

*“I believe every patient needs a physician who will be an advocate to help them regain their health”.*

Dr. Jenneffer Pulapaka, DPM,  
DipABLM, CWSP, DABMSP, FACCWS, PCWC, retd. AACFAS

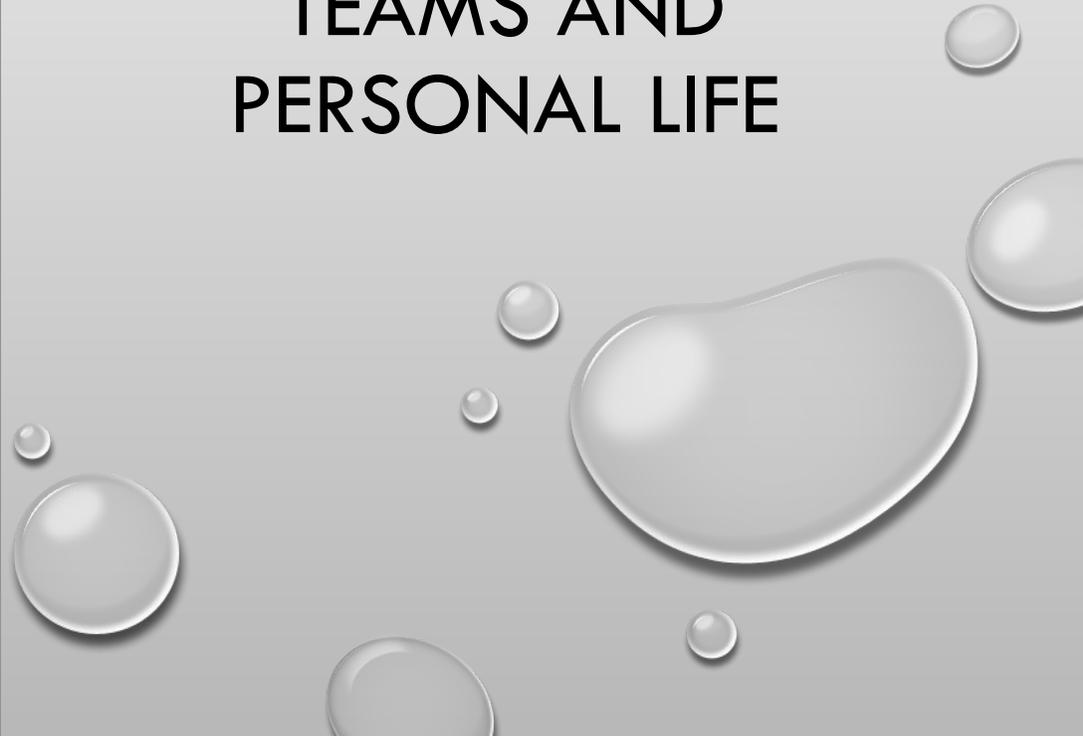
Jenneffer@Jenneffer.com  
DeLand Foot & Leg Center, LLC

No disclosures





**THE REWARDS OF  
LIFESTYLE MEDICINE  
IN YOUR OFFICE  
TEAMS AND  
PERSONAL LIFE**



Learn **HOW** Stress, Exercise, Diet, Positive Emotion, Sleep, and Substance abuse affect your patients, staff, friends, and family.

Learn to **APPLY**, the 6-Pillars of Lifestyle Medicine into your life, or ways to get assistance from others for help.

**LEARNING OBJECTIVES**

**Burnout** is defined as a syndrome of high emotional exhaustion, high depersonalization, and a low sense of personal accomplishment from work. It may be due to hours, pay, or stress.

**Compassion fatigue** is like post-traumatic stress disorder  
-- the “helper” is traumatized and preoccupied with suffering, which may lead their own poor self-care or self-sacrificing tendencies.

# Not all physicians are consistently practicing healthy behaviors.

1. In a 2009 survey of Californian physicians, the following factors were observed (n = 763, 41% response rate):
  - a. Severe to moderate stress: 53%
  - b. No or occasional exercise: 35%
  - c. 6 or fewer hours of sleep: 34%
  - d. Never or occasionally ate breakfast: 27%
  - e. Sedative/tranquilizer use: 13%
  - f. Depression: 7%
  - g. Marijuana use: 4%
2. In a 2012 survey, 53% of primary care physicians (n = 498) were obese.
3. In 2013, 36% of Canadian fourth-year medical students surveyed did not meet physical activity guidelines.
4. In a 2013 article, overweight resident physicians under-acknowledged their overweight status, and their under-acknowledgment increased by training year.

