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Welcome to our first newsletter!

Welcome to the first official ALMA newsletter, aimed at keeping you up to date with the latest research, information and resources in the area of lifestyle medicine. The newsletter will also keep you abreast of the work of the association and its committee.

Our first newsletter is dedicated to the recent Annual National Lifestyle Medicine Conference held in Harbord, Sydney. As you will read it was a great event and definitely worth putting in your diary for next year!

Also included in the newsletter is a review of the book *Lifestyle Medicine*, now available in its second edition, an overview of the lifestyle medicine resource and tools available on the ALMA website and a selection of recent lifestyle medicine-related articles from the journals. If there are other topics or information you would like to see in upcoming editions of this newsletter, then please let us know by emailing info@lifestylemedicine.com.au



Annual general meeting and new committee

Following the conference, ALMA held its Annual General Meeting which included nomination of a new committee.

Most of the previous committee have generously agreed to continue the work of the association however there has been a change of roles. Our new committee is as follows:

President: Dr Caroline West

Vice President: Dr Joanna McMillan

Treasurer Dr John Stevens

Secretary: Dr Garry Egger

Committee members: Associate Professor David Colquhoun, Dr Andrew Binns and David Dennis.

Newsletter editors Dr Kate Marsh and Cameron McDonald.

For more details visit www.lifestylemedicine.com.au > About Us > The Committee

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3rd Annual Lifestyle Medicine Conference: Health, Life and Sustainability, 4th to 6th November, 2011, Sydney.

Over two and a half days, medical, allied and alternative health professionals were exposed to the latest research relating lifestyle factors to health and disease management. Speakers ranged from backgrounds in medicine, exercise physiology, psychology, dietetics and nutrition, natural therapies and the commercial health industry, while Dick Smith and finance guru Ross Gittons gave attendees a well-rounded perspective on the status of Australian & global health.

On the whole, chronic inflammation or 'meta-flammation' was discussed in depth in relation to its impact on overall well-being, and how it underpins many of the chronic conditions we face as individuals and practitioners.

The topic of the pre-conference workshop was, 'Lifestyle prevention and reversal of type 2 diabetes: is it possible?'. A series of nutrition related talks outlined the importance food in quelling inflammation, and indeed improving many of the markers associated with diabetes progression. Key messages to come from the nutrition related presentations included the potential role of advanced glycaemic end-products (AGEs) in the development of diabetes, the powerful effect of vegetarian and plant-based diets and evidence of diabetes reversal through the return to a traditional aboriginal diet

A number of presentors discussed the common links of chronic inflammation and type 2 diabetes with depression, sleep disorders and obesity, while all reinforced the evidence behind lifestyle changes, in particular physical activity, as a major player in prevention and management. While the evidence for structured regular exercise is clear we also heard that emphasis needs to be placed on reducing sedentary behaviour, which is itself a risk factor for diabetes, independent of planned exercise. Presentations also covered the role of lifestyle in the prevention of GDM & post-partum diabetes, and the first results from the Sydney Diabetes Prevention trial.

The conference's official opening was highlighted with entertaining and enlightening talks by Dick Smith and Ross Gittins. Ross gave the relationship between economics, growth and well-being a unique perspective, while Dick spoke of his passion regarding population growth, health and sustainability.

Saturday morning started with practicalities and difficulties faced in weight-loss treatment. This session saw practice tips and tricks from bariatric GPs and leaders of specialist weight loss centres around the country. This was followed by a series of presentations on age and cancer related sarcopenia, and the latest nutritional and exercise prescriptions that may help to reduce or prevent sarcopenia in these populations.

Feedback from conference delegates

"This is one of the most inspiring conferences I've ever attended." (DL Newcastle)

"A great conference - great speakers and lots of useful and practical information I can use". The best conference I have attended for some time (JP Adelaide)

"Wonderful program - I love the idea that I am not missing something in another room." (Dr HR Sydney)

"Once again, a great conference. It gets better every year. This year has been great and I look forward to 2012." (MB Armidale, NSW)

"Thank you all so much - so well organised." (Anon)

"Thoroughly professional presentation." (PN Tweed Heads)



Professor Boyd Swinburn from Deakin University and International Obesity Task Force

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"Excellent conference and superb speakers - inspirational" (LH, South Coast NSW)

"This was an exceptional conference. The broad range of issues and calibre of speakers was inspiring and powerful" (CH, Newcastle)

"Loved it all. I'll continue to do everything I can to promote Lifestyle Medicine. (MH, Tamworth, NSW)

"Great conference." (KL, Newcastle).

