



5TH

EUROPEAN LIFESTYLE
MEDICINE CONGRESS



Life is about water and medicine

NOVEMBER 10 - 12, 2023
BUDAPEST, HUNGARY



ORGANIZER
EUROPEAN LIFESTYLE
MEDICINE ORGANIZATION

Round Table 1

Cardiometabolic health in Lifestyle Medicine

Professor Dr. Hanno Pijl (The Netherlands)

Professor Dr. Wojciech Marlicz (Poland)

Dr. Remko Kuipers (The Netherlands)

Professor Dr. Carlos Van Mieghem (Belgium)

Cardiometabolic health: a multidimensional perspective

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I am a cardiologist/ interventional cardiologist

Pathophysiology of ischemic heart disease

Normal vessel

Initial lesion

Lesion progression

Advanced lesion

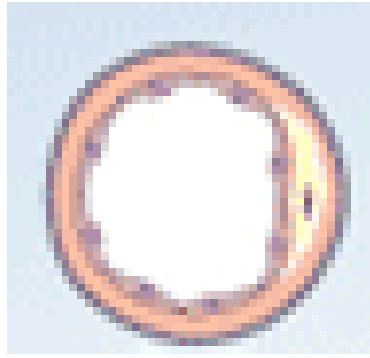
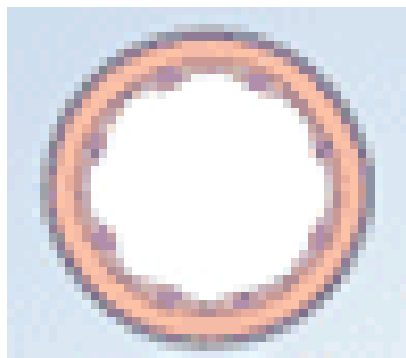
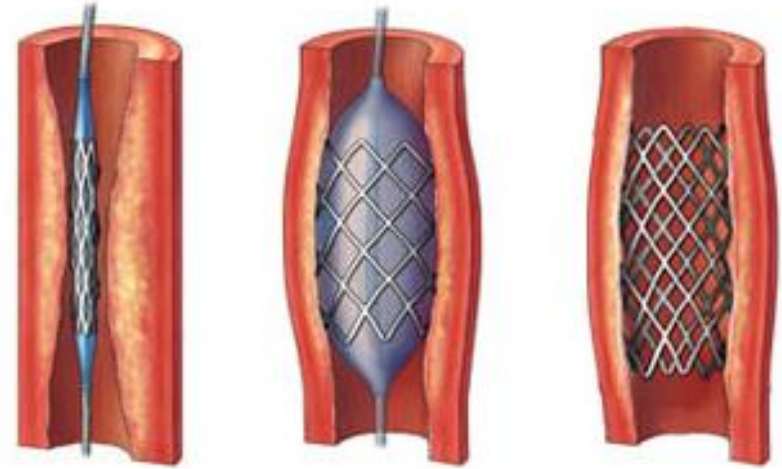
Complicated lesion (thrombosis)



