



DIET COUNSELLING HOW TO INTERCEPT PREVENTION THROUGH COLD AND FLU?

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PREVENTION AND MEDICAL PRACTICE

A PART FOR VACCINATION



- **PATIENTS DO NOT CONSULT A PRACTITIONER ON THE GROUNDS OF PREVENTION**
- **PREVENTION IS NOT CONSIDERED AS A MEDICAL ACT BY THE PRACTITIONER**

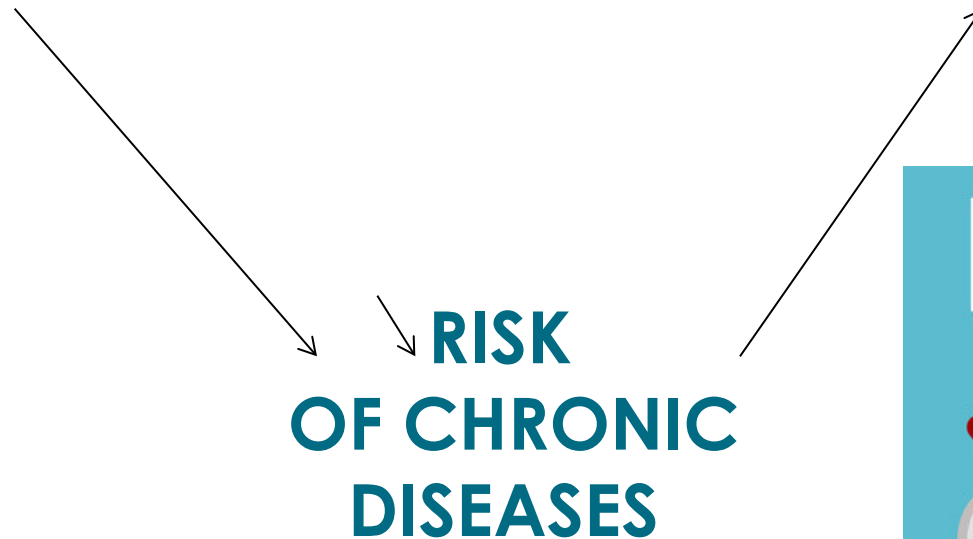
WHAT IS PREVENTION?



- **IT IS NOT A VISIBLE ACTION**
IT IS THE ACTION OF PREVENTING THE OCCURRENCE OF SOMETHING
- **IT IS A LONG WORK WITHOUT EVIDENCE OF RESULTS**
- **IT NEEDS THE REPETITION OF ADVICES**
- **IT IMPLIES OFTEN A CHANGE IN BEHAVIOURS**

NUTRITION AND PREVENTION

NUTRITION AND PHYSICAL ACTIVITY \longleftrightarrow **PREVENTION**



MANY OPPORTUNITIES TO APPROACH PREVENTION THROUGH DIET COUNSELLING

- 1. ACUTE DISEASE**
- 2. CHRONIC DISEASES**
- 3. SYSTEMATIC CONSULTATION**
- 4. FROM THE PATIENT TO ITS ENTOURAGE**
- 5. A SPONTANEOUS QUERY**



OPPORTUNITIES

ACUTE PATHOLOGY

EXAMPLE

AN INFECTION (URINARY – PULMONARY...)



ROLE OF THE DIET AND THE LIFESTYLE
IN ORDER TO AVOID RECURRENCE

- HYDRATION
- IMMUNE SYSTEM ← FRUITS AND VEGETABLES
- BALANCED DIET



OPPORTUNITIES

CHRONIC DISEASES

EXAMPLE

CORONARY HEART DISEASE

TYPE 2 DIABETES

HYPERTENSION

DYSLIPIDEMIA



ROLE OF THE NUTRITION BESIDES DRUGS

- **MEDITERRANEAN DIET**
- **REDUCTION OF FREE SUGARS**
- **SALT REDUCTION**
- **CHOICE OF OILS AND FATS**
- **MEAT CONSUMPTION**

