

# Lifestyle Medicine

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Who am I?



## Who am I?

- General Practice Doctor
- Health Assessment Doctor
- NET patient
- Sister, Daughter, Mum, Aunt, Cousin, and Wife.
- Fit To Fight

## Qualifications

MMBS (distinction),  
BSc, RCGP, BLMS,  
DROG, FRSH



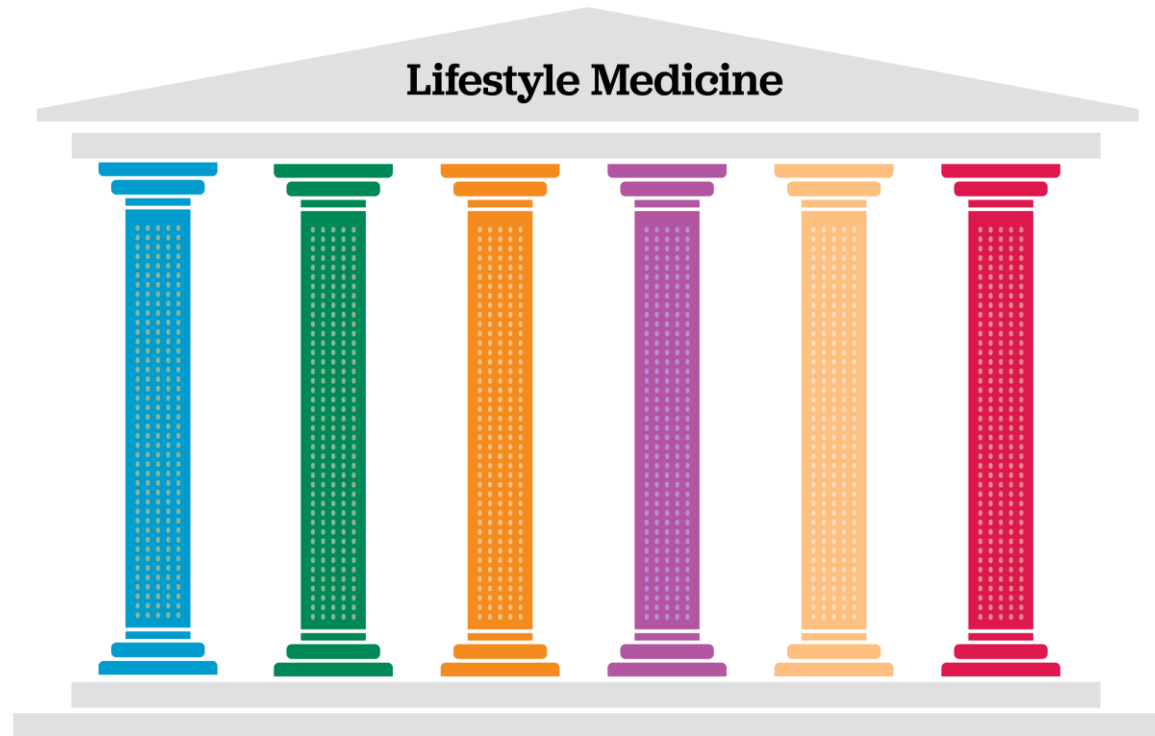
# My Story

- MEN patient
- Multiple NETS functioning and non functioning
- Multiple surgeries
- Quicker recover
- Fit to Fight

