

Lifestyle Medicine in Clinical Practice

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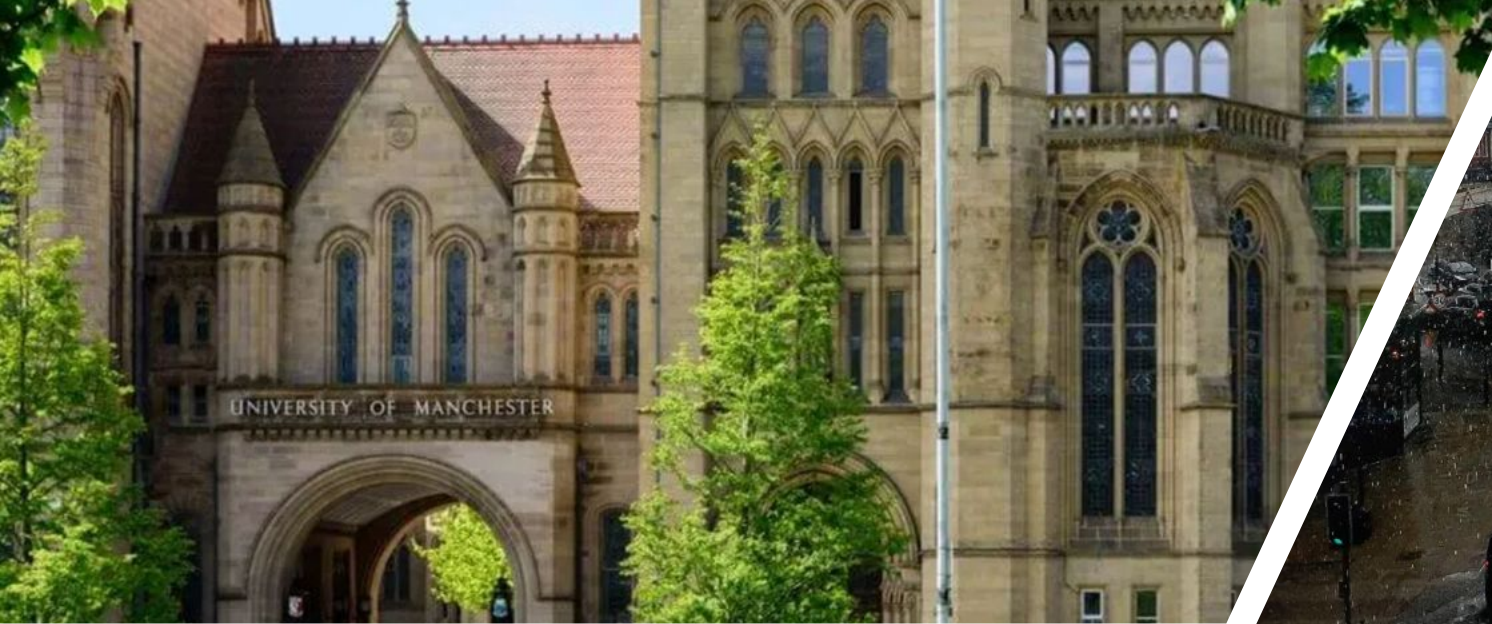
www.lifemedicalmullumbimby.com.au

www.drsamgartland.com

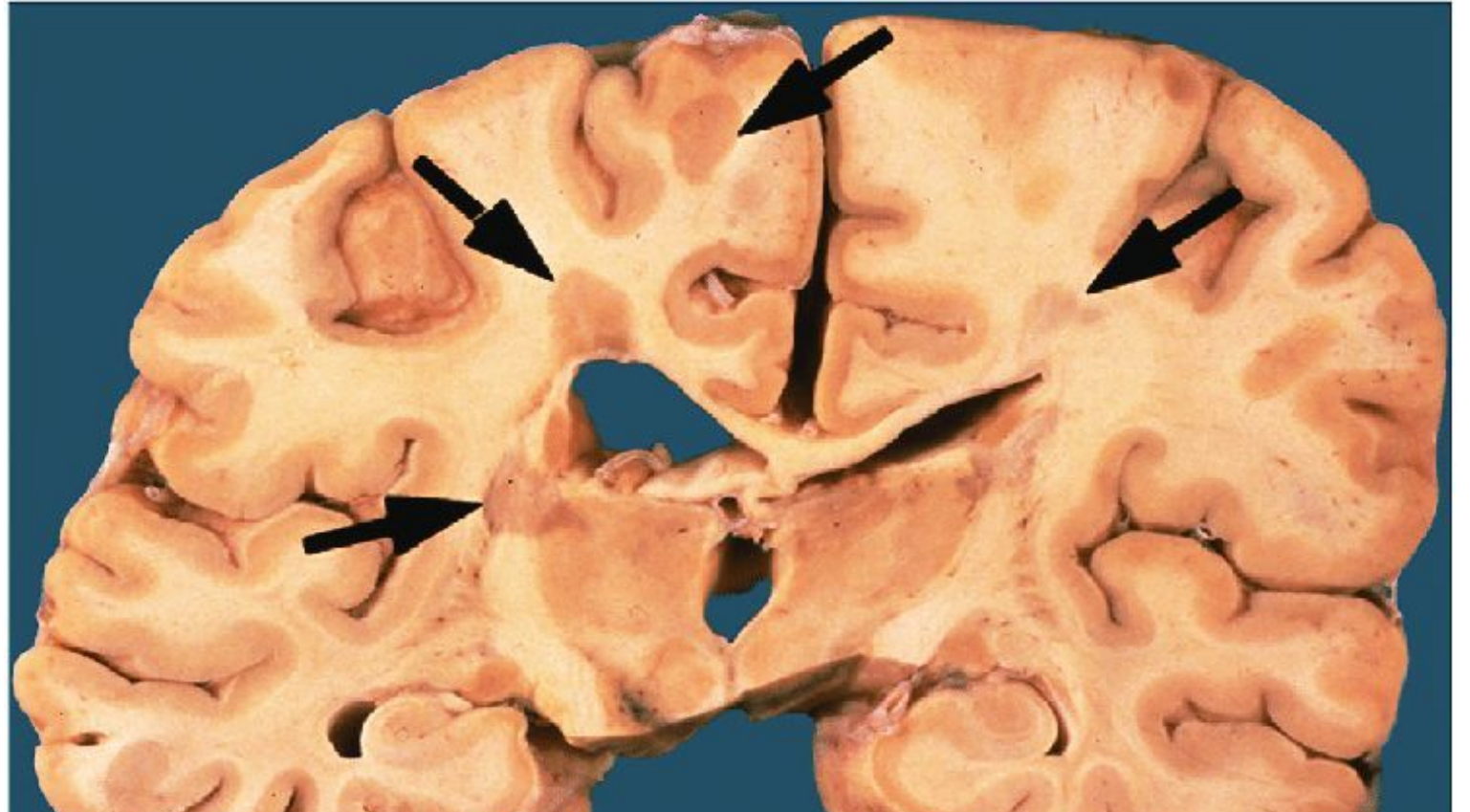


LIFE MEDICAL
MULLUMBIMBY

High level medical care with lifestyle medicine



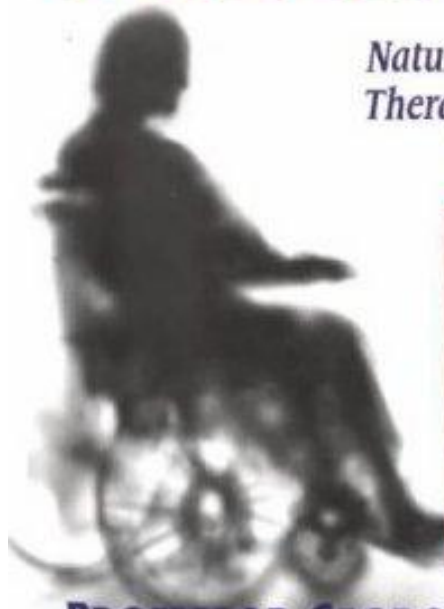
MS Brain



'This is the most exciting book I have read in some time. Everyone affected by MS, either directly or indirectly, needs to read it.' — FROM THE FOREWORD BY IAN GAWLER OAM

