

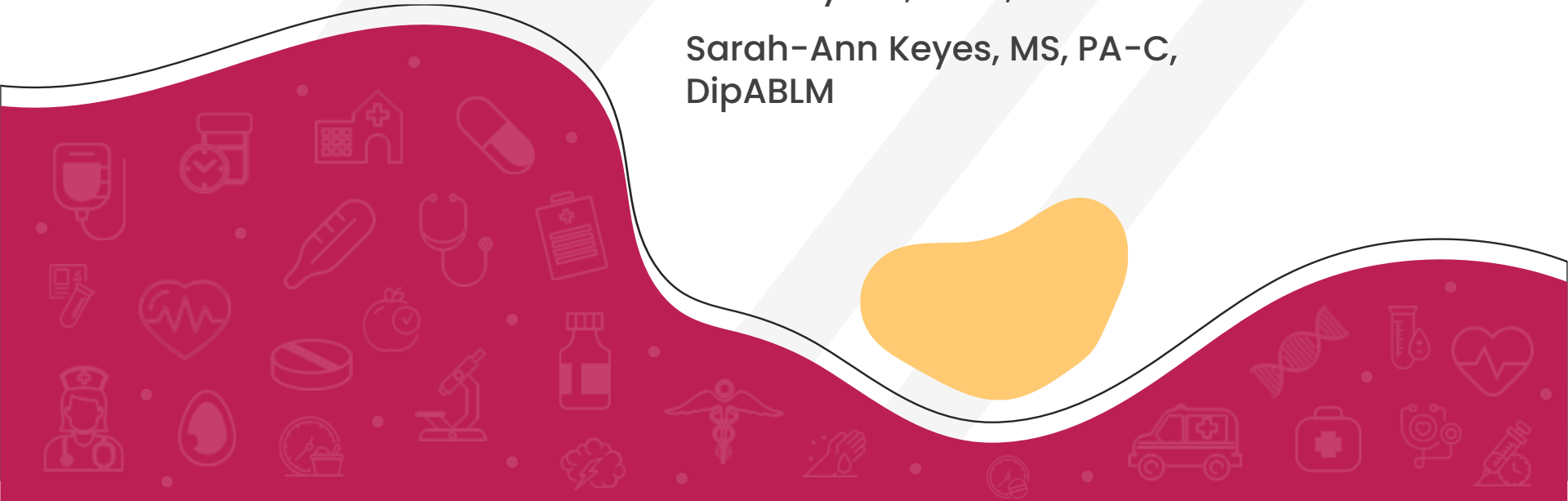


Caring for One is Caring for All: Primary Care Preventive Updates

We Are Family (Medicine): 2023

February 7th, 2023, 8-9 AM

Sarah-Ann Keyes, MS, PA-C,
DipABLM



Disclosures

I have no relevant relationships with ineligible companies to disclose within the past 24 months. (Note: Ineligible companies are defined as those whose primary business is producing, marketing, selling, re selling, or distributing healthcare products used by or on patients.



