

Setting up a Lifestyle Clinic in Primary Care



Simon and Emma Stacey

- Swindon based practice
- 6 sites
- Over 50,000 patients
- Our own PCN





Who are we?

- Simon Stacey
 - GP partner for 15 years
 - No preceding interest in lifestyle medicine
 - Previously embarrassing lack of nutrition knowledge



Who are we?

- Emma Stacey
 - 25 years as a physiotherapist
 - 12 years applying lifestyle medicine to myself
 - 4 years as WMHC PCI accredited health coach

A simple case of gout??

61 year old man

Phoned the surgery about his gout

BMI 33

HbA1C 40

Recent USS showed fatty liver

Recent BP 148/77

HDL 0.97



A traditional approach

Colchicine for his gout

Book a clinical pharmacist appointment in 2 weeks to discuss allopurinol

Home BP diary

Qrisk? Maybe a statin

PIL regarding diet for gout

Another appointment to discuss fatty liver?

Book with HCA to talk about his diet/weight



Where are we at?

On 300mg Allopurinol, still getting gout

Hypertensive, on Amlodpine and Ramipril

Takes 20mg Atorvastatin for cholesterol

“Fallen off the wagon” from multiple “eat less/move more” diets

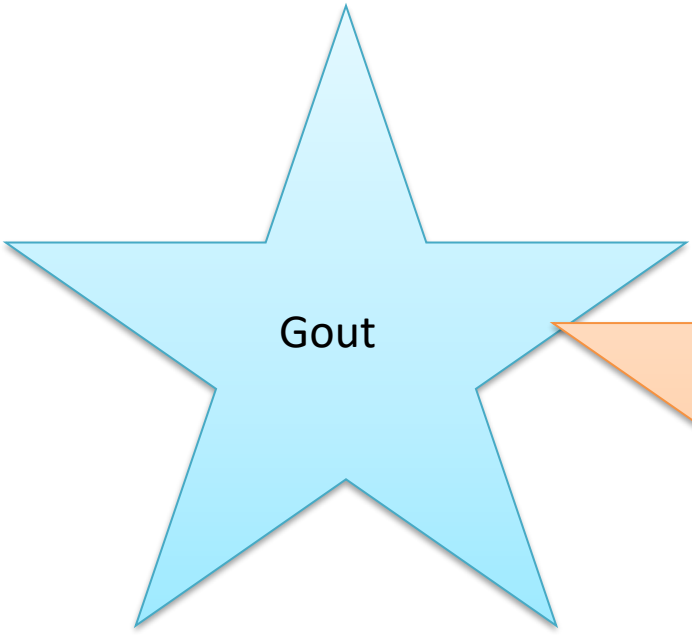
HbA1C now 52, taking metformin

BMI 35

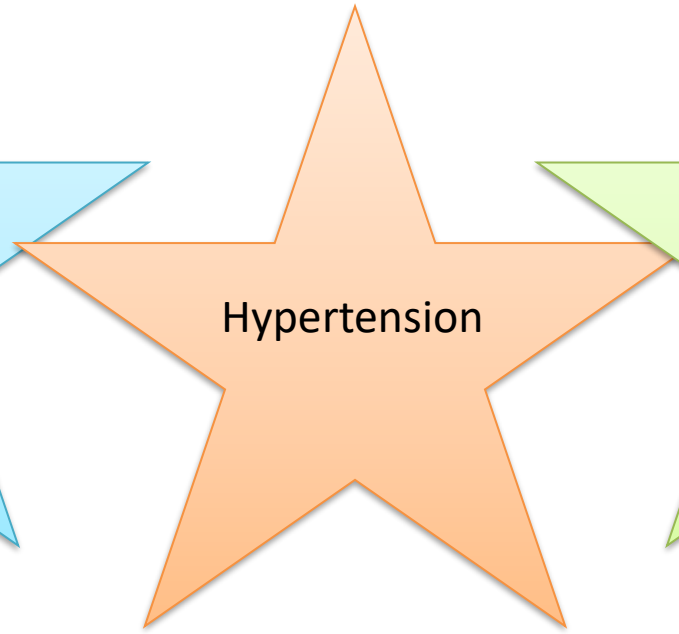
Waiting for a fibroscan due to worsening LFTs



