

Sleep, exercise and nutrition as health benefits: holistic approach in patients with chronic diseases

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Abstract

Any patient with a chronic disease has one or more sleep disorder associated. As chronic diseases have assumed an increasingly common role in premature death and illness, interest in the role of sleep health in the development and management of chronic diseases has grown. Remarkably, insufficient sleep has been linked to the development and management of a number of chronic diseases and conditions, including diabetes, hypertension, cardiovascular disease, obesity, and depression.

In my Outpatient Clinic I started, a few years ago, integrating sleep medicine in the internal medicine practice, mostly in the presence of chronic diseases, such as hypertension, obesity, type 2 diabetes, arrhythmias, depression, asthma, anxiety, chronic pain and dementias. A correct diagnosis and the precise control of the underlying sleep disorder is essential to the patient treatment. I, also, realize that those patients need a more holistic approach, including an important nutrition control and exercise while working with the patient's habits, beliefs and trusts.

The purpose of this session is to describe how we can implement a successful approach with patients with chronic diseases.

Treating sleep as a priority, rather than a luxury, may be an important step in preventing a number of chronic medical and mental conditions. Implementing a Holistic approach is necessary for health

benefits and quality of life of these patients.

Image

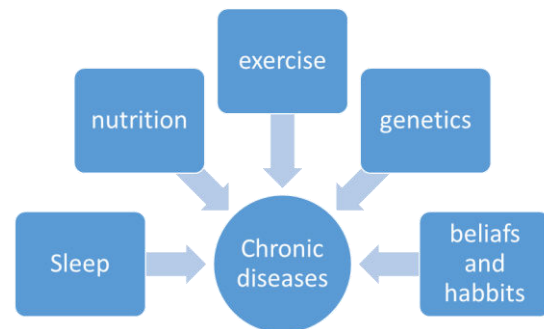


Figure 1- In a holistic approach we need to work all aspects of the patient.

Recent Publications:

1. Knutson KL, Ryden AM, Mander VA, Van Cauter E. Role of sleep duration and quality in the risk and severity of type 2 diabetes mellitus. *Arch Intern Med* 2006;166:1768–1764.
2. Kasasbeh E, Chi DS, Krishnaswamy G. Inflammatory aspects of sleep apnea

and their cardiovascular consequences.
South Med J 2006;99:58–67.

3. Taheri S. The link between short sleep duration and obesity: We should recommend more sleep to prevent obesity. Arch Dis Child 2006;91:881–884.

Biography

Sandra Marques is an internal medicine and European sleep medicine specialist, working in improving health and wellbeing. Clinical Director of an Outpatient Clinic since 2008 and clinical director of a Sleep Unit since 2016, implementing an approach in the patients with chronic diseases by improving successfully sleep, nutrition and exercise.

Notes/Comments: