

# “LIFESTYLE MEDICINE: Incorporating Nutrition, Exercise and Sleep Education Into Practice”



College of Health Sciences

A healthy lifestyle is the first line of defense against chronic disease. In this three-hour CME program, the primary foundations of healthy lifestyle, nutrition, exercise and sleep, will be unpacked into practical information for use in daily practice. Through education and improved lifestyle choices, physicians can empower patients to manage health outcomes and prevent, treat or even reverse chronic conditions.

## EXERCISE IS MEDICINE: Prescribing Exercise for Patients with Lifestyle Disease

This presentation will provide the epidemiology of the prevalence of lifestyle diseases (atherosclerosis, obesity, type 2 diabetes, etc.) as well as mortality and morbidity from those diseases. The joint initiative between the American Medical Association and American College of Sports Medicine (ACSM), Exercise is Medicine, will be introduced and discussed. The ACSM has recently revised their pre-participation exercise screening protocols. This presentation will examine the new pre-participation screening guidelines, introduce how to incorporate physical activity as a vital sign and discuss the FITT (frequency, intensity, time and type) principle for prescribing exercise. There will be case study analysis of patients with lifestyle diseases.

### Melissa Reed, PhD, West Chester University

Dr. Melissa Reed is currently the Interim Associate Dean in the College of Health Sciences at West Chester University and an Associate Professor in the Kinesiology Department. Dr. Reed earned her BS in Exercise Physiology from East Stroudsburg University. She then completed her MA in Exercise Science and Ph.D. in Bioenergetics and Exercise Science from East Carolina University. She is certified as a Clinical Exercise Physiologist by the American College of Sports Medicine (ACSM CE-P), holds the Level III Credential for Exercise is Medicine and is an Exercise is Medicine Ambassador.

## NUTRITION IN INTEGRATED HEALTH CARE: Nutrition Strategies To Promote Health

This presentation will provide an overview of the latest practical strategies for incorporating nutrition into clinical practice, key nutritional recommendations for promoting health and decreasing risk for metabolic diseases and ways to evaluate the latest nutrition research findings for making nutritional recommendations as part of your professional practices. Topics to be covered include: current controversies and state of the science regarding carbohydrates, proteins and fats and ways to incorporate nutritional information into clinical practice and using dietary change as a therapeutic intervention.

### Patricia Davidson, PhD, West Chester University

Dr. Patricia Davidson is an Associate Professor in the, Department of Nutrition, College of Health Sciences. She has worked as a registered dietitian, certified diabetes educator, researcher, and educator. Her clinical positions include in-patient diabetes education, private practice, and community nutrition education. Nationally, she has been active in the Academy of Nutrition and Dietetics and the American Association of Diabetes Educators in developing nutritional guidelines, position papers and practice papers. Her research centers on prevention and management of diabetes and its co-morbid conditions.

## Addressing Common Patient Questions about Sleep

“I can’t sleep. What should I do?” “Why can’t I just have a sleeping pill?” “My Fitbit says I am not sleeping well. Is this a problem?” “Should I use melatonin?” “How much should I sleep?” This presentation will explore the most commonly asked patient questions and provide practical guidance for addressing them.

### Brian Abaluck, MD, Sleep Medicine

Dr. Abaluck completed his undergraduate study in Molecular Biology at Yale University and received his MD from the University of Pennsylvania Perelman School of Medicine, Residency in Neurology at the University of Michigan and Fellowship at Harvard Medical School. Throughout medical school he rotated with several sleep specialists and approached his residency with an intent to practice sleep medicine and went on to choose neurology as the pathway to sleep.

<b>EVENING SCHEDULE:</b>	4:30 – 5:30	Meet & Greet and Registration
	5:30 – 6:00	Buffet Dinner
	6:00 – 6:45	Prescribing Exercise for Patients with Lifestyle Disease
	6:45 – 7:15	Nutrition Strategies to Promote Health
	7:15 – 8:00	Addressing Common Patient Questions about Sleep
	8:00 – 8:15	Break
	8:15 – 9:15	Panel Discussion with All Presenters

West Chester University is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. West Chester University, College of Health Sciences, designates this education activity for a maximum of 3 AMA PRA Category 1 Credit(s). Physicians should only claim credit commensurate with the extent of their participation in the activity.

Thursday,  
September 20  
5:00 – 9:30 PM

Sykes Student Union  
West Chester University

Dinner Provided by the  
Chester County Medical Society

**COST: \$40**  
(includes 3 CME credits)

### TO REGISTER:

[wcuhealthsciences.ticketleap.com/lifestyle-medicine/](http://wcuhealthsciences.ticketleap.com/lifestyle-medicine/)