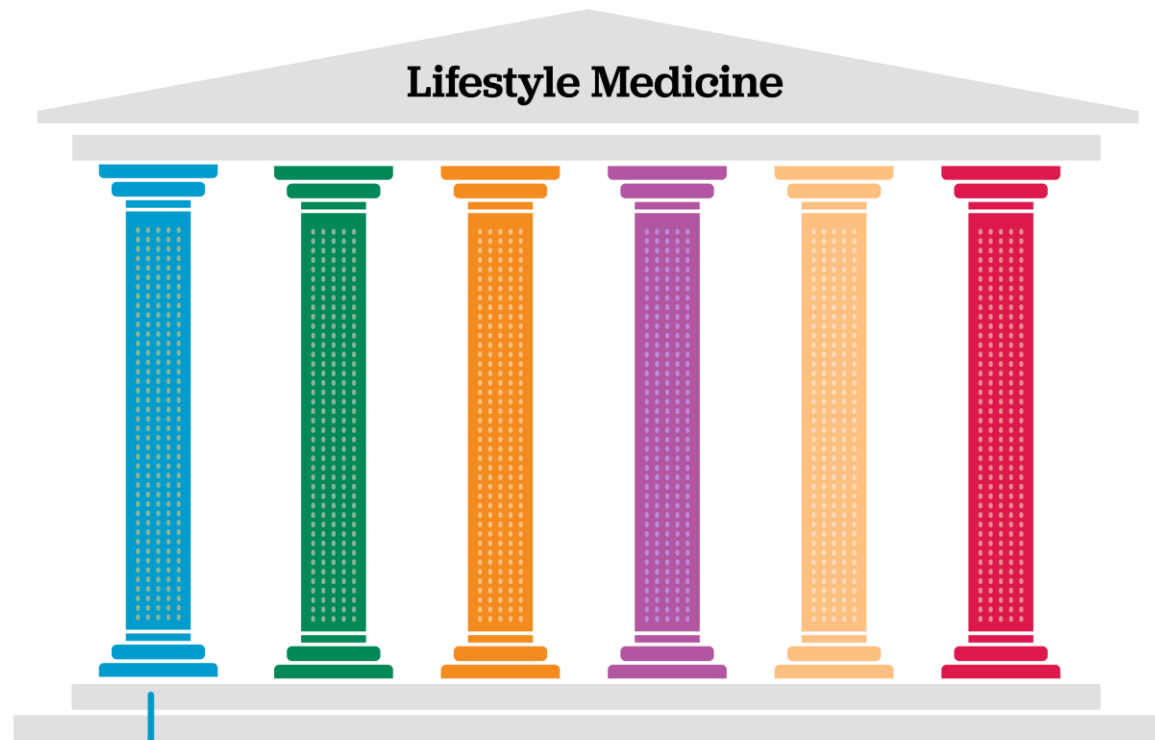
# Getting a Cancer Diagnosis

- It destroys your world
- Its really hard to think straight
- Intense anxiety
- Paralysing uncertainty
- It can be a wake up call to make significant lifestyle changes
- Taking control

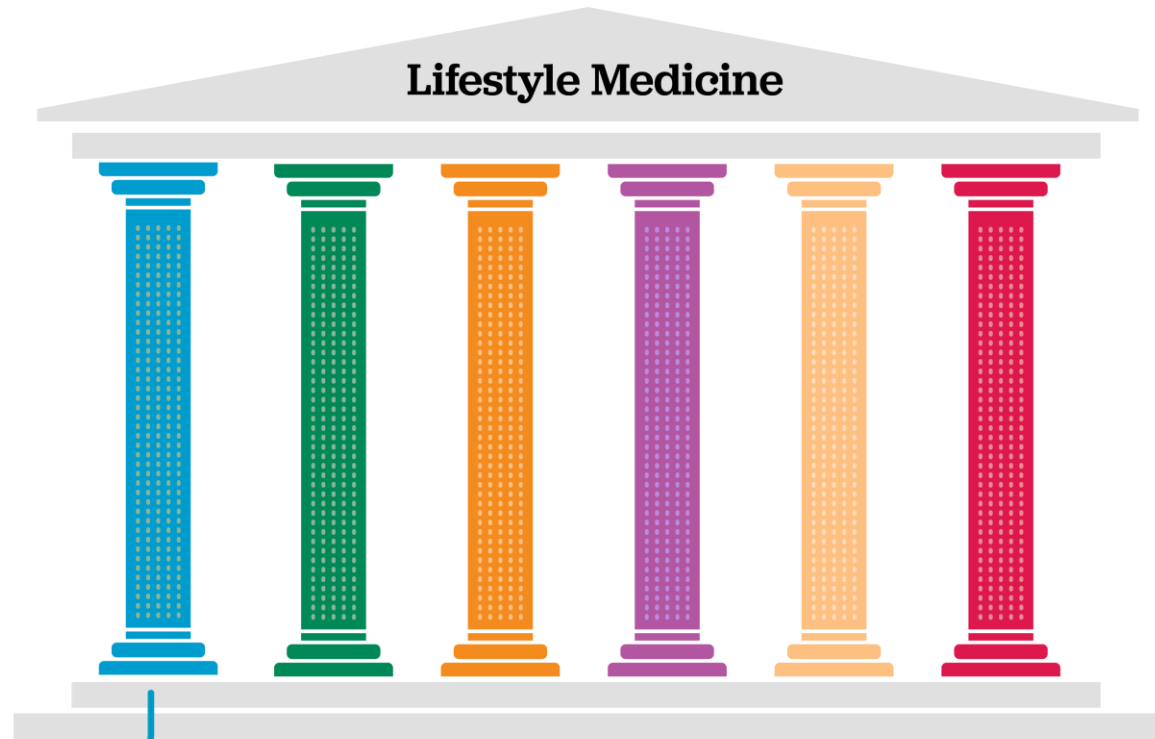
# The Six Pillars of Lifestyle Medicine (evidence based medicine)



