

From: American College Of Lifestyle Medicine <admin@lifestylemedicine.org>
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To: aclm.office@gmail.com
Reply-To: admin@lifestylemedicine.org

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American College of Lifestyle Medicine

Lifestyle Medicine in Action

A monthly publication of the American College of Lifestyle Medicine

August 2010

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Welcome New Members

Dear ACLM Member,

Welcome to this issue of Lifestyle Medicine in Action!

It has been a very busy month for ACLM. Our persistence and hard work is starting to really pay off. Here is what is happening:

BIG NEWS

[JAMA Publishes Recommended Competencies in Lifestyle Medicine](#)

See "President's Desk" for more on this.

[ACL M's next annual conference announced - "Lifestyle Medicine 2011"](#)

ACL M has just completed an agreement with the American College of Preventive Medicine (ACPM) to convene its annual conference with ACPM's Preventive Medicine 2011 in San Antonio, Texas, February 16-19, 2011.

[Major Publisher Seeks Lifestyle Medicine Book](#)

ACL M has been contacted by a major medical publisher regarding the production of a book on Lifestyle Medicine for primary care providers.

New Logo

ACL M's new logo is vibrant, clean and simple. People really like it! It is an apple (the universal symbol of health & wellness), a heart (Lifestyle Medicine at its core is about really caring for



(In Alphabetical Order)

Corey Howard, MD, FACP
Director, Physician's Life
Centers
Naples, Florida

**Jere Sutton, DO, FAASOS,
FAADEF**
Founder, Premier Back
Rehabilitation Center
Pueblo, Colorado

CME Calendar



**American College of
Nutrition**
October 7-9, 2010

Obesity 2010
October 8-12

Active Doctors. Active

people in a positive, productive relationship), and there is a bit of a personification (green head, red arms around a white heart symbolizing LM professionals). And all with a tasteful, modern flare.

Survey

Thank you to all of you who participated in our recent membership survey. We will be following up with you on this in a separate email in the near future.

Social Media

We have been working on getting ACLM set up with some of the primary social media networks. We have had a Facebook account for many months, but are establishing our presence on LinkedIn and Twitter. After completing initial testing, we will notify you that we are ready to go and how to connect with us. Special thanks to Karam Salama, DrPH, one of our Communications Committee members for his work in making this happen.

More...

We have several other major items nearly finalized. We will let you know about them when they are ready to be announced.

Forward!!

Marc Braman, MD, MPH,
Executive Director, Past President

President's Desk

***Lifestyle Medicine Competencies
published in JAMA.***

Fifteen months ago if you'd told me that was going to happen I wouldn't have believed you. Lifestyle Medicine is still a young specialty that has far to go to be really understood by both the public as well as other health professionals. And we still have vigorous debates amongst ourselves around what our competencies should be. So how did ACLM manage to be a driving force in



Patients

November 12-14, 2010

SAVE THE DATE:

Lifestyle Medicine 2011

February 16-19, 2011
San Antonio, Texas

Healthy Kitchens, Healthy Lives

March 17-20, 2011
Napa Valley, California

21st Annual Art and Science of Health Promotion Conference

March 21-25, 2011
Colorado Springs, Colorado

Resource Opportunity:
ILM Video Available

Institute of Lifestyle Medicine

New video available

The latest addition to the ILM website is a FREE 10-minute video to use with colleagues and patients to kick start conversations about and demonstrate exercise. This video, featuring the ILM's energetic Stephan Esser, MD, was filmed at the ILM's June 2010 *Lifestyle Medicine: Tools for Promoting Healthy Change* course in Boston, MA.

[Link to Video](#)

getting Lifestyle Medicine competencies published in the July 14 JAMA (see jama.ama-assn.org/cgi/content/full/304/2/202)?

