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Lifestyle Medicine & Dermatology

Abstract:

Exploring the evidence-based practice of lifestyle medicine which focuses on preventing, treating and reversing chronic diseases through sustainable lifestyle changes. Specifically, we will discuss how lifestyle medicine can impact the management of dermatologic disorders. We will learn the six pillars of lifestyle medicine including whole food plant-predominant nutrition, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connections. We will then review the connection between lifestyle factors and several dermatologic disorders/conditions including acne, psoriasis, aging skin, hidradenitis suppurativa, skin cancer, and atopic dermatitis.

Biography

Buchi Neita, MCMSc, PA-C is a certified physician assistant with Epiphany Dermatology. She brings over 15 years of experience to manage the dermatologic needs of patients of all ages and skin types, with special interests in acne, eczema, psoriasis, and disorders affecting skin of color. She is also passionate about lifestyle medicine, preventative healthcare, and integrative/holistic approaches to managing skin disease. Her formal educational training includes a Bachelor of Science in Biology from the University of California, Riverside and a Master of Clinical Medical Sciences in Physician Assistant Studies from Barry University in Miami, FL.