

LIFESTYLE REDO

A Program to Prevent, Arrest & Reverse Chronic Diseases

Week 3 – Jumpstart Phase



Lifestyle Medicine Solutions
Accredited Service Provider of the
Philippine College of Lifestyle Medicine
www.lmedsolutions.com



FOCUS

Ischemic Heart Disease (IHD), also known as coronary artery disease, remains one of the leading causes of death worldwide. It occurs when the coronary arteries, responsible for supplying oxygen-rich blood to the heart muscle, become narrowed or blocked due to the buildup of atherosclerotic plaques. This results in reduced blood flow, leading to symptoms such as chest pain (angina), shortness of breath, and in severe cases, heart attacks.

Despite advancements in medical and surgical interventions, IHD is largely a lifestyle-related condition. Unhealthy dietary habits, physical inactivity, chronic stress, smoking, and poor sleep contribute significantly to its development and progression. Therefore, addressing these risk factors through **lifestyle medicine** offers a powerful, evidence-based approach to preventing, managing, and even reversing the disease.

LEARNING OBJECTIVES

By the end of the session participants are expected to:

- Understand root cause of ischemic heart disease
- Identify modifiable risk factors
- Understand the process of reversing heart disease
- The role of fat and cholesterol in the development and progression of IHD
- Learn to apply strategies in decreasing fat in the diet

MATERIALS CHECKLIST

- Participant guide (should be distributed in each session)
- Food Logs, Activity Logs, Clinical Data Logs
- Vitals and Body Composition Logs
- Task sheet and other materials



THINGS TO DO

Before the Session

- Prepare your meeting room and secure a room for assessment.
- Make sure the needed supplies for the session are available.
- Review the Provider guide and make sure that you understood the module thoroughly so you can facilitate efficiently.

During the Session

- Facilitate participant’s assessment or delegate this task to your staff (ensure the recording of data using the LM Solutions Interface).
- Remind the participants to wear their nametags.
- Begin the session with a welcome introduction.

After the Session

- Take down notes and highlight items that went well and what needs to be improved. List down concerns that participants have that may need to be addressed in the next sessions.

SESSION OUTLINE

This session is designed to last for 90 to 120 minutes.

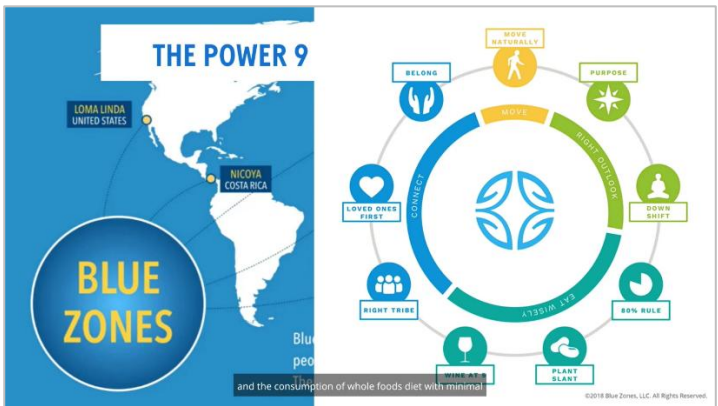
Session Welcome and Introductions	10 min
Program Overview	3 min
Lifestyle Is Medicine	30-40 min
Exercise Break	5-10 min
Lessons from the Centenarians: Reversing Heart Disease	15-20min
Goal Setting	5-10 min
Action Planning	5-10 min
Summary	5 min
Session Closing	3 min

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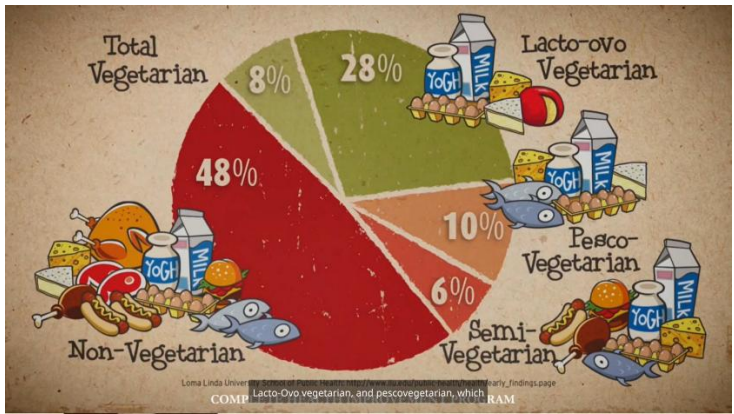
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Session 6

This video explainer is about 6 minutes.



Ask the participants to share their key takeaways from the short video. Highlight the **Adventist Health Study**, as it stands out for demonstrating how a community has successfully maintained its unique health practices despite being surrounded by a highly industrialized environment.



Review the participants dietary intake using the chart. Then discuss about the health risks corresponding to each type of dietary practice.

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Session 6 Activity

SESSION 6C - LESSONS FROM THE CENTENARIANS: REVERSING HEART DISEASE

The Centenarians are educating us on how to prevent heart disease and live longer with vitality. But what if you already have lesions in your arteries?

REVERSING HEART DISEASE

IS THERE NO WAY OUT OF HEART DISEASE?

Yes, we did. As long as you continue to eat your diet. We did. The statistics will remain the same. Understanding how to reverse heart disease is critical in order to prevent its devastating effects. For years, it has been established that a diet high in fat and cholesterol is the main culprit behind coronary heart disease. This means that what we eat directly impacts our heart health. However, the good news is that we have the power to make a change. By committing to a healthier, low-fat diet, we can not only prevent heart disease but also reverse its effects.

COMPLETE & CONTINUE

You may now proceed to the next topic. Provide a brief summary of what the participants will learn in this section. Encourage them to review the material again after the session to reinforce their understanding. Additionally, ask if they have any questions at this point.

GET STARTED!

List some specific ways you can apply the principles of substitution, reduction, elimination, and consumption to your diet.

Substitution:

Reduction:

Elimination:

Consumption:

WHOLE FOOD

COMPLETE & CONTINUE

Proceed with the session activity and guide participants on how to begin reducing fat in their diet.

Explain simple, practical steps they can take to make healthier choices and gradually transition to a lower-fat eating pattern.

HeartScreen

Self-Screening Test of Heart Attack and Stroke Risk

Use this tool to assess your risk of heart attack and stroke. It is not a substitute for a doctor's visit. It is only a screening tool. It is not a diagnosis. It is only a screening tool. It is not a diagnosis. It is only a screening tool.

Risk Factor	0	1	2	3	4	5	6	7	8
Cholesterol**	Under 100	100-129	130-159	160-199	200-239	240-259	260-279	280-299	300 plus
Blood Pressure**	Under 120	120-129	130-139	140-159	160-169	170-179	180-189	190-199	200 plus
Diabetes	None	0-4%	5-9%	10-14%	15-19%	20-24	25%	26%	27%
High Blood Cholesterol**	None	0-4%	5-9%	10-14%	15-19%	20-24	25%	26%	27%
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