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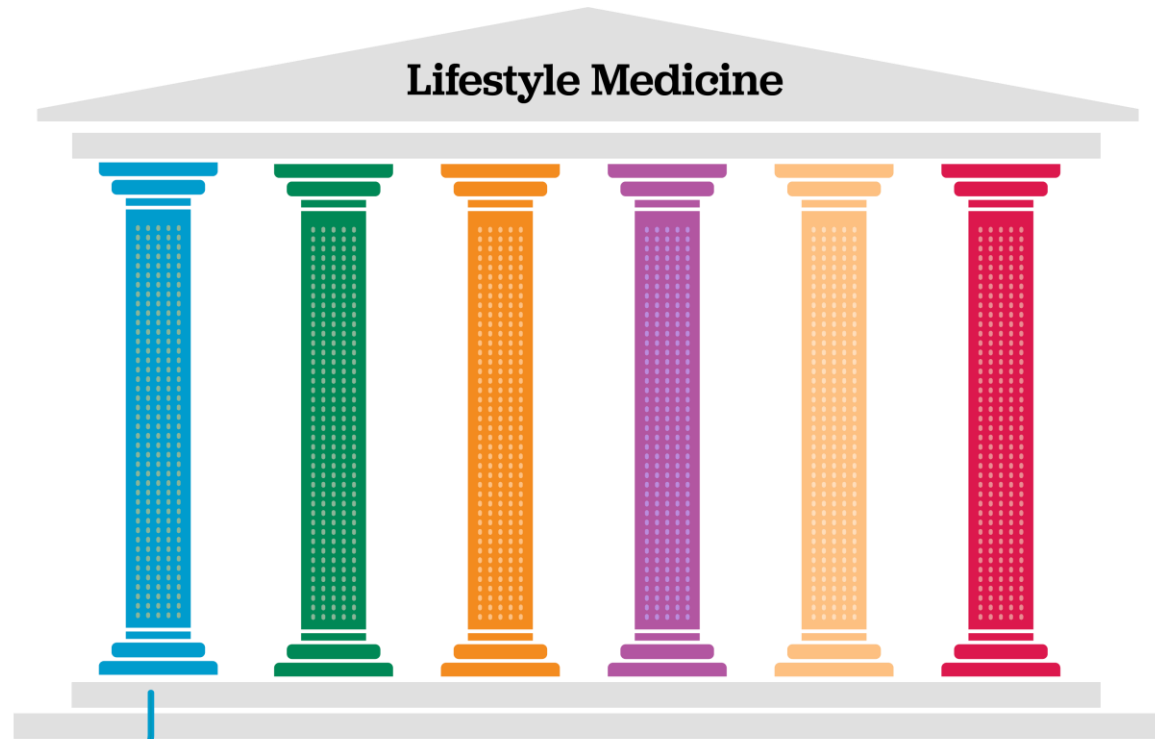