Close to two years ago ACLM approached a test development agency about the creation of a certification process for Lifestyle Medicine practitioners. This was the same company used by the American Board of Preventive Medicine (ABPM). When they heard of ACLM's contacts, ABPM and their professional society, the American College of Preventive Medicine (ACPM) came to ACLM with a proposal. The foundation of that plan was to develop an American Board of Medical Specialties (ABMS) approved certification process using ACPM's ABMS connections. Because of previous experience in these types of attempts, ACPM recognized that if LM was ever going to obtain a separate ABMS certification it would need to be blessed by the internists, family practitioners and pediatricians. Working from this framework, ACPM with the help of ACLM and others put together a blue ribbon panel that met in July, 2009 to establish a core set of LM competencies.

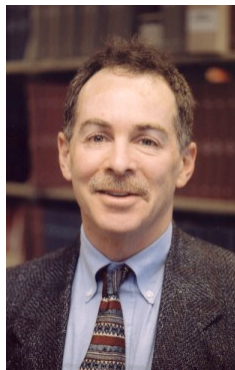
Although it took much work, eventually 15 core LM competencies for all primary care practitioners were developed. Connections to the American Medical Association and JAMA were nurtured and an article summarizing the competencies was written by ACLM President-elect Liana Lianov, MD, MPH and ACPM President Mark Johnson. The rest is history.

To say that this is significant is an understatement. In the short weeks since the LM competencies were published ACLM has watched media, insurance companies and health care providers reference this article. It provides a foundation upon which all of us can build not only current practices but future endeavors. As Dr. Lianov says, however, this is just the beginning...

Sincerely,

Wayne Dysinger, MD, MPH
President

Practice Spotlight: Dr. Edward Phillips, MD



Dr. Phillips is a member of ACLM's Board of Advisors.

Exercise is fundamental to good health. "I care for patients with trouble walking, sports injuries, or muscular-skeletal problems," said Dr. Edward Phillips, assistant professor of Physical Medicine and Rehabilitation at Harvard Medical School. "We prescribe exercise for everything."

A physician who treats patients at several Boston area hospitals including Spaulding Rehabilitation, Massachusetts General and McLean, Phillips also dedicates a significant amount of time to building the Institute of Lifestyle

Medicine (www.instituteoflifestylemedicine.org) and supporting the growing field of Lifestyle Medicine. The ILM is focused on providing educational programs to all health professionals, conducting outcome and field research on the efficacy of Lifestyle Medicine education and programs as well as advocacy to promote physical activity on a national and global level.

[Take this link to read the entire article.](#)

CME Opportunity: American College of Nutrition

51ST ANNUAL MEETING OF THE AMERICAN COLLEGE OF NUTRITION

ADVANCES IN CLINICAL NUTRITION

A joint meeting with its European Chapter -ECACN

October 7-9, 2010

NEW YORK ACADEMY OF MEDICINE, NEW YORK CITY

Speakers and Topics Include:

- David J.A. Jenkins, PhD, MD, FACN - "What is the Role of Nutrition in Chronic Disease in the Age of Powerful Drugs?"
- Harry G. Preuss, MD, MACN, CNS - "Dietary Means to Alleviate Manifestation of the Metabolic Syndrome"

[Link to Complete Program Listing](#)

The American College of Nutrition designates this educational activity for a maximum of 16-20 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Continuing Education credit hours for Certified Nutrition Specialists and Registered Dietitians

The Certification Board for Nutrition Specialists (CBNS) authorizes up to 16-20 CNE credit hours for Certified Nutrition Specialists (CNS).

Continuing education (CE) credit hours, up-to 16-20 hours, will be authorized by the Commission on Dietetic Registration for Registered Dietitians (RD).

PLEASE NOTE: Not all sessions offer CME/CNE/CE credit hours. The maximum number of credit hours offered is subject to change until the program is finalized.

More information: www.americancollegeofnutrition.org

CME Opportunity: Obesity 2010

Obesity 2010
28th Annual Scientific Meeting
San Diego, California
October 8-12

[Download Program PDF](#)

CME

Physicians: The Obesity Society designates this educational activity for a maximum 22.25 AMA PRA Category 1 Credits™.

