Lifestyle medicine and ACT

Pain Part-3

Key takeaways

No pain receptors, pain pathways and pain center in the brain

Pain is not a readout of tissue state. “Your body is not broken”

Pain is ALWAYS Real- “I believe you”

Not causes but contributors to pain- Pain is very complex

All pain can change due to neuroplasticity

Top 3 ways to reduce pain is –learning about pain, active strategies, self-management skills.(Lorimer)

Intensive radiology can harm more than help.

What other factors influence pain

- Determinants of health.
- Trauma
- Health Literacy
- Self-care

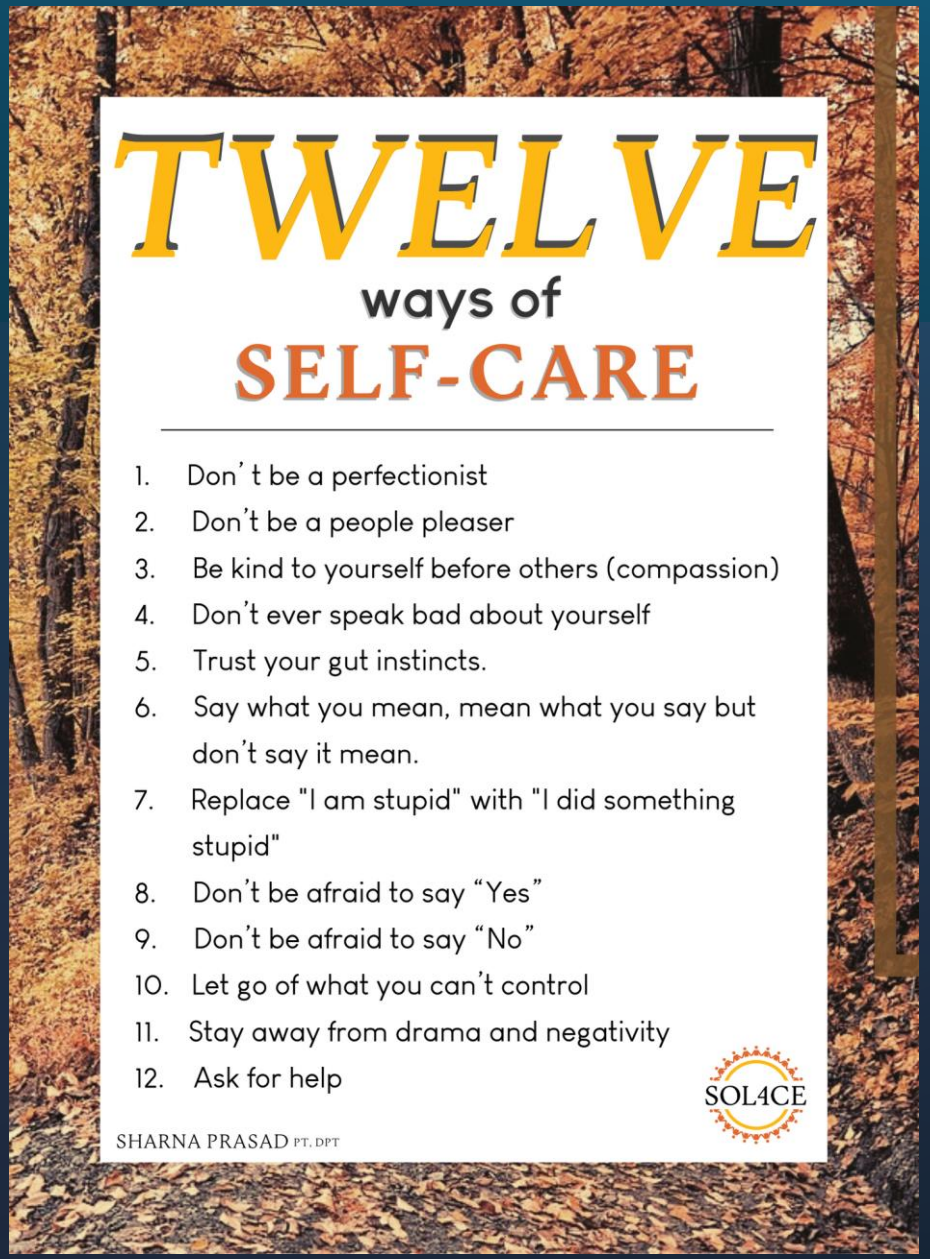
TITANIC MODEL

SOL4CE

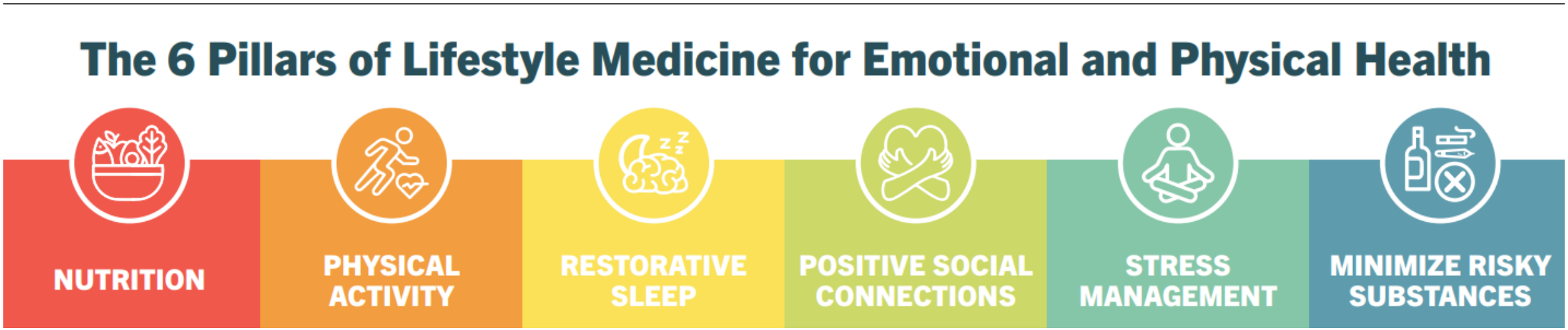
SOL4CE

Service = Overflow of Self-Care

Dr. Sharna Prasad PT, DPT, DipACLM


TWELVE
ways of
SELF-CARE
1. Don' t be a perfectionist
2. Don't be a people pleaser
3. Be kind to yourself before others (compassion)
4. Don't ever speak bad about yourself
5. Trust your gut instincts.
6. Say what you mean, mean what you say but don't say it mean.
7. Replace "I am stupid" with "I did something stupid"
8. Don't be afraid to say "Yes"
9. Don't be afraid to say "No"
10. Let go of what you can't control
11. Stay away from drama and negativity
12. Ask for help
SOL4CE
SHARNA PRASAD PT, DPT

Sharna Prasad PT, DPT & Peter Smith PT



Lifestylemedicine.org

Most overconsumed foods

Most overconsumed foods

- Saturated fats (AHA-5-6%)
- Added sugars (10%-5%)
- Sodium (1500mg/day-2300mg/day)

