



**PHILIPPINE COLLEGE
OF LIFESTYLE MEDICINE**

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MISSION

The Philippine College of Lifestyle Medicine serves its members by advancing the field of lifestyle medicine, promoting excellence in clinical practice, and advocating on behalf of medical and public policy issues related to the practice and promotion of lifestyle medicine.

The PCLM is an accredited society of the Lifestyle Medicine Global Alliance (LMGA)

August 2, 2021

**POSITION PAPER OF THE PCLM ON THE
VACCINATION PROGRAM AND THE USE OF IVERMECTIN
FOR COVID-19 CASES**

The Philippine College of Lifestyle Medicine (PCLM), the national organization of licensed and certified lifestyle medicine physicians, is an affiliate of the Lifestyle Medicine Global Alliance. Lifestyle Medicine Societies have a close tie to the Preventive Medicine community, which strongly connects to Public Health promotion that implements vaccination programs.


Whereas, the PCLM supports evidence-based medicine, informed consent, and patient rights. It is essential to establish every patient's risk-benefit profile and respect their autonomy to choose, collaborating with their physician in handling treatment and vaccination decisions.

Whereas, the PCLM adheres with the policy statements of the Department of Health, Food and Drug Administration, and the World Health Organization on the insufficient evidence to support the safety and efficacy of Ivermectin for COVID-19. The PCLM hereby cautions its Physician members in prescribing or compounding ivermectin as a treatment for COVID 19 outside the approved compassionate use hospitals.

Whereas, the PCLM composing of public health professionals, general practitioners, and various specialists, supports the effort of the Philippine Government in implementing the nationwide primary prevention program to address the COVID-19 Pandemic. Adherence to basic precautions, such as physical distancing, wearing of mask and shield, avoiding crowds, cleaning hands, and getting vaccinated, are the foundations of the campaign.


Whereas, there is solid evidence that healthy lifestyle choices reduce the risk of disease initiation and fatality for noncommunicable diseases and COVID infection as promoted by the Department of Health, World Health Organization, and the Lifestyle Medicine Community.

Maintaining a healthy lifestyle includes nutrition focusing on a plant-predominant diet, active lifestyle, adequate sleep, functional social relationship, stress management, and abstinence in substance use. Therefore, lifestyle modification remains the cornerstone of initial and maintenance intervention for noncommunicable diseases and is a vital strategy for supporting immune systems in times of Pandemic.


MECHELLE ACERO PALMA, MD
President

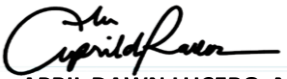

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