



THE LIFESTYLE MEDICINE CENTER

At Midland Health, we believe that one cannot be truly healthy without considering the mind, body and spirit.

Because of this, we created the Lifestyle Medicine Center—a resource for the community to provide physical, mental, spiritual, and financial education so that people can experience the best life possible.

The **Lifestyle Medicine Center** is accepting patients at **4214 Andrews Hwy, Ste 107**. Some of the programs offered are Ornish Lifestyle Medicine™, Cardiac Rehab, the Lifestyle Medicine Clinic, BetterU, Nutrition Education, and Diabetes Education: Self-Management Training.

Providing holistic health resources for the community is one more example of how Midland Health is helping to make Midland the healthiest community in Texas. For more information, or to schedule an appointment, call **432.221.LIFE** (5433). You can also visit us at midlandhealth.org/lifestylemedicine.

lifestyle medicine
center





Ornish Lifestyle Medicine™

Dr. Ornish's Program for Reversing Heart Disease® is the first program scientifically proven to "undo" (reverse) heart disease by optimizing four important areas of your life: stress management, group support, fitness and nutrition. This program has been proven to undo heart disease by dealing with the root causes and not just its effects. Participants work with a delivery team throughout the program to implement these lifestyle modifications. The combined effect of all four lifestyle elements makes the transformative difference.

The Ornish Lifestyle Medicine program is based on more than three decades of research showing that the progression of coronary artery disease and other chronic conditions can be treated and reversed through lifestyle changes.

Cardiac Rehab

This is a medically-supervised program for people who have had a heart attack, heart failure, heart valve surgery, coronary artery bypass grafting, or percutaneous coronary intervention. The program involves adopting heart-healthy lifestyle changes to address risk factors for cardiovascular disease, and includes exercise training, education on heart-healthy living, and counseling to reduce stress, as well as helps patients return to an active life. Patients going through this program can improve their health and quality of life, reduce the need for medicines to treat heart or chest pain, decrease their chances of going back to the hospital or emergency department for a heart problem, prevent future heart problems, and even help themselves live longer. This program uses a team approach where patients partner with doctors, nurses, pharmacists, and family and friends to take charge of the choices, lifestyle, and habits that affect their heart.

Lifestyle Medicine Clinic with Dr. Padmaja Patel

The Lifestyle Medical Center will offer a medically-supervised, comprehensive lifestyle program. This will be a unique clinic where lifestyle interventions will be offered as the first line of treatment while using medications only on an as needed basis. Medicare and other commercial insurances will be accepted for these services. A two week jump-start program will also be offered for individuals who are interested in trying food as medicine to see immediate results under physician supervision. This option will be under a private pay category.

BetterU Wellness Program

- CHIP | *Complete Health Improvement Program*
- Plant Pure Nation | *Two Week Jump-Start*
- Dietitian-Led Plant-Based Nutrition Counseling
- The Values Project
- Financial Wellness
- Spirituality

Nutrition Education

Comprehensive nutrition education and counseling by registered and licensed dietitians. Midland Memorial Hospital educates on proper nutrition and lifestyle habits that promote the well-being of individuals and families.

Medical Nutrition Therapy Services

- Cardiovascular disease
- Cancer
- Enteral nutrition
- Food allergies
- Gastrointestinal disorders
- General nutrition/wellness
- Renal disease
- Liver disease
- Pediatric and adolescent nutrition
- Pre-bariatric and post-bariatric surgery
- Underweight
- Weight management

Diabetes Education: Self-Management Training

Includes Type 1 Diabetes, Type 2 Diabetes, and Gestational Diabetes

This program is designed for individuals with diabetes. Diabetes Self-Management Training is a series of classes that is designed to provide an in-depth understanding of diabetes. We perform an initial assessment, followed by three classes and one or two follow-up appointments.

Class 1 | Overview of Diabetes and Monitoring | *What is diabetes, types of diabetes, risk factors for diabetes, management goals, and monitoring.*

Class 2 | Nutrition and Diabetes | *How foods affect blood sugar, portion control, and carbohydrate counting. You will also receive a personalized meal plan!*

Class 3 | Exercise, Medication, Reducing Risks, Coping, and Problem-Solving | *We also review meal planning with an emphasis on dining out.*