Lifestylemedicine.org

Most under consumed food groups

Most under consumed food groups

Fiber

Vit D

Potassium

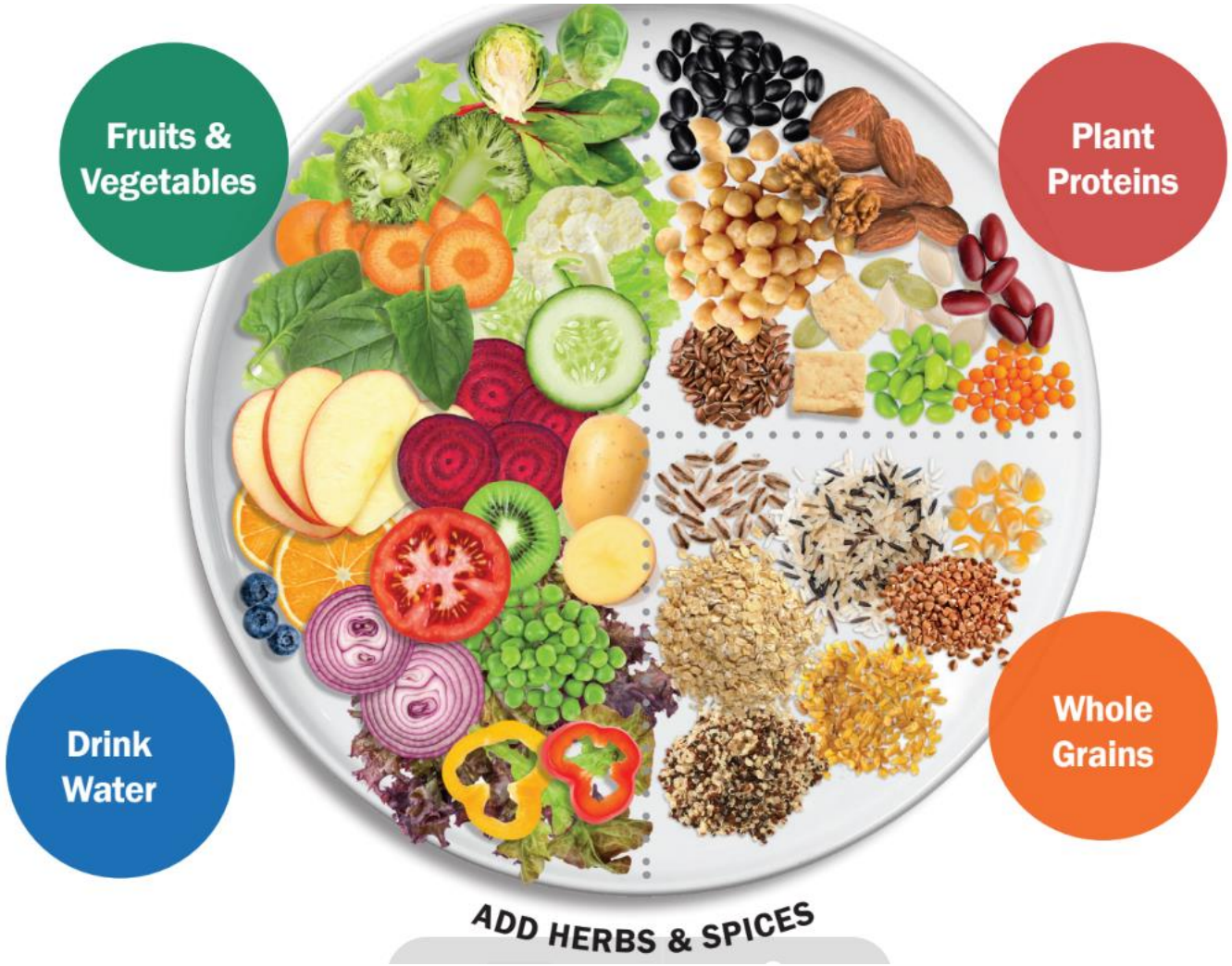
Calcium

Vit A, C, E, K

Magnesium

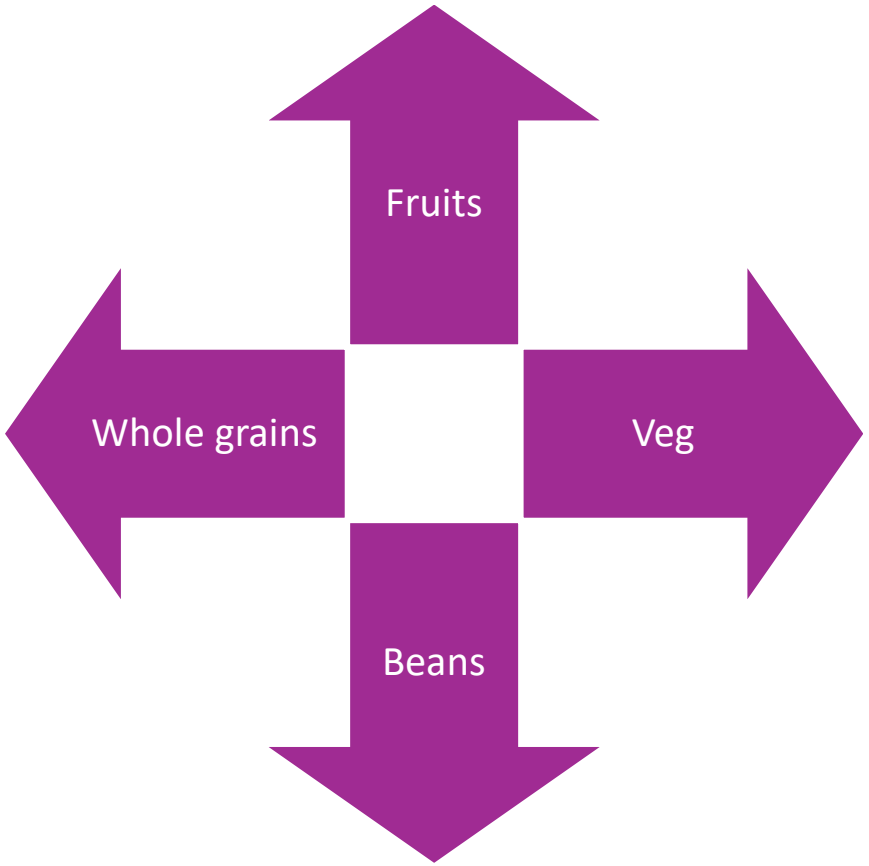
Choline

Lifestylemedicine.org

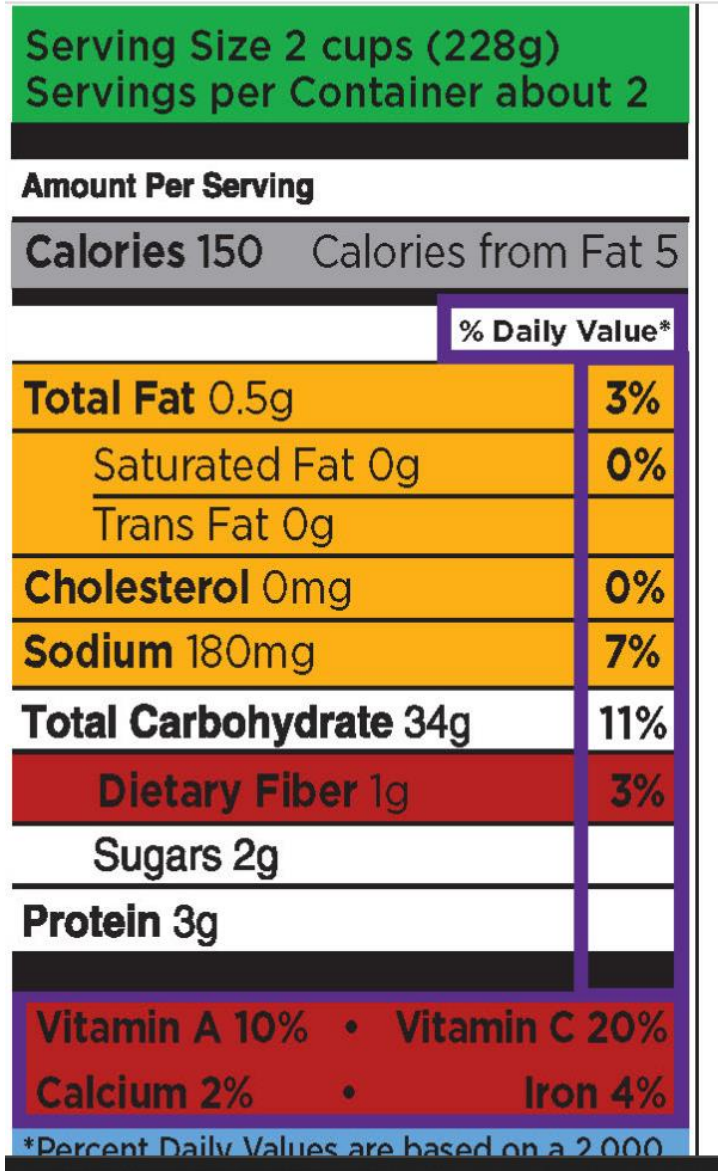


Lifestylemedicine.org

Full plate living



Fullplateliving.org



Serving Size 2 cups (228g)
Servings per Container about 2

Amount Per Serving	
Calories 150	Calories from Fat 5
	% Daily Value*
Total Fat 0.5g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 180mg	**7%**
Total Carbohydrate 34g	**11%**
Dietary Fiber 1g	**3%**
Sugars 2g	
Protein 3g	

Vitamin A 10% • Vitamin C 20%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000

- 5% saturated fat
- Sodium=calories
- Dietary fiber: Total carb ratio 1:10 or less
- Added sugars 10% or less

