

## Lifestyle Medicine Helps Patients TAKE CONTROL

Bringing a holistic approach, Dr. W. Scott Black is helping his patients achieve better health. In his new role at Owensboro Health, the lifestyle and sports medicine physician is helping patients replace unhealthy behaviors with positive habits so they can improve their health and quality of life. This approach works to prevent, treat and even reverse diseases affecting patients' lives.

"I see my role as more of a coach, helping patients see how they can achieve the best health compatible with their goals and interests," he said. Dr. Black is a firm believer that physical activity is medicine, and he bases his practice around that concept. "I help people get active and stay active," Black said.

### What is Lifestyle Medicine?

Lifestyle medicine focuses on chronic disease treatment, reversal or prevention and emphasizes how a patient can optimize their health. Together with their physician, the team decides what to work on and how to proceed. There is usually a focus on nutrition, physical activity, sleep, stress management, avoiding toxic exposures and building healthy social relationships. Lifestyle medicine's goal is to make the patient more resilient and more resistant to becoming ill.

A lifestyle medicine physician is not a replacement for a primary care provider but instead works alongside them to help patients reach their wellness goals.

Lifestyle medicine is perfect for patients who are motivated to

make their health the best it can be. It's best for patients who want to be actively engaged in their own wellbeing, not simply be told what to do. For example, Dr. Black and his patients work on what the patient can do to improve their own health and use medication sparingly when it is appropriate.

### Who is it for?

Lifestyle medicine is for those who want to be active participants in their own health. A few areas where lifestyle medicine can make an impact are:

- **Metabolic Rehabilitation** - for those with Type 2 Diabetes, Metabolic Syndrome, Pre-Diabetes or Fatty Liver Disease. Lifestyle medicine can often reduce medication use (including insulin) or even put the disease into remission (meaning no medication use).
- **Cardiovascular Disease** - for those with heart disease, stroke or peripheral vascular disease. Lifestyle medicine can also reduce risk factors for some forms of dementia.
- **Cancer** - Along with the patient's oncologist and primary care provider, a lifestyle medicine physician can address the side effects of cancer treatment and reduce the risk of recurrence of some cancers.
- **Bone Health** - Lifestyle medicine treats osteopenia and osteoporosis by reducing the risk of falls and fractures.

Helping people stay active, energetic and independent as they get older.

### About Dr. Black

Originally from Barbourville, Kentucky, Dr. Black earned his Master's and Medical degrees from the University of Kentucky. He most recently served as the Chair of the Department of Physician Assistant Studies at UK before moving to Owensboro. In addition to his medical degree, Family Medicine certification and Sports Medicine certification, he has a graduate degree in Exercise Physiology and a graduate certificate in Sports Nutrition. He utilizes all of that training in the prevention and treatment of medical conditions.

When he's not working, he enjoys running. He has completed contests of every distance, from sprints to 100-mile races. He especially enjoys trail running and has run across the Grand Canyon and back in one day!

To make an appointment with Dr. Black, call 270-688-2110.