



# Lifestyle Medicine

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# Lifestyle Medicine: 5 Must-Have Habits for Better Health

*Kara Wada MD*



## Who Am I?

- 12+ years working in academic medicine
- Board-certified in IM & Peds, Allergy & Immunology, & Lifestyle Medicine
- Fellowship in Medical Education
- Certified Life Coach
- My WAKE-UP Call

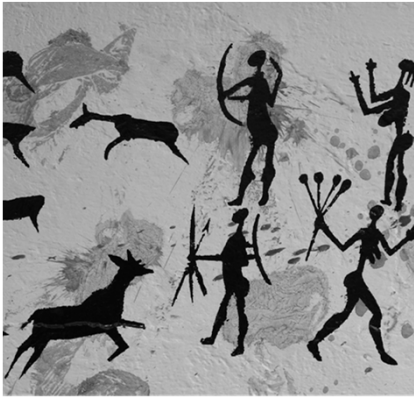


## Overview

- Understand the continued evolution of humans & diseases
- Learn the 6 Pillars of Lifestyle Medicine
- Learn 5 Daily Must-Have Habits for better health



# Evolving Human Lifestyle



## Evolving Humans?



# Evolving Human Diet: 1909-2009

63% of American diet is processed food  
6% of calories is from unprocessed plants

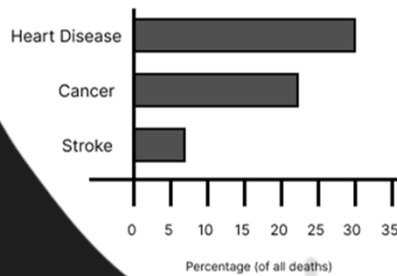
Oil intake 4 lb --> 70 lb/year  
Sugar <10 lb --> >140 lbs/year  
Cheese 25 lb+ /year



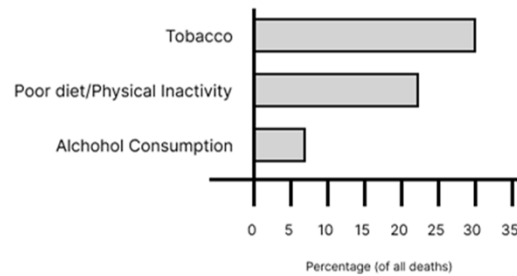
# Evolving Healthcare Needs



Leading Causes of Death\*  
United States, 2000



Actual Causes of Death\*  
United States, 2000



# What is Lifestyle Medicine?



“the discipline of studying how daily habits and practices impact both on the prevention and treatment of disease, often in conjunction with pharmaceutical or surgical therapy, to provide an important adjunct to overall health.”

## Making the case for Lifestyle Medicine



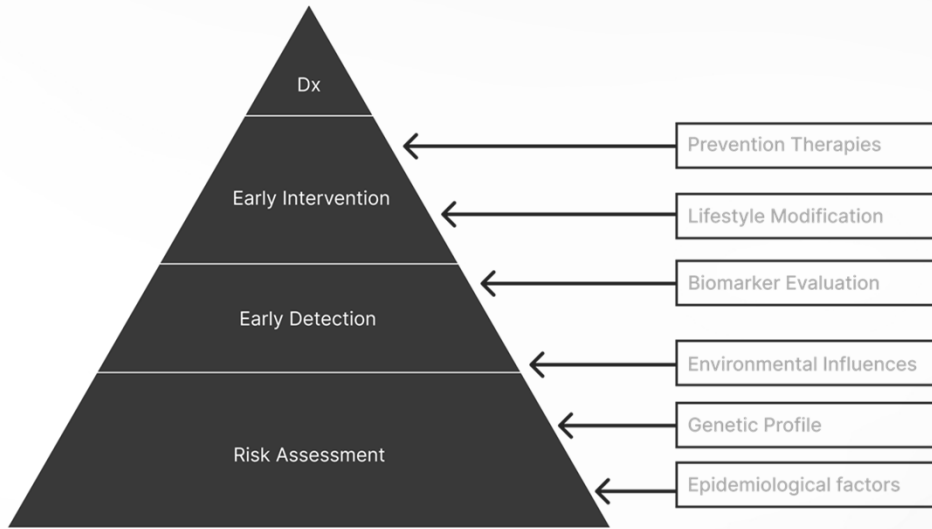
80% of ALL premature death due to 3 factors

- Tobacco use
- Poor diet
- Lack of physical activity

Our genes are not our destiny.

