

Living a Healthy Lifestyle

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Lupus can be a different experience for everyone, including different symptoms, different ways of managing symptoms, and different expectations.

Managing lupus is a team effort with you, your doctors, and social support network.

Take charge of your daily life with lupus:

- ▶ Learning and understanding about lupus, including flare triggers, complications to watch for, lifestyle changes to improve symptoms, and the latest developments.
- ▶ Share your symptoms, thoughts, and concerns with your healthcare team.
- ▶ Follow your physician's instructions to know if your management plan that you created together is effective and how long to wait before exploring other treatment options.
- ▶ Communicate your needs to your family and friends, such as emotional support, running errands, and going to doctor appts to serve as additional eyes and ears.
- ▶ Try healthy lifestyle changes which often reduce pain and fatigue.

Most health authorities agree that following a healthy lifestyle can significantly improve the disease experience, even lupus.

Our lifestyles are influenced by our culture and environment either positively or negatively...

AKA

We become like those around us or they become like us.

What is a healthy lifestyle?

- ▶ Tobacco free
- ▶ Nutritious food, snack, and drink choices
- ▶ Physical activity as tolerated
- ▶ Good sleep and sufficient rest periods
- ▶ Healthy stress coping skills
- ▶ Support Network
- ▶ “Can do, never give up” attitude
- ▶ Inspiration and motivation for Goals and Dreams
- ▶ Mindfulness and Reflection

One of the most important lifestyle choices for lupus:

► To Smoke



OR

Not to smoke



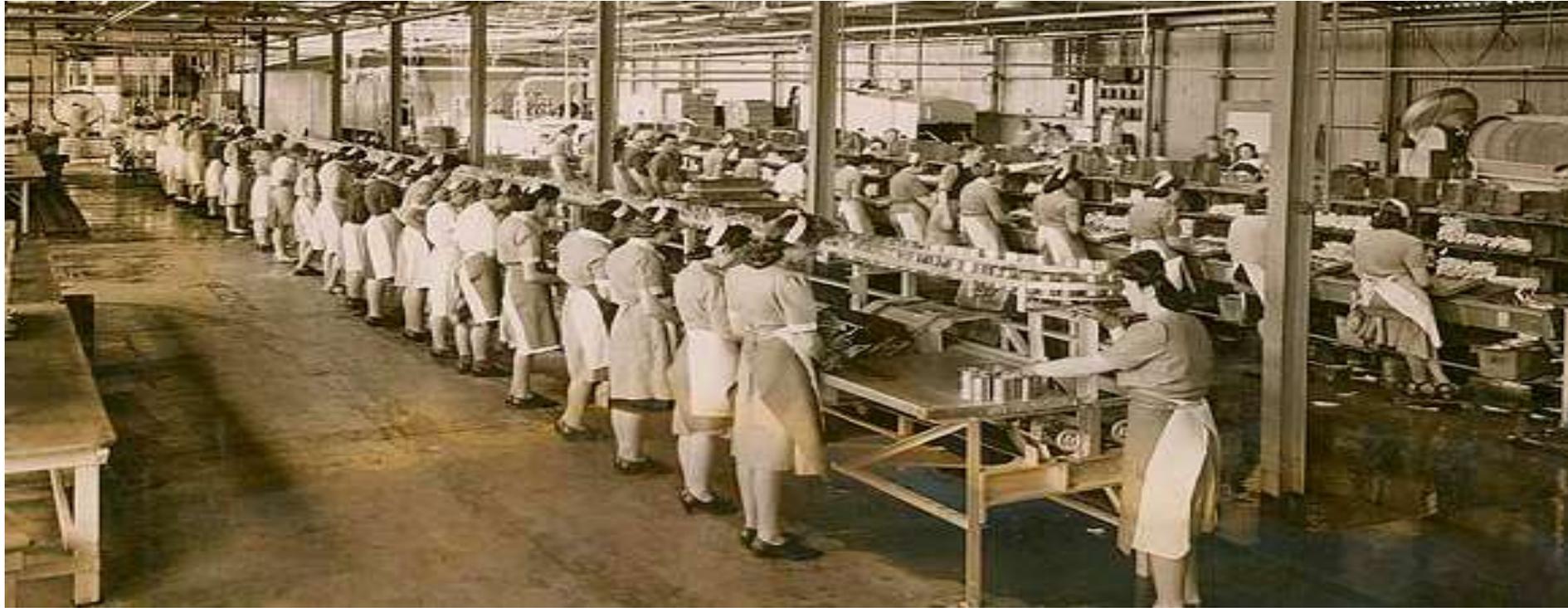
WHOSE FAMOUS WORDS WERE THESE?