Nutrition Facts

4 servings per container

Serving size 1 1/2 cup (208g)

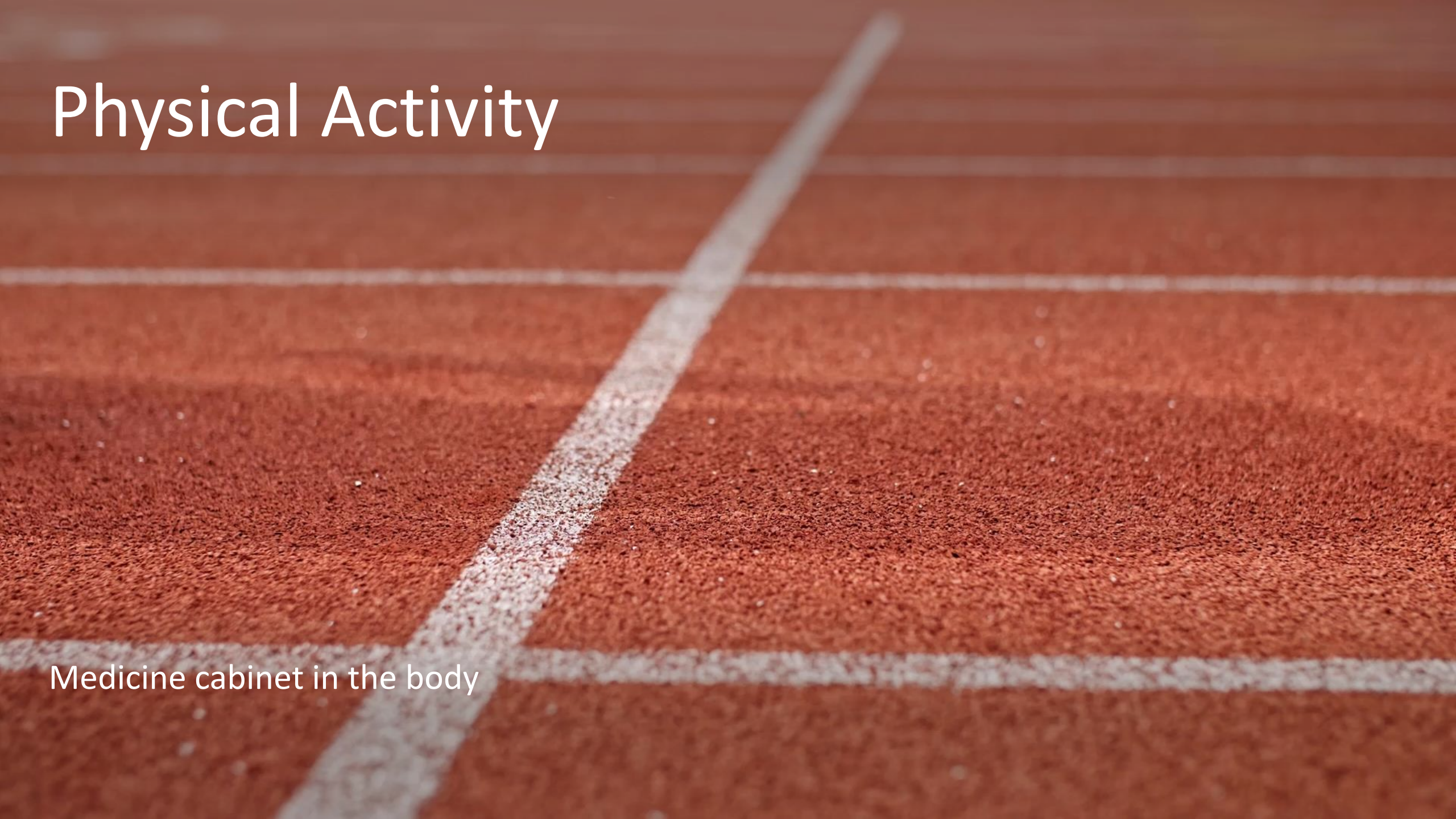
Amount per serving

Calories **240**

	% Daily Value*
Total Fat 4g	**5%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Sodium 430mg	**19%**
Total Carbohydrate 46g	**17%**
Dietary Fiber 7g	**25%**
Total Sugars 4g	
Includes 2g Added Sugars	**4%**
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

