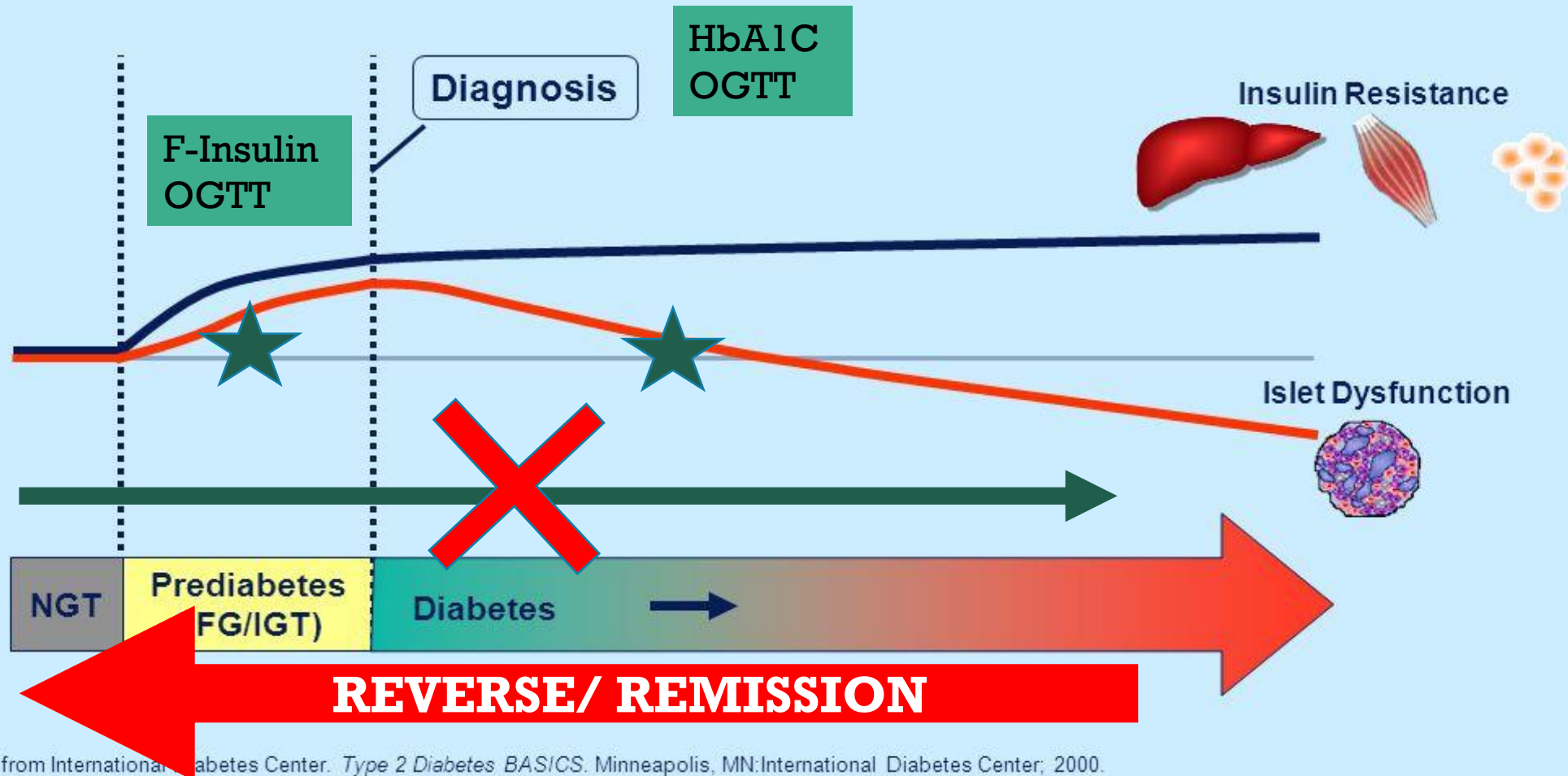
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