I treat patients with heart disease



Quick fix
→



Treat the 'root cause'
←



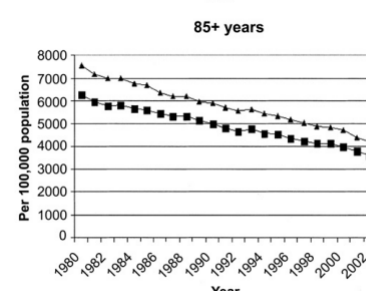
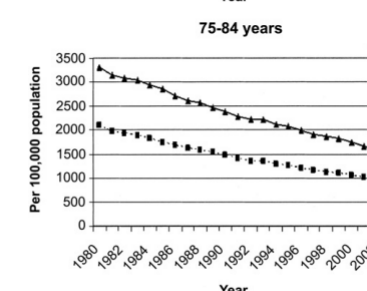
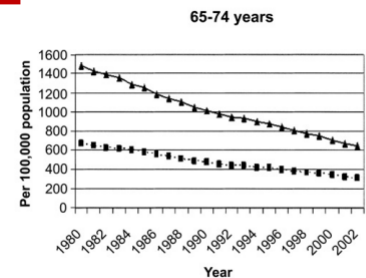
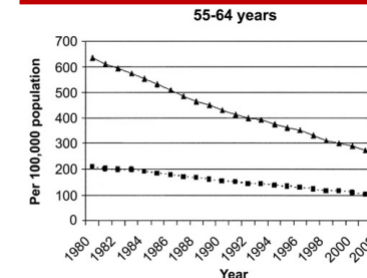
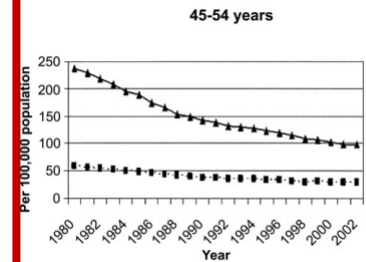
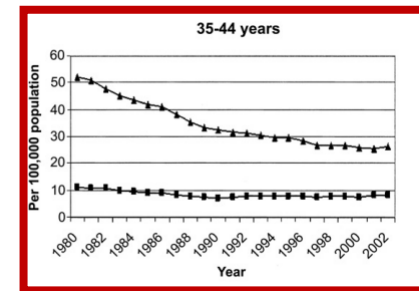
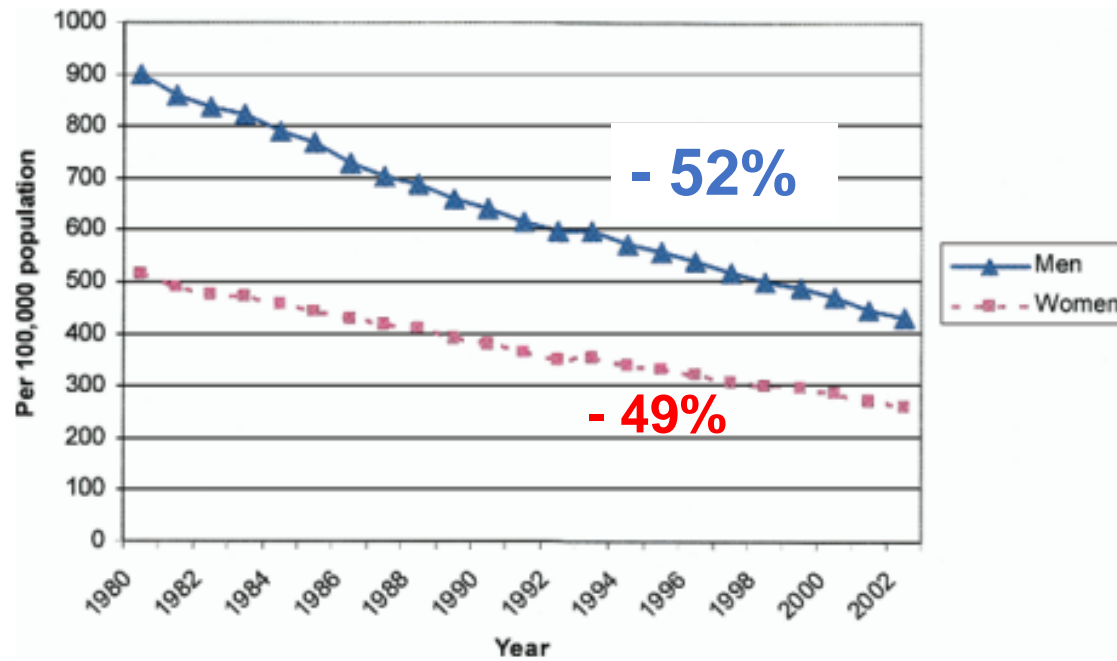
“Lifestyle changes or stent: you pick ...”

