



TANYA I. EDWARDS, MD, CENTER FOR INTEGRATIVE AND LIFESTYLE MEDICINE



Lifestyle Medicine Consults

What is Lifestyle Medicine?

Lifestyle Medicine is an evidence-based practice that helps individuals and families improve their health and quality of life by adopting and sustaining lifestyle behaviors, such as:

- Eliminating tobacco use
- Improving diet
- Practicing stress relief techniques
- Increasing physical activity

Poor lifestyle choices are the root cause of modern chronic diseases. But scientific evidence is clear: Adults with common chronic conditions who adhere to a healthy lifestyle experience rapid, significant improvements in their health.

What can I expect at a Lifestyle Medicine consult?

A consult is an hour-long appointment with a Lifestyle Medicine physician. He or she will:

- Take a detailed personal, family and medical history
- Learn more about you; your dietary, exercise and sleep habits; and your sources of stress and the way you cope with it

- Assess your health concerns and evaluate your symptoms
- Order any necessary tests, such as the evaluation of your genetic profile to obtain a personalized nutrition report

Changing your lifestyle habits will be the primary way of treating and managing your chronic disease(s). Our goal is to work with you to create a personalized lifestyle self-care plan that you can implement and sustain.

What programs and/or treatments are offered?

Your personalized treatment plan will be based on your health history, symptoms and current lifestyle. After your consult, you will know how to follow your lifestyle self-care plan. For additional support, your physician may recommend private or group wellness programs and classes, such as:

- **Cleveland Clinic Lifestyle Essentials** – Shared medical appointments to help you improve your health and well-being through lifestyle changes
- **Lifestyle U** – A 12-week program including weekly nutrition, stress management and exercise classes

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- **Dr. Esselstyn's program** – Simple and delicious plant-based dietary program to keep your heart and arteries healthy
- **The Ornish Program** – A three-month comprehensive program for people with heart disease
- **Lifestyle Medicine support group**
- **Therapeutic yoga**
- **Cooking class**
- **Nutrition consult/class**
- **Exercise class**
- **Behavioral health coaching**

Why should I consider a consult?

You may benefit from a Lifestyle Medicine consult if you want to learn how to make positive, healthy changes in your lifestyle. Our physicians have had education and training in conventional medicine as well as years of experience working in the field of Lifestyle Medicine. They can offer support for a variety of chronic diseases.

What problems can Lifestyle Medicine treat?

Lifestyle modifications can help prevent or manage:

- Obesity
- Diabetes (type 2)
- High blood pressure
- High cholesterol
- Non-alcoholic fatty liver disease
- Metabolic syndrome
- Coronary artery disease
- Cancers that are lifestyle-associated (e.g., prostate and breast)
- Osteoarthritis

- Chronic pain
- Infertility
- Chronic autoimmune diseases
- Chronic psychological stress

By making smart food choices, managing your stress in a healthy way and exercising, you take control over your health and participate in your own healing.

If I like my care, will I still see my regular doctor?

Yes. Lifestyle Medicine physicians complement – not replace – the care you receive from your primary care provider or specialist. We work together with all members of your healthcare team. Our expertise lies in preventing and treating chronic diseases that are lifestyle-related. For other chronic diseases and any acute medical problems, see your primary care physician.

Are Lifestyle Medicine visits covered by insurance?

Yes, Lifestyle Medicine visits are covered by insurance. However, some additional services, such as evaluation of your nutrition related genetic profile, wellness programs and support classes, may be your financial responsibility.



How to contact the Center for Integrative and Lifestyle Medicine for a consult

To schedule a Lifestyle Medicine consult, call **216.448.HEAL (4325)**.

For more information on Center for Integrative and Lifestyle Medicine services, please visit clevelandclinic.org/wellness