

Dear Editor,

Your story on the high NNT (number needed to treat for one person to benefit) of statins and other blockbuster drugs ("Do cholesterol drugs do any good?" January 17) very appropriately mentions the important yet neglected role of better diet and increased physical activity. Physician-supervised therapeutic lifestyle change, or TLC, programs incorporating optimum nutrition, regular moderate exercise, and stress management have been clinically proven to lower the risk of lifestyle-related chronic diseases such as type 2 diabetes, cardiovascular disease, and osteoarthritis. Unfortunately, most doctors do not counsel their patients on TLC, citing time constraints and financial pressures. This is unfortunate, as practically everyone can benefit from a well designed lifestyle counseling program. Considering the number of people who suffer from or are at risk of developing these illnesses, all physicians should be encouraged to incorporate a TLC program into their practices.

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