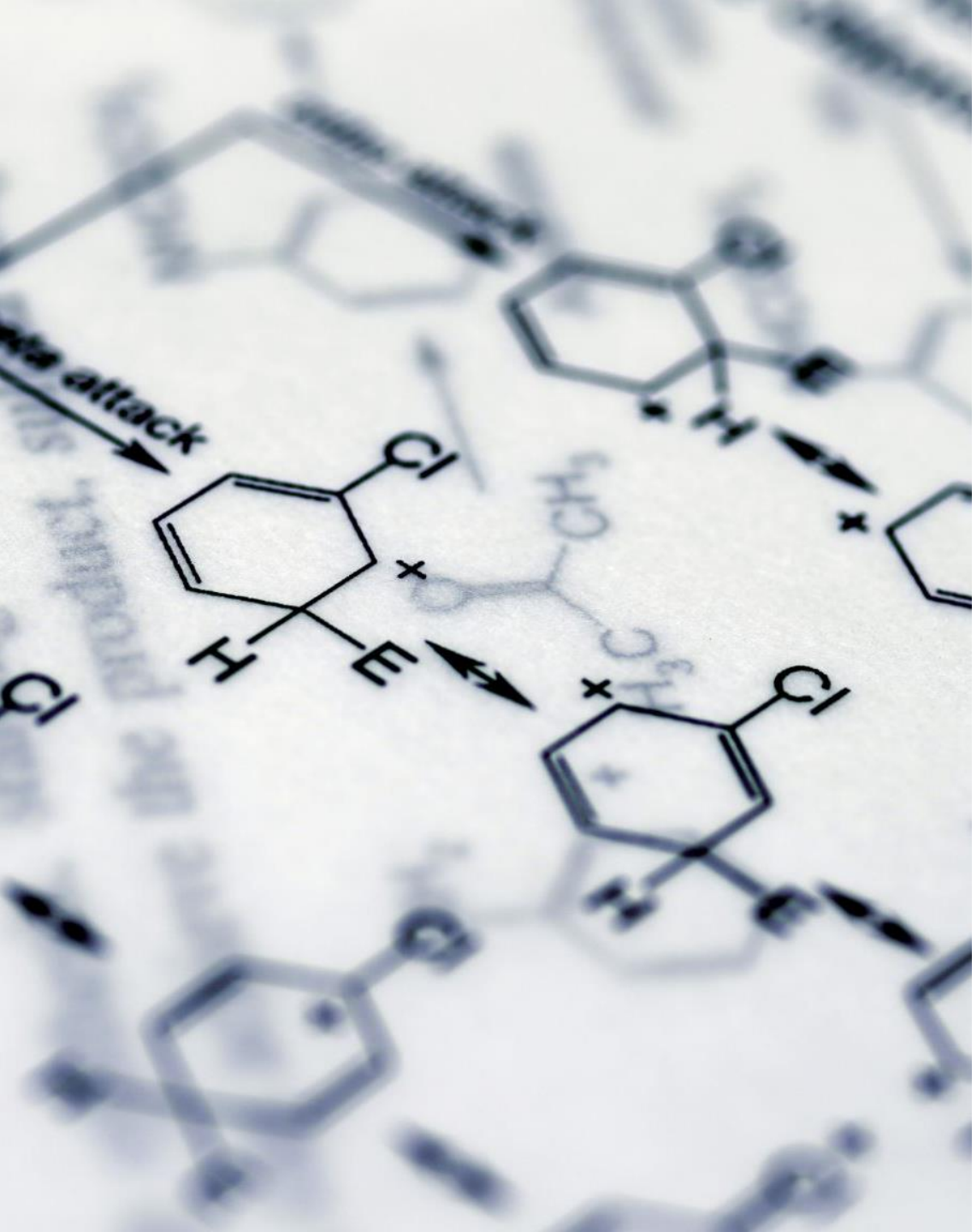
Physical Activity



Medicine cabinet in the body

Medicine cabinet in the body

- Open 24/7
- NO prescription
- NO co-pay
- NO side effects



Make the DOSE meaningful

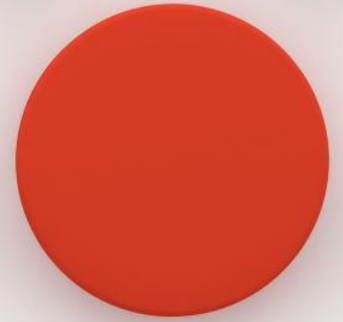
- Dopamine
- Oxytocin
- Serotonin
- Endorphins

150-300 min of Mod intensity aerobic exs/week OR 75-150 min of vigorous intensity exercise/week or a combination of the two.