"Appreciated the keynote addresses by Dick Smith and Ross Gittens - inspiring!"(SB, Wollongong)



Dick Smith, former Australian of the Year and author, discussing population growth.

Conference overview continued..

Mental health was addressed after lunch on Saturday. Attendees were exposed to the political side of mental health care, and in a later session, given a thoroughly enlightening presentation on how to maintain a healthy mental state while caring for these individuals. Some fascinating data were presented on the impact of stand-up comedy training for dementia patients, and the powerful effect of mindfulness as an adjunctive treatment for depression and over-eating, all providing further confirmation of the importance of these modalities in health care management. These sessions were capped off by an entertaining presentation describing the new perspectives for sexual health in the age of social media.

Chronic pain and it's now established links with chronic inflammation were discussed by a number of speakers noting that active treatment through physical activity and nutrition are critical for reducing or managing chronic pain, while presenting some eye-opening data on the misuse of opioids in this patient group.

Sunday morning was packed full of the latest findings on primary, secondary and tertiary management of disease through exercise, a fascinating update of what's new in nutrition, a fantastic presentation by the Naked Runners on increasing the joy of exercise, and follow up presentations that furthered information in regards to breaking barriers and treatment benefits of exercise in chronic pain.

Perspectives and data from corporate health programs, introduction of a high quality and easily disseminated rehab program for metabolic health, a succinct overview of how exercise and nutrition help to treat the root cause of chronic disease, and the presentation of an exciting study looking to investigate the potential of personal carbon trading as means of improving the health of our population and our environment closed the conference with a bang.

In all, the Australian Lifestyle Medicine Conference is an event that should be on your calendar for next year. The quality of speakers, the mixed modalities and the practical applications taken away from the weekend make it a must for anyone in the profession of health and well-being. It was clear from the conference that while no one modality has all the answers, together we will have a greater and more lasting impact on the health of our clients and the general population.

Thanks to Cameron McDonald for his summary of the conference highlights.

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Book review

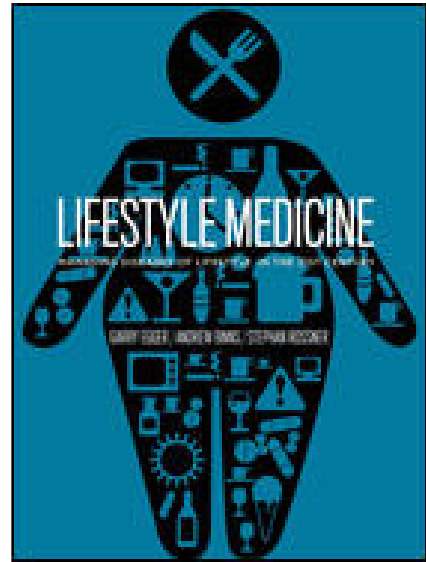
Lifestyle Medicine, 2nd Edition

Egger, Binns & Rossner. McGraw Hill, 2011; RRP \$35

Australia's first lifestyle medicine textbook was released in 2008 and is now available in its second edition. The text covers 26 chapters over 300 pages and includes the following topics:

- ✓ Epidemiology and lifestyle medicine
- ✓ Obesity and metabolic diseases
- ✓ Nutrition and physical activity
- ✓ Stress, anxiety and depression
- ✓ Happiness and mental health
- ✓ Addictions
- ✓ Skin care and oral health
- ✓ Sleep
- ✓ Sexual behaviour
- ✓ Accidents and injuries
- ✓ Environmental health

Practice tips and professional tools are included for each topic. Key features of the second edition include four new chapters, new two colour internal design and up to date current research.



Resources

The ALMA website hosts a range of resources including lifestyle assessment tools, client fact sheets and lifestyle medicine articles.

Assessment tools include:

- ✓ Dietary fat Questionnaire
- ✓ Diet, Activity & Behaviour Questionnaire (DABQ)
- ✓ Measuring Fluid Intake
- ✓ Quality of Life (QOL) Scale
- ✓ Worry Questionnaire
- ✓ Stress Type Test
- ✓ 10 Minute Fitness Test
- ✓ Exerselector Questionnaire
- ✓ Physical Activity Enjoyment Scale
- ✓ Health Habits Assessment
- ✓ Epworth Sleepiness Test
- ✓ Lifestyle Screening Questionnaire
- ✓ Body Composition Assessment
- ✓ Diabetes Risk Measure

Client **fact sheets** cover topics including energy density, portion sizes, choosing an exercise machine, stretching, stress management, smoking cessation, weight management tips, using meal replacements, breaking habits and monitoring progress.