PLEASE FEEL FREE TO ASK QUESTIONS

Sarah-Ann Keyes



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 - Family and Internal Medicine
- ◆ Assistant Professor BCM PA Program
- ◆ Lifestyle Medicine Professional
 - Board certified by the American Board of Lifestyle Medicine (2017)
- ◆ Health and wellness coach
 - Certified with Wellcoaches (2018)
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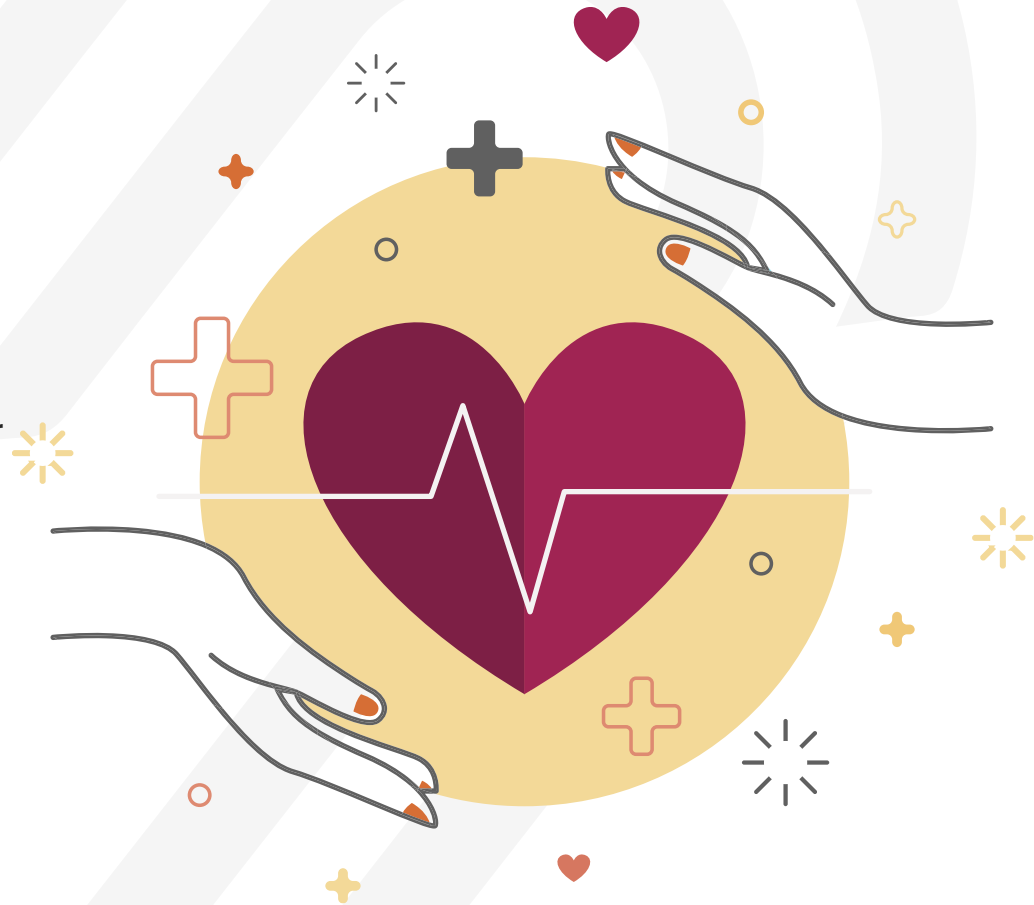
Learning Objectives

- ◆ Recall the most recent guidance for common preventative screening measures in primary care
- ◆ Describe each of the six pillars of lifestyle medicine
- ◆ Appreciate the importance of self-honoring practices for the care of the provider, the patient, and the community



Agenda

- ◆ Four patient cases
 - Prostate Cancer, Breast Cancer,
 - Bone Density, Colorectal Cancer
 - Immunizations
 - Lifestyle
- ◆ Your own self-honoring and care



Pillars for Patient and Provider



Provider

- ◇ Nutrition
- ◇ Physical Activity
- ◇ Stress management
- ◇ Sleep
- ◇ Social Support
- ◇ Substance Use cessation