# The Six Pillars of Lifestyle Medicine

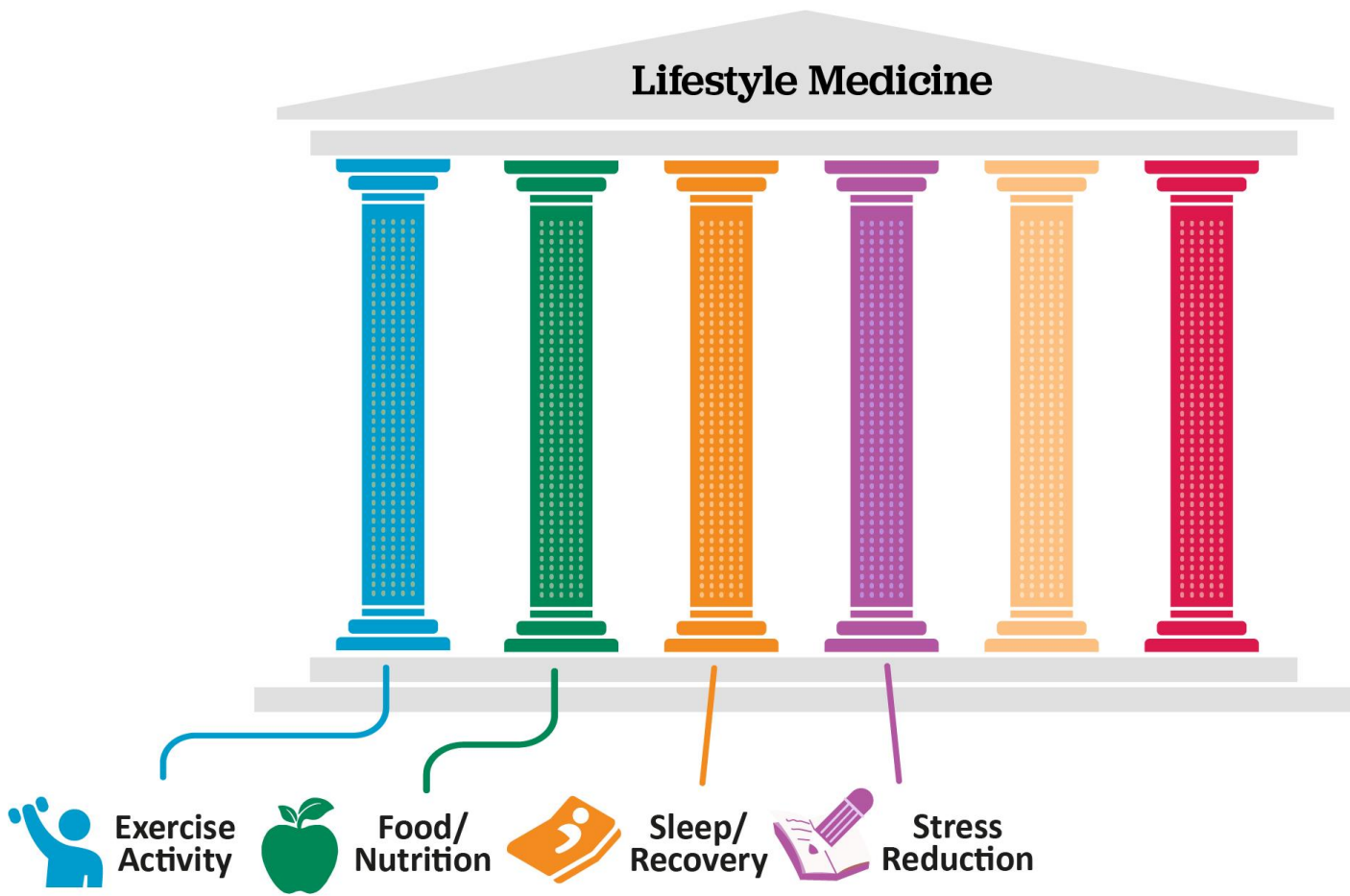




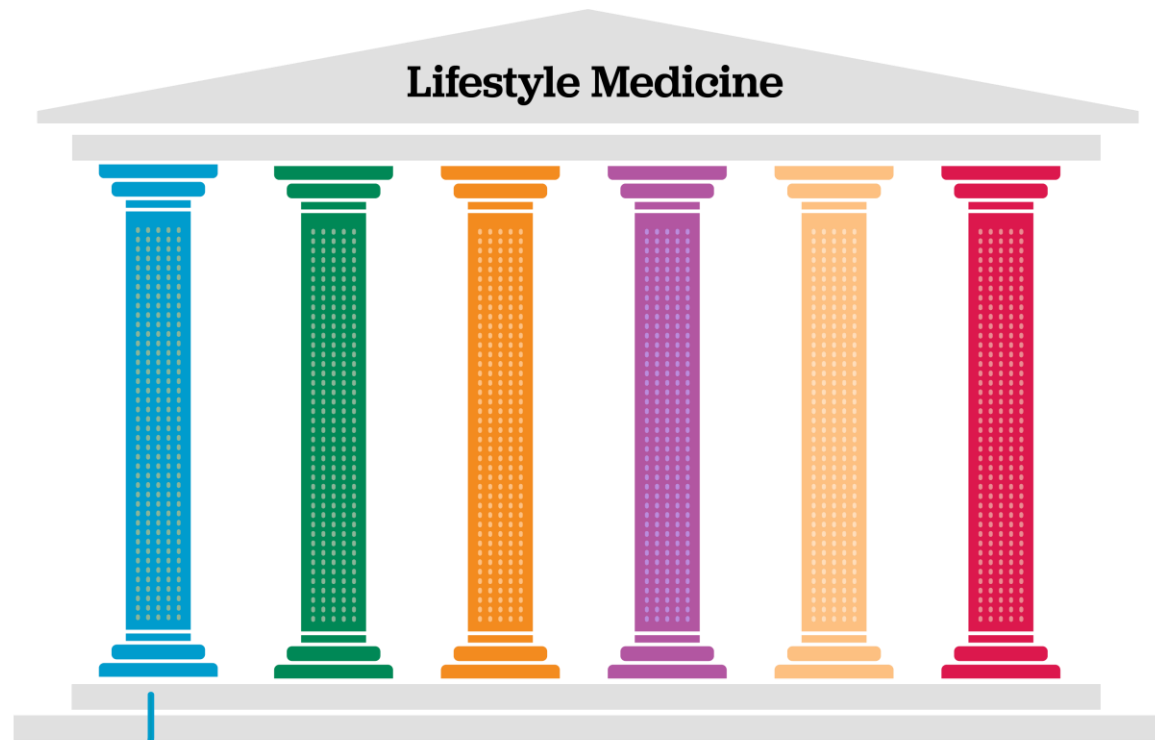
# The Six Pillars of Lifestyle Medicine



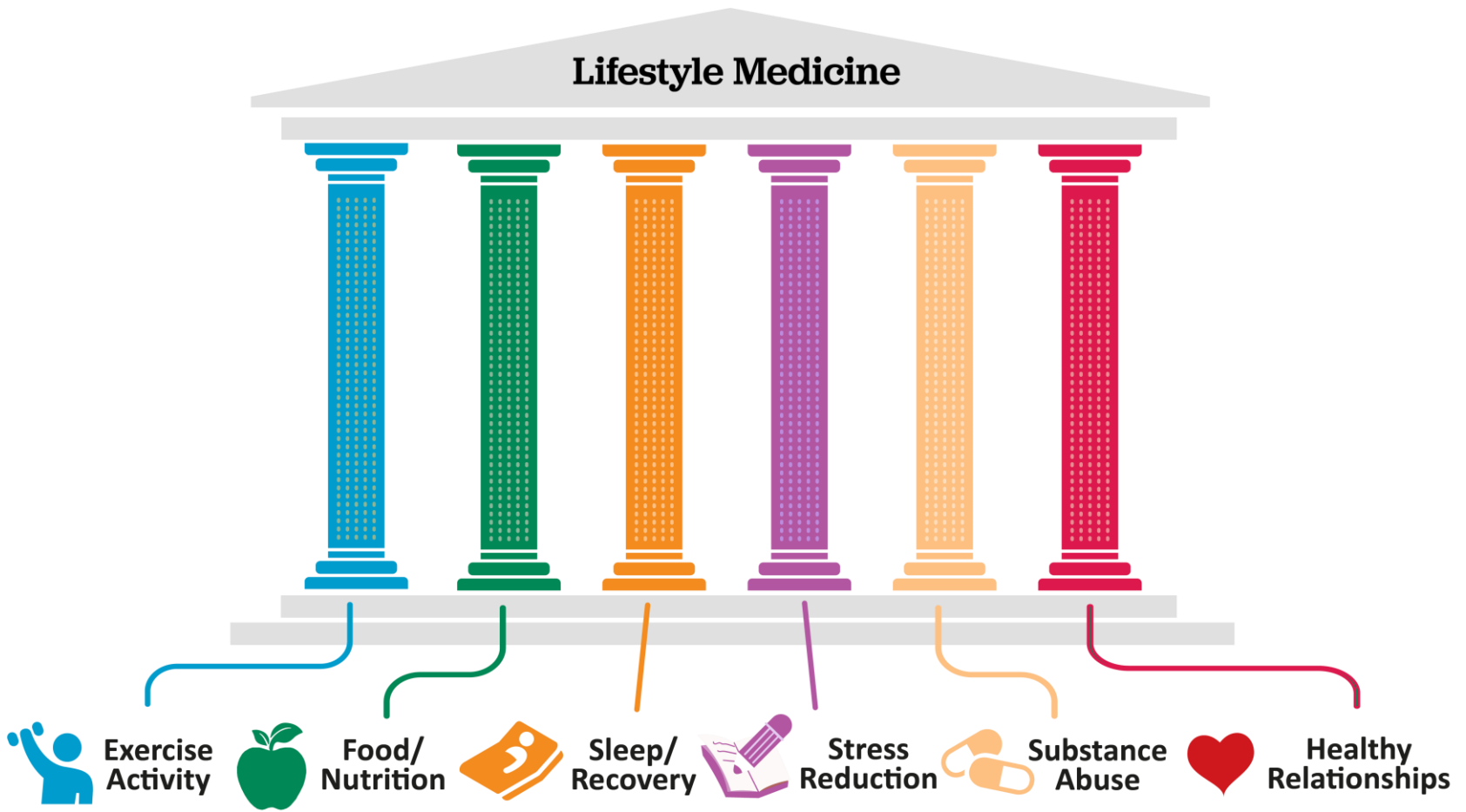
# The Six Pillars of Lifestyle Medicine



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# The Six Pillars of Lifestyle Medicine



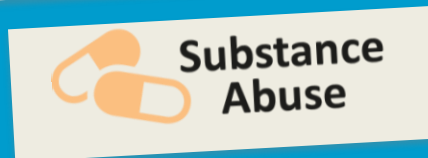
# ***360 Approach***

Lifestyle medicine is NOT a substitute medication and surgery but as an ADJUNCT. Along side your specialist team.

We all unique with different stories

One goal: to remain as healthy as we can. What can we do to help ourselves?

I am mainly talking about exercise today but will briefly mention the other pillars. They all impact on each other





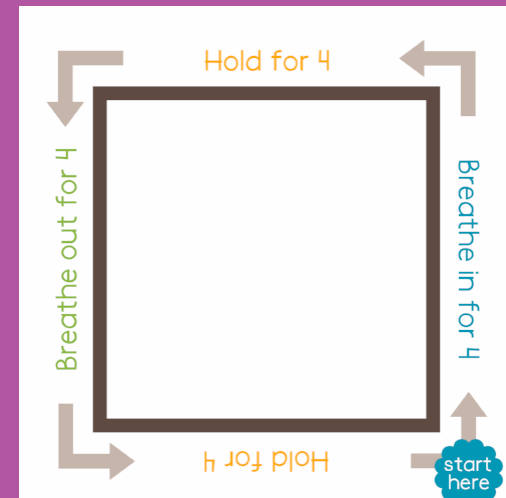
# Good Nutrition

- No one size fits all approach.
- Specialist endocrine dietician (Ruth Lee)
- Symptom Diary  
(include stress, exercise, sleep, food, symptoms)