TAKING CONTROL OF MULTIPLE SCLEROSIS

*Natural and Medical
Therapies to Prevent
its Progression*

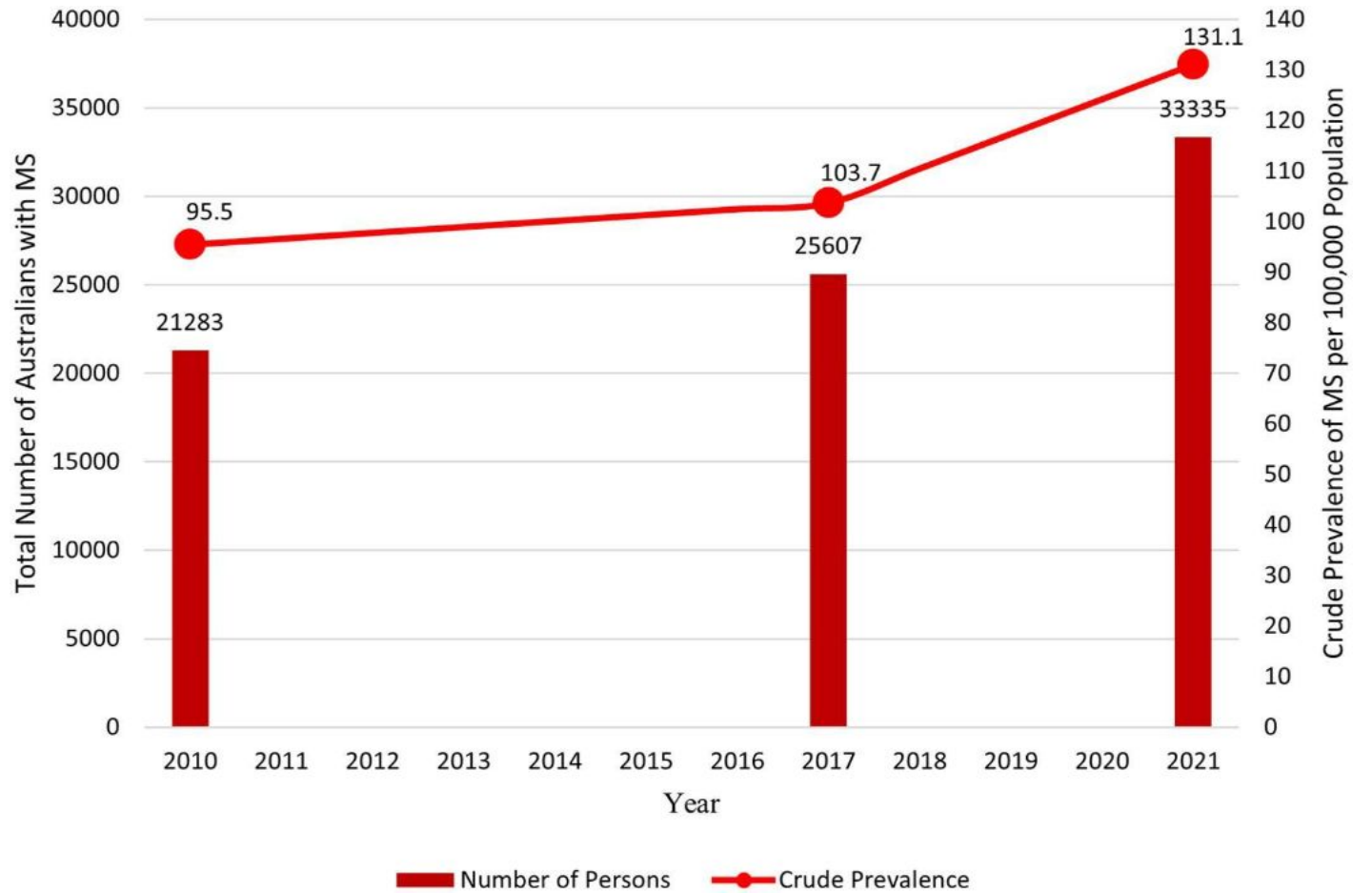


PROFESSOR GEORGE JELINEK MD

Multiple Sclerosis

- Commonest disabling illness young adults
- 30% increase 2017-2021
- Costs AUD >\$2.5Billion/ year
- 50% out of work <3 years
- Genes have little effect on course of disease:
- International MS Genetics Consortium study, looked at the genome of 9772 : “no evidence for genetic associations with clinical course, severity of disease or month of birth, and no evidence of interaction with gender...”

MS Prevalence Australia

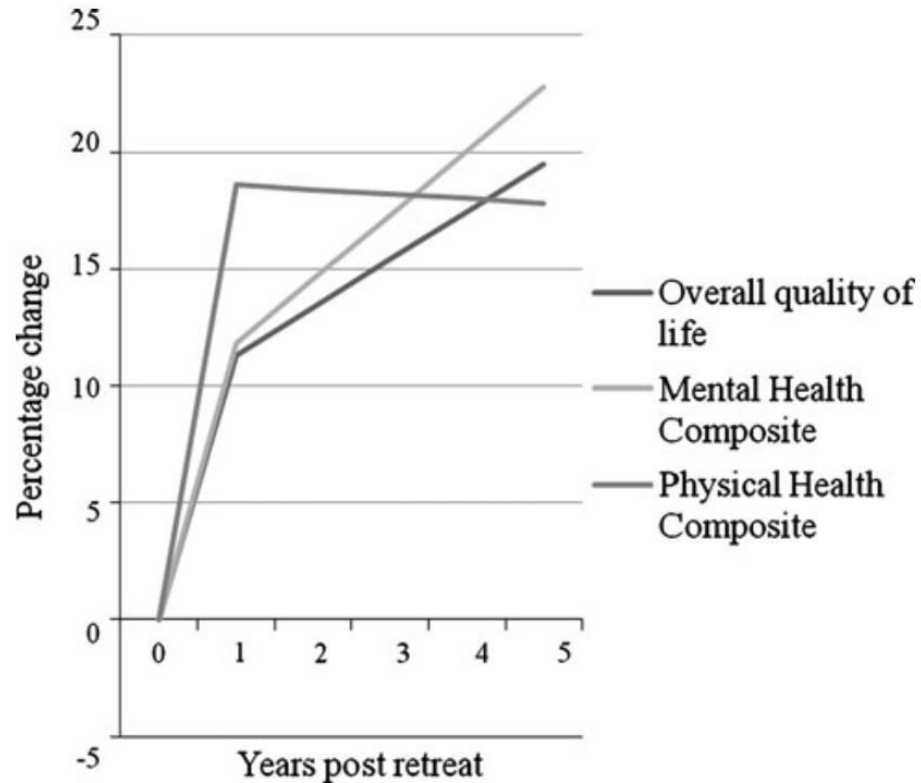




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- MS: Increasing Incidence and Prevalence: A Modern disease
 - 1999: Whole Food Plant Based Diet, No Dairy, Supplement with Omega 3, Vitamin D 150-225nmol/L, Exercise 30mins/d, MBSR 30mins/d
 - Founder of