1. Bazargan M., Makar M., Bazargan-Hejazi S., Ani C., Wolf K. E. Preventive, lifestyle, and personal health behaviors among physicians. *Acad Psychiatry*. 2009;33(4):289-295.
2. Bleich S. N., Bennett W. L., Gudzone K. A., Cooper L.A. Impact of physician BMI on obesity care and beliefs. *Obesity (Silver Spring)*. 2012;20(5):999-1005.
3. Holtz K. A., Kokotilo K. J., Fitzgerald B. E., Frank E. Exercise behaviour and attitudes among fourth-year medical students at the University of British Columbia. *Can Fam Physician*. 2013;59(1):e26-32.
4. Leventer-Roberts M., Zonfrillo M. R., Yu S., Dziura J. D., Spiro D.M. Overweight physicians during residency: a cross-sectional and longitudinal study. *J Grad Med Educ*. 2013;5(3):405-411.

Physicians' personal health and attitudes impact patient care. J. Rippe 2019

- Providers need to focus on their own health.
- Healthy doctors are more likely to produce healthy patients.

Physicians' physical activity habits and counseling frequency = 5.7 times higher among the exercising physicians. b)

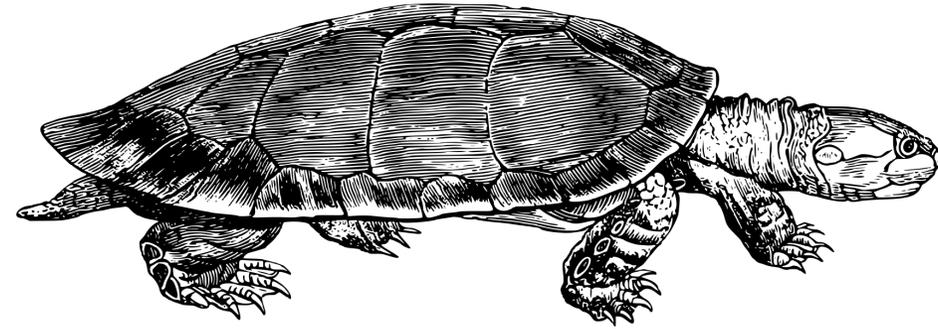
Male internists' personal health practices for smoking, alcohol, seat belt use, and physical activity were positively associated with counseling for **each health behavior except alcohol use**. c)

Female internists' personal health practices for physical activity were associated positively with counseling patients about **exercise and alcohol use**. c)

J. Rippe 2019

b) A meta-analysis of 24 studies about health providers' activity habits and their likelihood of counseling patients about physical activity found 19 out of 24 studies showed there was a high correlation between physicians' physical activity habits and counseling frequency, with odds of counseling 1.4-5.7 (P <0.05) times higher among the exercising physicians.

c) A cross-sectional study of 1,349 internists showed physicians' personal health promotion and disease prevention practices were strongly positively associated with more appropriate use of recommended practices for counseling patients (P <0.01).



WHERE DO I  
START?



**LIFESTYLE MEDICINE FOCUSES ON 6 AREAS TO IMPROVE HEALTH**





**"I'm so busy"**  
**"I cat nap at noon"**  
**"I sleep 9hrs+"**  
**"I have to go pee"**  
**"I can't fall asleep"**  
**"Yeah, I snore"**

**"What does sleep  
have to do  
with my wound?"**

When have YOU written a Rx for sleep?



**Increased risks:**  
**140% heart failure**  
**60% stroke**  
**30%CHD**

**Associated w/:**  
**22% depression**  
**17% anxiety**  
**5% psychosis**  
**3.3% BPDO**

*stop  
bang*

**90%**

Prevalence of Obstructive Sleep Apnea in Patients With Diabetic Foot Ulcers.

Chen L, Ma W, Tang W, Zha P, Wang C, Chen D, Lei F, Li T, Tang X, Ran X.