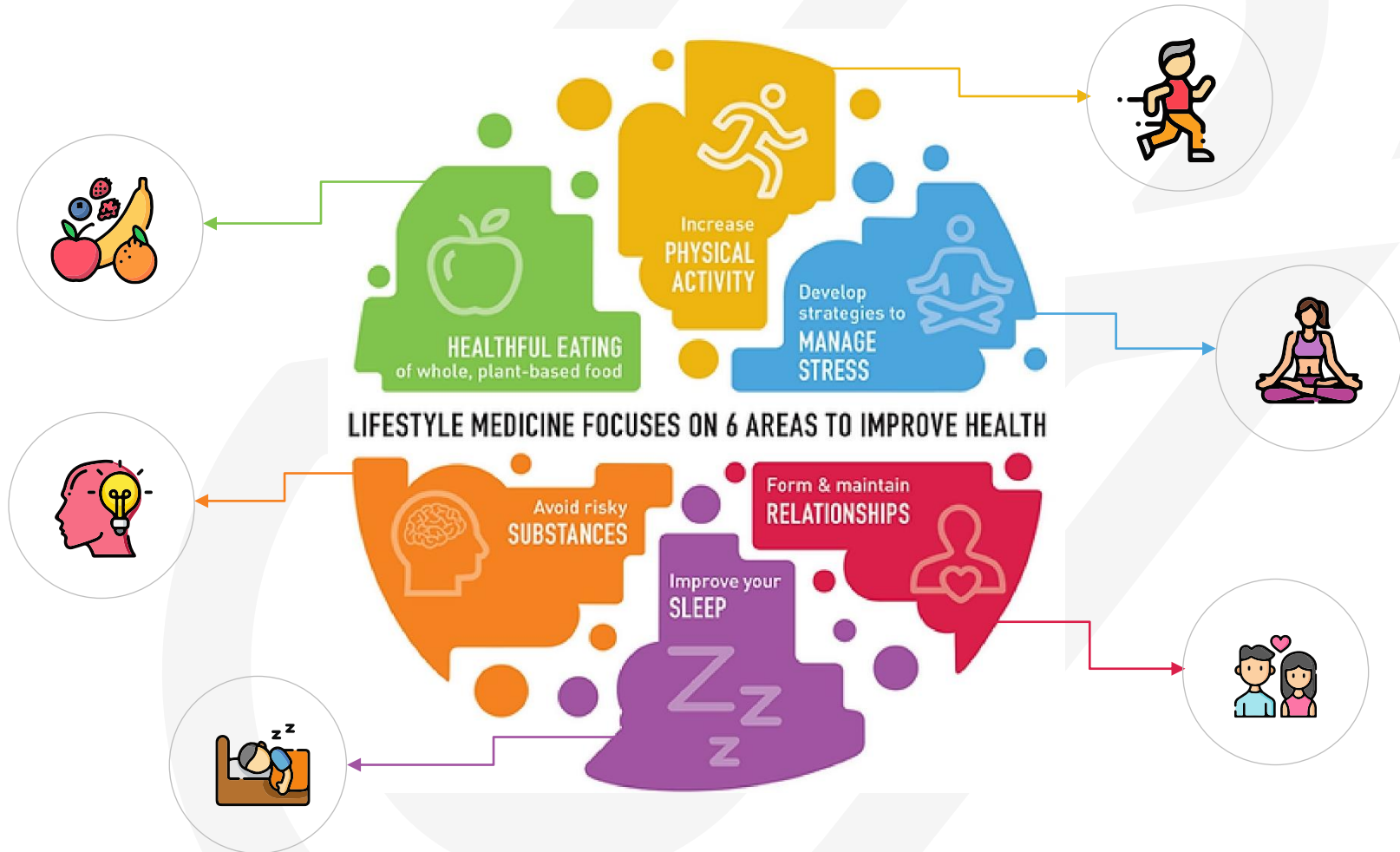
Patient

- ◇ Nutrition
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- ◇ Sleep
- ◇ Social Support
- ◇ Substance Use cessation



Physical Resilience

The Pillars of Lifestyle Medicine



E.A.T. Acronym



Letter



Actions

E



Empathy

A



Ask

T



Translate

Patient Case 1

- 📌 SB is a 55-year-old White male
History of intermittently controlled Type 2 diabetes mellitus, obesity, hypertension, hyperlipidemia, and anxiety
- 📌 Intermittently employed
- 📌 Past tobacco use disorder
- 📌 Worsening A1C
 - 7/2019 7.5%
 - 8/2020 8.2%



E.A.T

- 📌 Empathy
 - Focus on what is currently going well
- 📌 Ask
 - Explore past successes and assess strengths
- 📌 Translate
 - Leverage strengths to make change in current context

- ✅ Lifestyle
 - Mental Health- Anxiety and depression
 - Healthy Diet and Physical Activity for Cardiovascular Disease Prevention in Adults With Cardiovascular Risk
Factors: Behavioral Counseling
Interventions: adults with cardiovascular disease risk factors

- ✅ Cardiovascular

Preventive Care Needs

- ✅ Cancer
 - Colorectal cancer screening
 - Prostate cancer screening
- ✅ Infectious Diseases
 - Hep C
 - HIV
- ✅ Other Care/Immunizations
 - Td/Tdap, PPSV23, influenza, Zoster, +/- Hep B, COVID19

Prostate Cancer Screening

- ◇ Small benefit in reducing mortality
- ◇ Potential benefits weighed against potential harms
- ◇ Shared decision-making: men 55–69 y/o
- ◇ Initiation of screening depends on patient
 - Black men
 - Fhx of prostate cancer
- ◇ Prostate specific antigen (PSA) most appropriate screening modality



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E.A.T.