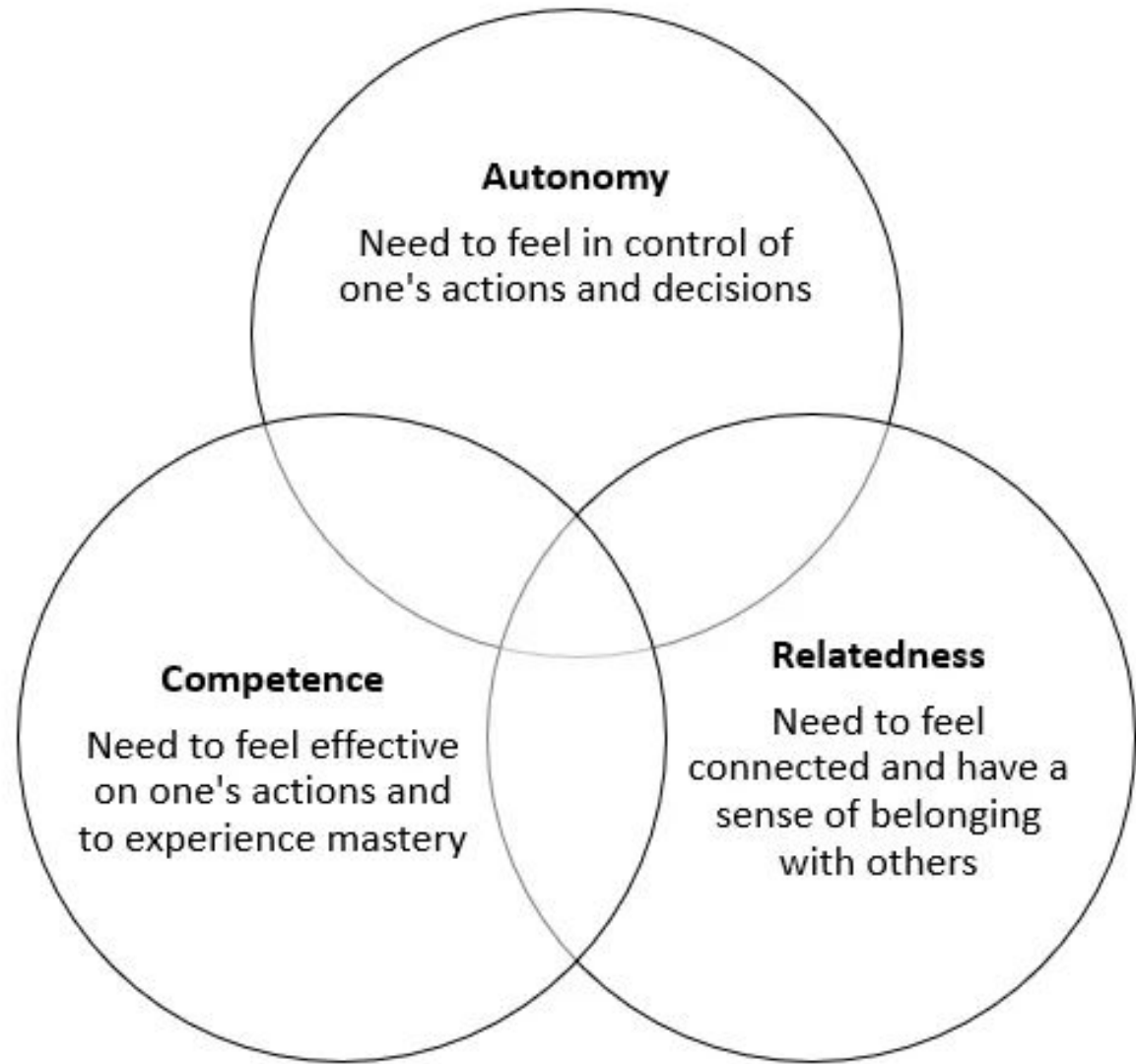


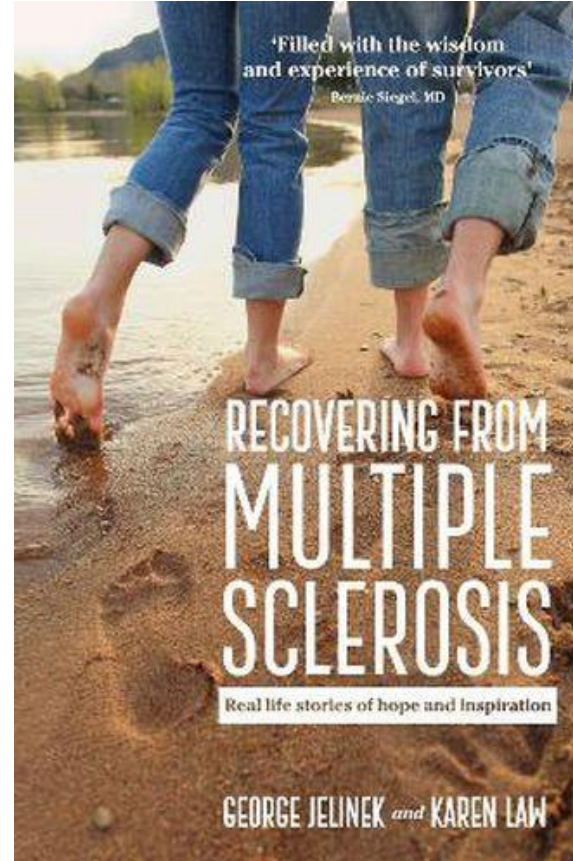
OMS Results

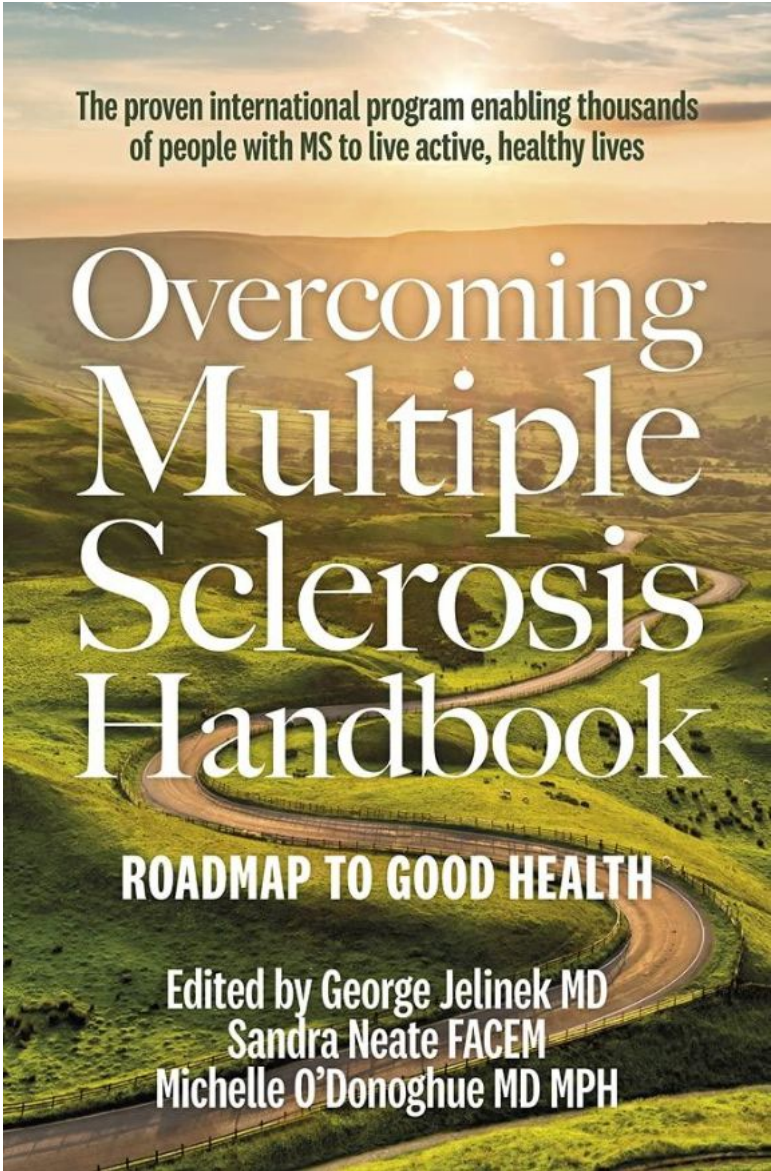


- 274 PwMS
- 1 yr: ↑ in mental health 12%, physical health 19%, and overall quality of life 11%
- 5 yrs: ↑ in mental health 23%, physical health 18%, and quality of life 20%
- $p < 0.001$