Progress in the treatment of cardiovascular disease

Age-adjusted mortality rates from coronary heart disease

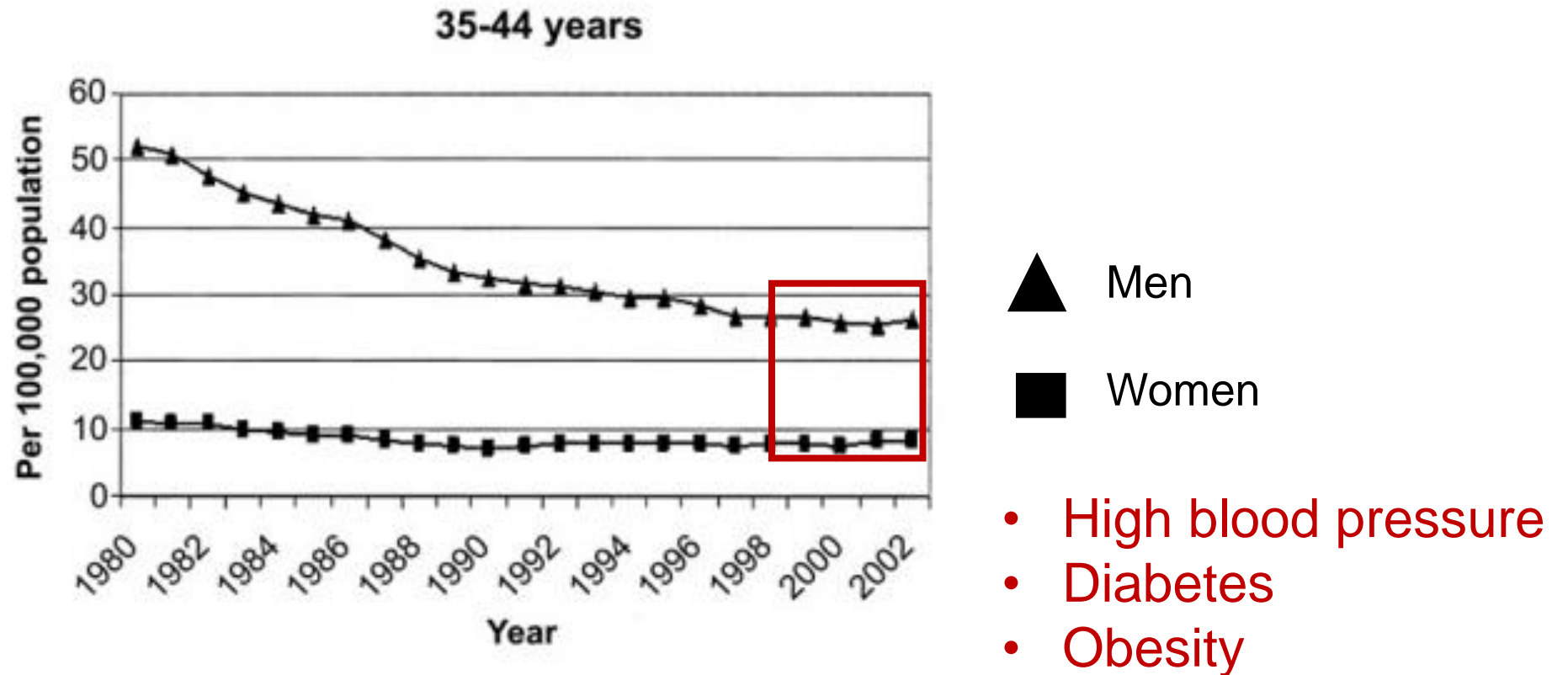


Age-specific mortality rates from coronary heart disease



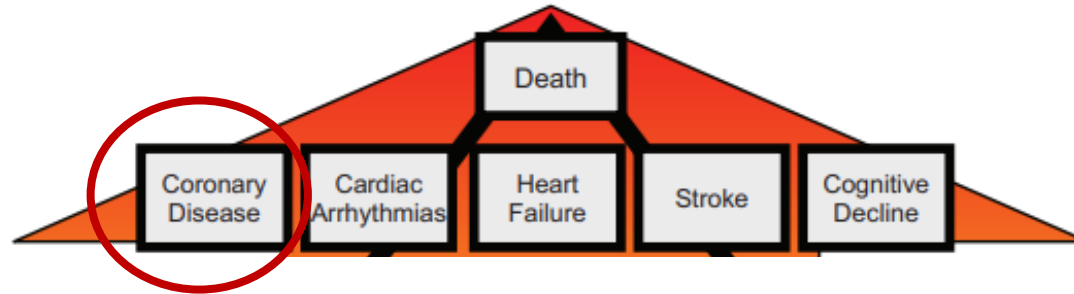
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Age-specific mortality rates from coronary heart disease