For every 50 min of sitting atleast 5 min of activity

Consistency over Intensity

Low hanging fruit



Stress Management

Core Yearnings

Sense of Belonging

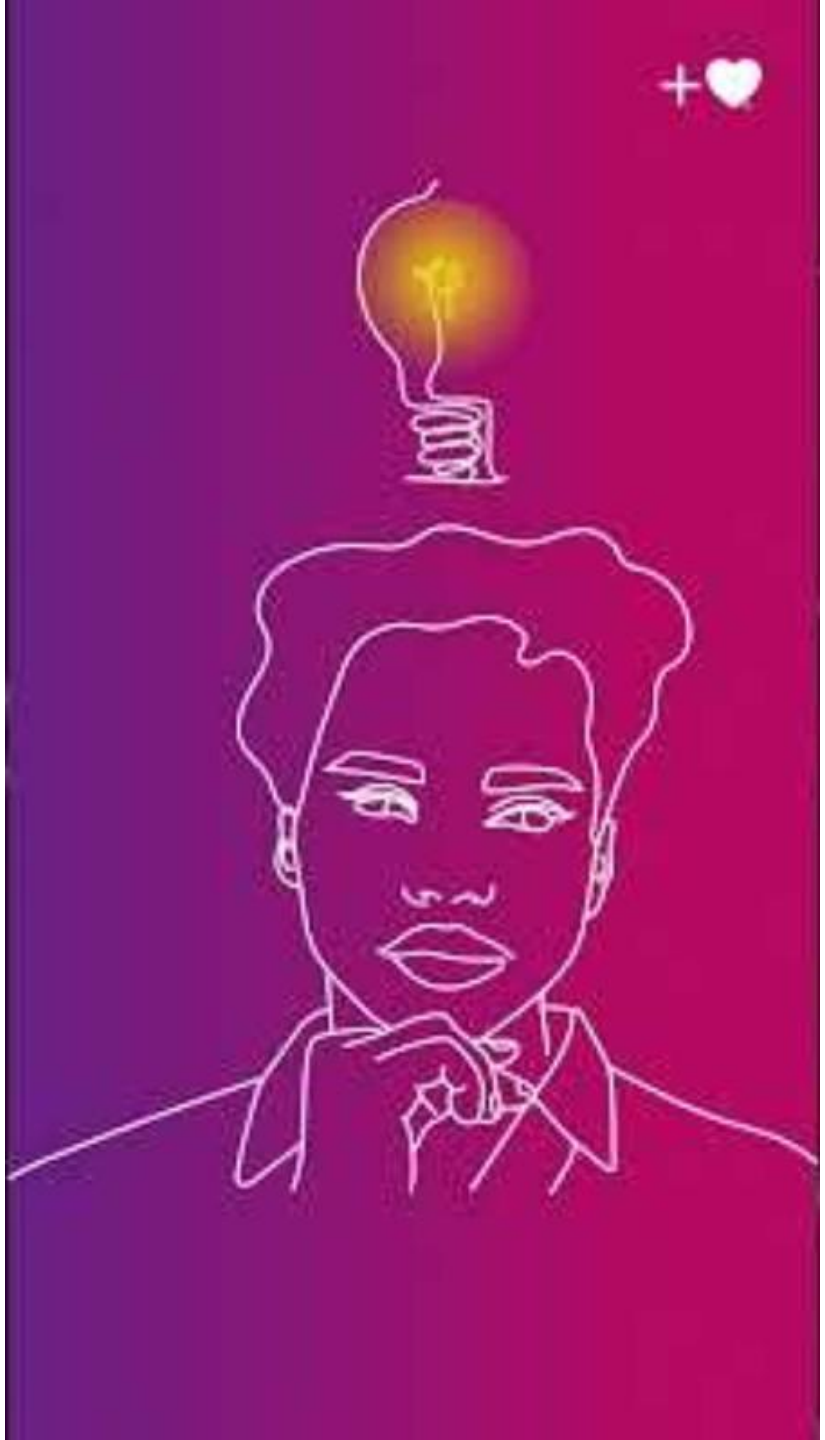
Core Yearnings

All feelings are OK

Core Yearnings

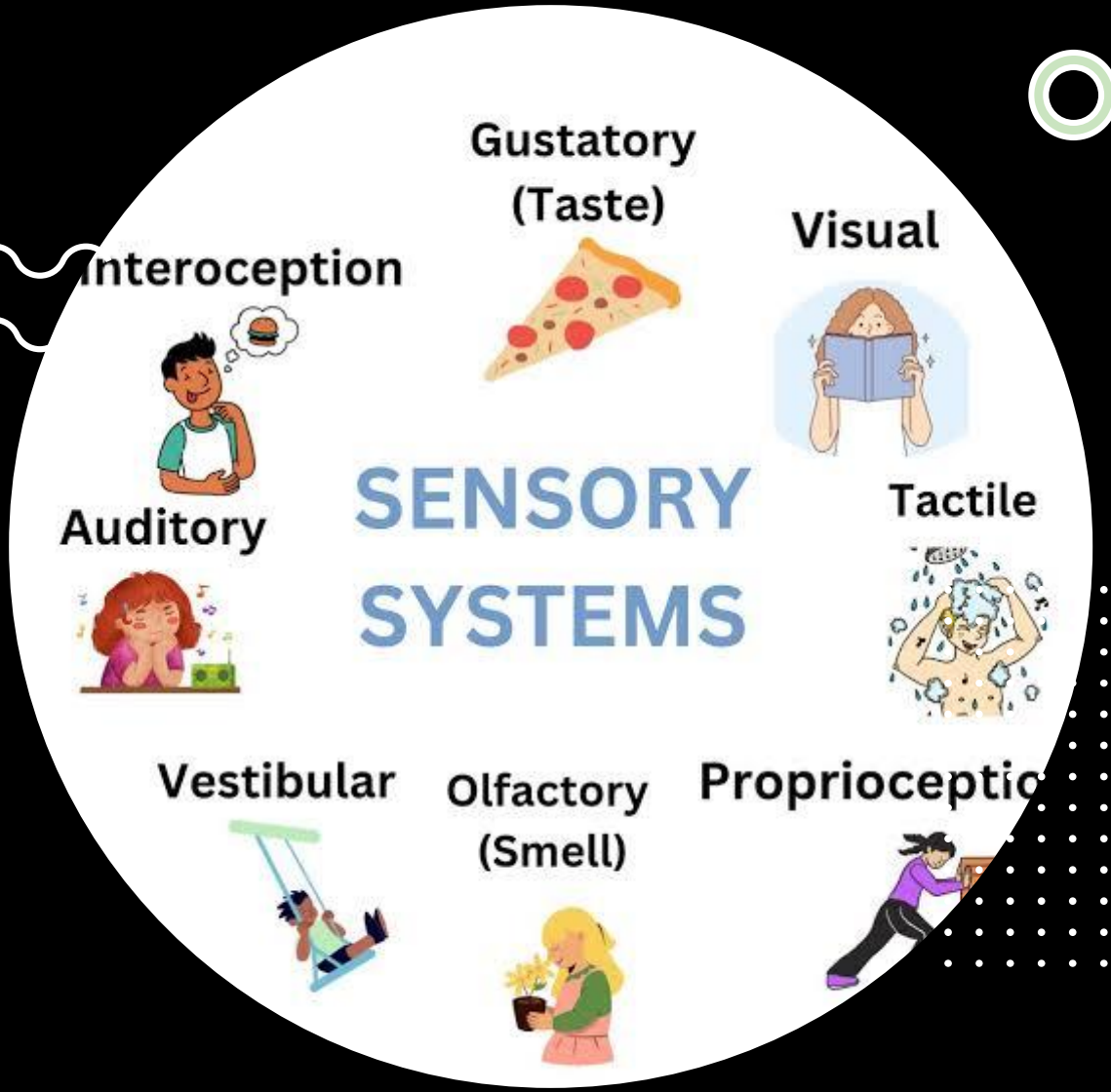
Coherence

Making sense



Core Yearnings

Sensory Orientation



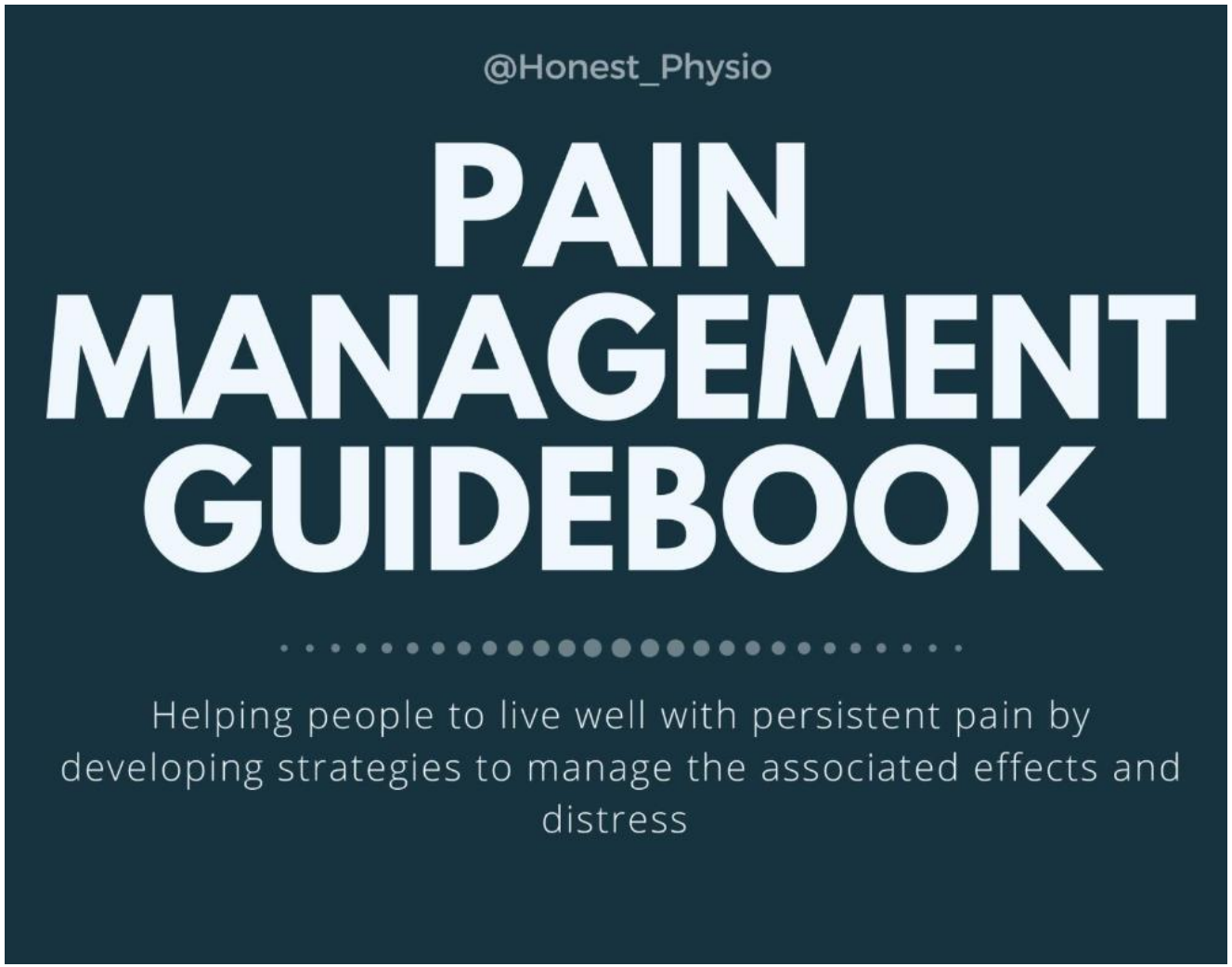
2 basic needs and beliefs

Needs

- 1. Safety
- 2. Connection

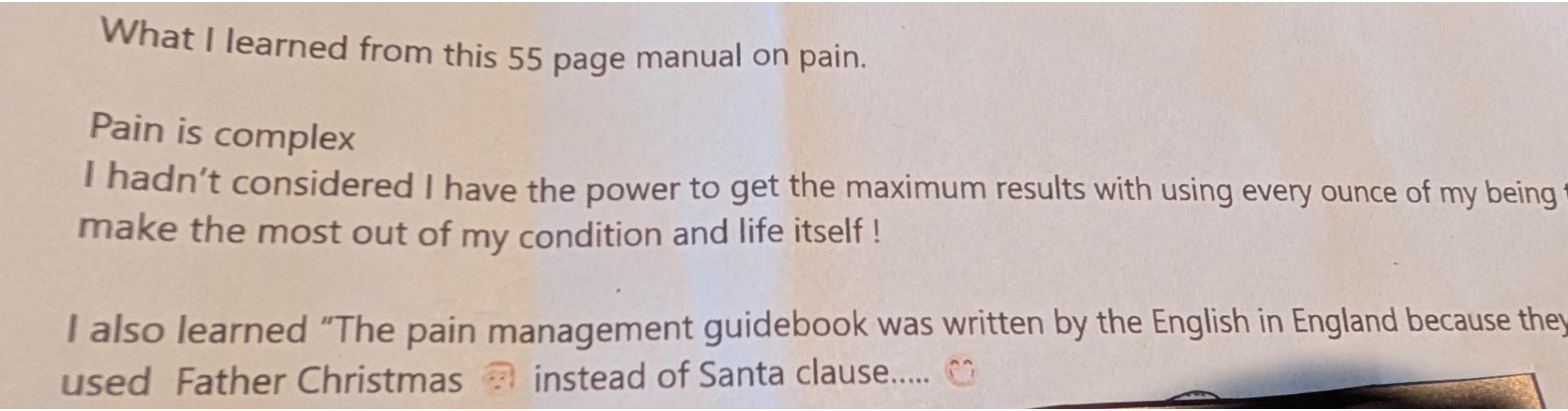
Beliefs

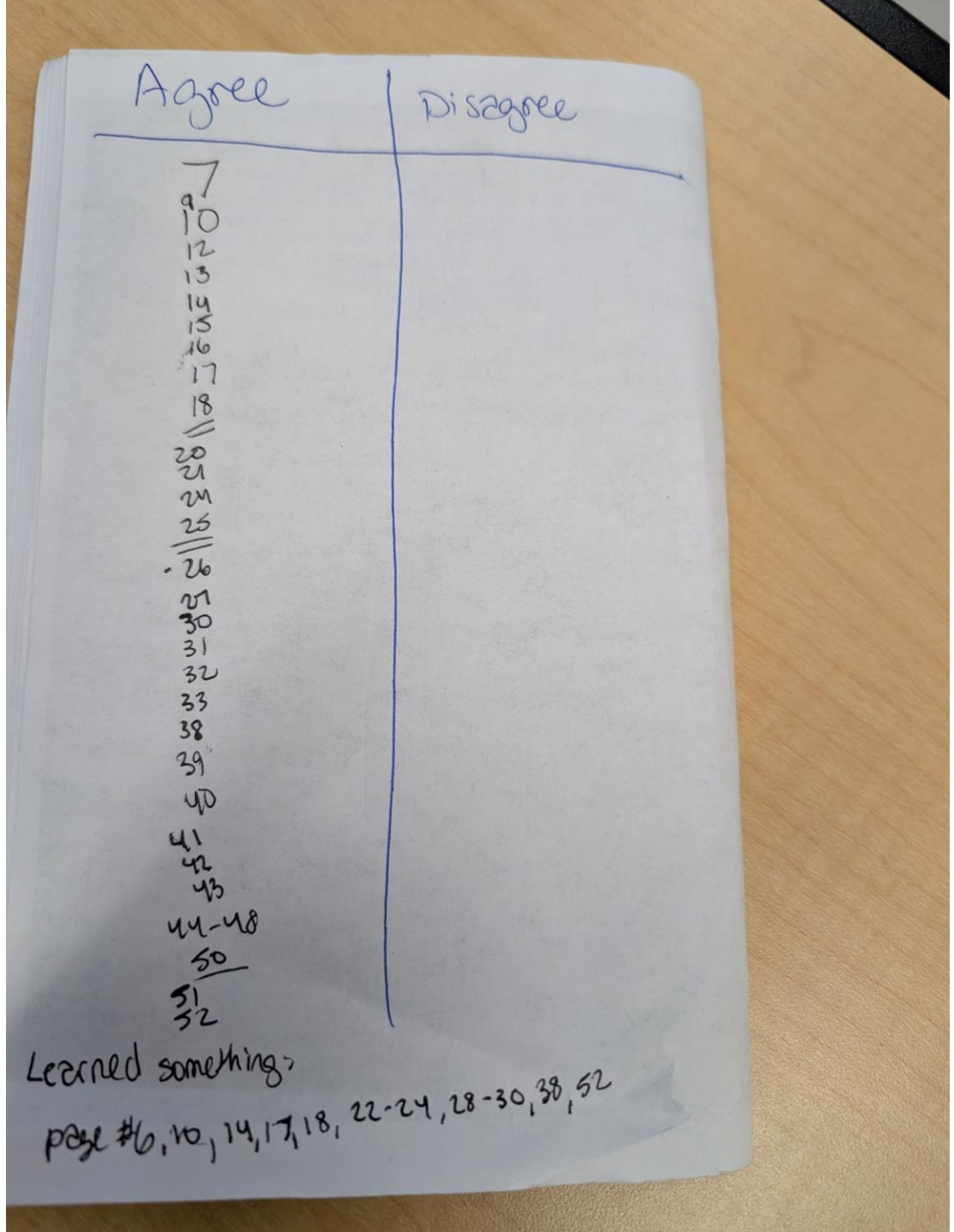
- I BELIEVE YOU
- You belong


@Honest_Physio
PAIN MANAGEMENT GUIDEBOOK
Helping people to live well with persistent pain by developing strategies to manage the associated effects and distress

Expert on soft skills and lean on hard science

1st visit after reading the booklet




Agree
Disagree
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44-48
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Learned something:
page #6, 10, 14, 17, 18, 22-24, 28-30, 38, 52

Shared Medical Appointments

Best Bagel out there


The Quintuple Aim
For health care improvement
Improving population health
Enhancing the care experience
Care team well-being
Advancing health equity
Reducing costs

Skills Review

4 sec inhale 8 sec exhale	Pendulation	Aunt Ramona
Thoughts are not your reality-repeat	Meaningful movement snacks	Nutrition hacks

I will not rescue you, for you are not powerless.
I will not fix you, for you are not broken.
I will not heal you, for I see you in your wholeness.
I will walk with you through the darkness, as you remember your light".

Sheree Bliss Tilsley.

Resources

- Lorimer Moseley
- Peter O’Sullivan

- Pain Mastery for Clinicians in October

ACT- Russ Harris Online courses
ACLM-American College of Lifestyle medicine

Reach out if you are ready to serve fresh bagels

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