

## Cardiometabolic health and lifestyle medicine: Strategies to reduce global heart disease burden

**Rajesh Menon**

All India Institute of Medical Sciences, India

Cardiometabolic diseases—including hypertension, diabetes, obesity, and dyslipidemia—are major contributors to cardiovascular morbidity worldwide. Despite advances in therapeutic options, lifestyle factors remain powerful determinants of cardiac health. This presentation examines evidence-based strategies to reduce global cardiovascular risk through lifestyle medicine, preventive interventions, and community-based programs. Topics will include the physiological effects of diet patterns such as the DASH, Mediterranean, and plant-based diets, as well as the role of structured physical activity in improving endothelial function, lipid profiles, and insulin sensitivity. The session will also discuss behavioral interventions targeting stress management, sleep hygiene, and smoking cessation, emphasizing the importance of integrative approaches in cardiometabolic risk reduction.

Additionally, emerging digital tools—such as wearable technology, remote monitoring, and personalized coaching apps—will be explored for their potential to enhance patient adherence and long-term outcomes. The presentation will highlight successful public-health models from various countries, demonstrating how lifestyle-focused programs have reduced cardiovascular events at the population level. The aim is to provide clinicians with a practical framework to incorporate lifestyle medicine into routine cardiology practice.

### Biography

Rajesh Menon is a Senior Cardiologist and Lifestyle Medicine Specialist at AIIMS New Delhi, with over 18 years of clinical experience. His research focuses on preventive cardiology, cardiometabolic disorders, and population-level heart-health interventions. He has led national awareness campaigns promoting heart-healthy lifestyles and has published widely on the role of diet and physical activity in reducing cardiovascular risk. Dr. Menon is a respected speaker at international cardiology and public-health conferences.

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