- 📌 Empathy
 - Focus on what is currently going well
- 📌 Ask
 - Explore past successes and assess strengths
- 📌 Translate
 - Leverage strengths to make change in current context using SMART goals

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 - Mental Health- Anxiety and depression
 - Healthy Diet and Physical Activity for Cardiovascular Disease Prevention in Adults With Cardiovascular Risk
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Preventive Care Needs

- ✅ Cancer
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Pillars for Patient and Provider



Provider

- ◇ Nutrition
- ◇ Physical Activity
- ◇ Stress management
- ◇ Sleep
- ◇ Social Support
- ◇ Substance Use cessation



Patient

- ◇ Nutrition
- ◇ Physical Activity
- ◇ Stress management
- ◇ Sleep
- ◇ Social Support
- ◇ Substance Use cessation



Physical Resilience

Patient Case 2

- 📌 SL is a 66-year-old female
- 📌 History of poorly controlled Type 2 diabetes mellitus, hypothyroidism, insomnia
- 📌 A1C 7.9%, fasting blood glucose 384
- 📌 Several recent falls

Case Facts

Counseling Approach

E.A.T

- 📌 Empathy
 - Provide encouragement and affirm
- 📌 Ask
 - Ask permission to discuss lifestyle changes
 - Ask what patient is interested in working on
- 📌 Translate
 - Focus on flexible goals
 - Failure → Experiments

- ✅ Lifestyle
 - Mental Health- Anxiety and depression
 - Healthy diet and physical activity for CVD prevention in adults with CVD risk factors
 - Screen for Tobacco Use
 - Weight loss to prevent obesity-related morbidity and mortality
- ✅ Cardiovascular
 - Screen for Hypertension

Preventive Care Needs

- ✅ Cancer
 - Colorectal cancer screening
 - Breast Cancer Screening
- ✅ Infectious Diseases
 - Hep C
 - HIV
- ✅ Other Care/Immunizations
 - Osteoporosis to Prevent Fractures; exercise interventions to prevent falls
 - Over 65 vaccinations

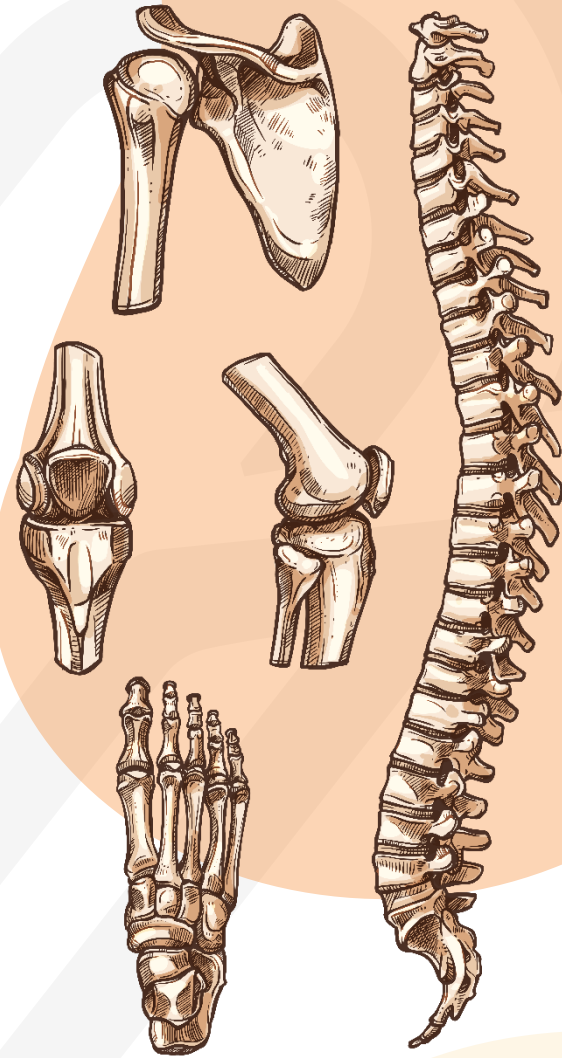
An illustration of a hand with grey outlines holding a red heart. The background features a large, light grey spiral graphic and a vertical orange bar on the left side of the text area.

