

## Lifestyle factors were seldom discussed with patients visiting a rheumatology clinic

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### CONCLUSIONS

Although recommended as part of management, lifestyle factors are seldom discussed with the patients, and this discussion is not actively requested by the patients.

Lifestyle factors are more frequently discussed with men although women wanted to have this discussion to a higher extent.

There is a need for health care to actively take the initiative and discuss lifestyle factors as part of regular care.

### INTRODUCTION

There is increasing evidence that lifestyle factors are of importance for outcome of rheumatic diseases, and lifestyle interventions should be a natural part of management.

The aim was to study if lifestyle factors (diet, physical activity, smoking and alcohol use) were discussed with patients on a regular visit to a specialized rheumatology clinic.



### METHODS AND MATERIALS

A questionnaire was distributed to 318 patients visiting an outpatient clinic, and 223 (70%) responded.

The questionnaire assessed if lifestyle factors (diet, physical activity, smoking and alcohol use) were discussed at the visit. If not, it also assessed if the patients themselves felt that this discussion would have been wanted.

### RESULTS

The questionnaire was answered by 69 (31%) men and 154 (69%) women, and 69% were younger than 65 years.

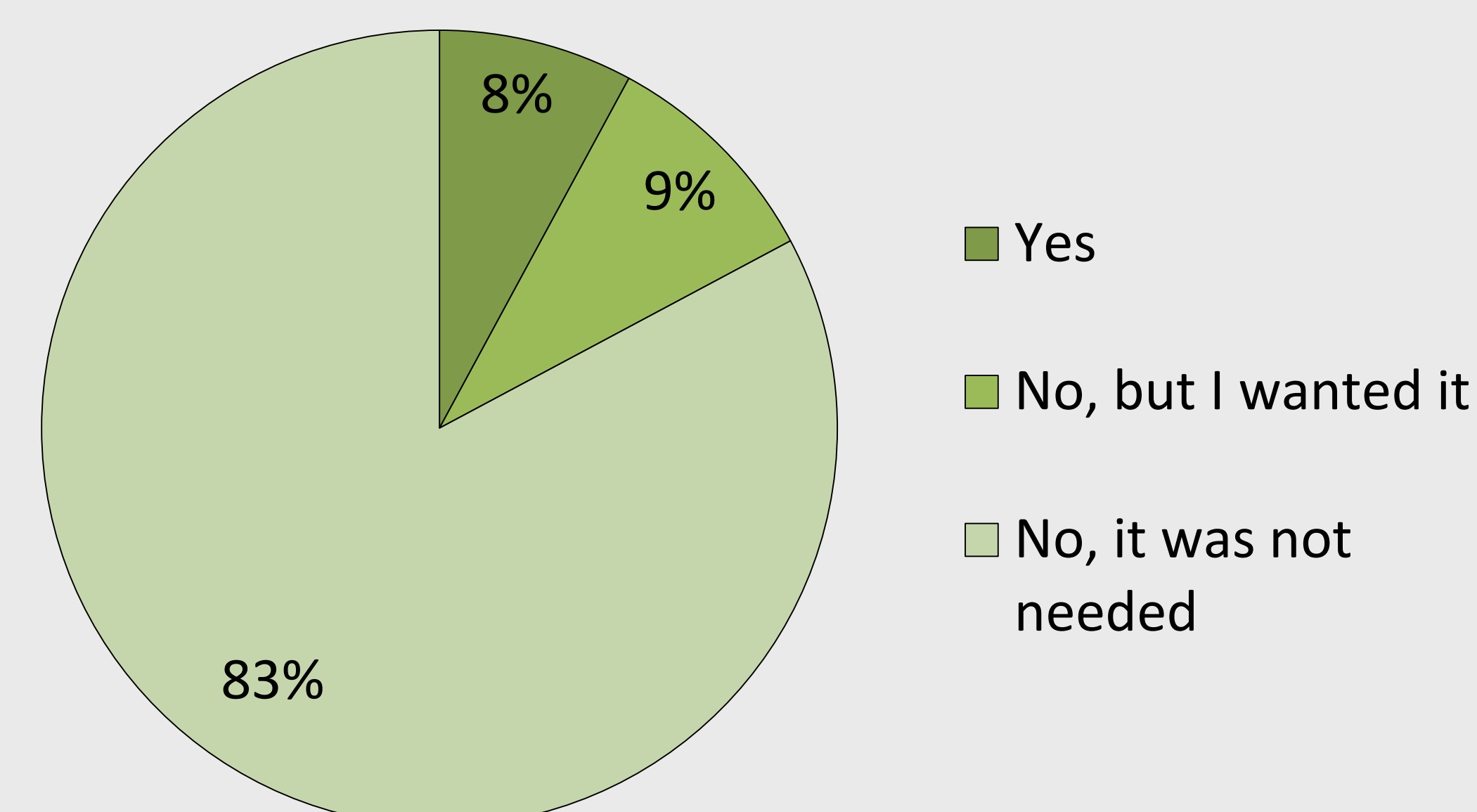
Diet was more frequently discussed with men (14.7% vs. 4.8%) although more women (11.6% vs 4.4%) would have wanted it to be discussed. 83% of the patients did not consider that it was needed to discuss at all.