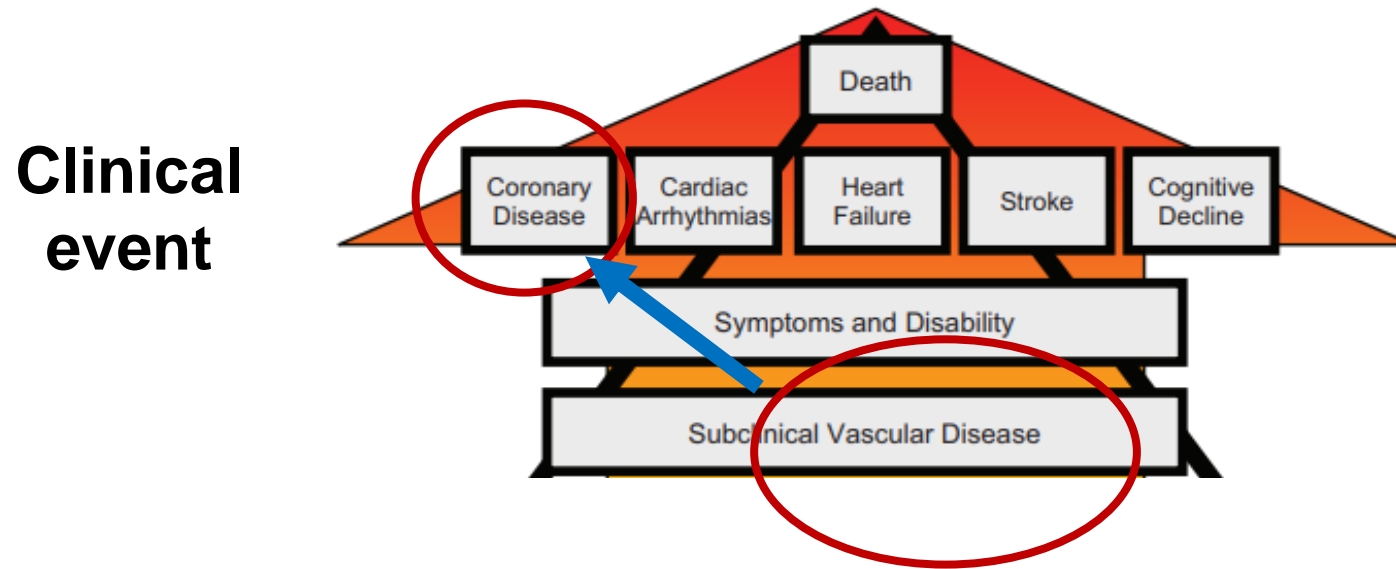
Treating the cause of the cause of the cause ...

Clinical event



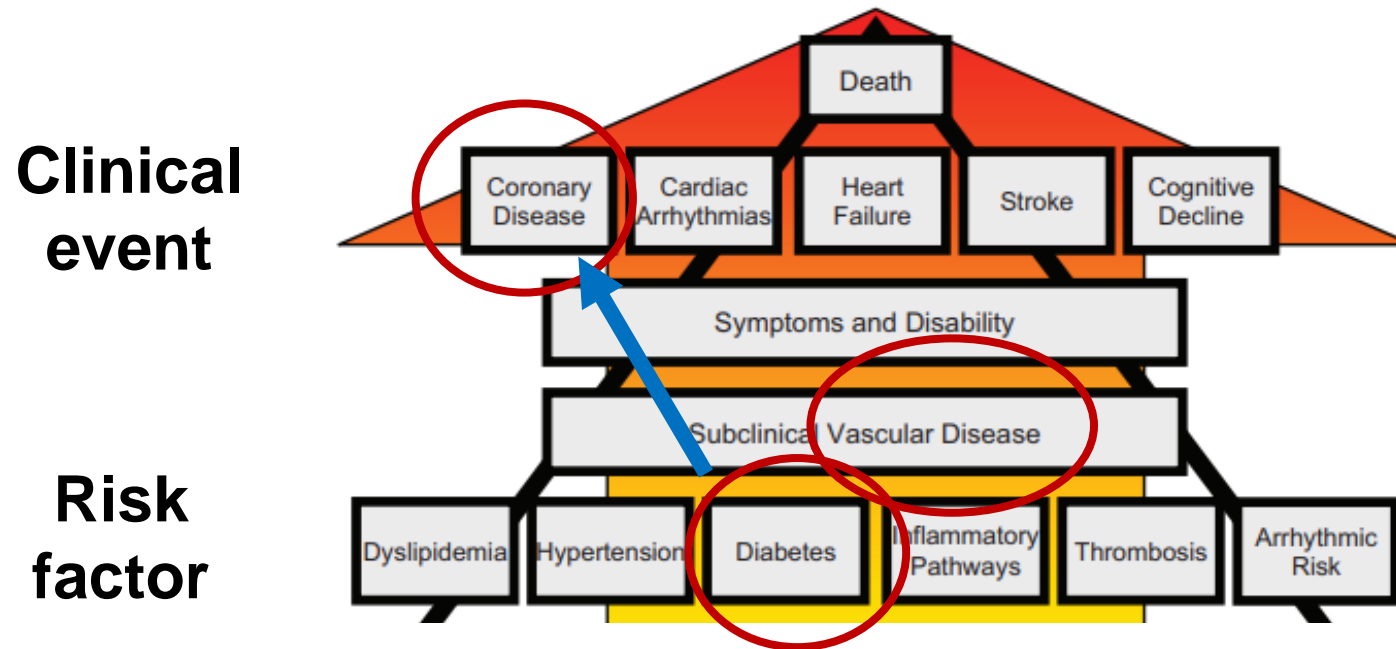
What causes an acute myocardial infarction ?