Breast Cancer Screening

- ◇ Screening strategies depend on risk
 - Most women are average risk
- ◇ Most important risk factor-age
- ◇ Age 40-49- shared decision making
- ◇ Age 50-74- routine screening
- ◇ >75- screen if life expectancy >10 yrs
- ◇ Mammography is modality of choice

Bone Density Screening

- ◇ Goal- minimize risk of fracture
- ◇ Age >65- BMD assessment
- ◇ Age <65 + post-menopause+ risk factor
 - Risk factors: Previous fracture, glucocorticoid therapy, parental hx of fracture, low body weight, current smoking, excessive alcohol, rheumatoid arthritis
- ◇ Hip and spine dual-energy x-ray absorptiometry



Immunizations for Patients Over 50/65 years



Actions

- ◇ Zoster
- ◇ COVID19
- ◇ Flu
- ◇ Tdap
- **Over 65:** Pneumococcal Polysaccharide Vaccine
- **Over 65:** Pneumococcal Conjugate Vaccine



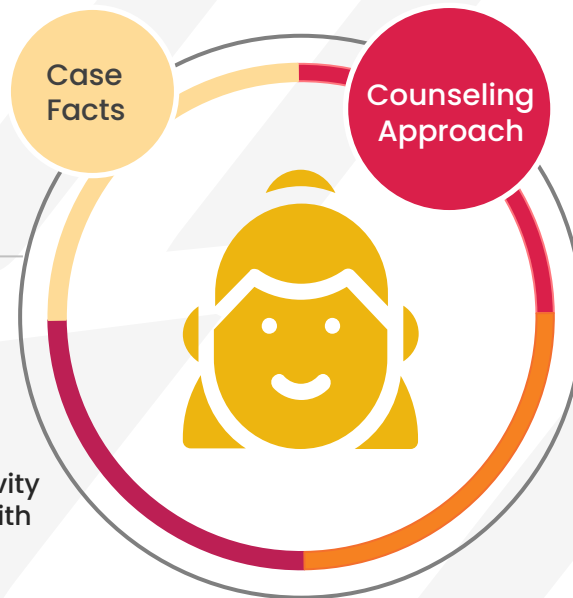
Conditions Present

- ◇ Ex: Diabetes
 - Pneumococcal Polysaccharide Vaccine (earlier)
 - Pneumococcal App & Shots App

Patient Case 2

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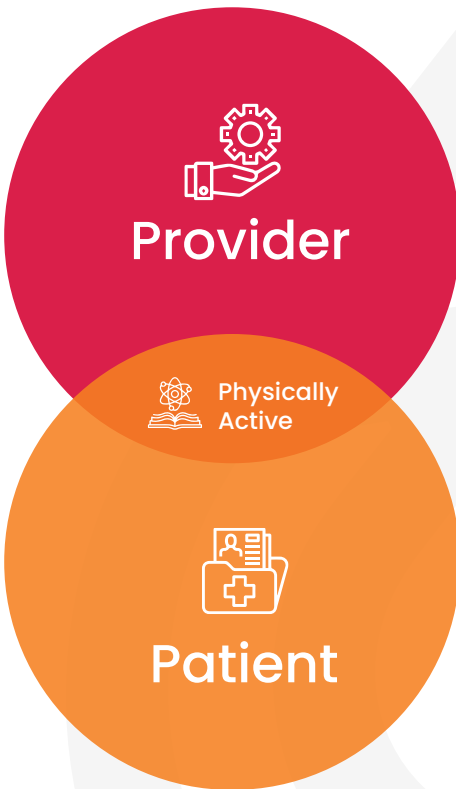
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Preventive Care Needs