Credit is also available for International CME, Physician Assistants, Dietitians, Pharmacists, Nurses and CA Nurses. Please see PDF Brochure for complete listing.

More Information: www.obesity.org/obesity2010/index.asp

CME Opportunity: Integrative Oncology

7th International Conference of the Society for Integrative Oncology

**INTEGRATIVE ONCOLOGY: INFORMING THE DEBATE
IN PRACTICE, RESEARCH AND PUBLIC POLICY**

NOVEMBER 11–13, 2010

New York Academy of Medicine, New York City

More information: www.integrativeonc.org

CME Opportunity: Destination Health Conference

8th ANNUAL

Destination Health: Renewing Mind, Body and Soul

Oct. 17-22

Kauai Marriott Resort & Beach Club

Kauai, Hawaii

Join Scripps Center for Integrative Medicine for a one-of-a-kind retreat designed to give participants an opportunity for personal renewal and practical information about proactive health. Offerings include the latest information about mind-body-spirit medicine from renowned experts. The retreat is for anyone who wants to achieve optimal health, prevent disease, and develop a personal plan for wellness. Health care professionals are encouraged to attend.

Early Bird Registration: \$835 through Sept. 13

More information: www.scripps.org

Education Opportunity: Advanced Study Weekend

The McDougall 3-Day Advanced Study Weekend

Santa Rosa, California

Sept. 10-12

Dedicated to broadening the understanding of plant-food based nutrition and conservative medical care. Expert guests have included Dean Ornish, MD, Neal Barnard, MD, Henry Heimlich, MD, and Howard Lyman. The delicious foods served during the weekend dispel a common myth that healthy foods are not satisfying or delicious. Cost for the 3-day weekend, including meals and education

(excluding room), is \$465 per person. Discounted room rates have been arranged.

More information: www.drmcDougall.com

Research Summaries

The following presented by Medpage Today

Goal-Setting and Follow-Up Key to Lifestyle Change (CME/CE)

A mix of counseling, self-monitoring, and follow-up with a healthcare provider is the ideal means of getting patients to make lifestyle changes that will last -- and lower their risk of heart disease, researchers say.

Idling Toward Death (CME/CE)

Sitting around too much in one's spare time appears to increase the risk of dying, regardless of physical activity, researchers found.

Internet May Have Weight-Loss Potential (CME/CE)

Overweight patients had significantly better long-term weight control when they regularly used an interactive website designed to promote weight-loss maintenance, according to data from a randomized trial.

ADA: Prediabetics Lose Weight with Community Intervention (CME/CE)

A community-based lifestyle intervention modeled on the Diabetes Prevention Program appears to be effective at lowering blood glucose and body weight in patients at risk for type 2 diabetes, researchers reported here.

Community-Based Program Promising for Weight Control (CME/CE)

Women with young children appear to have achieved better weight control over the course of a year after participating in a community-based behavioral intervention program, researchers reported.

Help PD: Community-Based Lifestyle Interventions Yield DPP-Like Results

Exclusive coverage of American Diabetes Association's 70th Scientific Sessions Press Briefing Teleconferences. This oral presentation took place on Monday, June 28th at 2:30 pm ET, with content embargoed for Tuesday, June 29 at 8:25am ET.

ADA: Meaty Diets May Increase Men's Diabetes Risk (CME/CE)

An Atkins-style diet that emphasizes animal protein may actually be linked to higher incidence of type 2 diabetes, according to a large observational study.

For BP More Control Means Less Benefit in T2D (CME/CE)

Tight control of blood pressure to less than 130 mm Hg systolic does not improve major cardiovascular outcomes in diabetes patients with major coronary artery disease, researchers have again affirmed.

Physical Activity Levels Linked to Cognitive Impairment (CME/CE)

For women, being physically active throughout life appears to lower the risk of cognitive impairment in old age, a cross-sectional study showed.