Frontiers in Endocrinology. 2020 Jul 14; 11: 416

PMC [article] PMCID: PMC7371781, PMID: 32760345, DOI: 10.3389/fendo.2020.00416

**57%**

Prevalence of Obstructive Sleep Apnea in Patients with Chronic Wounds.

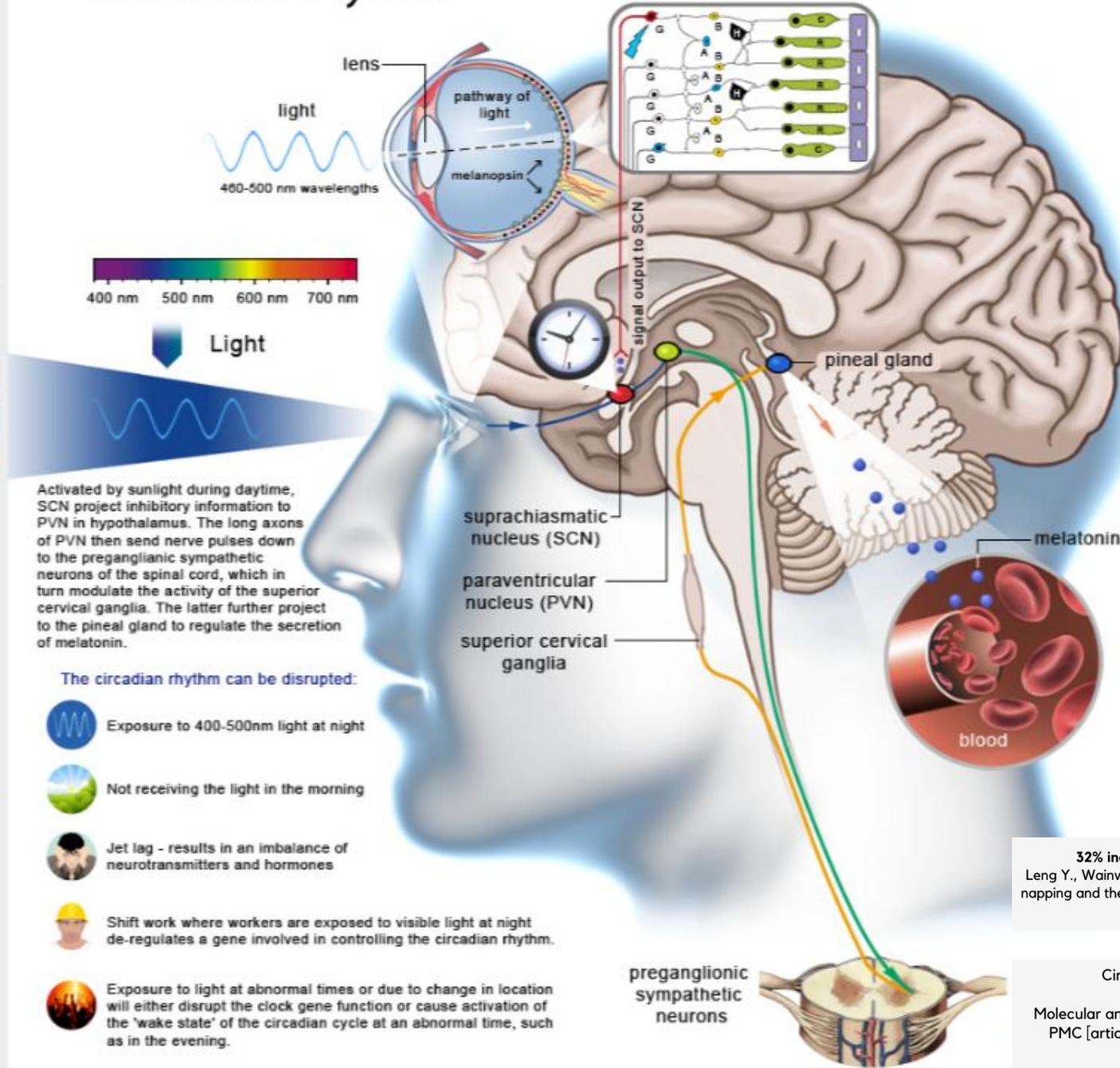
Patt BT, Jarjoura D, Lambert L, Roy S, Gordillo G, Schlanger R, Sen CK, Khayat RN.