Empowerment (Self Efficacy)







The proven international program enabling thousands
of people with MS to live active, healthy lives

Overcoming Multiple Sclerosis Handbook

ROADMAP TO GOOD HEALTH

Edited by George Jelinek MD
Sandra Neate FACEM
Michelle O'Donoghue MD MPH

B

Blobby, Texas, United Kingdom, 9 years ago



'Shock horror; Healthy diet and lifestyle reverses illness brought on by unhealthy diet and lifestyle.' It's not rocket science folks, just ditch your GP and his chemical drugs and give you body what it needs to heal.

Figure 1: Rising Incidence of Autoimmune Disorders

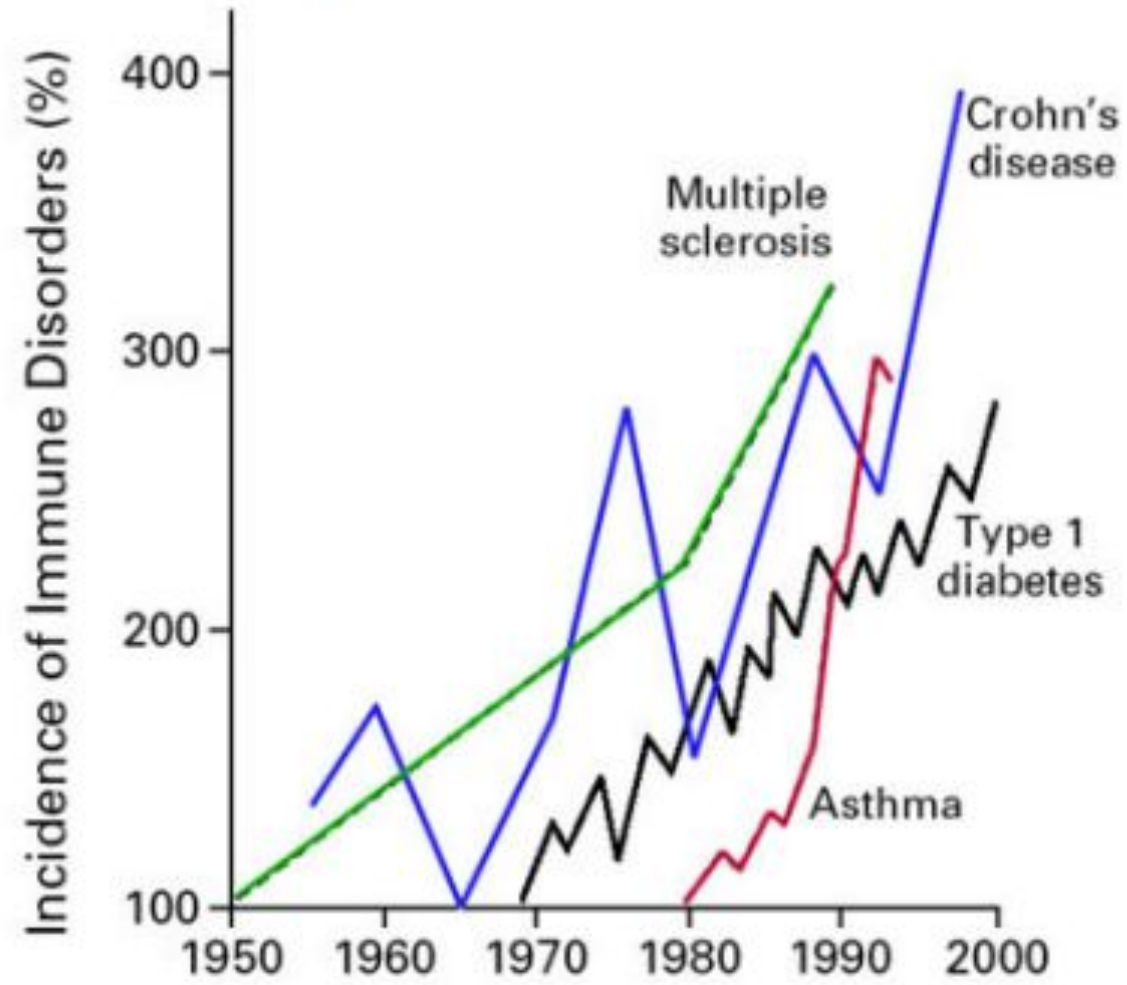
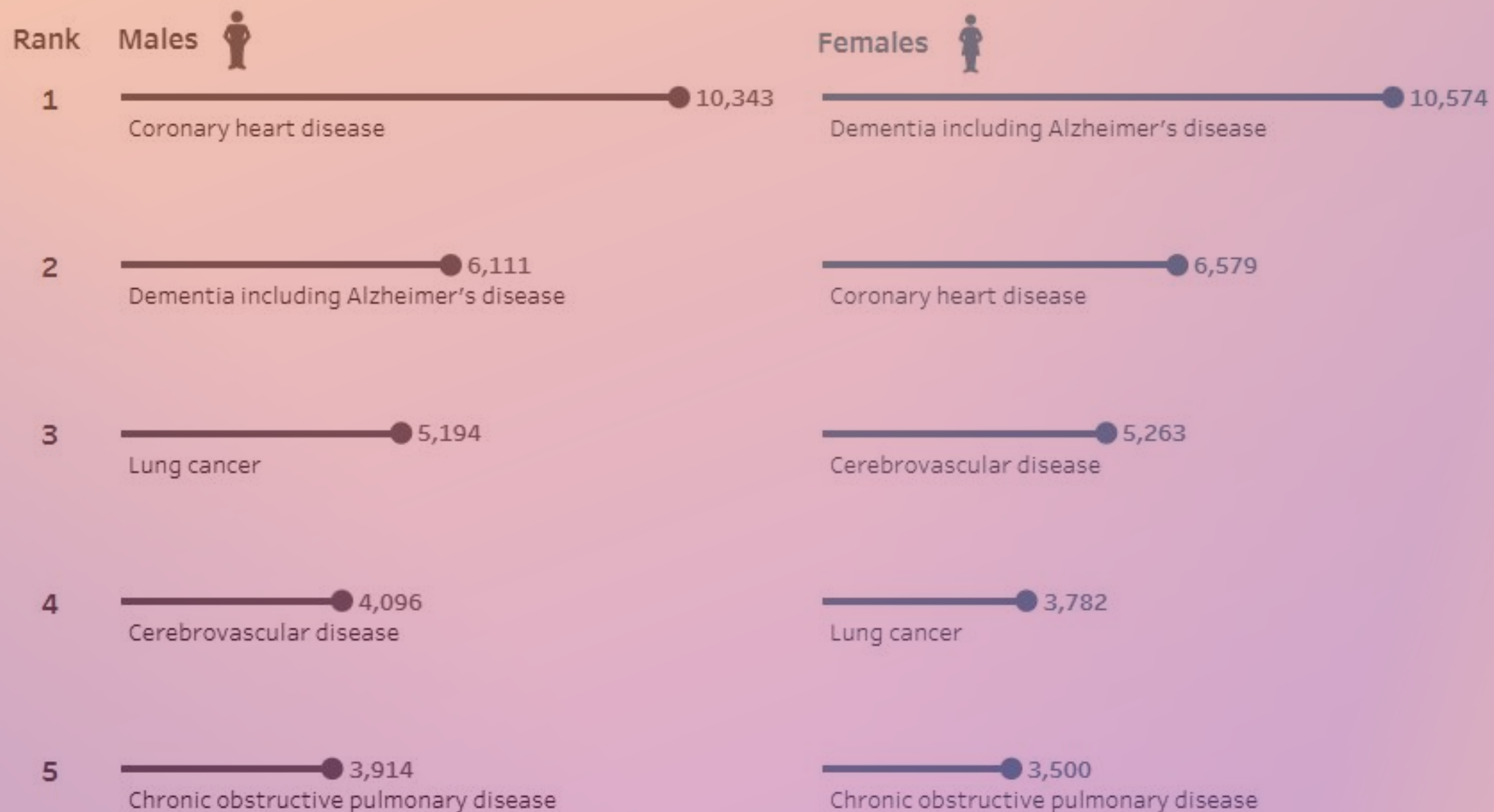


