

# LIFESTYLE REDO

A Program to Prevent, Arrest & Reverse Chronic Diseases

**Week 5 & 6 – Intensive Phase**



Lifestyle Medicine Solutions  
Accredited Service Provider of the  
Philippine College of Lifestyle Medicine  
[www.lmedsolutions.com](http://www.lmedsolutions.com)



## FOCUS

By addressing key lifestyle factors such as nutrition, physical activity, stress management, sleep, and social support, individuals can significantly reduce their cancer risk and improve outcomes during and after treatment. A predominantly whole-food, plant-based diet rich in antioxidants and fiber has been shown to lower the risk of many cancers. Regular physical activity helps regulate immune function, reduce inflammation, and enhance overall resilience. Meanwhile, stress reduction, restorative sleep, and meaningful social connections contribute to better immune health and improved quality of life.

Beyond prevention, lifestyle medicine also supports cancer patients in managing symptoms, enhancing treatment effectiveness, and improving long-term survival. When combined with conventional therapies, these evidence-based lifestyle interventions empower individuals to

## LEARNING OBJECTIVES

By the end of the session participants are expected to:

- Discuss the role of restorative sleep in preventing cancer
- Understand the root cause of cancer
- Describe the role of lifestyle in prevention and management of cancer
- Understand the impact of plant-based diet after cancer diagnosis

## 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
The Jumpstart Phase: Diabetes Remission	15-20min
Goal Setting	5-10 min
Action Planning	5-10 min
Summary	5 min
Session Closing	3 min

Session 9

SESSION 9 - UNDERSTANDING SLEEP HEALTH: PREVENTING CANCER



**SLEEP HEALTH AND PREVENTING CANCER**  
Today's lifestyle is exhilarating, fast-paced, and draining. The epidemic is insomnia. Millions of sedatives and tranquilizers are being consumed by people who are desperate for a nap that will replenish their energy.

Start with sleep health and allow participants to share their wins and struggles in achieving restorative sleep.

Discuss the role of sleep in preventing cancer, and improving treatment outcomes after cancer diagnosis.

This video explainer is a little over 10 minutes.



**WORLDWIDE CANCER INCIDENCE, MORTALITY AND PREVALENCE AT A GLANCE**

Cancer is one of the leading causes of death worldwide. Incidence and mortality rates from Cancer are increasing in parallel with the increasing and aging world population due to unhealthy lifestyle and behavior.

**32.6 million** (including 19.9 million in the WHO Region)

**14.1 million** new Cancer cases

**8.2 million** deaths

**16.8 million (52%)** in the WHO Region

**15.6 million (48%)** in the WHO Region

**2.9 million (35%)** in the WHO Region

**5.4 million (65%)** in the WHO Region

**6.1 million (43%)** in the WHO Region

**8 million (57%)** in the WHO Region

Approximately **8 million (24%)** of all new Cancer cases, **5.4 million (32%)** of all Cancer deaths, and **15.6 million (48%)** of all the cancer prevalent Cancer cases worldwide occurred in the **five developed regions including Philippines**.

**CANCER CENTER**  
1st Floor, Circle Tower 1  
No. 3 8888 100 Road 7103 and 7122  
www.philippinecancercenter.com.ph  
www.philippinecancercenter.org.ph

**SERVICE HOURS**  
Monday - Friday  
9:00 AM - 5:00 PM

**MOST FREQUENT CANCERS FOR BOTH SEXES IN THE PHILIPPINES**  
An annual and detailed list of the number of cases according to the data of GLOBOCAN 2012 are the following:

- Breast** 16,027 (18.7%)
- Lung** 12,042 (14.1%)
- Colorectal** 8,103 (9.7%)
- Liver** 7,248 (8.6%)
- Cervical** 6,470 (7.7%)
- Prostate** 2,100 (2.5%)
- Leukaemia** 1,817 (2.2%)
- Thyroid** 1,224 (1.5%)
- Ovary** 742 (0.9%)

**OTHER TYPES AND UNSPECIFIED CANCERS**

Incidence: 16,407 (19.2%)  
Mortality: 19,838 (23.7%)

Play the video explainer and pause on some points to emphasize on LM-related interventions to prevent and manage cancer.

Then proceed with Week 5 Activity.