Physical activity was discussed with 28% of the patients, without any significant difference between men and women. Only 8% of those not having this discussion thought that they needed it.

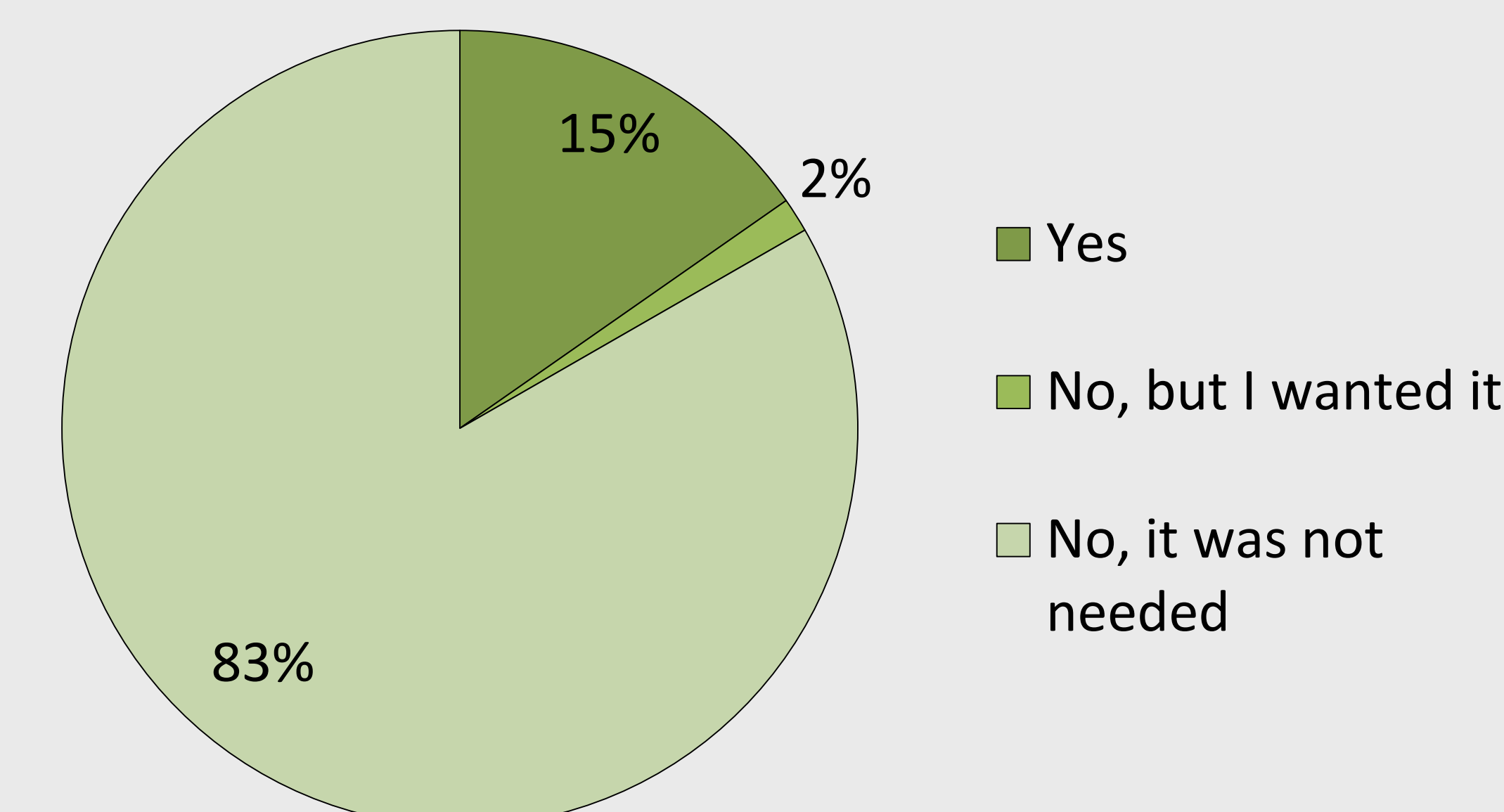
Smoking was discussed with 15%, without any significant difference between men and women.