Figure 3.1: Leading underlying causes of death in Australia, by sex, 2023



Lifestyle Matters: Australia 2025

>50% adults not meeting PA guidelines

4% of Australians meet fruit and vegetable intake

40% adults <7hrs sleep, 60% insomnia weekly

≈30% of Australians “drink excessively”

1/5 Mental illness
12/12

43% young Australians report loneliness

Australia Chronic Disease

1 in 2 Australians (50%) have at least 1

Result in 9 in every 10 deaths

>1 in 4 Australian children overweight or obese (50% by 2050)

\$82 billion spent on chronic conditions in 2022–23

6.6% of Adults DM2

T2D raises risk:

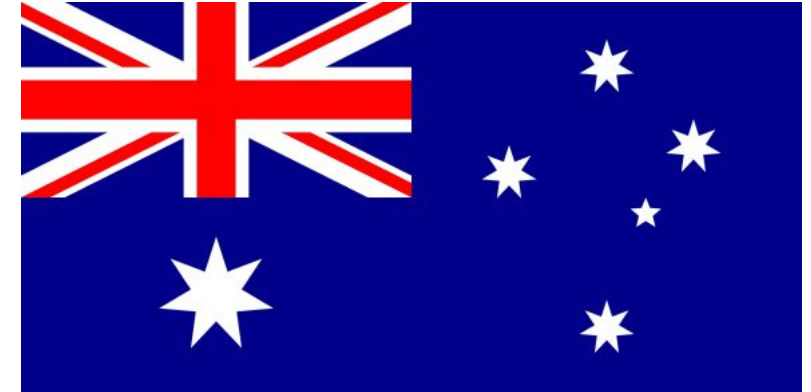
2-4x risk of Heart attacks

2-3x risk of Stroke

<60% Dementia risk

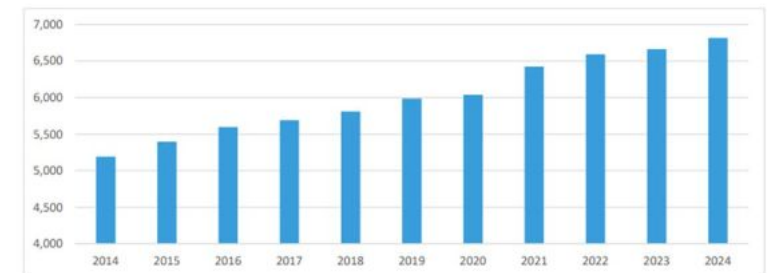
<40% increased risk amputation

40% of kidney dialysis/transplant



The State of the Nation 2024

Number of 21 - 29 year olds with type 2 diabetes. Source: NDSS Snapshot Data



'Alarming': Study reveals kids' chronic disease impact

Research found 46% of Australian adolescents live with a chronic disease or developmental condition. What can GPs do to create change?



Breast cancer cases and deaths set to surge by 2050—are we prepared?



Inflammatory bowel disease rates increasing in Australia, costing the economy billions

Australia's bowel cancer rates are world's highest for under-50s. Scientists wonder if the gut microbiome is to blame

News / National

Dementia could cost Australia \$7 billion a year without government action, expert warns

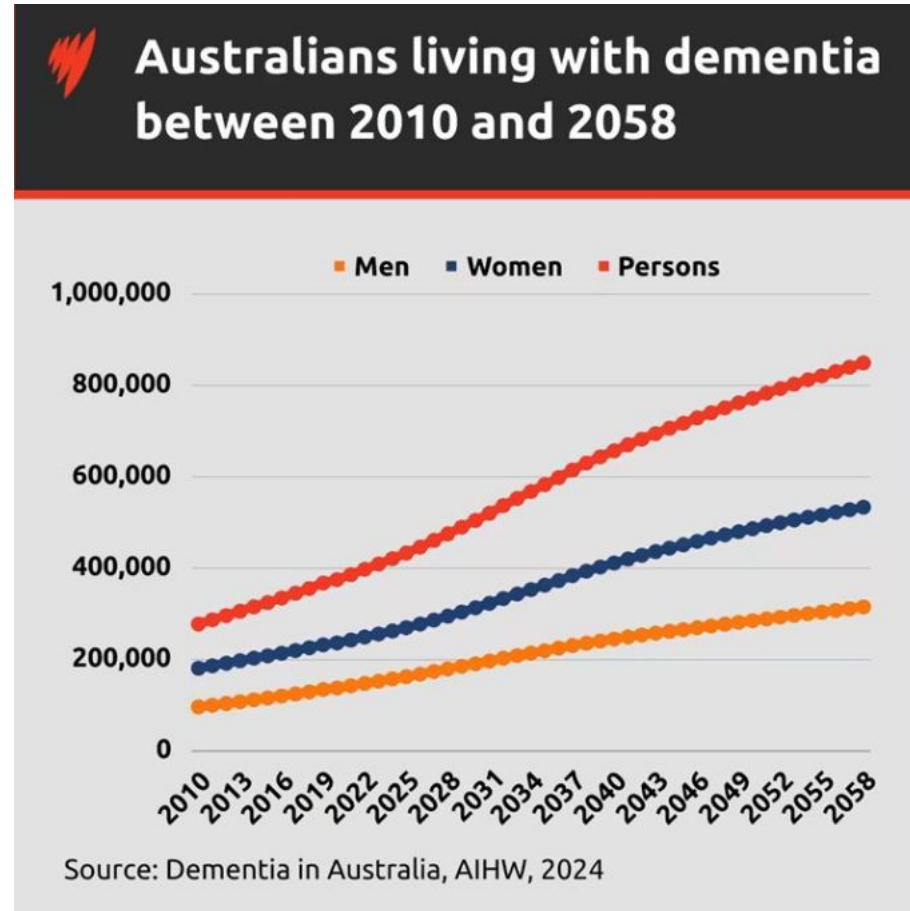
By Joseph Sahyoun | 4:40pm Jul 23, 2025

SPECIAL REPORT

True cost of the UK's obesity crisis revealed – and how weight-loss jabs could be the answer

The UK has an obesity epidemic, with levels having doubled since the 1990s. Could increasing the rollout of weight-loss drugs ease the burden on the overstretched NHS? [Alicja Hagopian](#) and [Rebecca Thomas](#) report

Dementia Australia





PERSPECTIVE

LESS IS MORE

Ignorance of Nutrition Is No Longer Defensible

- Dietary factors are the single leading cause of death (GBD 2019)
- Nutrition knowledge of Drs globally is lacking (Lancet 2019)
- Cardiologists: 90% no nutrition education during fellowship yet 95% believed they should give advice (Am J Med 2017)
- 94% resident Drs recognized the importance of diet in consults yet only 14 percent feel trained to offer it.