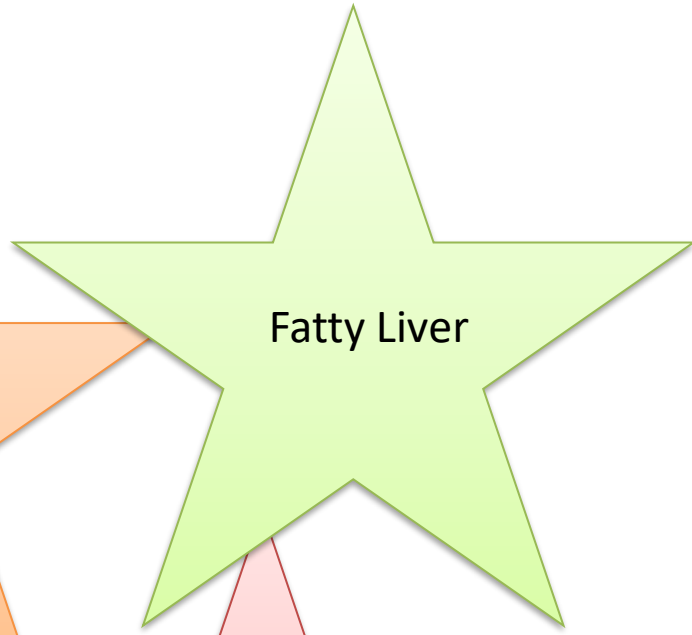




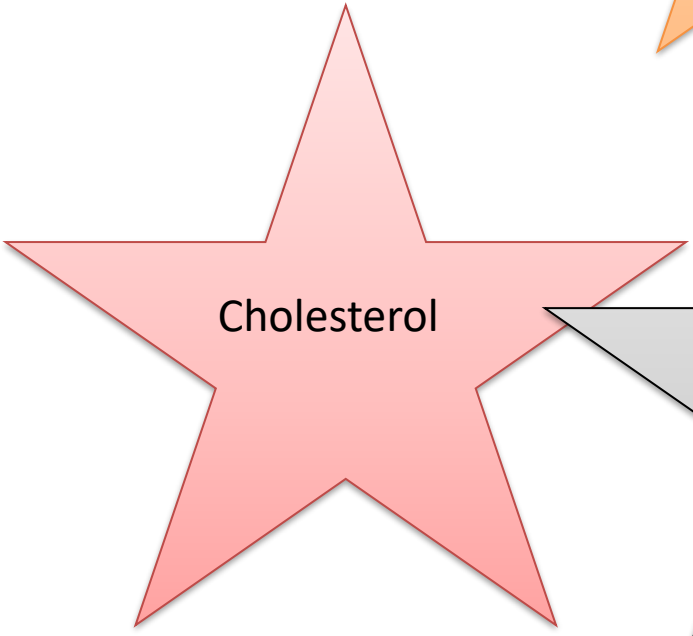
Gout



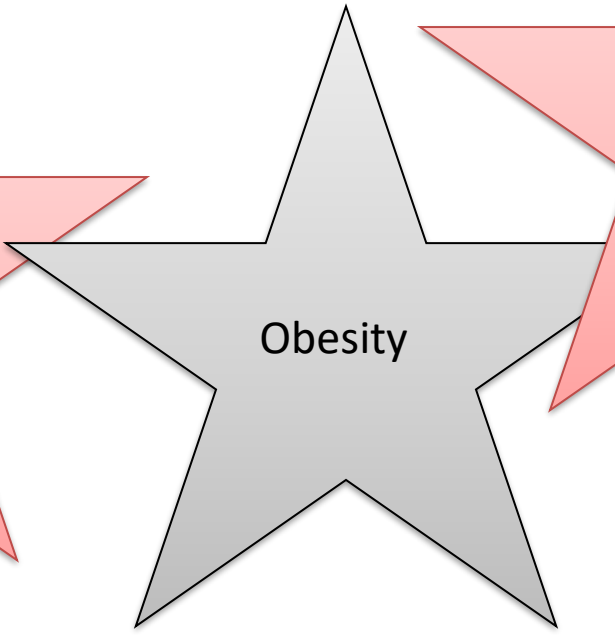
Hypertension



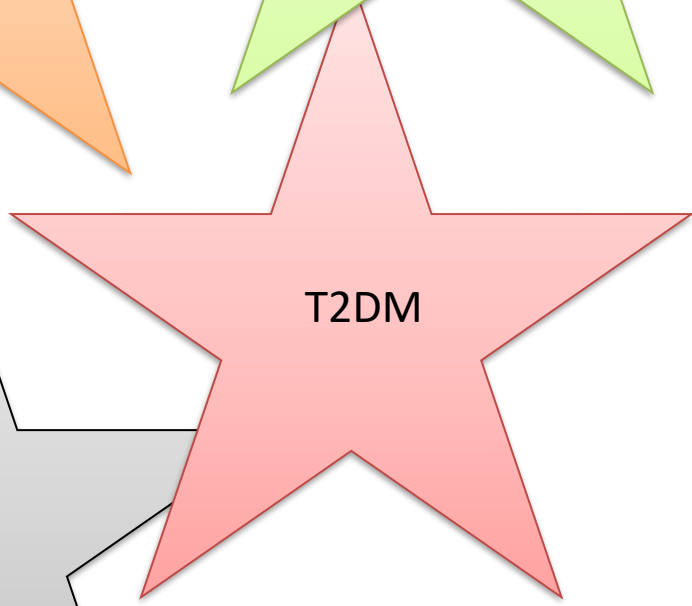
Fatty Liver



Cholesterol



Obesity



T2DM

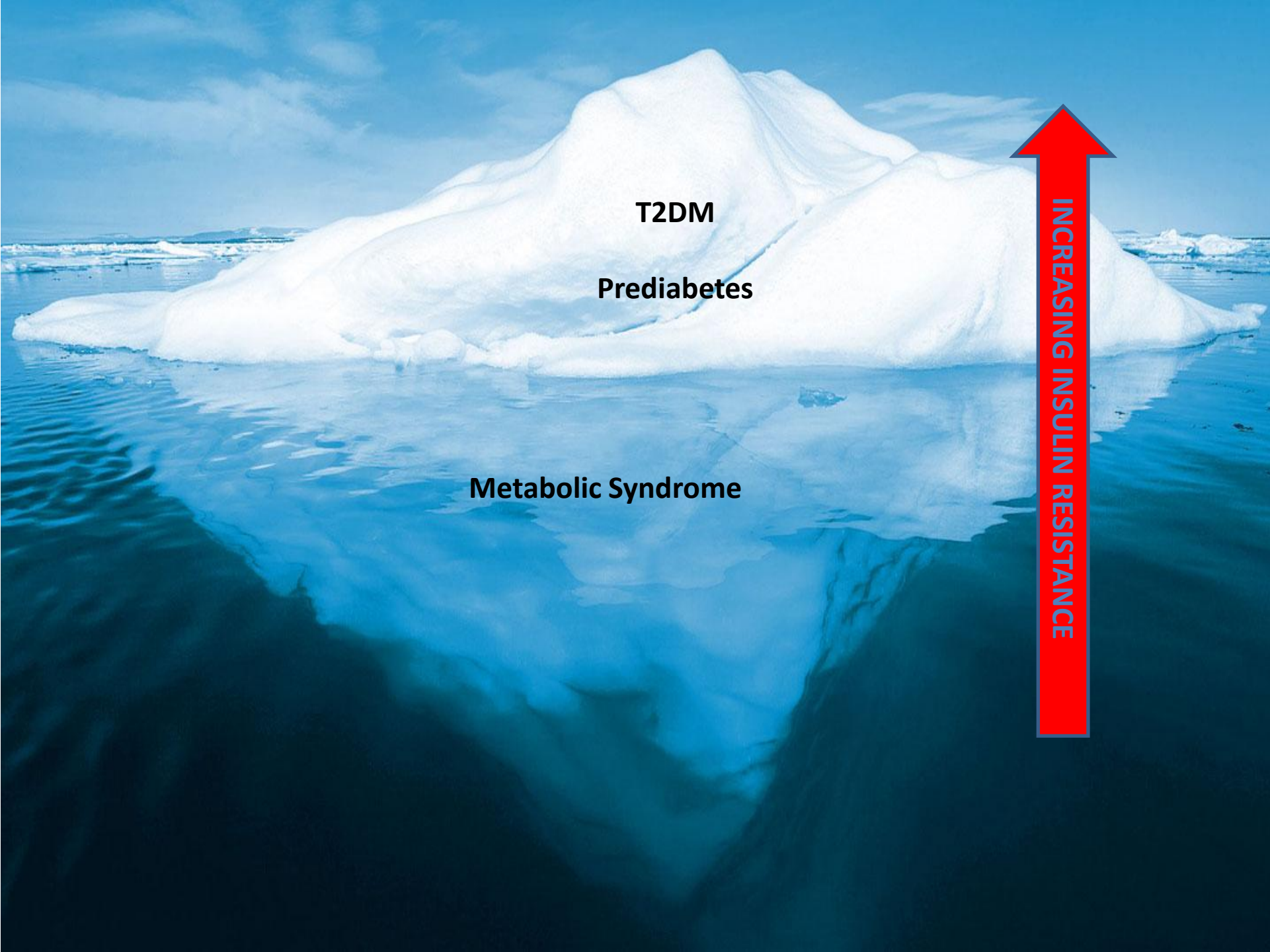


METABOLIC SYNDROME
(Insulin Resistance)

Metabolic Syndrome:

- Increased waist circumference
- Raised Triglycerides
- Low HDL
- Raised blood pressure
- Raised glucose





T2DM

Prediabetes

Metabolic Syndrome

INCREASING INSULIN RESISTANCE

Insulin Resistance = Hyperinsulinaemia

Hyperinsulinaemia will be present for a long time prior to the development of elevated blood glucose levels

So what?