Journal of Clinical Sleep Medicine : JCSM : Official Publication of the American

Academy of Sleep Medicine. 2010 Dec 15; 6(6): 541-544

PMC [article] PMCID: PMC3014239, PMID: 21206743

# circadian rhythm



Activated by sunlight during daytime, SCN project inhibitory information to PVN in hypothalamus. The long axons of PVN then send nerve pulses down to the preganglionic sympathetic neurons of the spinal cord, which in turn modulate the activity of the superior cervical ganglia. The latter further project to the pineal gland to regulate the secretion of melatonin.

The circadian rhythm can be disrupted:

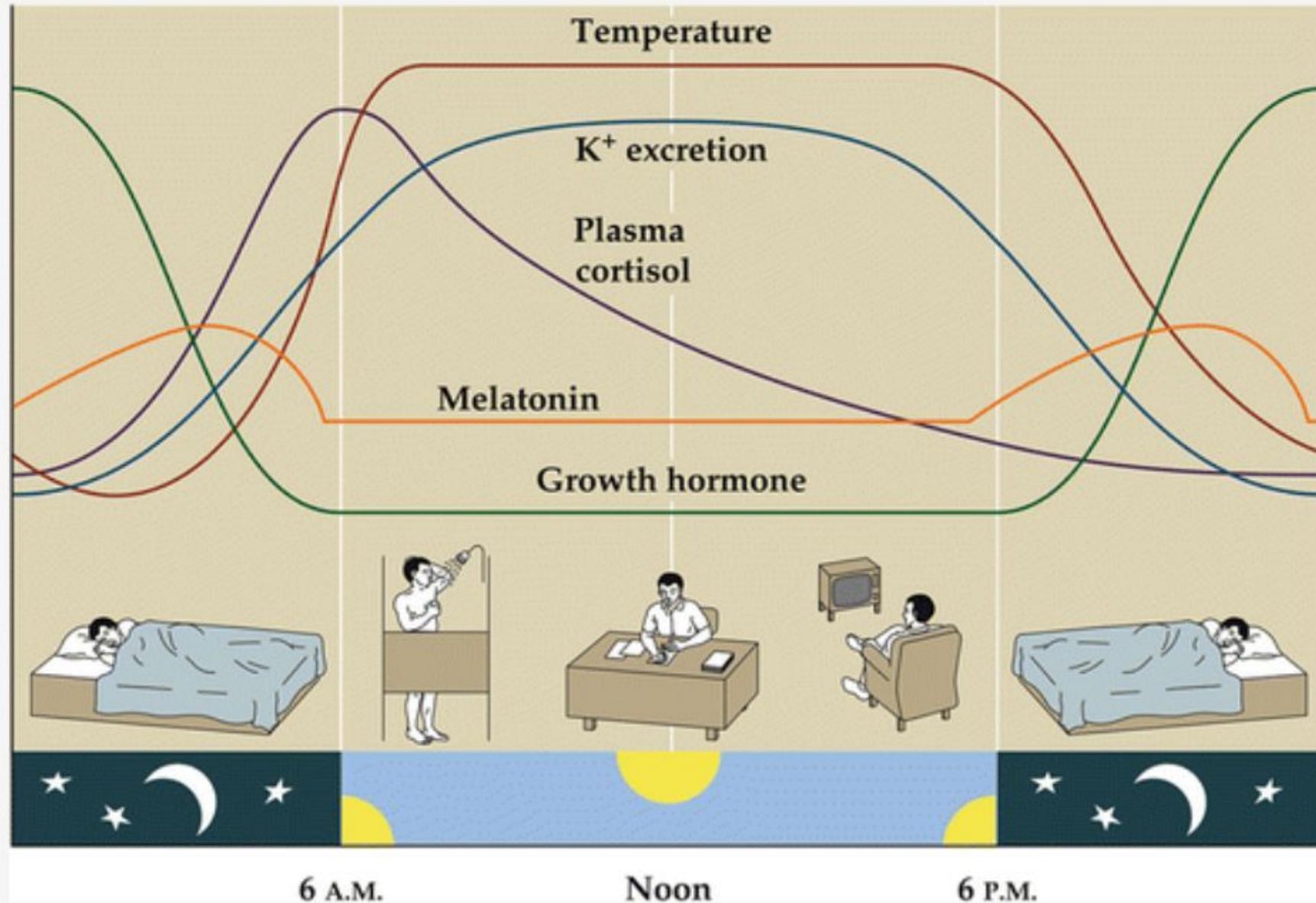
-  Exposure to 400-500nm light at night
-  Not receiving the light in the morning
-  Jet lag - results in an imbalance of neurotransmitters and hormones
-  Shift work where workers are exposed to visible light at night de-regulates a gene involved in controlling the circadian rhythm.
-  Exposure to light at abnormal times or due to change in location will either disrupt the clock gene function or cause activation of the 'wake state' of the circadian cycle at an abnormal time, such as in the evening.