# Stress Reduction

- Covered by Alison Farmer
- Counselling
- Physical activity such as walking/yoga/stretching
- Breath work (square and triangle breathing)
- Mindfulness
- (Headspace/calm/insight timer)
- Mindfulness in a Frantic World by Mark Williams
- Gratitude diary
- Reduce stress hormones: cortisol and adrenaline



- Aim to have 7-9 hours.
- Consistent sleep schedule:
- Most evidence is on sleep hygiene and sleep restriction



# Physical Activity - Aims

19 – 64 Years

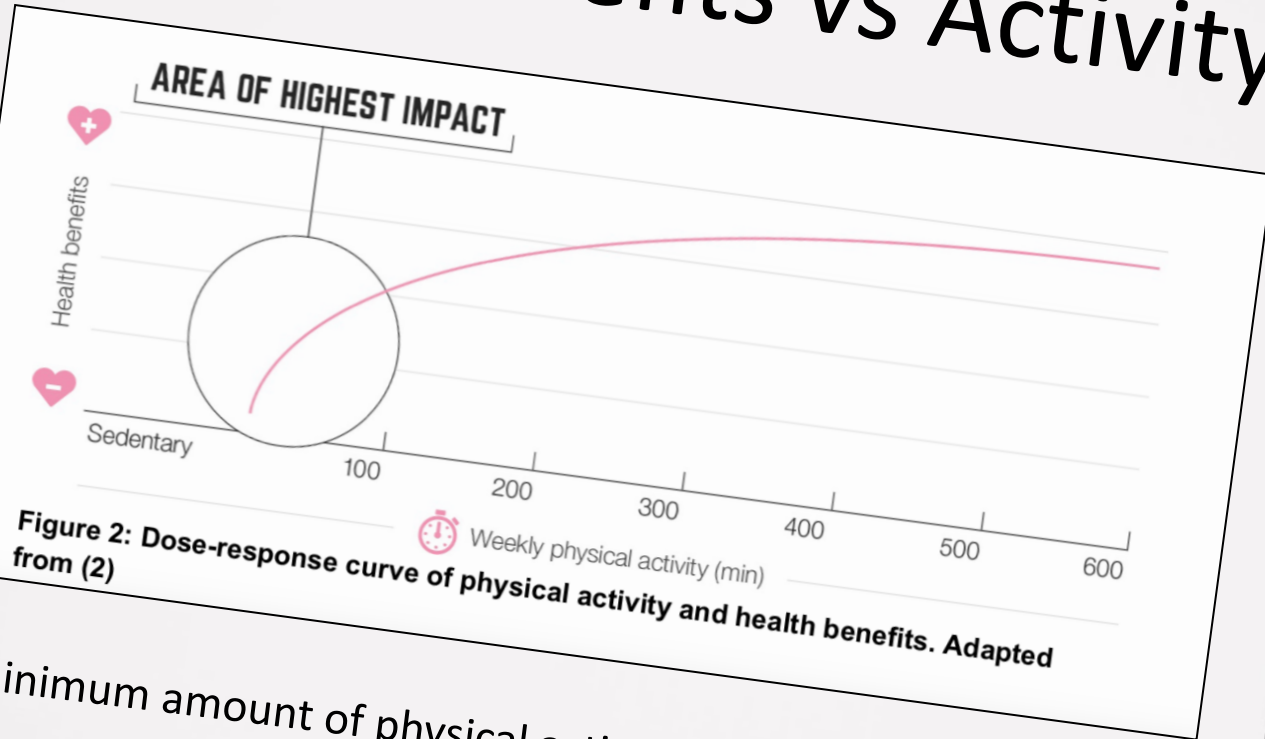
- Do strengthening activities that work all the major muscle groups (legs, hips, back, abdomen, chest, shoulders and arms) on at least 2 days a week.
- Do at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week.
- Spread exercise evenly over 4 to 5 days a week, or every day.
- Reduce time spent sitting or lying down and break up long periods of not moving with some activity.

## EMMA SAYS:

Speak to your GP first if you have not exercised for some time, or if you have medical conditions or concerns.

Make sure your activity and its intensity are appropriate for your fitness.

# Health Benefits vs Activity



**Figure 2: Dose-response curve of physical activity and health benefits. Adapted from (2)**

>> No minimum amount of physical activity to have some health benefits.