- E.A.T.
 - 📌 Empathy
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 - Focus on flexible goals
 - Failure → Experiments
- ✅ Cancer
 - Colorectal cancer screening
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 - Hep C
 - HIV
- ✅ Other Care/Immunizations
 - Osteoporosis to Prevent Fractures/exercise to prevent falls
 - Over 65 vaccinations

Pillars for Patient and Provider



Principles	Practices
Move more throughout the day	Get up to get water throughout the day
Some is better than none, more is better	Squats while washing hands
Most physical activity is safe to initiate	Walk 5-10 minutes a day

Patient Case 3

- 📌 LV is a 42-year-old female
- 📌 History of obesity, asthma, migraines
- 📌 Wants to focus solely on health habits and not weight
- 📌 Regularly sees coach and provider

✓ Lifestyle

- Mental Health- Anxiety and depression
- Healthy diet and physical activity for CVD prevention in adults with CVD risk factors
- Screen for Tobacco Use
- Weight loss to prevent obesity-related morbidity and mortality

✓ Cardiovascular

- Screen for Hypertension
- Screen for Dyslipidemia



E.A.T.

- 📌 Empathy
 - Honor desire to focus on behavior rather than weight
- 📌 Ask
 - Ready, Willing, and Able
- 📌 Translate
 - Obstacles → opportunity for brainstorming

✓ Cancer

- Cervical cancer screening
- +/- Breast cancer screening

✓ Infectious Diseases

- Hep C
- HIV

✓ Other Care/Immunizations

- Folic acid
- Under 50 vaccinations

Cervical Cancer Screening

- ◇ Decreases incidence and mortality
- ◇ Papanicolaou, HPV testing, or co-testing
- ◇ Begin at age 21
 - Pap test q 3 years until
Age >30: Pap q 3 years, HPV testing
q 5 years, or co-testing q 5 years
- ◇ Shared decision to end screening
at age 65



Immunizations for Adult Patients Under 50 years



Standard

- ◇ Flu
- ◇ Td/Tdap
- ◇ COVID19



Consider

- ◇ HPV
- ◇ Special conditions (Ex: Diabetes, Smoking):
Pneumococcal Polysaccharide Vaccine

Patient Case 3

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- 📌 Regularly sees coach and provider

✓ Lifestyle

- Mental Health- Anxiety and depression
- Healthy diet and physical activity for CVD prevention in adults with CVD risk factors
- Screen for Tobacco Use
- Weight loss to prevent obesity-related morbidity and mortality

✓ Cardiovascular

- Screen for Hypertension
- Screen for Dyslipidemia



Preventive Care Needs

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- 📌 Empathy
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✓ Cancer

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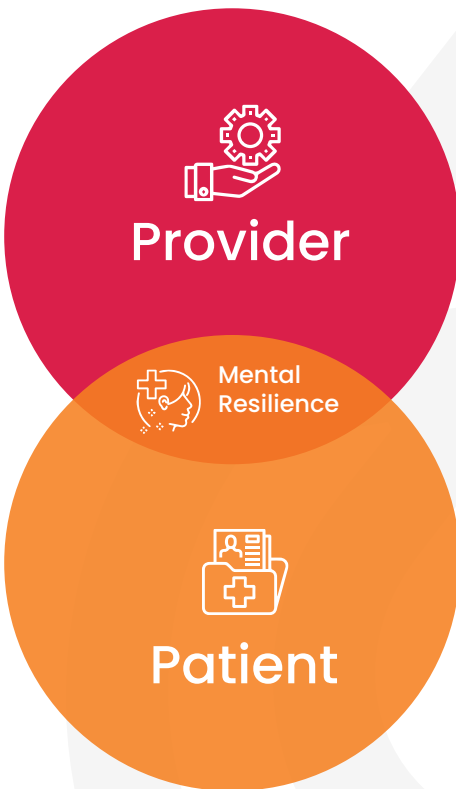
✓ Infectious Diseases