**32% increase in All Cause Mortality - middle age to older Britains**  
 Leng Y., Wainwright N.W.J., Cappuccio F.P., Surtees P.G., Hayat S., Luben R. Daytime napping and the risk of all-cause and cause-specific mortality: a 13-year follow-up of a British population. *Am J Epidemiol.* 2014;179:1115-1124.

Circadian System, Sleep and Endocrinology.  
 Morris CJ, Aeschbach D, Scheer FA.  
 Molecular and cellular endocrinology. 2011 Sep 10; 349(1): 91-104  
 PMC [article] PMID: PMC3242827, PMID: 21939733, DOI: 10.1016/j.mce.2011.09.003

What happens with elevated CORTISOL levels?

What happens with DECREASED sleep?



**The Big picture: Healthy Sleep Vision and 3-month Healthy Sleeping Goals:** When creating your Vision, you might want to think about: Why is sleep important to your health? In what ways does lack of sleep harm your health? Why is it important for you sleep better each night? Feel free to dream about things you want to do, without considering obstacles that might get in the way.

My Healthy Sleep **Vision** is:

---

---

---

---

---

**3-month Sleep Goals:** When creating your 3-month sleep goals please narrow your sleep vision to a few tangible goals. Create goals that are important to you and that you feel confident can be accomplished in the next 3 months. Think about: What are small bedroom improvements? What sleep hygiene areas would you like to explore?

Three-month sleep goal #1:

---

---

---

---

Three-month sleep goal #2:

---

---

---

---

Three-month sleep goal #3

---

---

---

---

NAME: \_\_\_\_\_

You are talking about what in Bonita Springs?  
WFPB & Suprachiasmatic Nucleus & Food  
insecurity? What is that?

**Are those real things?**

STEVE - RETIRED MILITARY



**I founded the Plant to Plate Patient Garden; because patients want and need healthy, affordable options for fresh vegetables and fruits. There are simple ways to help. One way was by building a free community garden for patients at DFALC.**

**Another way is with a physician-driven RX: Veggies & Fruits Patient Program.**

**This naturally led to her Culinary Health Education Fundamentals (CHEF) Coaching completion issued Aug 2020 from the Spaulding Rehabilitation Hospital, the principal teaching hospital of the Harvard Medical School.**







# **RX: Veggies & Fruits Program**

PRACTITIONER DRIVEN

We are working with local vendors and will be able to provide patients, that do not have enough money to purchase healthier food options, a prescription for free or discounted fresh produce/fruits locally.

**[WWW.PLANTTOPLATE.INFO](http://WWW.PLANTTOPLATE.INFO)**

# SMART

SMART IS AN ACRONYM USED TO GUIDE GOAL SETTING LM RX F&V.

- SPECIFIC: EXAMPLES
- MEASURABLE: SIZE, AMOUNT
- ACHIEVABLE: AGREED, ATTAINABLE
- RELEVANT: REASONABLE, REALISTIC
- TIME BOUND: TIME LIMITED, TIME-FRAME

SMARTER, INCLUDES  
EVALUATED AND REVIEWED.

# FITT

FITT IS AN ACRONYM CARDIOVASCULAR AEROBIC EXERCISE GUIDELINES.