- ▶ “LET FOOD BE YOUR MEDICINE
- ▶ AND
- ▶ LET MEDICINE BE YOUR FOOD”



**THEY WERE ACTUALLY SPOKEN
2500 YEARS AGO.... BY HIPPOCRATES:
460 BC - 370 BC**

The 19th Century Food Revolution



Advances in Food Processing

- Drying (pre historic)
- Salting (food preservation)
- Bottling (1809 Nicolas Appert)
- Canning (1810 Peter Durand)
- 19th century Military needs (MRE)
- Pasteurization (1862 Louis Pasteur)
- Freeze Drying (20th Century WWII and space race)

Pros of Food Processing

- Increased seasonal variety
- Preservation to decrease spoilage
- Decreased manual labor increased free personal time

Evolution of Food Mobilization



- ▶ Along with food processing came advances in food mobilization
 - Fresh fish in Las Vegas
 - Fresh Oranges Alaska

Evolution of the Grocery Store

Before the 20th Century

Local & non processed



After the 20th Century

Imported & Processed.



Cons of Food Processing

- ▶ Higher salt can lead to high blood pressure, heart, and kidney disease.
- ▶ Higher sugar can lead to weight gain, joint pain, and diabetes.
- ▶ Higher fat can lead to high cholesterol, weight gain, and heart disease.
- ▶ Preservatives, hormones, antibiotics can cause adverse effects.

Evolution of the Family dinner



Healthy Eating Tips for People with Lupus:

- ▶ Aim for fruits and vegetables for vitamins, minerals, fiber.
- ▶ Lean protein like fish (omega 3 anti-inflammatory), chicken, beans.
- ▶ Whole grains to reduce risk of heart disease, diabetes, and constipation.
- ▶ Drink at least a few glasses of water daily, good for skin and kidneys.
- ▶ Vitamin D (may need supplement) and calcium from foods (beans, greens, whole grains, dairy) to help prevent osteoporosis common in lupus.
- ▶ Minimize oil, butter, salt, fried food, fast food, and packaged food.
- ▶ Minimize caffeine and alcohol which can affect sleep quality, bone health, and stomach, especially on certain medications.

“Let’s go get some food”



The morning commute



Sedentary nature of many forms of work, changing modes of transportation, and increasing urbanization

► Sedentary



OR

Active



Move when you can for multiple health benefits, even light exercise counts!

Decreases Risk of Heart Disease

Reduces Stress

Fights Depression

Relieves Joint Stiffness

Increases muscle and bone strength

Improves range of motion

Low Impact Activities Benefits Joints Without Pressure

- ▶ Walking
- ▶ Bicycling
- ▶ Rowing
- ▶ Swimming
- ▶ Yoga
- ▶ Pilates

Tips to Prevent Flares

- ▶ Pace yourself, plan activities, and try not to overdo it
- ▶ Prioritize rest, including sleep, naps, and breaks
- ▶ Chronic pain management(meditation/prayer, acupuncture, medication)
- ▶ Minimize UV exposure (sunscreen/protective clothing, fluorescent/halogen lights, avoid tanning beds)

Does Research Prove the Benefits of Healthy Lifestyle Change?

More than 100 studies in prestigious medical journals like the New England Journal of Medicine and Circulation have documented the Pritikin Healthy Lifestyle Program's extraordinary success in helping thousands worldwide.

So highly regarded is the Pritikin Program that it is now covered by Medicare for people with heart conditions.

•Reduce Chronic Inflammation

•Inflammation of the arteries is a risk factor for cardiovascular disease. Within two to three weeks at Pritikin, markers of chronic inflammation, including high-sensitivity C-reactive protein, dropped dramatically. C-reactive protein decreased 45% among women, 39% among men, and 41% among children. *Metabolism*, 53: 377, 2004; *Journal of Applied Physiology*, 100: 1657, 2006; *Atherosclerosis*, 191: 98, 2007.

Lower Blood Pressure To Normal, Medication-Free Levels

- ▶ Among 216 adults who entered the Pritikin Center taking pills for hypertension, 83% left Pritikin free of these pills, and with significant reductions in blood pressure. Most of the remaining 17% had their pill dosages substantially reduced. *Journal of Cardiac Rehabilitation*, 3: 839, 1983. See also *Circulation*, 106: 2530, 2002.

In a meta-analysis of 1,117 hypertensives at the Pritikin Center for three weeks, systolic blood pressure fell on average 9%. Diastolic blood pressure fell 9%. Of those taking pills for hypertension, 55% left Pritikin pill-free, and the majority of the others had their dosages reduced. *Journal of Applied Physiology*, 98: 3, 2005.