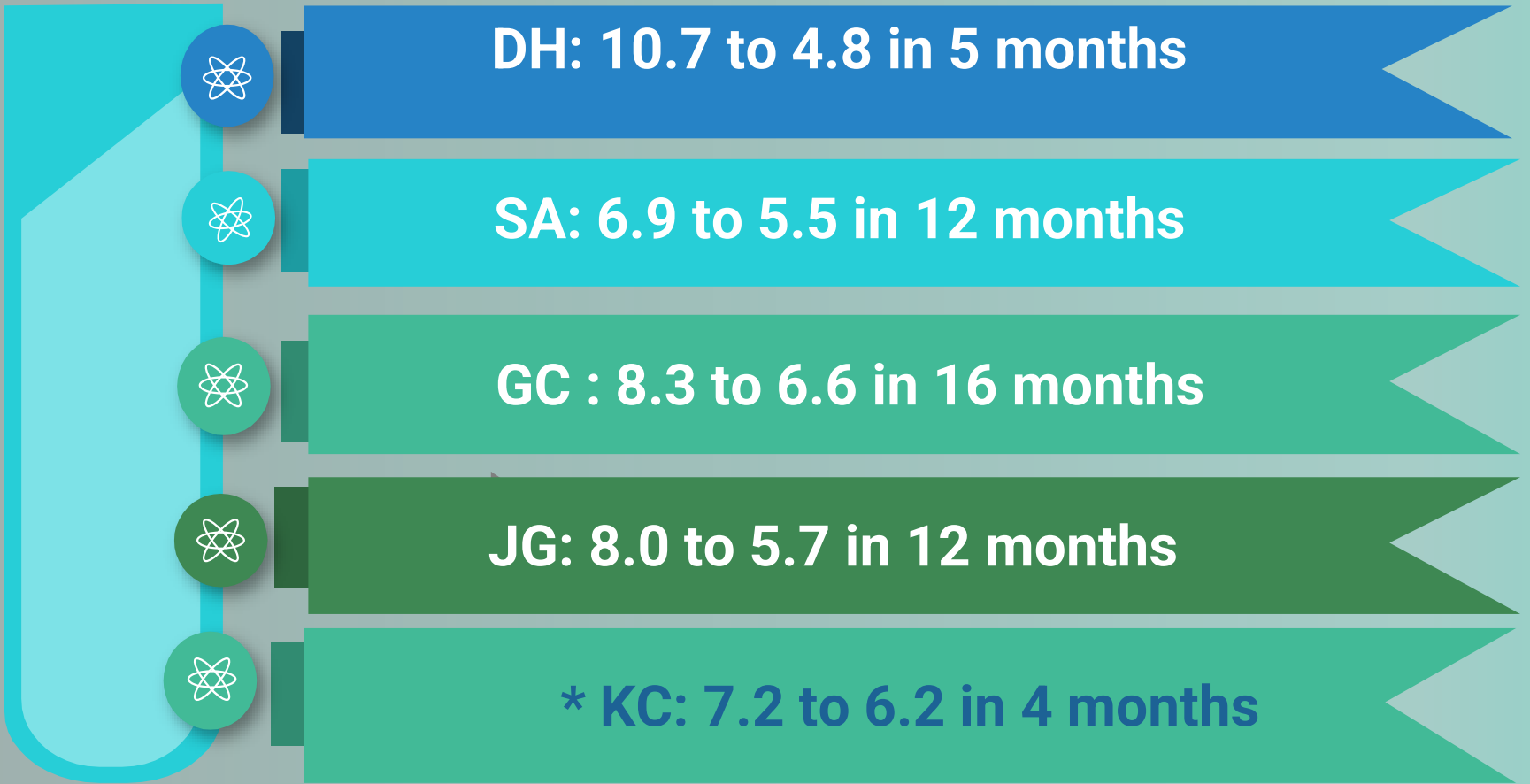
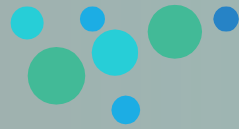