- FREQUENCY: HOW OFTEN
- INTENSITY: HOW HARD
- TIME: LENGTH OF TIME
- TYPE: WHAT KIND OF EXERCISE YOU DO

# SMART

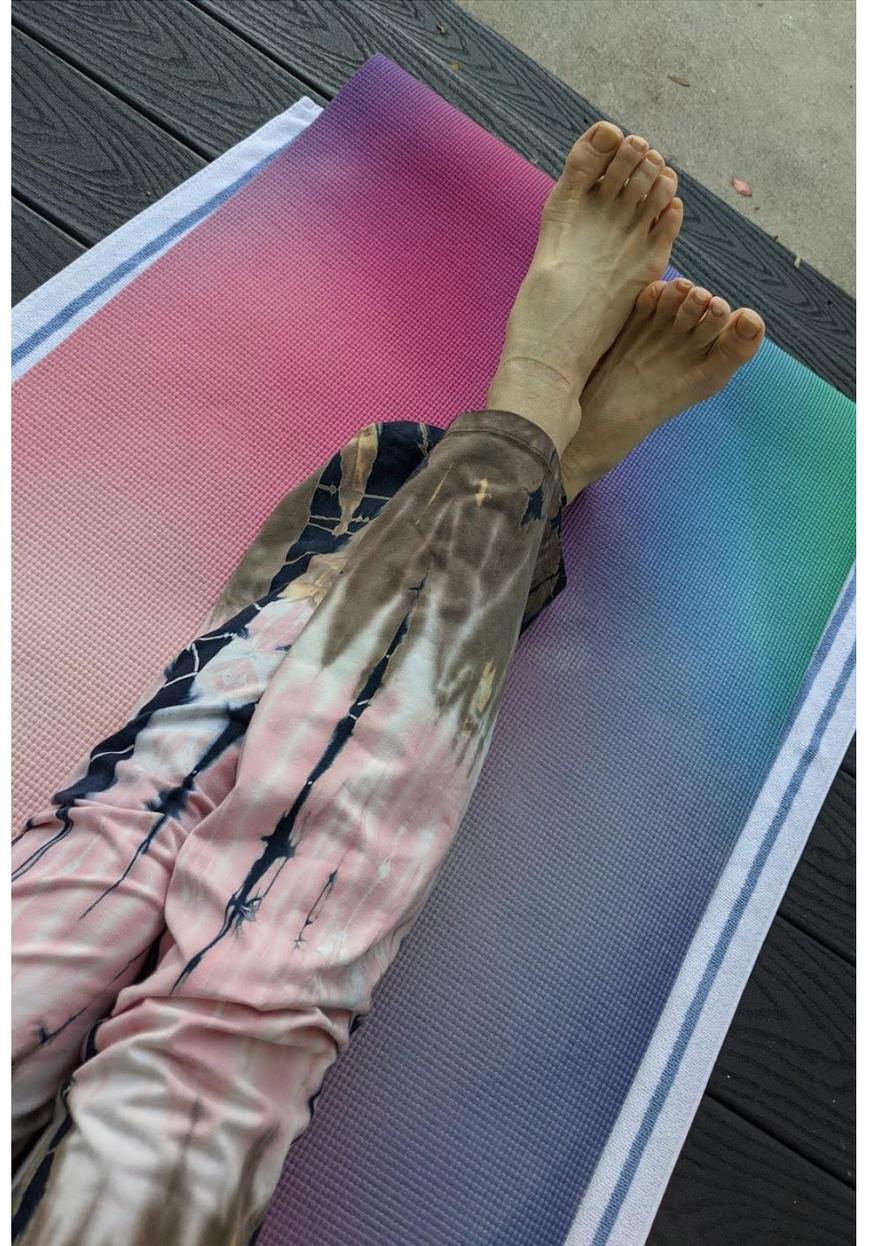
RX: DIET

½ CUP WELL COOKED BEANS  
•AS A REPLACEMENT FOR  
½ OF A MEAT-BASED PROTEIN.  
ONCE DAILY FOR 1 MONTH.

# FITT

RX: EXERCISE

F: THREE TIMES PER WEEK  
(TUES, THURS, SUNDAY)  
I: MODERATE INTENSITY  
(YOU CAN TALK, BUT NOT SING)  
T: WALKING FOR 30mins  
T: FOR 3 MONTHS



- 
- Office Breaks
  - 2 minutes
  - Marching in place
  - Stretching
  - Strengthening



