

Lifestyle medicine is defined as „a branch of evidence-based medicine in which comprehensive lifestyle changes (including nutrition, physical activity, stress management, social support and environmental exposures) are used to prevent, treat and reverse the progression of chronic diseases by addressing their underlying causes. Lifestyle medicine interventions include health risk assessment screening, health behavior change counseling and clinical application of lifestyle modifications.

Lifestyle medicine is often prescribed in conjunction with pharmacotherapy and other forms of therapy.“

<https://eulm.org/what-is-lifestyle-medicine>



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**[http://www.mefst.unist.hr/studies/
mefst-summer-schools/10974](http://www.mefst.unist.hr/studies/mefst-summer-schools/10974)**

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More info about EU Funds:
www.strukturnifondovi.hr



UNIVERSITY OF SPLIT
SCHOOL OF MEDICINE



**Summer School
On Evidence Based
Lifestyle Medicine**



Are you frustrated with just treating symptoms of chronic diseases in your patients, day in and day out? Would you like to know how to tackle the true causes of life-long conditions, such as hypertension or diabetes?

This Summer School on Lifestyle medicine is intended to provide you with knowledge, set of skills, usable tools and procedures, which will help you deal with chronic diseases in your current or future clinical practice. The ultimate goal is to enable you to successfully prevent, causally treat and possibly reverse chronic lifestyle-related diseases in your patients.

If you are a student or graduate from medicine, nursing, sports science and kinesiology, nutrition, psychology or other allied professions in the field of biomedicine you will be well fitted in this course.

THIS SUMMER SCHOOL WILL:

1. Introduce you to the field of lifestyle medicine and its importance to patients' health
2. Help you in adopting a positive attitude toward lifestyle interventions, and application of the principles of lifestyle medicine on a personal level and in daily medical practice
3. Provide an overview and serve as a guide for prescribing healthy nutrition, adequate levels of physical activity, replenishing sleep, appropriate management of stress and support in smoking cessation
4. Equip you with a variety of tools in the field of coaching, motivational interviewing and more, intended for the management of sessions with patients, aimed to support and guide health changes
5. Provide you with 2 ECTS points (in case you need them)

SUMMER SCHOOL PROGRAMME

Location: Split, Croatia

Duration: 5 days, 25 teaching hour
27-31 / 07 / 2020

Course fee: 300 EUR

DAY 1: Lifestyle medicine: why, who, and how?

DAY 2: Fundamentals of health behavior change, motivational interviewing and other lifestyle medicine tools

DAY 3: Nutrition for life. Prescribing Mediterranean diet as an example of a healthy dietary pattern and lifestyle

DAY 4: To sleep (enough) or not to sleep? Prescribing a good night's sleep. How to get and stay moving? Prescribing appropriate physical activity

DAY 5: How and where to find a vent? Prescribing coping with stress. Substance use and abuse: how to stop smoking?