# Benefits of Exercise

## Children

- Bone Health
- Cognitive Function
- CV Fitness
- Muscle Fitness
- Weight Status
- Depression



## Adults

- All-cause Mortality
- Stroke and Heart Disease
- Hypertension
- Type 2 Diabetes
- 8 Cancers
- Depression
- Cognitive Function
- Dementia
- Quality of Life
- Sleep
- Anxiety/Depression
- Weight Status

## Older Adults

- Falls
- Frailty
- Physical Function



# Physical activity

- Actively improving your physical and mental health can help recover more quickly from surgery, chemotherapy and radiotherapy
- Reduce chance of further problems during and after treatment



# Intensity of Exercise

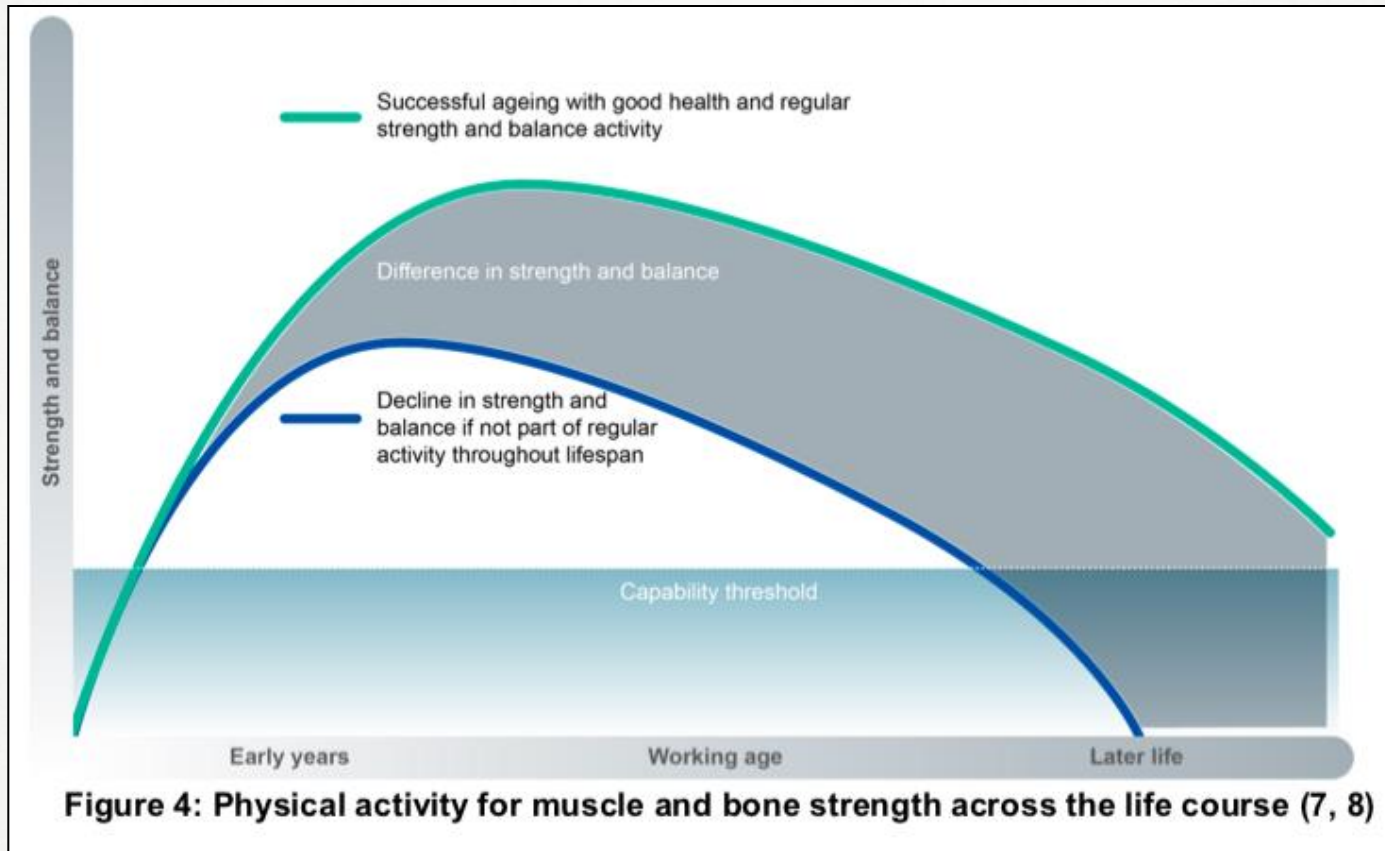


# Talk Test

- Very Light to Light Intensity:
  - Able to sing or talk
- Moderate Intensity:
  - Able to talk but not sing
- Vigorous to Maximal Intensity:
  - Unable to talk

# Benefits of Physical Activity (2)

## >> Strength and Balance benefits over your life-time





# Contraindications to Exercise

- Unstable angina
- Systolic BP greater or equal to 180mmHg and or diastolic greater or equal to 100mmHg
- Resting tachycardia 100bpm
- Uncontrolled atrial or ventricular arrhythmia
- Unstable or acute heart failure
- Unstable diabetes
- Febrile illness



# Stop if...

- Chest pain
- Dizziness
- Unexplained shortness of breath
- Irregular heart beat (or unexplained rapid heart beat)
- Pain

# Prehabilitation

- Wesfit ([wesfit.org.uk](http://wesfit.org.uk))
- <https://pubmed.ncbi.nlm.nih.gov/36247802/>
- Cancer patients who are physically fit before surgery tend to have better recovery.
- Increased functional capacity, decrease depression, reduced hospital length of stay, improved quality of life, reduced complications and increase in physical fitness.
- Less complications
- Recurrence less in some tumours
- Tumours shrink? Inflammatory response.