But then again, why change your diet when you can just keep sending me to the Bahamas twice a year?



危機

(Wēijī)

Crisis

危

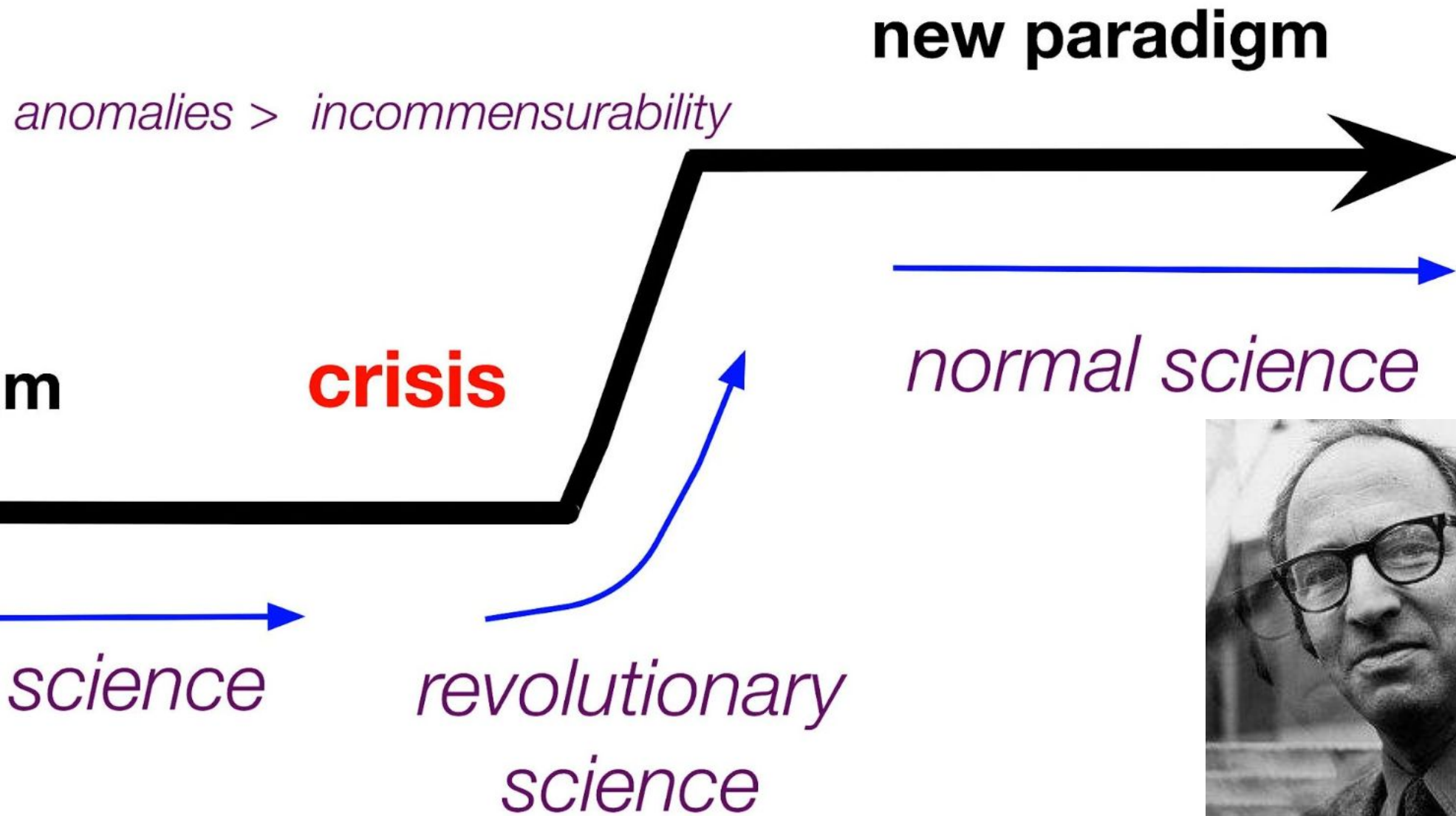
(Wēi)

Danger

機

(jī)

Opportunity





World Health Organization

-
- health is 'a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity' (WHO 1946)
 - All people, everywhere, have the right to achieve the highest attainable level of health
-

Pillars of Lifestyle medicine



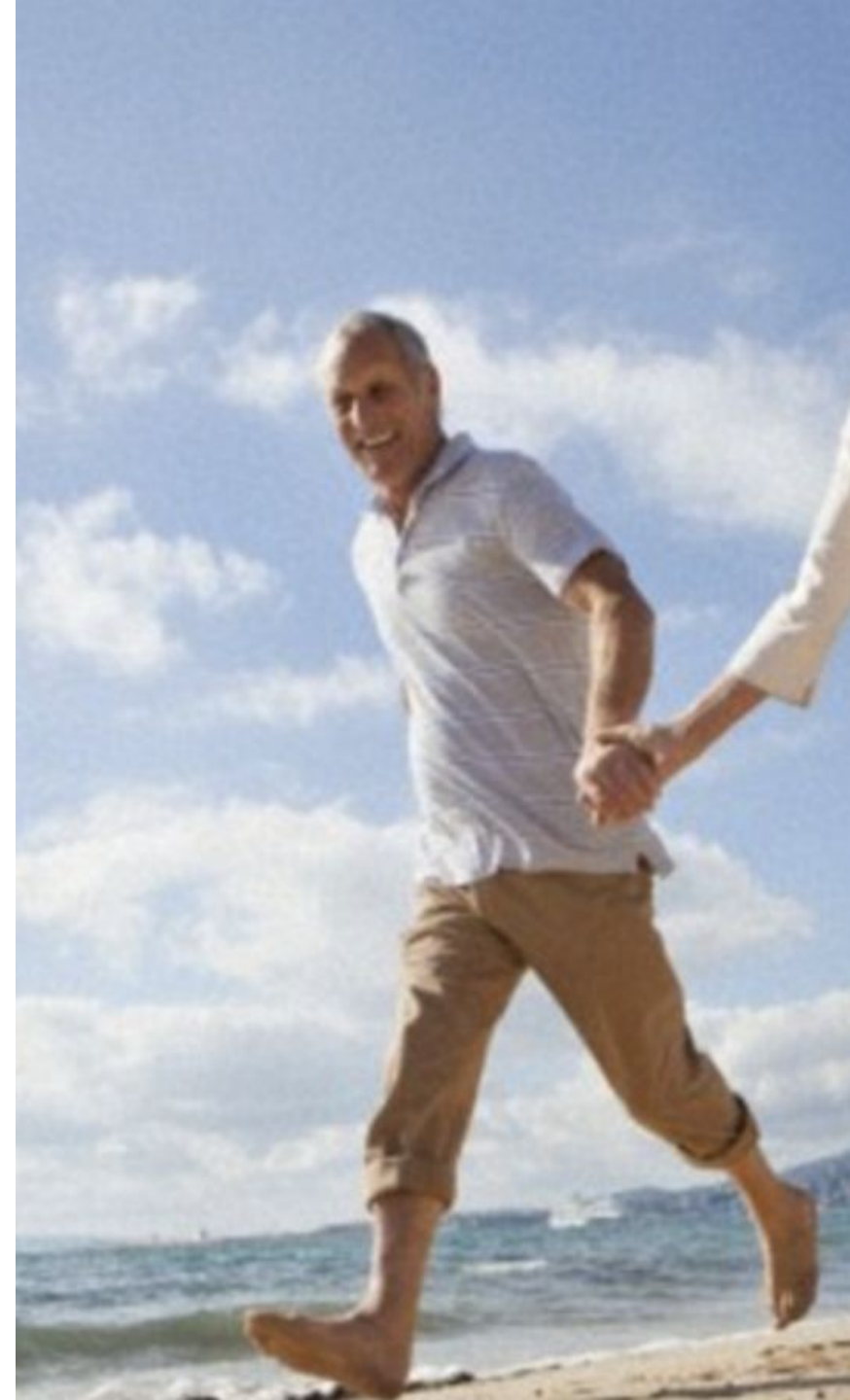
Healthy Living Is the Best Revenge

4 Simple Behaviors:

1. Not Smoking
2. Exercise
3.5hrs/week (30min a day)
3. Eating a diet that emphasizes whole plant foods
4. Maintaining a healthy BMI (<30)

