

Lifestyle Medicine for Obesity Management

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Obesity Pandemic

NZD135m

Condition or symptom



Principles of Lifestyle Medicine

SELF-CARE

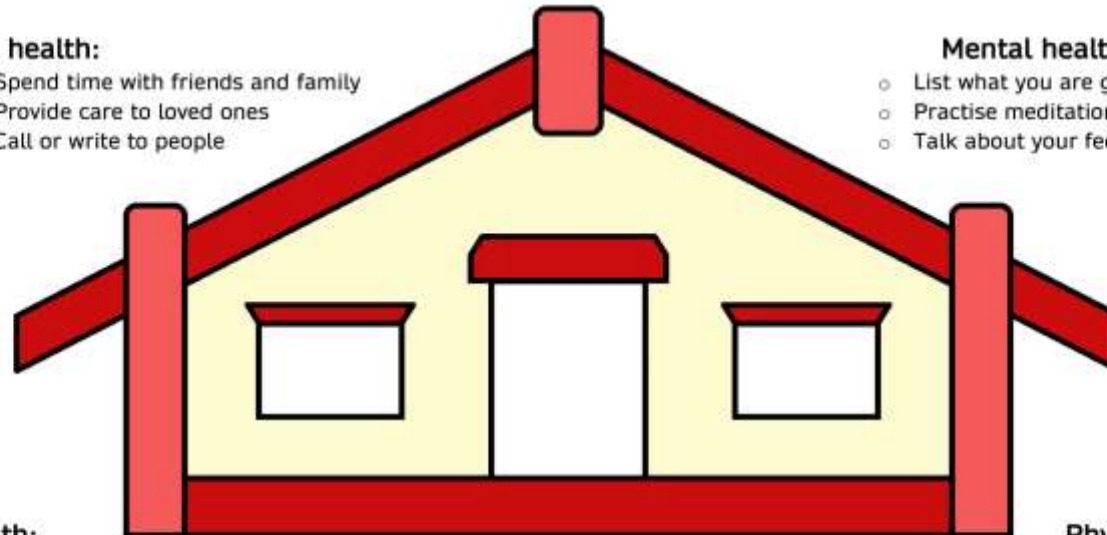
TE WHARE TAPA WHĀ: A MĀORI MODEL OF HEALTH & WELLBEING

Social health:

- Spend time with friends and family
- Provide care to loved ones
- Call or write to people

Mental health:

- List what you are grateful for
- Practise meditation
- Talk about your feelings



Spiritual health:

- Volunteer at a charity
- Engage in your traditions
- Learn a new skill

Whenua health:

Look after the land, the environment,
and consider future generations

Physical health:

- Exercise and be active
- Healthy eating
- Get enough sleep

Information sourced from:

Hauora: Wikipedia (online); and Te Whare Tapa Whā, The Ministry of Health (online).



Health Improvement First

Then the body follows



Case Studies



40M

Pre-diabetic in 2019

Now, HbA1c 80!

“Keto” for 1 year

OMAD

Active

Dad successfully self-
managed



Dinner: Honey soy chicken thigh and coleslaw...



REAL 
HEALTHY 




















Blood Sugar Readings: 11th January – 1st March 2021





59F
Intervention:
Post I-131 (hyperthyroidism)
hypo-thyroidism
Micro-prolactinoma
Foods rich in selenium, zinc
and iodine
Postmenopausal
and is on
Very sensitive to diet and
Stop alcohol and coffee
Fit
Medication adjustment to
Wholefoods
lifestyle
Sleeps well



	 26-May-2020 08:35	 26-May-2020 08:55	 07-Jul-2020 09:34	 03-Aug-2020 11:22	 31-Aug-2020 09:24	 17-Sep-2020 15:12	 25-Nov-2020 16:41	 22-Dec-2020 14:29	 20-Jan-2021 15:44	 16-Feb-2021 10:36	 24-Mar-2021 10:03
T4 (Free)	20						13	17	14	17	20
TSH	0.13	*0.10	*2.45	*91.27	*18.13	*3.69	17	12	12	4.1	4.0
T3 (Free)							3.0			3.3	3.8
Comment											
Comment											
Total T4		153	68	8	211	177					
Free T4 index		165	 64	7	223	188					
Total T3		1.80	0.90	0.50	1.20	1.50					



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Thank you!

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