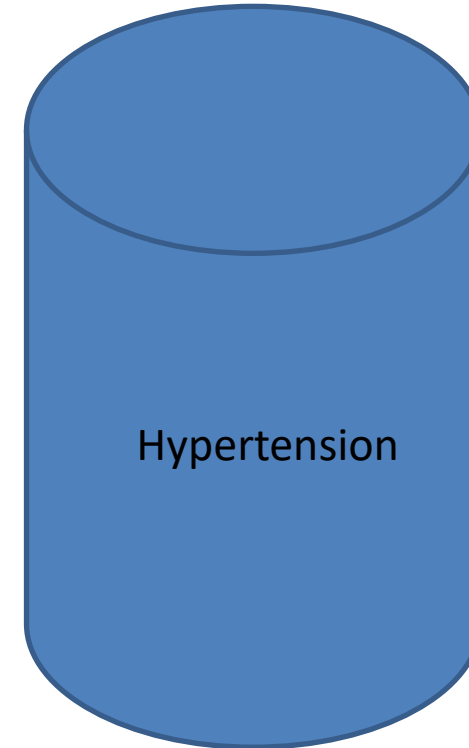
Excess Aldosterone
Salt and water retention

Vessel Wall Hypertrophy

Sympathetic nervous
system activation

Lack of Nitric Oxide

Dyslipidaemia



Because these conditions
originate due to our lifestyle
we should think of them
as....

**Foodable, NOT
Drugable**

Is there another way for our patient?

- “I think you have a condition called metabolic syndrome”
- Give the patient choice
 - Life long medication, and a condition that will get progressively worse with time
 - Supported lifestyle change that can reverse metabolic syndrome and stop chronic disease
- Signpost them to Freshwell Low Carb project

Or even better.....

- Come up with your own supported lifestyle intervention



W.M.H.C



TACKLING INSULIN RESISTANCE WITH DIET

Criteria for metabolic syndrome

Raised triglycerides > 1.7 mmol/L

Reduced HDL-cholesterol: 1.03 mmol/L) in men \vee 1.29 mmol/L) in women.

Raised blood pressure: $\geq 140/\geq 90$ Or treatment of previously diagnosed hypertension.

Raised fasting plasma glucose: Fasting plasma glucose > 5.6 mmol/

Increased waist circumference: M: ≥ 94 cm
W: ≥ 80 cm **OR BMI** : > 30 kg/m²

OR

T2DM

Hyperglycaemia

Gout

Fatty Liver

PCOS

Referring to WMHC

Clinician sees
metabolic
syndrome

QR code or
website self
referral

HbA1c $42 <$
generates letter

WMHC pathway

System one task group

GP triages to waiting list

Invite to group induction

Contract code of conduct

Baseline bloods +/- GP call

Resources

Bloods & stats at 3 and 6 month

Discharge at 12 months

Education

Explain
metabolic
syndrome

Reversal
reassurance

FOOD >
lifestyle
=insulin

Medication
not fix



Less processed refined



LOW FIBRE



FACTORY MADE



POOR
NUTRITION



HIGH SUGAR

How will we do this together?



Case study 63 male

- 120 > 103 kg (17kg loss)
- 131cm > 118cm (13cm loss)
- 164/83 amlodipine > 131/77 no medication
- HbA1c 54 metformin > 41 no medication
- AST 18 > 13
- Trigs 2.3 > 1.3
- GFR 61 < 74
- Feels great, carries weights daily!



2023-2024 83% at 6/12

Half increased HDL

50% T2 reversed

RESULTS

~ 2/3 > triglycerides

60% reduced weight

Case study 72 male

- 97 > 87 kg (10kg loss)
- 112cm > 104cm (8cm loss)
- 141/68 amlodipine > 120/60 (remove meds!)
- HbA1c 56 SGLT2 > 44 no medication
- AST 19 > 7
- Total cholesterol 4.7 > 3.7
- LDL 2.9 > 2 and HDL stable = Ratio ★
- Read Metabolical and gifts fermented food!



~ 2 out of 3 improved HbA1c

2022-2023

118 patients

RESULTS

LFTS normalised
in 50%

Average weight loss
6 kg in 6/12

Summary

- Choice
- Empowerment & Educate
- Reward & Objective markers
- Control of their health not medication
- Less MDT appointments
- Better future