Resulted In:

- 93% Less diabetes
- 81% Less Heart Attacks
- 50% Less Strokes
- 35% fewer cancers





Lifestyle Medicine: Ethical

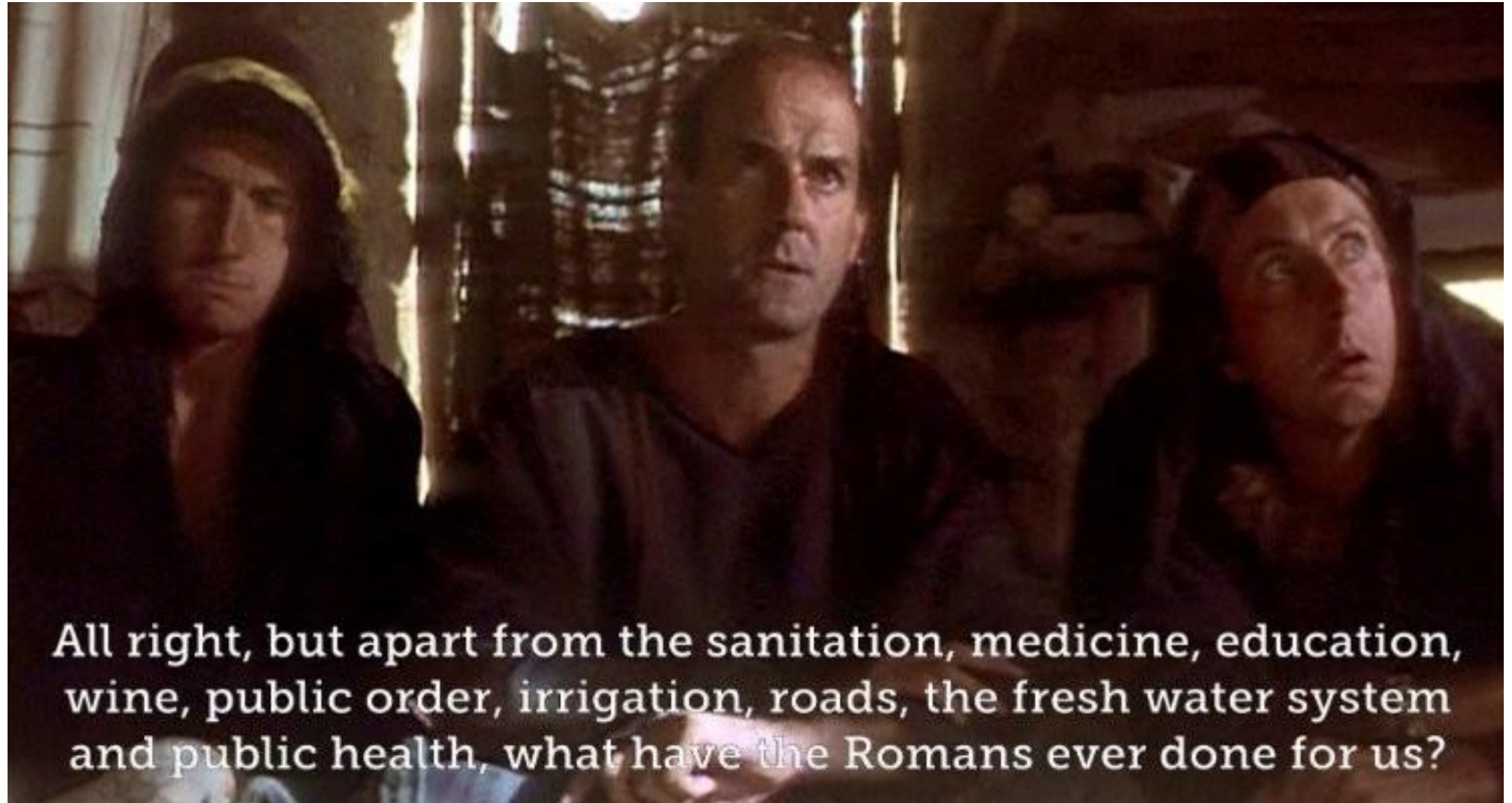
- Non – harm
- Beneficence
- Respect for Autonomy
- Justice (resource distribution etc)

A large orange circle occupies the left side of the slide, partially cut off by the edge.

ACLM

- “Diabetes reversal should be [the] goal in the management of Type 2 diabetes”

