EUROPEAN LIFESTYLE MEDICINE ORGANIZATION (ELMO) is a scientific, medical organization based in Geneva (Switzerland) dedicated to research, prevention and treatment of chronic diseases and lifestyle-related diseases (syn: noncommunicable diseases NCDs) promoting evidenced based medicine.
ELMO counts more than 350 members from 48 countries all over the world

Angola ∙ Australia ∙ Azerbaijan ∙ Bahrain ∙ Belgium ∙ Brazil ∙ Bulgaria ∙ Croatia ∙ Cyprus ∙ Denmark ∙ Ecuador ∙ Egypt ∙ France ∙ Germany ∙ Gibraltar ∙ Greece ∙ Hungary ∙ Iceland ∙ India ∙ Ireland ∙ Israel ∙ Italy ∙ Jordan ∙ Kuwait ∙ Lithuania ∙ The Netherlands ∙ Nigeria ∙ Norway ∙ Pakistan ∙ Poland ∙ Portugal ∙ Romania ∙ Russia ∙ Saudi Arabia ∙ Singapore ∙ Slovakia ∙ Slovenia ∙ South Africa ∙ Spain ∙ Sweden ∙ Switzerland ∙ Thailand ∙ Turkey ∙ UAE ∙ Uganda ∙ UK ∙ USA ∙ Zimbabwe
ELMO has:

As Scientific Partners a lot of International Organizations and Universities worldwide

Country Representatives in 20 European Countries

Ambassadors in 21 Countries Worldwide

see more at www.eulm.org
Our Mission:

To improve Life Expectancy and Quality of Life reducing the burden of chronic diseases in Europe
Our Tools:

✓ Evidence-Based Medicine for research and clinical application

✓ Education to raise awareness
3RD EUROPEAN LIFESTYLE MEDICINE CONGRESS
Let Lifestyle be thy Medicine

NOVEMBER 13 - 15, 2020
CROWNE PLAZA ATHENS CITY CENTRE
ATHENS, GREECE

www.elmocongress.com
The 2014 EU Summit on Chronic Diseases

Brussels, 3 and 4 April 2014

CONFERENCE CONCLUSIONS

Today, chronic diseases represent the major share of the burden of disease in Europe and are responsible for 86% of all deaths\(^1\). They affect more than 80% of people aged over 65 and represent a major challenge for health and social systems. 70 to 80% of health care budgets, an estimated € 700 billion per year are spent on chronic diseases in the European Union\(^2\)\(^3\)\(^4\).

The sustainability of our health and social systems is at stake. In response to the call of the 2011 UN High Level Meeting on Non Communicable Diseases\(^5\), we need new approaches to investing in health, moving beyond limiting expenditure to addressing the demand for health and social services, much of which is related to chronic diseases. Investing in health\(^6\) implies
Today...

✓ Lifestyle-related Diseases are the leading Cause of Death and Disability on the Planet today (WHO: 80% of deaths in Europe).

✓ Lifestyle Factors are the Main Drivers in Chronic Disease Pathogenesis.

✓ A reductionist Approach has done nothing to reverse the Chronic Disease Epidemic.
Lifestyle Medicine is a branch of evidence-based medicine in which comprehensive lifestyle changes (including nutrition, physical activity, psychological stress, social support and environmental exposures) are used to prevent, treat and even reverse the progression of chronic diseases by addressing their underlying causes.

Lifestyle changes include:
- Physical Activity
- Nutrition
- Psychological Stress
- Environment
- Alcohol, Tobacco
An Interdisciplinary and integrated approach to noncommunicable diseases

Nutrition
Nutrition plays a key role in the pathogenesis of chronic lifestyle-related diseases

Psychology
Chronic Stress influences health directly and indirectly through a change in lifestyle behaviors

Physical Activity
Insufficient physical activity is a leading cause of chronic lifestyle-related diseases

Social Factors & Environment
Social factors, communities and the environment influence human biology and lifestyle behaviors
Cancer: $895.2 bn
Heart diseases: $753.2 bn
Cerebrovascular disease: $298.2 bn
Road accidents: $204.4 bn
HIV/AIDS: $193.3 bn
Malaria: $24.8 bn
Cirrhosis of the liver: $92.8 bn
Lower respiratory infections (including pneumonia): $125.8 bn

Source: World Economic Forum
Today…
Lacking Connection between Essential Elements
Lifestyle Medicine: All Essential Elements connected

INTERDISCIPLINARY APPROACH
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## Working Groups

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### Medical Specialties
- Cardiology
- Gastroenterology
- Uro-andrology
- Diabetes
- Mental and Neurological Disorders
- Sexual Health
- General Practitioners
- Microbiome
JOIN ELMO TODAY ...

... and help us build a healthier world!

If you are a Medical Doctor, other Health Professional or a Student, join the European Lifestyle Medicine Organization as an official member today and be a part of the global movement to improve research, treatment and prevention of chronic diseases, for a healthier world.

Visit ELMO web site for more : www.eulm.org