

2025 Pain Care Skills Training (PCST) & Substance Use Disorder (SUD) Combined Agenda

Lifestyle & Performance Medicine

Presented by: Lt Col Breanna Gawrys, MD

Offered: 13 August 2025, 1300–1500 PM ET

Location: ZoomGov

Course Description: This workshop will discuss pain management through the lens of Lifestyle Medicine (LM), known in the DOD as Lifestyle & Performance Medicine (LPM). This will highlight the six pillars of health that are essential to optimal health. We will discuss specifics of how pain can be mitigated through strategic lifestyle choices and discuss opportunities for implementation of Lifestyle Medicine in the Military.

Learning Objectives:

1. Conceptualize the subspecialty of Lifestyle Medicine (LM) and its six tenets in the context of pain management
2. Understand how nutrition, physical activity, and sleep play an essential role in pain management
3. Comprehend how to build a plan for healthy lifestyle choices for optimum pain management
4. Discuss opportunities for implementation of Lifestyle Medicine in the Military

13 August 1300–1500 PM ET

1300–1330 The Why Behind Lifestyle Medicine

1330–1400 How to Use LM to Approach Pain

1400–1430 How to Incorporate LM in Your Clinic Visits

1430–1445 How to Get Involved in LM

1445–1500 Q & A, Discussion and Wrap-Up