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Natural history of type 2 diabetes: progressive deterioration of Islet Cell Function in the Setting of Insulin Resistance



HbA1C: sustaining it



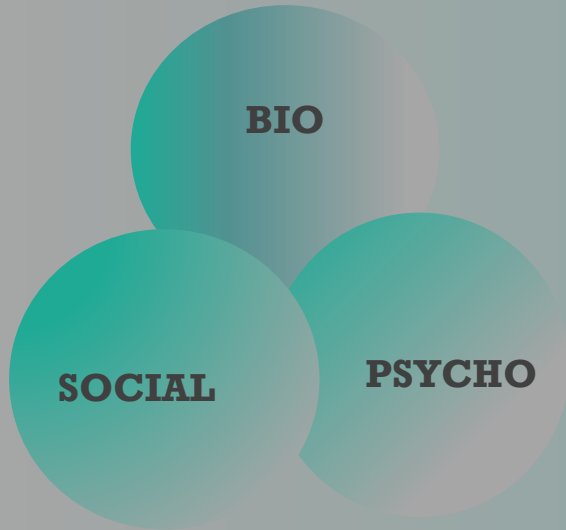
BIO

SOCIAL

PSYCHO



5 steps to intervention: 5A's



- **ASK:** Reason for presentation and history taking
- **Assess:** Their metabolic profile, risks, current status
- **Advise:** Evidence-based activation
- **Assist:** Empower
 - Regular follow up
 - 1:1
 - SMAs
 - Walking groups, cooking classes, activity consultations
- **Arrange:** Inter-disciplinary for best patient outcomes

TIP: Do your notes in BPS format !!

- **ASK:** Reason for presentation and history taking

- Weight loss, etc,
- Past history
- Family history
- Smoking, alcohol, drugs

BIO

- Anxiety, depression, panic attacks
- Past trauma
- Self worth, confidence
- Self sabotage

SOCIAL

- Single parent
- shift work
- Unhappy marriage

PSYCHO

- **Assess:** Their metabolic profile, risks, current status

Pathology:

- **O2 supply :** FBC, iron studies
- **Biochemistry :** UEC, CMP, Fasting lipid profile, Vit D, Vit B12, folate
- **Metabolic:** LFT, TSH, Fasting insulin, HBa1c
- **Inflammation:** CRP, ferritin, LFT (fatty liver)

Bio-impedance scale/ Dexa: weight, height, visceral fat, ideal weight based on body composition

Food, exercise, sleep log

Glucose tracking chart

BP tracking chart

Coronary Artery Calcium Score

Sleep study..OSA?