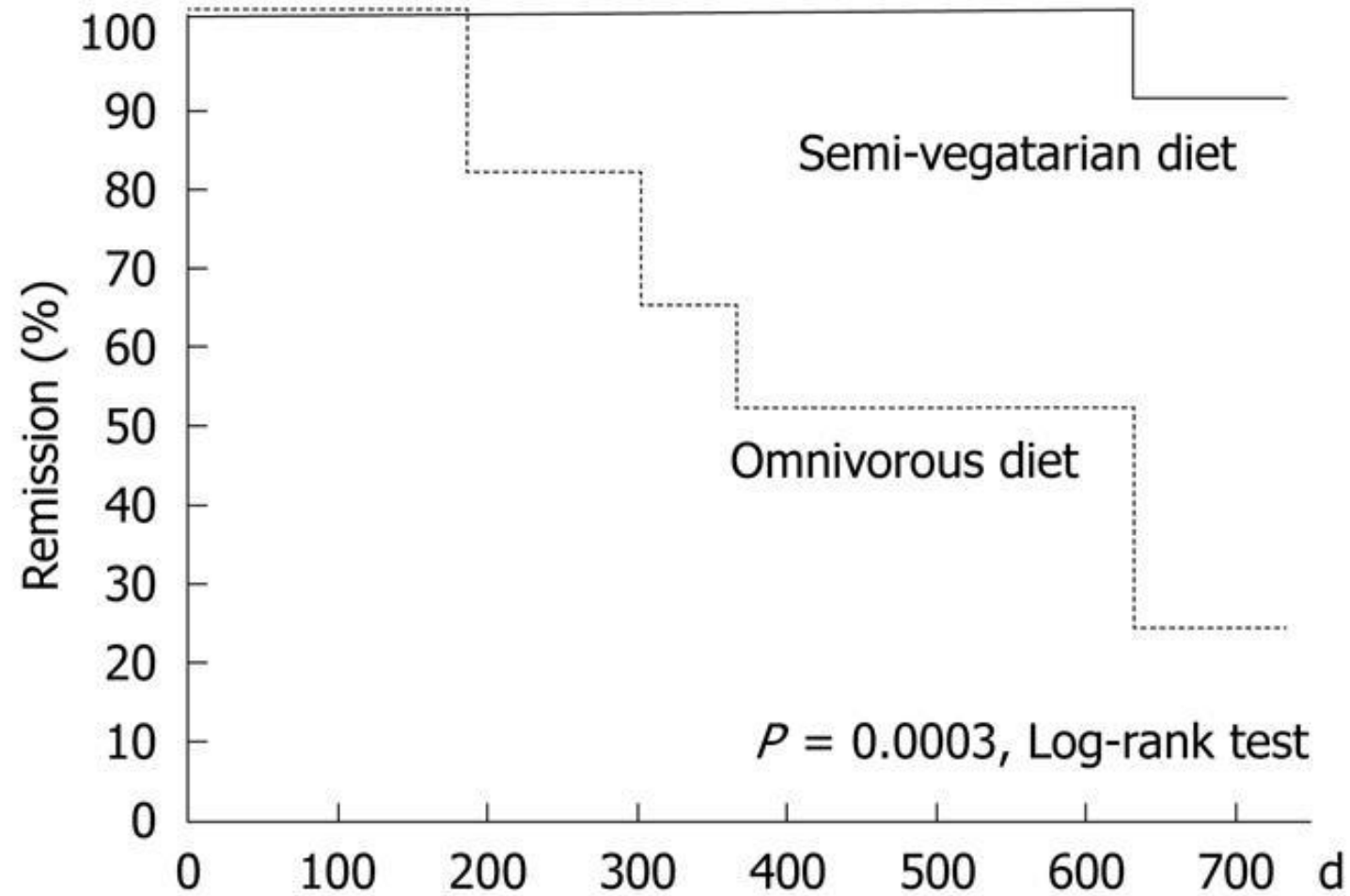




All right, but apart from the sanitation, medicine, education, wine, public order, irrigation, roads, the fresh water system and public health, what have the Romans ever done for us?

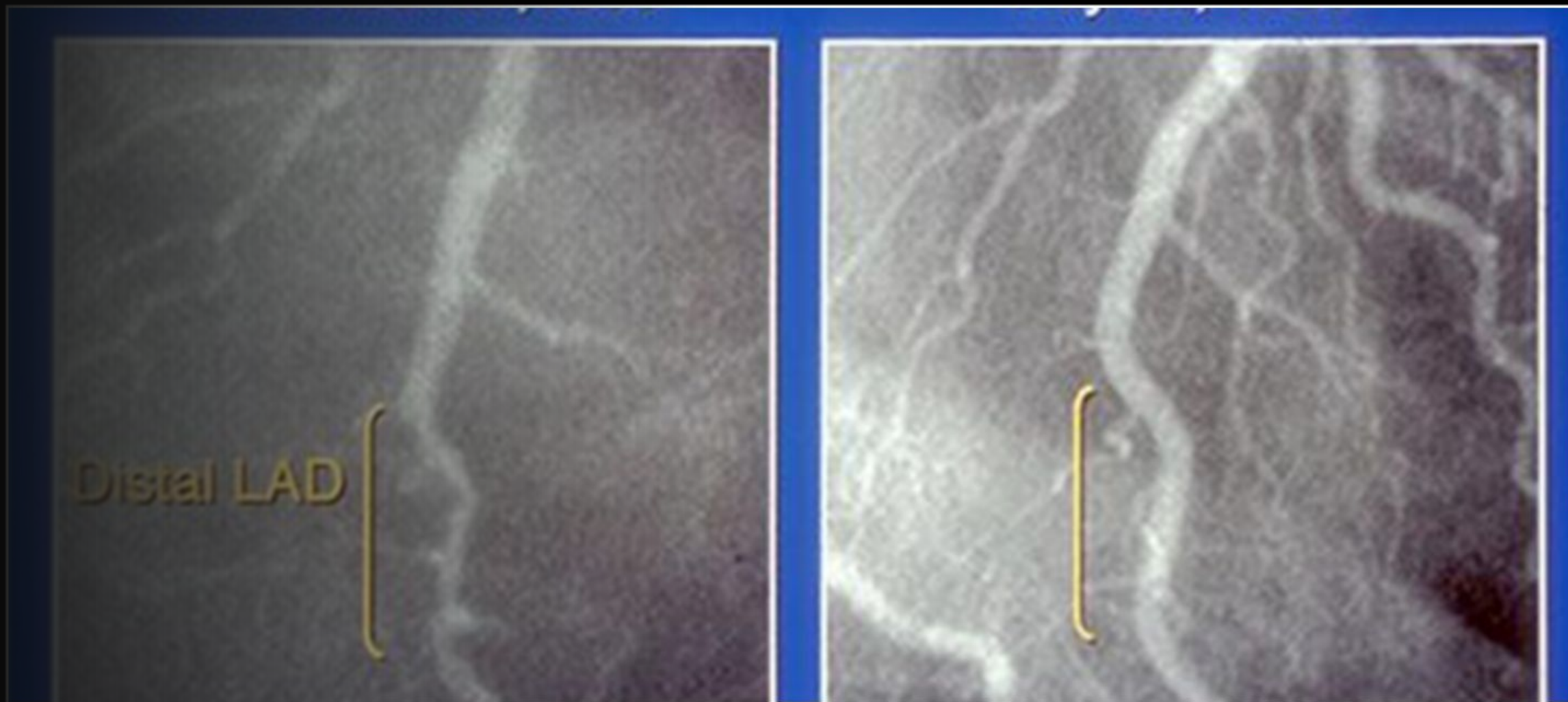
Lifestyle Medicine

- Alzheimer's and Cognitive impairment
- Inflammatory Bowel Disease
- Heart Disease, CCF
- Rheumatoid Arthritis
- Prostate Cancer
- Breast Cancer
- Depression
- Type 2 diabetes
- Chronic Kidney disease
- Bowel cancer
- Psoriatic Arthritis
- Lupus
- Grave's & Hashimoto's
- Pulmonary Hypertension
- Diabetic retinopathy and Neuropathy



No. at risk

Semi-vegetarian diet	16	16	16	15	14	13	10
Omnivorous diet	6	5	5	3	3	2	1



Power of Lifestyle Medicine



CR 70 ♀

- 72kg FHx CVD disease

Glycated Haemoglobin | HbA1c
Diabetes Monitoring



Diabetic Testing (Whole Blood)

Coll Date:	11/02/25	19/12/24
Coll Time:	09:18	11:17
Lab Number:	14897636	14510887

HbA1c (NGSP)	5.5	6.1	H	(4.0-5.9)	%
HbA1c (IFCC)	37	43	H	(20-41)	mmol/mol

LT ♂ 75

Jacob 43 yrs

- Dx RRMS 26 yrs 2008 - Rx Avonex
- Sx 2012: Unable to walk “Terrifying – my biggest relapse””
- Progressed on treatment: Fatigue, weak legs, Paralysed on 1 side of face, loss of Balance
- 2013 started OMS+ Gilenya, “ I was terrified...I had a 1 yr old and child on way”

Jacob 43 yrs

- 2020 - Melanoma – ceased Gileyna
- Relapse free, no progression on MRI
- Wt 108kg 2008 to 70kg today
- Works FT, coaches AFL, energy better and symptom free
- Neurologist “His diet has transformed his overall health as well as stabilised his MS.”

He is really enjoying his cycling, he plans to take part in the Wollongong bike ride again this year for the third time. His diet has transformed his overall health as well as stabilised his MS.

Best wishes
Yours sincerely

Donna 60 yrs - SPMS

- Dx age 35 symptoms from 2000 numbness in legs>arms
- 2016 dx of progressive MS: Slept in day, legs weak and required mobility scooter, Brain fog and left work
- Attended OMS retreat 2016
- Brain fog settled, walks unaided (stick when hot), works part time as disability advocate 2025
- “I know I’m never going to get worse” – Meditation and living true to values





LIFE MEDICAL MULLUMBIMBY

High level medical care with lifestyle medicine

4Cytte
Pathology

OPENING TIMES

Mon: 8:30 - 5:00pm
Tues: 8:30 - 5:00pm
Wed: 8:30 - 5:00pm
Thur: 8:30 - 5:00pm
Fri: 8:30 - 4:00pm

Phone: 02 6680 2486

New
patients
Welcome



LIFE MEDICAL
MULLUMBIMBY

SECURITY NOTICE

SURVEILLANCE
CAMERAS IN USE

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