Reduce Total and LDL Bad Cholesterol 23%

- ▶ Analyses of 4,587 guests staying at Pritikin for three weeks showed an average 23% drop in total cholesterol and 23% drop in LDL “bad” cholesterol. *Archives of Internal Medicine*, 151:1389, 1991. See also *New England Journal of Medicine*, 323: 1142, 1990.

Reduce Triglycerides 33%

- ▶ Analyses of 4,587 guests staying at Pritikin for three weeks showed an average 33% reduction in triglyceride levels. *Archives of Internal Medicine*, 151: 1389, 1991. See also *New England Journal of Medicine*, 323: 1142, 1990.

Enhance Effectiveness of Statin Therapy

- ▶ Prior to attending Pritikin, 93 people had reduced their cholesterol about 20% on statins. After two weeks at Pritikin, they demonstrated an additional 19% decrease in cholesterol. *American Journal of Cardiology*, 79: 1112, 1997.

Control Diabetes and, For Many, Reduce the Need For Drugs

- A meta-analysis of 864 type 2 diabetics found that fasting glucose fell on average 19% within three weeks. Of those on oral drugs, 74% left Pritikin free of these drugs, and the majority of the others had their dosages reduced. *Journal of Applied Physiology*, 98: 3, 2005. See also *Diabetes Care*, 17: 1469, 1994.
- A two- to three-year follow-up of another group of diabetics who attended the Pritikin Center documented long-term control of diabetes through the Pritikin Program. *Diabetes Care*, 6: 268, 1983.

Promote Healthy, Long-Term Weight Loss

- Among 4,587 adults, men lost on average 11.2 pounds and women lost 7.3 pounds within three weeks of starting the Pritikin Program. *Archives of Internal Medicine*, 151: 1389, 1991
- In a study of 64 people with heart disease, their weight was reduced from 174 to 163 pounds in three weeks at the Pritikin Longevity Center. At follow-up five years later, average weight had remained at 163 pounds. *Journal of Cardiac Rehabilitation*, 3: 183, 1983.
- In another study of 69 people with Type 2 diabetes, average weight loss was 10 pounds in three weeks at Pritikin. At follow-up two to three years later, the 69 adults had not only maintained their weight loss; they had lost on average four more pounds, shedding 14 pounds in total (from 172 to 158 pounds). *Diabetes Care*, 6: 268, 1983.

The most comprehensive study of long-term weight loss ever conducted, the National Weight Control Registry, found that the vast majority of its nearly 4,500 successful people followed a program, like Pritikin, that involved daily exercise and an eating plan low in fat and very high in fiber-rich carbohydrates like fruits and vegetables. The members lost, on average, 66 pounds and, at six-year follow-up, had kept it off. Less than 1% followed a high-protein, high-fat diet. *Journal of the American Dietetic Association*, 98: 480, 1998.

- Relieve Angina Pain**

- A five-year follow-up of 64 people who went to Pritikin instead of having coronary bypass surgery found that 80% had never needed the surgery. *Journal of Cardiac Rehabilitation*, 3: 183, 1983.

- Eliminate the Need For Coronary Bypass Surgery**

- Before coming to Pritikin, 80% of 64 high-risk heart patients experienced angina (chest) pain. At follow-up five years later, only 32% had angina. *Journal of Cardiac Rehabilitation*, 3: 183, 1983.

FUTURE CONSIDERATIONS

- ▶ Ongoing research, new options for treatment, better understanding
- ▶ Pain control through PRP (platelet-rich plasma), particularly when medication, physical therapy, and traditional joint injections have failed.
- ▶ Benefits: your own blood, improves pain and mobility, assistance programs
- ▶ Cons: expensive, not yet covered by insurance, no money-back guarantee.

Take Control and Become Your Own Health Care Advocate

- ▶ Educate yourself and others
- ▶ Ask for help when you need it
- ▶ Give yourself permission to rest
- ▶ Be flexible in your schedule and expectations
- ▶ “The only thing consistent about Lupus, is that it is inconsistent”
- ▶ “Once I realized lupus was unpredictable, I relaxed and learned not to feel guilt or internal pressure from rescheduling my plans”

Tips from the lupus community:

- ▶ Be prepared for your doctor visit with questions ready, symptom details recorded, including when they started, how frequent, and how severe.
- ▶ Knowing your doctor is really good and staying informed gives confidence.
- ▶ Learning what to expect, how to manage everchanging symptoms, and knowing when to notify your doctor gives a sense of control rather than fear.

Final thoughts:

- ▶ Stay informed, keep learning like you are today.
- ▶ Do your best to make healthy choices each day.
- ▶ Accept imperfections in yourself, others, and life.
- ▶ Never stop trying, even on tough days.
- ▶ Hold onto hope--- the future may be better than you ever imagined.