- Experts estimate 10% of our health status is explained by our DNA sequence.
- 70-90% explained by epigenetics
  - ACEs
  - Environmental conditions
  - Socioeconomics

# Making the case for Lifestyle Medicine



## What are the Blue Zones ? ++



# 6 Pillars of Lifestyle Medicine



# Skip Fad Diets, Eat Plants

A screenshot of a tweet from Kara Wada, MD (@CrunchyAllergy). The tweet text reads: "When only 1 in 10 Americans eats the recommended amount of fruits & veggies daily, it's time to skip the latest fad diet. Instead, let's make sustainable & science-supported the new sexy. #lifestylemedicine #antidietculture #antiinflammatory #MedTwitter". The tweet is timestamped "3 PM · 6/10/22 · Twitter for iPhone".

Aparicio-Soto M, Sánchez-Hidalgo M, Alarcón-de-la-Lastra C. An update on diet and nutritional factors in systemic lupus erythematosus management. Nutr Res Rev. 2017 Jun;30(1):118-137. doi: 10.1017/S0954422417000026. Epub 2017 Mar 15. PMID: 28294088.



# 5 Daily Must-Have Habits For Immune System Health

- Meal Management
- Mind Time
- Move Your Body
- Meaningful Moments
- Mandatory Me Time



## Meal Management

Plan 80-90% of your food

- Use your prefrontal cortex to plan ahead before hangry lizard brain kicks in.
- Eat what you like and be curious about food that are anti-inflammatory.
- Give those gut bugs a work out - diversity of food is good.





## Mind Time

CHOOSE how to balance your brain

- 20 minutes/day total
- Meditation.
- Mindfulness.
- Prayer.
- Self-coaching.
- Journaling.
- Gratitude practice.

## Move Your Body

Some Is Better Than None!

- Goal: 150 min/week
- Aim for movement that feels generally feels good.
- That isn't punishing - love your joints, muscles and bones for all that they are able to do.



## Meaningful Moments

Find Connection with Others

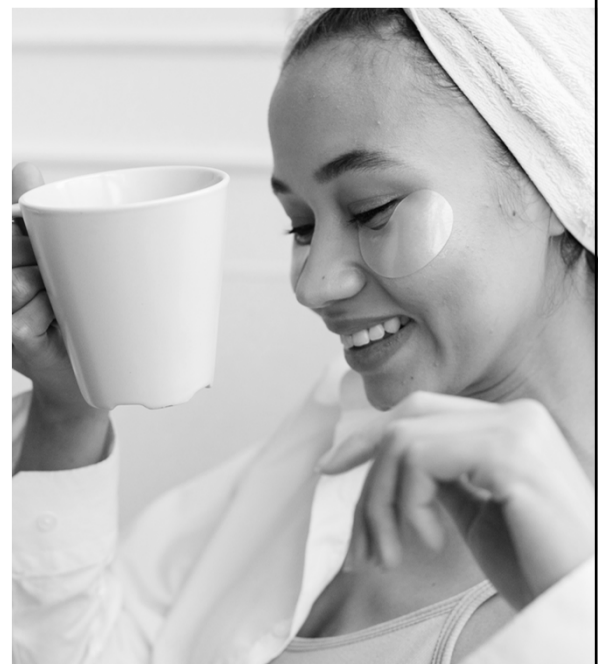
- Goal: 20 min/day
- Linger in the hug.
- Stare into their eyes for a few seconds.
- Put down the phone.
- Pay full attention for a few minutes.
- Give yourself a High 5!



## Mandatory Me Time

Self care is self preservation

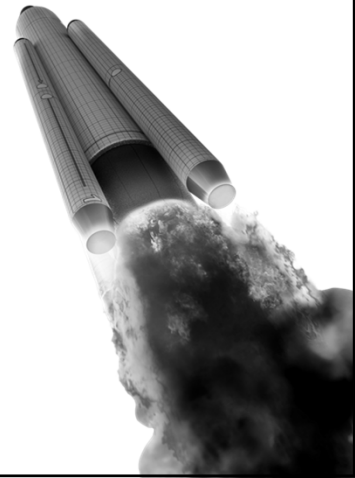
- Schedule it!
- Recharge your batteries.
- Journal.
- Sleep - naptime
- Quiet time.
- Shower.



# This isn't Rocket Science...

We are SMART people but that doesn't solve the problem...

We need to take CONSISTENT ACTION  
And our lizard brains prefer other options.



## Let's Go!

### Building Good Habits

- Make it obvious
- Make it attractive
- Make it easy
- Make it satisfying



### Breaking Bad Habits

- Make it invisible
- Make it unattractive
- Make it hard.
- Make it unsatisfying

Atomic Habits, James Clear