Alcohol use was discussed with more men than women (15.9% vs. 4.0%). Of those not having this discussion 3% of the women but none of the men reported that they wanted it.

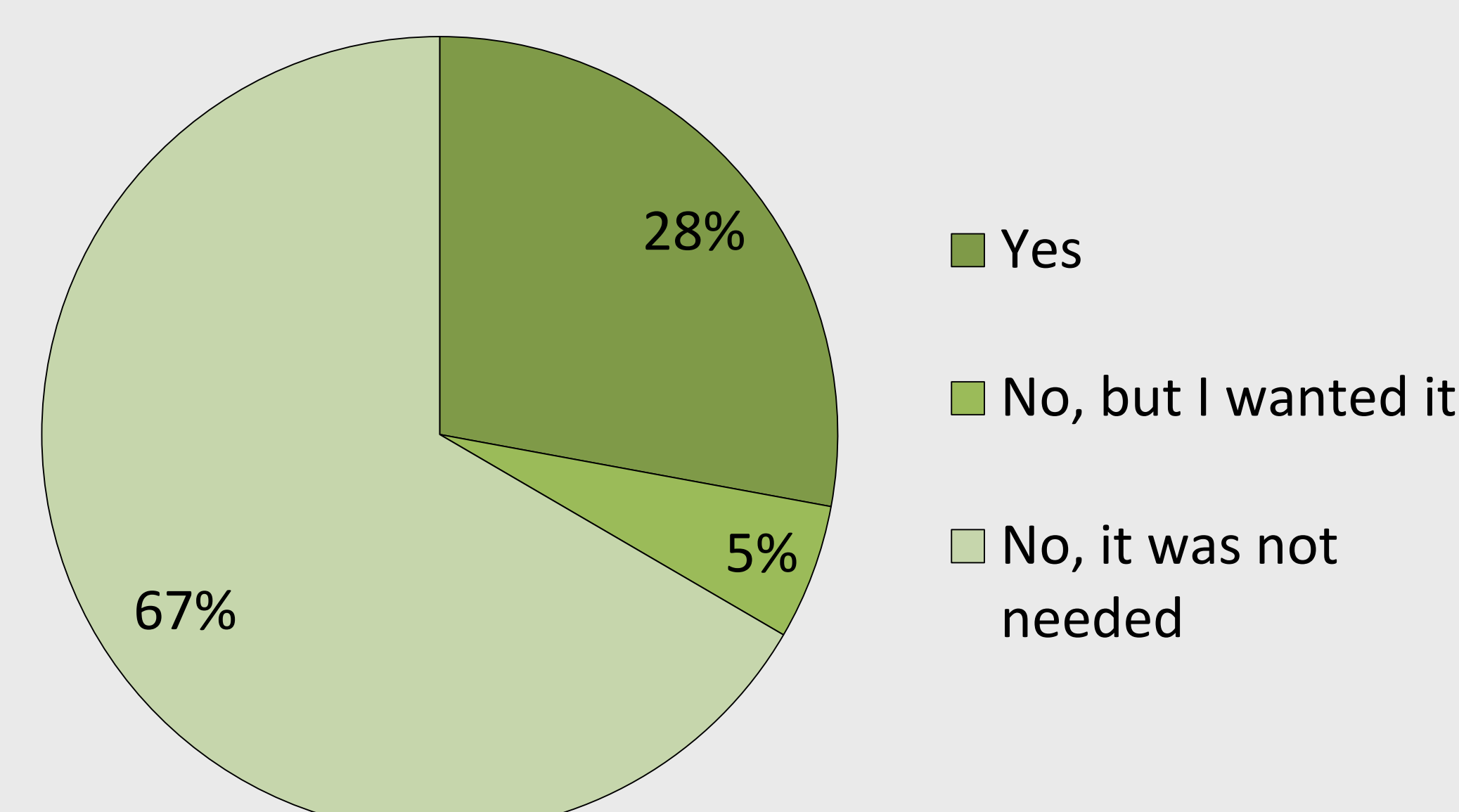
Diet discussed?