- Hep C
- HIV

✓ Other Care/Immunizations

- Folic acid
- Under 50 vaccinations

Pillars for Patient and Provider



Principles	Practices
Prioritize Sleep	Sleep.
Prioritize space and stillness (Stress management)	Cultivate a stillness practice: five minutes in line, while washing hands
Prioritize Support (Social Support)	Walk with a friend Call a loved one

Patient Case 4

- BP is a Black 63-year-old female
- History of hypertension, hypothyroidism, and NAFLD
- Regular follow-ups with hepatologist and nutritionist who encourage healthy eating patterns, but feeling discouraged

✓ Lifestyle

- Mental Health- Anxiety, depression
- Healthy diet and physical activity for CVD prevention in adults with CVD risk factors
- Screen for Tobacco Use
- Weight loss to prevent obesity-related morbidity and mortality

✓ Cardiovascular

- Screen for dyslipidemia



E.A.T.

- Empathy
 - Affirm current strategies
- Ask
 - What is the vision of health?
- Translate
 - Acknowledge discouragement and translate into generative energy

✓ Cancer

- Cervical cancer screening
- Colorectal Cancer Screening
- Breast Cancer Screening

✓ Infectious Diseases

- Hep C
- HIV

✓ Other Care/Immunizations

- Osteoporosis Screening
- Over 50 Immunizations

Colorectal Cancer Screening

- ◇ Screening decreases mortality
- ◇ Age to initiate- 45 years old
- ◇ Age to stop- consider 75 years old
- ◇ Colonoscopy (q 10 years) choice modality
- ◇ Fecal immunochemical testing (or FIT-DNA)
is second choice



Patient Case 4

- BP is a Black 63-year-old female
- History of hypertension, hypothyroidism, and NAFLD
- Regular follow-ups with hepatologist and nutritionist who encourage healthy eating patterns, but feeling discouraged

✓ Lifestyle

- Mental Health- Anxiety, depression
- Healthy diet and physical activity for CVD prevention in adults with CVD risk factors
- Screen for Tobacco Use
- Weight loss to prevent obesity-related morbidity and mortality

✓ Cardiovascular

- Screen for dyslipidemia



Preventive Care Needs



Cancer

- Cervical cancer screening
- Colorectal Cancer Screening
- Breast Cancer Screening



Infectious Diseases

- Hep C
- HIV



Other Care/Immunizations

- Osteoporosis Screening
- Over 50 Immunizations

E.A.T.



Empathy

- Affirm current strategies



Ask

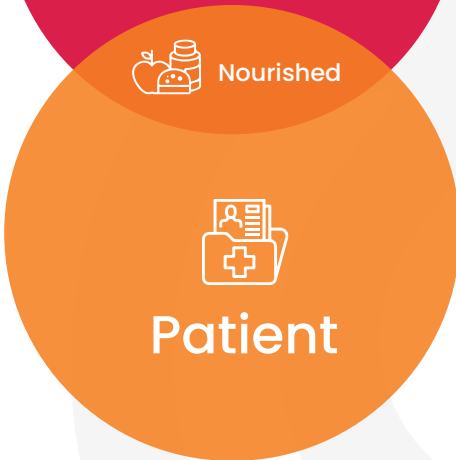
- What is the vision of health?



Translate

- Acknowledge discouragement and translate into generative energy

Pillars for Patient and Provider



Principles	Practices
Hydrate	Small sips throughout the day
Prioritize whole foods	Add a home cooked meal or snack
More fruits and vegetables	Add a half to whole cup of fruits or vegetables to any meal

Key Takeaways



- ✔ Prevention **MATTERS**
- ✔ How you care for yourself matters for you, your patient, and your community
- ✔ The provider and the patient are an ecosystem of reciprocity and care--resilience is key
- ✔ Lifestyle is key to chronic disease and physical resilience
- ✔ We can engage with patient ecosystems through empathy, curiosity, and gentle exploration and translation

*Thank
you!*



Reach out!

pike@bcm.edu

**Also check out
the podcast:**

The Fruitful

Fifteen: [Fruitful](#)

[Fifteen](#)



References

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