

Lifestyle Medicine Conference at the 15th AAPI Annual Global Health Summit at Hyderabad, India, Jan 5-7, 2022.

Under the theme of “prevention is better than cure”, this year, for the first time in its history, AAPI dedicated a half-day session for the “Lifestyle Medicine” module on the 3rd day of the summit as its finale item under the able leadership of Dr. Anupama Gotimukula, president of AAPI.

With the rapidly worsening trends in Chronic Lifestyle Related NCDs (Non-communicable diseases) across the world stemming from the modern food and diet practices, inadequate physical activity, poor sleep, worsening stress, poor social relationships and risky substances abuse - healthcare systems across the world are now inundated with premature and preventable mortality and morbidity from these NCDs. The event was filled with inspiring and informative talks and presentations by a great of panel of speakers that shed the light on the importance of lifestyle interventions as the primary mode of prevention and called for the urgent need for a ‘paradigm shift’ from a disease management/ sick-care system to a sustainable true ‘health-care system’.



The event was moderated by Drs. Bhoja Reddy Katipally, Murthy Gokula and Anil Tibrewal. Dr. Neal Barnard, the world renowned researcher, faculty at George Washington Univ. and one of the pioneers of the lifestyle medicine delivered his keynote speech with a strong advice to recognise the power and need for the lifestyle interventions especially nutrition in the form of ‘Whole Foods Plant-based Diet’ and avoiding the modern processed and animal foods. Dr. Kaushik Reddy, an eminent interventional cardiologist and chief of the interventional cardiology division at VA (Florida, USA) and the immediate past treasurer of ACLM (American College of Lifestyle Medicine)

engaged and enthralled the audience with his unique style of presentation filled with the latest data from both US and Indian population. Dr. Reddy with his popular motto 'I have a carrot and a stem, you pick' emphasised the importance of fundamental diet, physical activity and other lifestyle approaches in the primordial and primary prevention of many NCDs that can easily be prevented through simple day-to-day choices.

Dr. Sheela Nambiar, president of ISLM (Indian Society of Lifestyle Medicine) joined the summit as a special invited guest speaker as we launched the 'AAPI-ISLM consortium' to take the lifestyle medicine movement in India to its next level through knowledge and technology sharing, education, research and development for the years to come. Dr. Sheela shared the ISLM's journey and painted the picture on the past, present and future of lifestyle medicine in India. She expressed her excitement and optimism in taking the lifestyle medicine in India to the mainstream practice as this consortium will add more momentum to the current efforts on the ground by ISLM and her strong team of leadership.

Above three virtual talks were followed by two CME talks by the AAPI Physicians Certified by the American Board of Lifestyle Medicine (ABLM). Dr. Bhoja Reddy Katipally, a family physician, an Adjunct/Asst. Clinical Prof. who served as the Medical Director for various service lines at the Univ. Health System in Texas- after a decade of his Urgent/primary care now turning to the Lifestyle Medicine. He shed the light on the worsening unsustainable trends in the NCDs and gave an overview on the Six-pillars of Lifestyle Medicine and called for a paradigm shift in our healthcare system. His insights and data deeply engaged the audience and sparked a keen interest in many attendees to explore further and join the lifestyle medicine movement.

The final and powerful CME talk was delivered by Dr. Murthy Gokula on lifestyle medicine approach in the prevention, management and potentially reversing the Diabetes Mellitus. Dr. Gokula, a triple board certified physician (Family Medicine, Geriatrics and Lifestyle Medicine), leader and social entrepreneur spearheading AAPI's this year's 'adapt a village' program shared his expert advice and strategic approach in addressing the worsening Diabetes burden in India through lifestyle medicine. His passion for service and social entrepreneurship were palpable in his talk that motivated the attendees to involve more in AAPI's efforts and programs to make a difference in our home country for the generations to come.

The entire lifestyle medicine team thank Dr. Anupama Gotimukula for her personal passion and mission to support and encourage Lifestyle Medicine by forming a special Chapter/Committee for Lifestyle Medicine in the US under AAPI and consortium with ISLM in India. The team also thank the AAPI leadership as well as the organizing committees of the Summit for their immense support in making it a huge success.