Anxious Coronary Disease Patients May Have Worse Outcomes

Patients with coronary heart disease (CHD) who also have anxiety may be at greater risk for cardiovascular events, including myocardial infarction, stroke, heart failure, or even death, a large prospective study showed.

Sleep Apnea in Men Associated with HF (CME/CE)

Men with obstructive sleep apnea are at increased risk of heart failure, particularly if they experience 30 or more decreased airflow events per hour, a prospective study found.

Sleep Flees with Kids' Mental Health Issues

Insomnia significantly affects 29% of children seen by child psychiatrists, according to a national survey.

Social Ties May Enhance Survival (CME/CE)

Maintaining strong social relationships may help slow the approach of death, a meta-analysis showed.

Depression Late in Life Nearly Doubles Dementia Risk

Elderly people who are depressed may be at twice the risk of developing dementia or Alzheimer's disease over time -- but it's unclear whether depression causes dementia or vice versa, researchers said.

ICAD: Work Out Hard to Avoid Dementia (CME/CE)

Unlike heart disease, which can potentially be prevented with moderate exercise, it's more intense physical activity that may stave off dementia, researchers said here.

Vitamin E May Reduce Dementia Risk (CME/CE)

Eating more foods rich in vitamin E appears to be associated with a slightly lower long-term risk of dementia and Alzheimer's disease, according to a large observational study from the Netherlands.

Low Vitamin D Increases Parkinson's Risk (CME/CE)

Inadequate levels of vitamin D appear to be associated with an elevated risk for Parkinson's disease, results of a Finnish cohort study showed.

Vitamin D Deficiency May Be Linked to Cognitive Decline (CME/CE)

Low levels of vitamin D appear to be associated with an increased risk of cognitive decline among older people, according to researchers.

Vitamin D May Boost Teens' Arterial Health (CME/CE)

Vitamin D supplements reduce the arterial stiffness associated with pervasive vitamin D deficiency among black teens, even in sunny climes, researchers found.

Beliefs and Behaviors Influence Back Pain Disability

Among patients with low back pain, negative beliefs and behaviors -- such as believing their problem will not get better -- are important correlates of increased disability, according to an Australian study.

Glucosamine Fails to Ease Aching Backs (CME/CE)

Although it is widely used, glucosamine has no effect on chronic low back pain and degenerative lumbar osteoarthritis, researchers said.

Less Pain, More Gain in OA With Regular Exercise (CME/CE)

Patients with knee or hip osteoarthritis (OA) who stick to a recommended exercise program and increase their overall physical activity have less pain and more improvement in physical functioning, according to a Dutch observational study.

Inflammatory Arthritis Patients Lacking in Preventive Care (CME/CE)

Older patients with inflammatory arthritis are not receiving the full range of age-related preventive care they need, despite their being at increased risk for cardiovascular events, infection, and osteoporosis, a new study found.

Fish Oil Linked to Lower Breast CA Risk (CME/CE)

Fish oil could help prevent breast cancer, according to observational findings linking the supplements to lower breast cancer risk.

Music Therapy Has Some Benefits in Stroke Recovery (CME/CE)

Two small clinical trials found that one type of music therapy -- rhythmic auditory stimulation -- improved gait in patients who had suffered a recent stroke, according to a Cochrane review.

Weight Loss May Help Hot Flashes (CME/CE)

Overweight and obese postmenopausal women reported a significant improvement in hot flashes after an intensive behavioral weight-loss program, data from a randomized trial showed.

High BMI May Lead To Early Births (CME/CE)

Overweight and obese pregnant women appear to be at increased risk for giving birth prematurely -- and the heavier the woman, the greater her risk may be, a meta-analysis showed.

The following presented by Diabetes in Control

Lifestyle Counseling Reduces Medications and Costs in Diabetes

Effect of the Look AHEAD Study intervention on medication use and related cost to treat cardiovascular disease risk factors in individuals with Type 2 diabetes.