Treating the cause of the cause of the cause ...



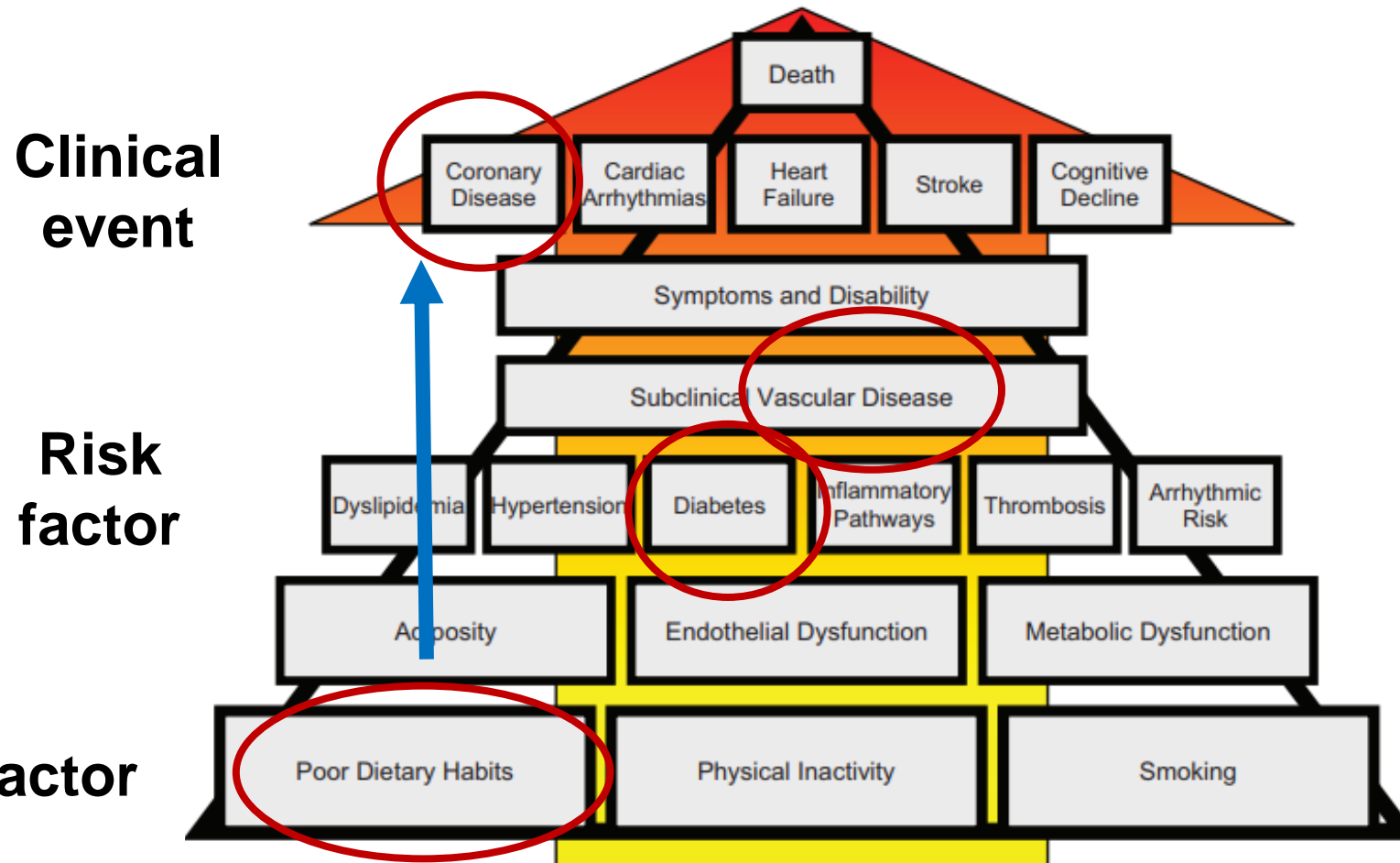
Cause = occlusion of a coronary artery

Treating the cause of the cause of the cause ...