Validated lifestyle, wellbeing assessment scores



SC-330

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USEFUL TOOL

Bio-impedance scale

INPUT	
BODY TYPE	STANDARD
GENDER	FEMALE
AGE	45
HEIGHT	168 cm
CLOTHES WEIGHT	0.5kg

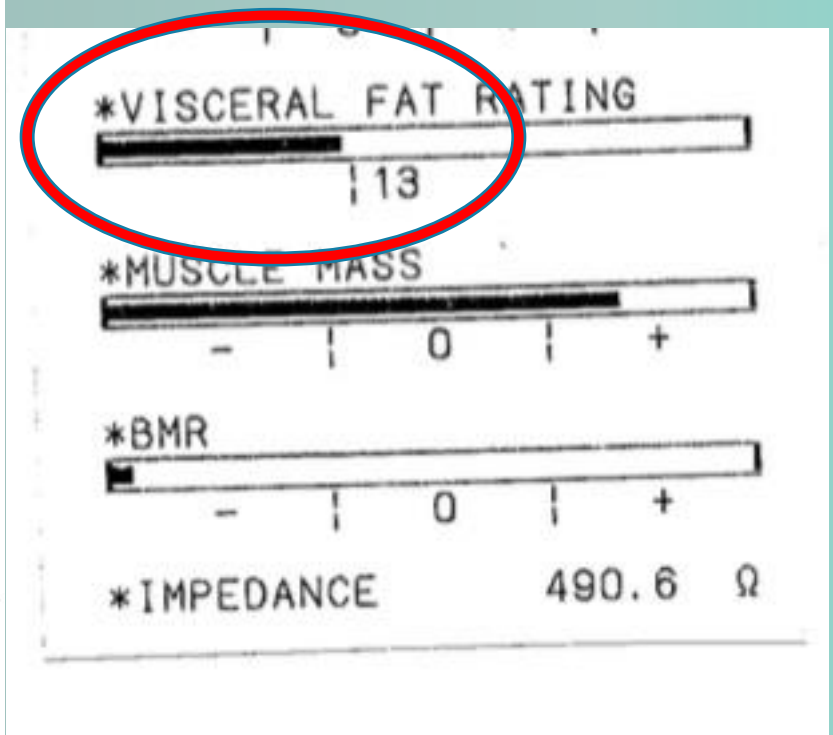
RESULT	
WEIGHT	100.7kg
FAT %	47.9 %
FAT MASS	48.2kg
FFM	52.5kg
MUSCLE MASS	49.8kg
TBW	38.1kg
TBW %	37.8 %
BONE MASS	2.7kg
BMR	6899 KJ 1649kcal
METABOLIC AGE	60
VISCERAL FAT RATING	12
BMI	35.7
IDEAL BODY WEIGHT	62.1kg
DEGREE OF OBESITY	62.2 %

DESRABLE RANGE	
FAT %	23.0-33.9 %
FAT MASS	15.7-26.9kg

INDICATOR	
*FAT %	
*BMI	
*VISCERAL FAT RATING	
*MUSCLE MASS	
*BMR	
*IMPEDANCE	490.6 Ω

INPUT	
BODY TYPE	STANDARD
GENDER	FEMALE
AGE	45
HEIGHT	168 cm
CLOTHES WEIGHT	0.5kg








RESULT	
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Weekly Food & Drink Journal

NAME: _____

Goals: _____

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Date							
Breakfast							
Lunch							
Dinner							
Drinks							
Snacks							
Water							
Exercise Type: Duration: Intensity:							



Weekly Sleep Journal

NAME: _____

Goals: _____

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Date

Activity
2 Hours
Before
Bed

Bedtime

Time
It Takes
To Fall
Asleep

Wake
Periods

Arise
Time

Emotions,
Pain,
Interrup-
tions
Through-
out The
Night



- Assess: Their metabolic profile, risks, current status

DASS

K10

Past trauma, Adverse childhood experiences = Barriers to self belief

Self esteem

Self pity



PSYCHO

- Assess: Their metabolic profile, risks, current status
 - Work, including shift work
 - Household
 - Relationships
 - Support structures
 - Environment



Advise: Evidence-based activation

LIFESTYLE MEDICINE PRESCRIPTION

DATE: _____

PATIENT: _____

Follow up in _____ weeks

GOAL FOR NEXT VISIT:

NUTRITION: (T.A.F)

Real food, mostly plants, not too much (Michael Pollan).

“You are what you eat!”