## Background

**Cancer patients who are physically fit before having surgery tend to have a better recovery.** Unfortunately, cancer treatments such as chemotherapy, which patients often receive before their surgery, reduce a patient's fitness. Research at University Hospital Southampton NHS Foundation Trust has found that patients can maintain or even increase their fitness before surgery by taking part in an exercise programme in hospital. In order to find a model for delivering such a programme more widely in the NHS the team want to test if patients are also able to take part in such an exercise programme in the community (gyms and charity centres), and whether providing additional psychological support to prepare them for surgery (improving mental fitness) is also helpful to recovery.

## The trial

Phase III pragmatic 2x2 factorial design randomised trial, assessing efficacy of implementation of a **prehabilitation programme** in patients undergoing cancer surgery. Cancer patients undergoing intra-cavity elective major surgery; oesophageal, gastric, colorectal, thoracic and urology.



## Exercise programme – structured response exercise training (SRETP)

Delivered by personal trainers (PT) with level 4 cancer and exercise rehab qualification. Exercise intensity is tailored to patient fitness. Interval training on a stationary bike 3x per week until surgery. Follow-up contact with PT 12 weeks after surgery

## Psychological support

Weekly access to counselling and psychological support at local cancer information and support centres

## All groups

Access to enhanced recovery package with health and wellbeing events held prior to surgery

## The patient experience

In previous hospital-based prehab exercise trials at University Hospital Southampton adherence rates have been high (up to 96%). Patients interviewed after the trial said they were able to build camaraderie and peer support and **experience a sense of control**

*I said, well [partner], we have done absolutely everything we could to help the outcome of this. And that was very comforting, to feel that I couldn't have done anything more....and that was really good for me, emotionally*

## Continued support

When asked how we could improve the programme, patients said they would like continued support; help to get back to exercise after surgery. This trial has therefore added **follow-up support to help patients get back to being active in the months after surgery**

*I wanted those faces, encouraging me again*



# Small changes can make a big difference

- Even a small number of rehab sessions can make a difference
- Prehab4cancer: programme is designed to help people take an active role in their cancer care and live as well as possible with and beyond cancer (Greater Manchester)

# Exercise

- Strength workout videos in our [Fitness Studio exercise videos](#)
- the [Strength and Flex exercise plan](#), a 5-week plan for beginners, to improve your strength and flexibility
- Darebee: <https://darebee.com>
- NHS website
- British Heart Foundation
- Couch to 5km.



Imagine a pill.....



# Imagine a pill....

.....Free of charge

Available to everyone

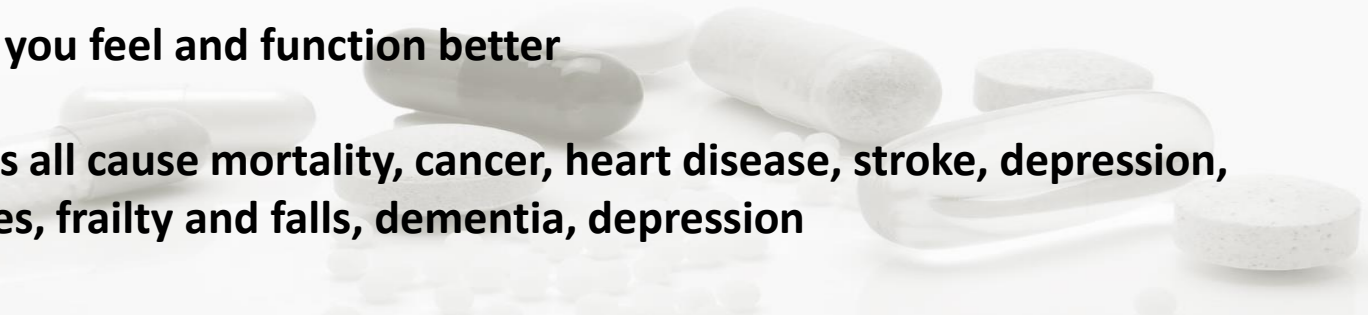
Minimal adverse effects

Makes you feel and function better

reduces all cause mortality, cancer, heart disease, stroke, depression, diabetes, frailty and falls, dementia, depression

Improves outcomes in surgery, cancer, heart disease, depression and diabetes

Improve cognitive function in children



# We are special and unique

- Recognising what we can do and our limits and working within.
- Be kind to yourself.
- Enjoy it
- Join a friend or instructor
- Start small and build slowly
- Stand and move more
- Try resistance bands
- Consider all aspects lifestyle
- Work with team and consider dietician
- Lifestyle diary/gratitude (to keep record of progression)