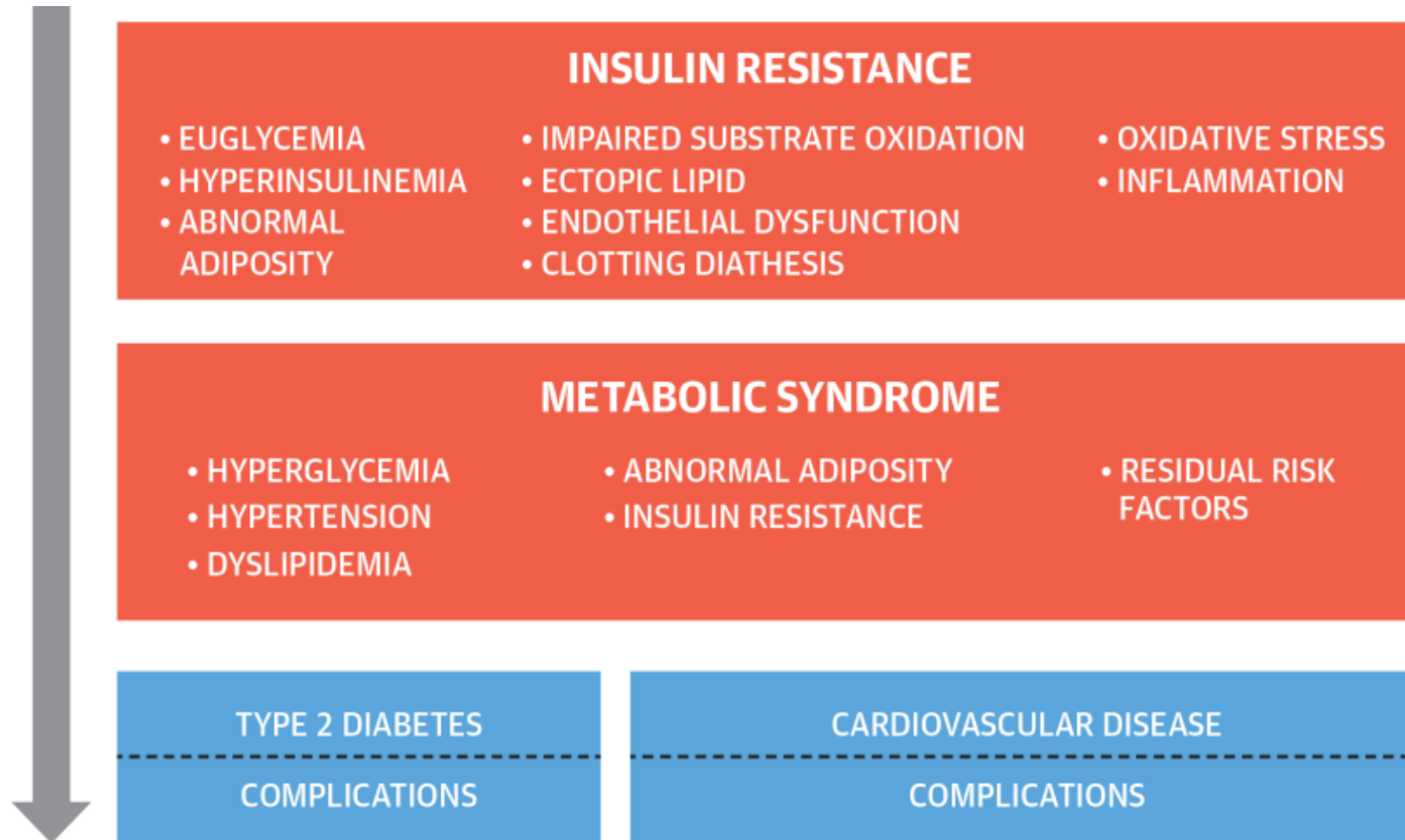
Cause = long standing type 2 diabetes eventually leading to the occlusion of a coronary artery

Treating the cause of the cause of the cause ...