TYPE:

AMOUNT:

FREQUENCY:

EXERCISE: (F.I.T.T)

FREQUENCY:

INTENSITY:

TIME:

TYPE:

SLEEP:

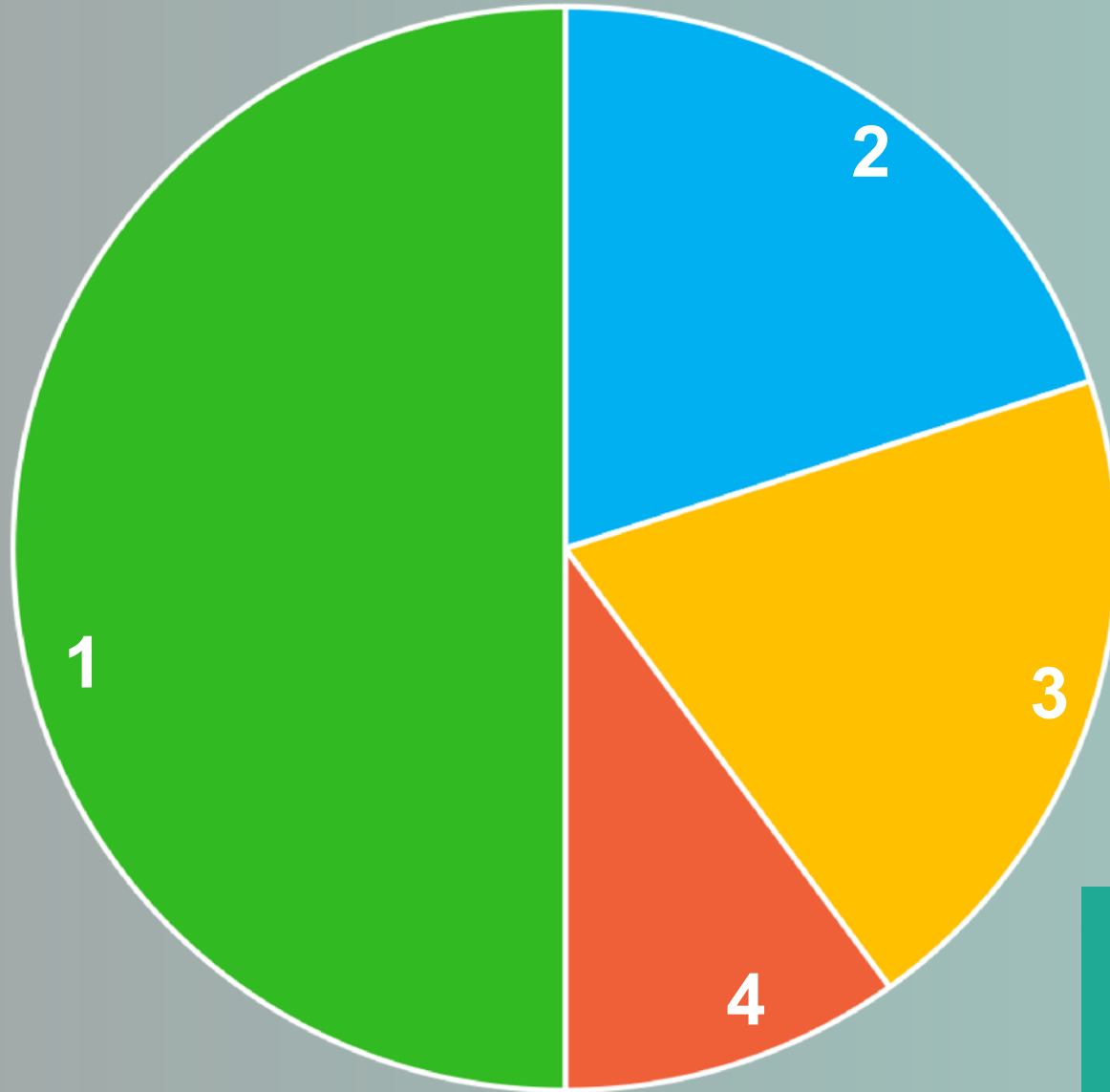
7-8 hours most nights, No screens 2 hours before bed, dim lights, shower/bath before bed

BEDTIME:

Dr Michelle Reiss

MBChB, LMCC, CCFP, FRACGP, FASLM

Picture your plate to put it all together



1 PLANTS
Vegetables (non-starchy)
Fruit
Eat a RAINBOW

2 LEAN PROTEINS
Seafood, fish
Lean meat, dairy, eggs
Legumes/ pulses, soy

3 SMART CARBS
Wholegrains
Legumes/ pulses
Starchy vegetables

4 GOOD FATS
Extra virgin olive oil
Canola oil, avocado,
Olives, nuts, seeds

Dr Joanna McMillan
Canadian National Food
guidelines

1. Plants (veg & fruit)

Eat a rainbow!

