**Title**

Evidence based lifestyle medicine for common chronic disease GP presentations (Part 2/4 of suggested “Lifestyle Medicine” session)

**Author**

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**Background**

Chronic diseases accounted for 85% of the burden of disease in 2010 and 90% of all deaths in 2011 (1). People with chronic conditions are the most frequent users of health care and account for a high burden of medications, admissions and consults (1).

**Aims**

To outline the effectiveness of evidence based lifestyle treatments for common GP presentations including cardiovascular disease, stroke, diabetes, major depression disorder, prostate and other cancers, and dementia.

**Method**

Review the literature on lifestyle therapies and its impact on morbidity and mortality in common chronic diseases.

**Results**

When used appropriately evidence based lifestyle treatments can be as or more effective than medication in the treatment of common chronic diseases. Lifestyle therapies result in reversal of coronary atherosclerosis with subsequent reduction in cardiac events (2), reduction in stroke incidence following TIA (3), significant HbA1c reductions in people with diabetes (“diabetes reversal”) (4, 5) and altered progression of early prostate cancer and positive effects on other cancer outcomes (6). In major depression disorder 32% of people respond to diet, and exercise (if complied with) may be as effective as psychological or pharmacological treatments (7,8). Furthermore intensive lifestyle treatments can result in improved symptoms and slower neurocognitive decline in patients with dementia (9).

**Conclusion**

Lifestyle therapies are one of the most effective treatments for common chronic disease GP presentations.

**References**

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