Cause = long standing unhealthy dietary habits culminating into type 2 diabetes and eventually occlusion of a coronary artery

(Cardio)metabolic ill health: the most important health issue of our time !



Processed food (1)

Table 1 | Meta-analyses reporting associations between ultra-processed food consumption and cardiometabolic outcomes*

Study	Risk increase (highest versus lowest exposure categories)
Chen et al (2023) ¹⁹	Type 2 diabetes (40% higher risk)
Yuan et al (2023) ²⁰	Cardiovascular events (35% higher risk)
Wang et al (2022) ²¹	Hypertension (23% higher risk)
Taneri et al (2022) ²²	All-cause mortality (29% higher risk)
Moradi et al (2021) ²³	Abdominal obesity (41% higher risk) Overweight (36% higher risk) Obesity (55% higher risk)
Lane et al (2021) ²⁴	Metabolic syndrome (81% higher odds)
Suksatan et al (2021) ²⁵	Cardiovascular mortality (50% higher risk) Cardiac mortality (66% higher risk)

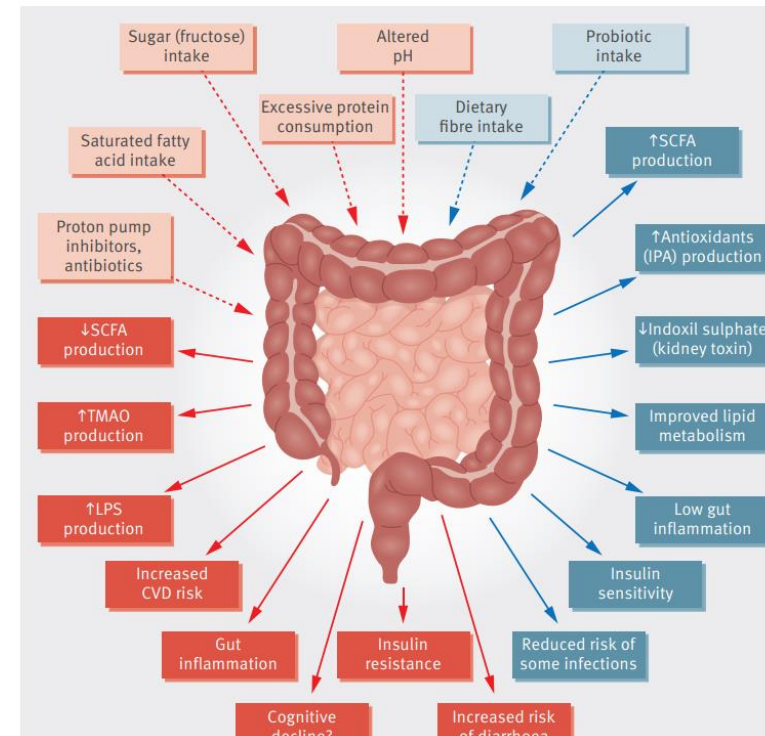
*When more than one meta-analysis was available for a given outcome, the most recent and complete (in terms of number of prospective studies included) was selected.

Gut microbiome (2)