OPPORTUNITIES

SYSTEMATIC CONSULTATION

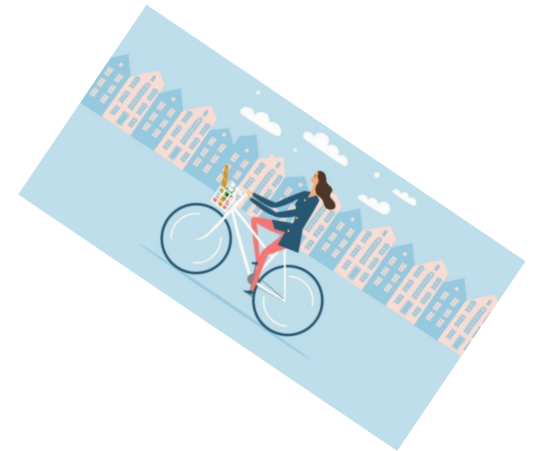
PRESCRIPTION RENEWAL

VACCINATION

CERTIFICATE FOR SPORT OR ADMINISTRATIVE
PAPER

IMPORTANCE TO CHECK

- WEIGHT
- BLOOD PRESSURE
- LIFE STYLE OR DIET



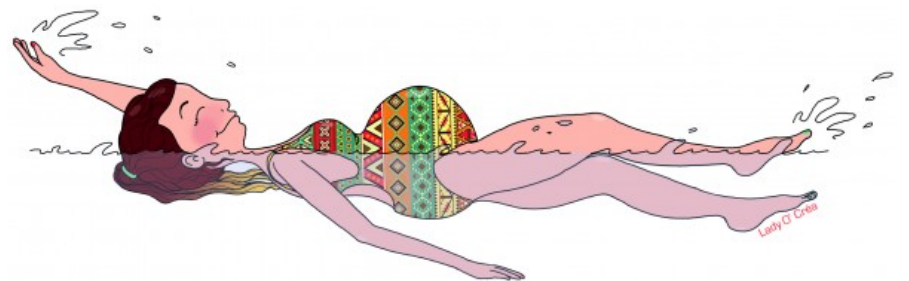
OPPORTUNITIES



FROM THE PATIENT TO ITS ENTOURAGE

EXAMPLES

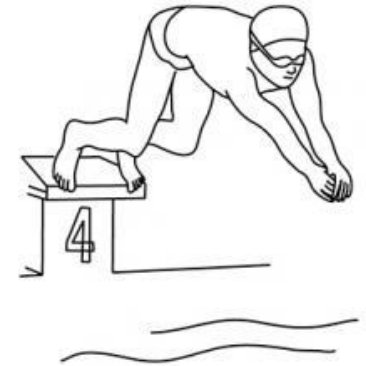
- PASSIVE SMOKING AND INFANTS OR PREGNANCY
- THE ROLE OF PARENTS FOR THE CHILDREN DIET AND THEIR EXAMPLE FOR PHYSICAL ACTIVITY
- THE IMPORTANCE OF NUTRITION IN THE ELDERLY



OPPORTUNITIES

SPONTANEOUS QUERY FROM THE PATIENT

**ON DIET
WEIGHT
FOOD QUALITY
CONTAMINANTS...**



THE PRACTITIONER MUST ANSWER

- NOW
- LATER IF
 - HE HAS NO TIME
 - HE DOES NOT KNOW THE RESPONSE



SOME RECOMMENDATIONS AND CAUTIONS FOR THE PRACTITIONER



LISTEN

NO JUDGMENT

- **NOT TO BE TOO CATEGORICAL**
- **START FROM THE PATIENT DIETARY HABITS**
- **BE POSITIVE AND CAUTIOUS**
- **REPEAT**
- **ONLY IF THE PATIENT IS READY TO LISTEN**
- **DO NOT ATTACK ON WEIGHT EXCESS ONLY**
- **ONE OR TWO ADVICES SIMULTANEOUSLY**
- **NOT FORGET THE ESSENTIAL ROLE OF PHYSICAL ACTIVITY**

HOW SHOULD NUTRITIONAL ADVICE BE ADMINISTRATED DURING A ROUTINE CONSULTATION

- 1. EVERY OPPORTUNITY TO ADDRESS A PREVENTION ISSUE**
- 2. IT IS THE DOCTOR'S JOB TO SPEND TIME FOR PREVENTION: IT IS A MEDICAL ACT**
- 3. THE PHYSICIAN MUST BE PERSONNALLY CONVINCED OF THE IMPORTANCE OF DIET AND LIFESTYLE FOR HEALTH**
- 4. ALWAYS EXPLAIN WHY AND HOW THE NUTRITION ACTS ON ITS OWN HEALTH OR DISEASE**