The **lifestyle medicine articles** cover a range of topics including diet and nutrition, exercise and fitness, stress, anxiety, depression, sexual health, weight loss, sleep, skin care and medical conditions.

To access these tools and resources visit www.lifestylemedicine.com.au and click on the 'resources' page.

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From the journals:

Robbins CL, Dietz PM, Bombard J, Tregear M, Schmidt SM, Tregear SJ. Lifestyle interventions for hypertension and dyslipidemia among women of reproductive age. Prev Chronic Dis. 2011 Nov;8(6):A123..

Carnes D, Homer KE, Miles CL, Pincus T, Underwood M, Rahman A, Taylor SJ. Effective Delivery Styles and Content for Self-management Interventions for Chronic Musculoskeletal Pain: A Systematic Literature Review. Clin J Pain. 2011 Oct 13.

Heiwe S, Jacobson SH. Exercise training for adults with chronic kidney disease. Cochrane Database Syst Rev. 2011 Oct 5;(10):CD003236.

Babatunde OO, Forsyth JJ, Gidlow CJ. A meta-analysis of brief high-impact exercises for enhancing bone health in premenopausal women. Osteoporos Int. 2011 Sep 28. [Epub ahead of print]

Gupta BP, Murad MH, Clifton MM, Prokop L, Nehra A, Kopecky SL. The Effect of Lifestyle Modification and Cardiovascular Risk Factor Reduction on Erectile Dysfunction: A Systematic Review and Meta-analysis. Arch Intern Med. 2011 Sep 12. [Epub ahead of print]

Lowres N, Neubeck L, Freedman SB, Briffa T, Bauman A, Redfern J. Lifestyle risk reduction interventions in atrial fibrillation: a systematic review. Eur J Cardiovasc Prev Rehabil. 2011 Sep 7. [Epub ahead of print]

Jensen JD. Can worksite nutritional interventions improve productivity and firm profitability? A literature review. Perspect Public Health. 2011 Jul;131(4):184-92.

Nordmann AJ, Suter-Zimmermann K, Bucher HC, Shai I, Tuttle KR, Estruch R, Briel M. Meta-analysis comparing Mediterranean to low-fat diets for modification of cardiovascular risk factors. Am J Med. 2011 Sep;124(9):841-51.e2.

Biddle SJ, O'Connell S, Braithwaite RE. Sedentary behaviour interventions in young people: a meta-analysis. Br J Sports Med. 2011 Sep;45(11):937-42.

Biddle SJ, Asare M. Physical activity and mental health in children and adolescents: a review of reviews. Br J Sports Med. 2011 Sep;45(11):886-95.

Hooper L, Summerbell CD, Thompson R, Sills D, Roberts FG, Moore H, Davey Smith G. Reduced or modified dietary fat for preventing cardiovascular disease. Cochrane Database Syst Rev. 2011 Jul 6;(7):CD002137.

Thoma C, Day CP, Trenell MI. Lifestyle interventions for the treatment of non-alcoholic fatty liver disease in adults: A systematic review. Cochrane Database Syst Rev. 2011;(3):CD002137. J Hepatol. 2011 Jul 1. [Epub ahead of print]

Maniccia DM, Davison KK, Marshall SJ, Manganello JA, Dennison BA. A meta-analysis of interventions that target children's screen time for reduction. Pediatrics. 2011 Jul;128(1):e193-210.

Mozaffarian D, Hao T, Rimm EB, Willett WC, Hu FB. Changes in diet and lifestyle and long-term weight gain in women and men. N Engl J Med. 2011 Jun 23;364(25):2392-404.

Grøntved A, Hu FB. Television viewing and risk of type 2 diabetes, cardiovascular disease, and all-cause mortality: a meta-analysis. JAMA. 2011 Jun 15;305(23):2448-55.

Davies NJ, Batehup L, Thomas R. The role of diet and physical activity in breast, colorectal, and prostate cancer survivorship: a review of the literature. Br J Cancer. 2011 Nov 8;105 Suppl 1:S52-73.

Upcoming Events

19th to 21st April 2012: 5th Exercise and Sports Science Australia Conference – Research to Practice. Gold Coast, Australia. <http://www.essa.org.au/conference2012/>

29th to 31st April, 2012: Filex – the Fitness Industry Convention – Leading the Way. Sydney, Australia. <http://www.fitnessnetwork.com.au/filex2012/business>

5th to 8th September, 2012: 16th International Congress of Dietetics – Leadership, Evidence and Advancing Practice. Sydney, Australia <http://www.icd2012.com/>

Quote of the month

"Eat Food. Mostly Plants. Not too Much."
Micheal Pollen