Family Meals Keep Kids Trim

A new study finds that, children who regularly sit down to family meals and get plenty of vegetables in their diet tend to be thinner than their peers without such eating habits.

Monitoring Steps to Lose Weight Works!

Women achieved modest changes in their BMI and waist-to-hip measurements with no other lifestyle interventions.

The following presented by Medline Plus

The Longer You Sit, the Shorter Your Life Span

The effect remained even after researchers factored out obesity or the level of daily physical activity people were engaged in, according to a study of more than 120,000 American adults.

Study Explores Links Between Obesity and Chronic Pain

Obesity and chronic pain are both linked with family history and mood disorders, a new study suggests.

Doctors, Patients Rarely on Same Page

Doctors and patients are often out of sync with each other when it comes to what patients believe about their illnesses, including to what extent the patient is to blame and what's the best way to manage the problem, new research shows.

New Health Policy: Encouraging Friendships?

Having good social relationships -- friends, marriage or children -- may be every bit as important to a healthy lifespan as quitting smoking, losing weight or taking certain medications, U.S. researchers reported on Tuesday.

When Dieting, Watch Your Vitamins

When weighing the benefits of one weight-loss plan over another, dieters may want to consider what else might be cut with the calories and carbs, suggests a new study.

Sleep Plays Important Role in Chronic Disease

Too much or too little sleep may increase your risk of developing chronic conditions such as obesity, diabetes, high blood pressure and cardiovascular disease, research shows.

Calcium Supplements Linked to Boost in Heart Attack Risk

Although millions of people take calcium supplements to boost bone health and ward off osteoporosis, New Zealand researchers say the supplements have little effect on bone strength and

contribute to a small increase in the risk for heart attack among older people.

Relationship Insecurity May Undermine Your Health

People who feel insecure in their relationships may be at increased risk for cardiovascular disease and other health problems, according to a new Canadian study.

Heart Risk Factors Less Common in Fish Lovers

Middle-aged and older men who eat fish every day are less likely than infrequent fish eaters to develop a collection of risk factors for heart disease, diabetes and stroke, a new study suggests.

Fish eaters show lower risk of age-related eye disease

Older adults who eat fatty fish at least once a week may have a lower risk of serious vision loss from age-related macular degeneration, a new study suggests.

The following presented by Web MD

Attitude, Knowledge Can Relieve Back Pain

It has long been recognized that patients' attitudes and beliefs about their back pain can play a big part in how well their pain is managed. Now new research confirms a patient's level of knowledge about the condition is also critical, as well as their willingness and ability to use that knowledge.

High-Sugar Diet Boosts Hypertension Risk

Foods and beverages with high amounts of fructose from added sugar may increase your risk of developing high blood pressure, according to a new study in the Journal of the American Society of Nephrology. High blood pressure is a major risk factor for heart attack and stroke.

The following presented by Medscape (login required)

Obese Prefer Lifestyle Change Over Weight Loss Programs

Obese adults prefer noncommercial, nonstigmatizing interventions designed to help them improve their lifestyles over programs that just promote weight loss, according to a new study published online July 15 in BMC Public Health.

Healthy Weight, Rather Than Fitness, Most Important for Preventing High Blood Pressure

Individuals who have a healthy body weight are more likely than those who are physically fit to have lower blood pressure, according to the results of a new study.

Children With Higher Self-Control at Lower Risk for Being Overweight Teens

Children who were rated higher in self-control at age 9 years were less likely to be overweight at age 15 years than their less well-controlled peers, investigators reported in a prospective, longitudinal study published in the July issue of the Archives of Pediatric and Adolescent Medicine.

Vitamin D Low in Patients With Headache and Migraine

Patients with headache and migraine may need to have their vitamin D levels assessed, report researchers.

Patients With Headache May Also Have Posttraumatic Stress and Sleep Disorders

Posttraumatic stress and sleep disorders are among the most prevalent comorbidities in patients with headache, report researchers.