GUT MICROBIOME

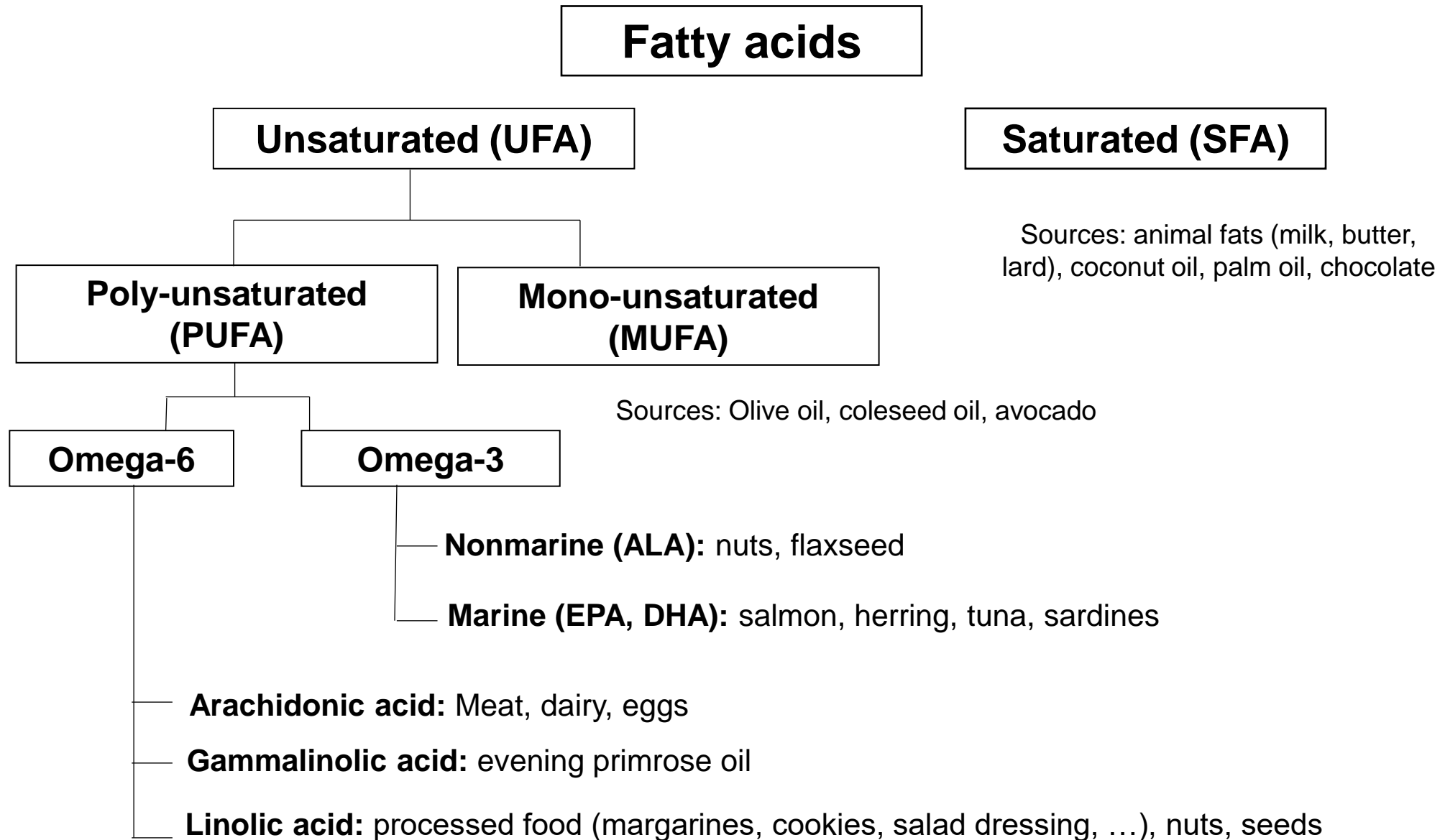
- Highest microbial density (colon); most researched
- Mostly bacteria
- > 100 trillion microorganisms, > 1000 different species
- ACTIVE participants, not PASSIVE passengers
- Virtual organ within the human body

Role of the gut microbiome in health and disease



Dietary fiber is a key nutrient for a healthy gut microbiome and has been overlooked, while debates have raged about sugar and fat

Saturated fatty acids (3)



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 - ✓ Underlying assumption: it is the saturated fat that contributes to fat accumulation and clogs up your arteries

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- **2020-2025 American dietary guidelines: “limit saturated fat intake to < 10% of total daily calories”**
 - ✓ Underlying assumption: it is the saturated fat that contributes to fat accumulation and clogs up your arteries
 - ✓ **It is not saturated fat that is the problem, it is how the body is processing it**
 - ✓ If you have high insulin levels, the body cannot process through it
 - ✓ In case of low insulin levels, SFA are much less of a problem, in addition it is a diet that is very satiating
- Important thing to remember: **virtually no food belongs to just one group of fats !**
 - ✓ Olive oil is almost pure MUFA
 - ✓ Most foods contain all 3 categories of fat: PUFA, MUFA, and SFA
 - ✓ Even a ribeye steak contains a lot of MUFAs !