Vegetables

Include green, orange, yellow, red, purple

Fruit

Include variety

Legumes & pulses

– dry or tinned

Lentils

Chickpeas

Split peas

Beans – fresh or canned

Peas – fresh or frozen

2. Lean Protein

Lean meats

Pork, Venison

Lean beef, Kangaroo

Poultry

Chicken, Turkey

Eggs

Fish

Salmon, Tuna

Herring

Mackerel

Whiting, Hoki

Seafood

Dairy – Low Fat

Milk

Yoghurt

Cheese, Feta, Halloumi

Legumes & pulses

– fresh, frozen, dry or canned

Lentils

Chickpeas

Split peas

Beans, Peas

Soy/ tofu

3. Smart Carbs

Wholegrains

Wholemeal bread

Sourdough bread

Rolled oats

Oat bran

Pearl barley

Sorghum

Rice – brown & basmati

Wholegrain pasta

Couscous

Quinoa

Polenta

Legumes & pulses

– dry or tinned

Lentils

Chickpeas

Split peas

Beans – fresh or canned

Peas – fresh or frozen

Starchy vegetables

Pumpkin, Butternut,

Gem squash, Potatoes

Sweet potatoes

Corn

Popcorn

4. Good Fats

Plant oils

Extra virgin olive oil

Canola oil, Sunflower oil

Avocado

Avocado oil

Olives

Tree nuts

Cashews, Almonds

Macadamias, Hazelnuts

Pecan nuts, Walnuts

Pine nuts

Peanuts

Peanuts

Peanut butter

Peanut oil

Seeds

Pumpkin, sunflower, linseed/

flaxseed

Sesame seed

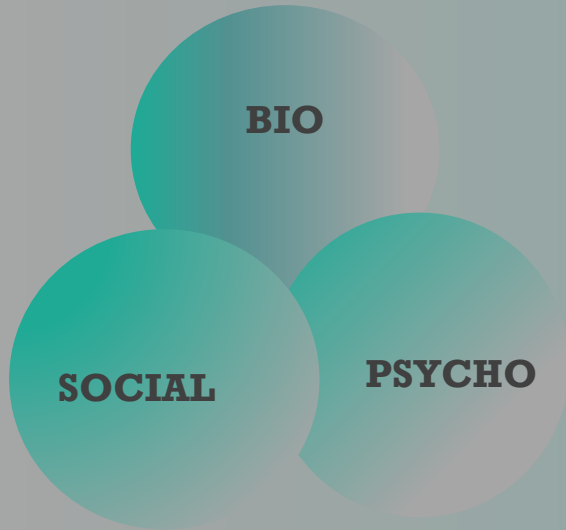
Chia

Sesame oil

Hummus

Tahini

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TIP: Do your notes in BPS format !!

TAKE-HOME MESSAGES

- Must know YOUR **WHY**, passion, purpose
- Have the mindset of **COACH** EMPOWER
- **B-P-S (BIO-PSYCHO-SOCIAL)**
- **FULFILLMENT**... make a difference
- Take the plunge.... Be brave
- Lifestyle Medicine is the best, cheapest, safest medicine we have
- It is essential
- **BE PART OF CHANGE, BE A PIONEER**



When we help **ourselves**, we find moments of **happiness**.

When we help **others**, we find lasting **fulfillment**.

- *Simon Sinek*



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