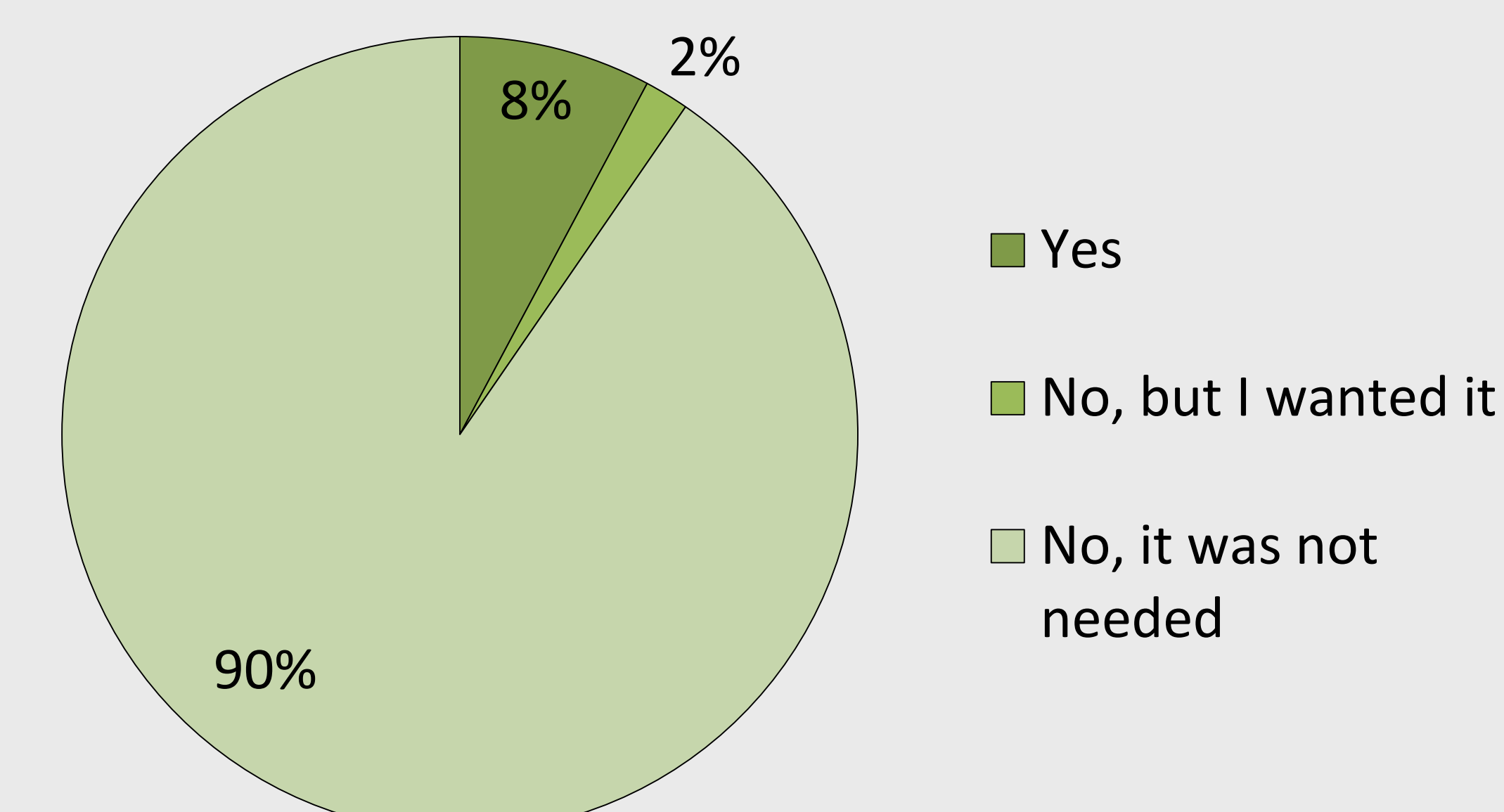
Smoking discussed?



Physical activity discussed?



Alcohol use discussed?



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