# 5 Sentences for 2020



**The wisest decision or smartest move I made:**

**An important lesson I learned:**

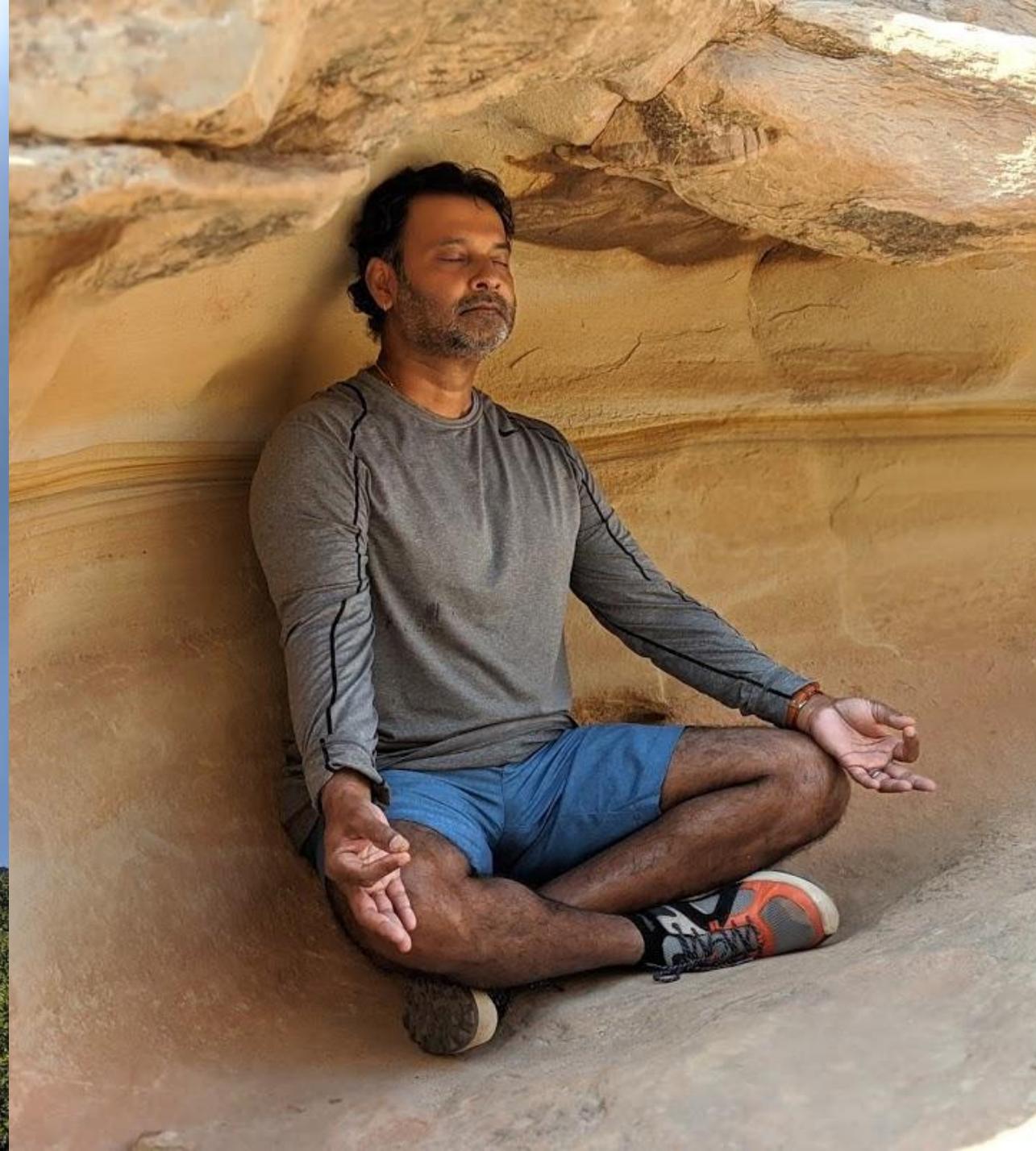
**A way in which I grew:**

**I discovered...(book, activist, product, hobby):**

**An important milestone or task I completed:**

# MINDFULNESS VS MEDITATION

- Mindfulness is “listening” to your surroundings – going with it
- Meditation is focusing on one item – shutting out all others



