



## **THE 5<sup>th</sup> EUROPEAN LIFESTYLE MEDICINE ORGANISATION'S CONGRESS DECLARATION ABOUT THE FUTURE OF MEDICAL EDUCATION AND LIFESTYLE INTERVENTIONS IN NON-COMMUNICABLE DISEASES.**

For the fifth year in a row, the European Lifestyle Medicine Organisation (ELMO) has been organising a yearly medical congress. The organization embodies the vision of the future of chronic diseases, namely more prevention and regular implementation of lifestyle interventions in the approach of non-communicable diseases.

The reality of medical care today is that of extremes: integration of artificial intelligence, while we are missing basic preventive attitudes, luxury clinics with high sky prices, while in the public health system, almost half of health professionals are experiencing burn-out because of a lack of self-care and overloaded schedules, or a generalized mental health pandemic, in which Covid19 played an important role but not a unique one. We try to deal with all these challenges through the same medical approaches we have been learning for the last 100 years. While our lifestyle has changed enormously, we, as physicians and human beings, try to keep the same lifestyle habits, have the same medical education, and offer the same care, that treats the symptoms instead of the roots of chronic diseases.

There have been a lot of achievements in medicine today, especially in dealing with acute situations, but also in how to offer a longer life to our patients as almost all former deadly diseases have become chronic diseases. We still offer years to life, and we forget, or we don't know, how to offer life to years.

ELMO, through its Scientific Council, composed exclusively of well-known university professors, introduced a complete definition of what the European lifestyle medicine should be today: an evidence-based medicine, whose goal is to maintain optimal health and prevent, treat, and reverse chronic illnesses across all life stages. The health interventions used in lifestyle medicine include evidence-based behavioral strategies while considering equity and sustainability to enhance self-management skills for optimizing nutrition, sleep hygiene, stress management, social connection, sexual health and fertility, physical activity, and minimizing substance use and environmental exposures.

We invite health professionals and students, patients' representatives, and socio-political actors to join us to build a modern medical education. That means encouraging prevention through lifestyle interventions, the integration and regular rewarding of the behavior component in the treatment of non-communicable diseases, and offering space and time to patients to feel responsible and motivated in their own lifelong care.

The European Lifestyle Medicine Organization Congress held in Budapest, at the end of last year, reunited different round tables, which concluded that, while a pharmaceutical approach may be sometimes necessary, lifestyle interventions are more interesting financially and easier to implement when they are an integrated care in medical conditions, such as obesity, cardiovascular diseases, sexual dysfunctions, diabetes type II, and, when, in general, they are part of mental health and active and healthy aging.



Present in high numbers, the healthcare students show their interest and vision for a modern medical education, which is built around modern patients, who are experts of their lifestyle and want to be more active and responsible of their treatment. Students, at the same time, do not want to forget their self-care because healthier medical professionals mean healthier patients.

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