High Fructose Intake Linked to Higher Blood Pressure

High fructose intake in the form of added sugar is independently associated with higher blood pressure (BP), according to the results of a cross-sectional analysis of data from the National Health and Nutrition Examination Survey (NHANES 2003 to 2006), reported online ahead of print July 1 in the Journal of the American Society of Nephrology.

Regular Tea Consumption May Slow Cognitive Decline

Regular tea consumption may slow the rate of cognitive decline in cognitively normal older adults, but this protective effect does not appear to be related to caffeine, a large longitudinal study suggests.

Links to Opinion Articles, Practice Advice and Patient Handouts

The following presented by WebMD

Short Sleepers Crave Junk Food

If you constantly crave fast and fatty foods, I need to ask you: When's the last time you got a long night's sleep?

Better Sleep for a Technicolor World

Research just emerging and presented at the 24th annual meeting of the Associated Professional Sleep Societies (APSS) earlier this month suggests that sleep literally colors your view of the world. Put simply, sleep restores your ability to see and process colors correctly.

What's at Eye Level in Your Refrigerator?

Do you ever open up the refrigerator or pantry door and just look in...waiting to be inspired by something sitting on the shelf?

Dirtier House, Cleaner Body?

According to new research published in the journal Environmental Health, women who use household cleaning products regularly may run a higher risk of developing breast cancer compared to women who use such products sparingly, and those reporting the highest usage may face double the risk.

The following product may be of interest

Lose It! iPhone App

Set goals and establish a daily calorie budget
Stay on track each day by recording your food and exercise
Enter food and exercise easily using a searchable database
Join together with friends for additional support and motivation
Monitor your progress with detailed reports and metrics

The following presented by KevinMD.com

America has a disease industry, not a health care system

"We focus on disease and pestilence and do a good job of caring for those with acute illnesses and trauma. But we certainly do not address health well and we are not good at caring for chronic illnesses - which are rapidly overtaking acute illnesses as most common and already they consume the bulk of our healthcare dollars."

Lifestyle tips for aging family members

Living a healthy lifestyle is important to reducing cancer risks. But as we age, it's sometimes easy to forget the importance of exercise, proper nutrition and stress management, which is why I like to solicit family members' help in encouraging aging relatives to make healthy choices.

Chronic illness needs to be managed at home, not at the hospital

Chronic illness is not managed in the clinic, the hospital or the ICU. People live and die by their chronic illnesses by what they do at home.

Obesity should not require specialists to manage

So simple math will tell us that there is just no way that every obese patient can possibly have their weight issue managed by a specialist. Perhaps, the emerging field of bariatricians can see a minute subset of our heaviest patients, but those legions of patients with BMIs of 30 to 40 will remain in our practice - for us to deal with the best we can.

Resource Made Available through Diabetes in Control

Drugs That Can Affect Blood Glucose Levels

- Drugs That Can Cause Hyperglycemia
- Drugs That Can Cause Hypoglycemia
- Drugs That Can Cause Hypo- or Hyper- glycemia
- Drugs That Can MASK Hyperglycemia

Sugar, Sugar - The Sweet Test (pdf)

The plethora of sweeteners on the market can make your head spin. What do your patients know about the different types of sugar and the ever-increasing crowd of lookalikes?

Resource Article Made Available through the McDougall Newsletter

Sugar: Adding Pleasure to the Satisfaction of Starches

In order to increase the probability that you will follow a starch-based diet, I encourage you to add reasonable amounts of simple sugars to some of your dishes.

Resource Article Made Available through AICR

Coconut Water: Health or Hype

Coconut water is the latest beverage trend and its health claims are many, from preventing cancer to curing hangovers. But does coconut water actually live up to all the health hype?

Contributing writers:

Marc Braman
Wayne Dysinger
Mary Owen
Kathy Cater
American College of Lifestyle Medicine
971-983-5383
fax: 971-983-5384

612 Glatt Circle
Woodburn, OR 97071

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American College Of Lifestyle Medicine | 612 Glatt Circle | Woodburn | OR | 97071