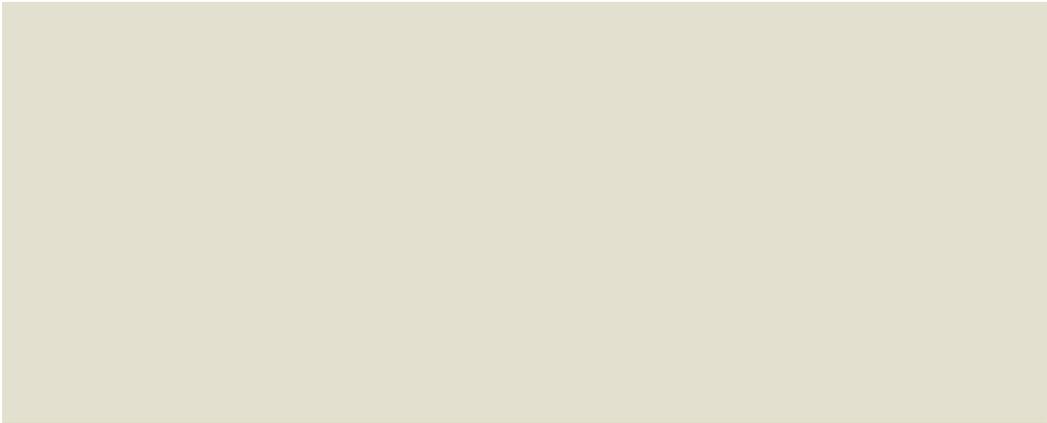
# Letting Go

What or who is no longer serving you?

What is necessary to forgive, make peace with, or say goodbye to – in order to begin 2021 on a fresh note?





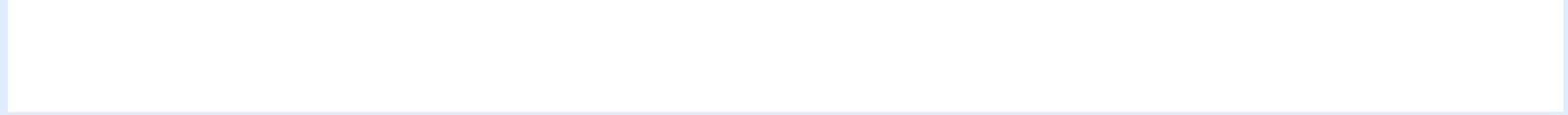


# The Pixar Story Spine

ONCE UPON A TIME...



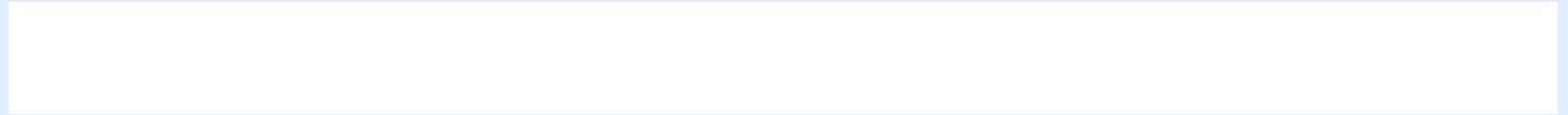
AND EVERY DAY...



UNTIL ONE DAY...



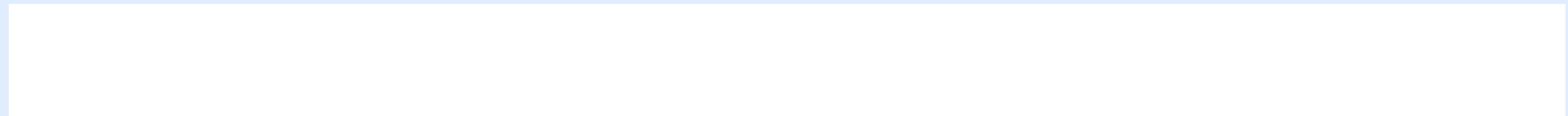
AND BECAUSE OF THAT...



AND BECAUSE OF THAT...



UNTIL FINALLY...



AND EVER SINCE THAT DAY...





“MY GOAL IS TO  
STUDY, TRAVEL,  
DRINK, AND EAT  
WITH OTHERS,  
INSPIRING  
POSITIVE  
CHANGE.”

*A Love of Food, Wine, & Medicine*



Podiatric Surgical Fellow, Wound Care Expert, Founder,  
Women Owned, Restaurateur, Sommelier

[www.Jenneffer.com](http://www.Jenneffer.com)