ISSN: 2833-4353

Case Report

Archives of Epidemiology & Public Health Research

Bethsaida Hospital: Pioneering Plant-Based Diet and Lifestyle Medicine Revolution in Indonesia

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Submitted: 2025, Mar 11; **Accepted:** 2025, Apr 14; **Published:** 2025, Apr 22

Citation: Mulijono, D. (2025). Bethsaida Hospital: Pioneering Plant-Based Diet and Lifestyle Medicine Revolution in Indonesia. *Arch Epidemiol Pub Health Res, 4*(1), 01-03.

Abstract

This documentary-style report explores the transformative work of Prof. Dasaad Mulijono, a leading cardiologist at Bethsaida Hospital, Indonesia, who is pioneering a revolution in cardiovascular care through the integration of Drug-Coated Balloon (DCB) therapy and a Whole-Food Plant-Based Diet (WFPBD). Prof. Dasaad's approach addresses the treatment of coronary artery disease (CAD) and its root causes, marking a shift from reactive to preventive healthcare. During the COVID-19 pandemic, he further demonstrated the power of nutrition in enhancing immune function and reducing mortality among high-risk populations. This report highlights how Bethsaida Hospital has become a national model for holistic, lifestyle-driven medicine, redefining heart care in Indonesia and inspiring a new generation of medical professionals to prioritize healing through food, compassion, and innovation.

Keywords: Bethsaida Hospital, Prof. Dasaad Mulijono, Whole-Food Plant-Based Diet, Lifestyle Medicine, Coronary Artery Disease, Drug-Coated Balloon, Restenosis Prevention, Heart Disease Reversal, Preventive Medicine, COVID-19 & Plant-Based Diet, Medical Education Reform, Public Health Transformation.

1. A New Way to Treat Heart Disease

For years, implanting metal stents was the go-to treatment for blocked arteries. While effective in the short term, these stents have long-term risks like blood clots and restenosis (re-narrowing of the artery). That changed when Prof. Dasaad introduced DCB therapy to Indonesia. DCB delivers medication to the artery wall and disappears, leaving no foreign object behind. It's safer, less invasive, and offers better long-term outcomes for many patients. Thanks to Prof. Dasaad's leadership, Bethsaida Hospital is recognized as a pioneer in this approach.

2. Combining Modern Procedures with Timeless Wisdom

DCB technology is only part of the story. Prof. Dasaad saw a deeper issue: many heart problems come from unhealthy lifestyles, especially poor diet. That's why he introduced a WFPBD at Bethsaida Hospital. This diet, built on vegetables, fruits, legumes, and whole grains, has been scientifically proven to reduce cholesterol, improve blood pressure, and even reverse heart disease in some cases. Patients who underwent heart procedures and then adopted a WFPBD experienced dramatically better outcomes—lower risk of restenosis, fewer hospital readmissions, and improved overall health.

3. The Hospital as a Centre for Healing and Learning

At Bethsaida, patients don't just get pills—they receive lifestyle education, personalized diet plans, and emotional support. The hospital cafeteria serves only plant-based meals, and doctors and nurses are trained in clinical care and lifestyle counselling. It's a new kind of hospital that treats people, not just diseases.

4. When COVID-19 Hit, Nutrition Made a Difference

During the COVID-19 pandemic, Prof. Dasaad noticed something striking: patients with lifestyle diseases like CAD, obesity, diabetes, and hypertension had far worse outcomes. He proposed a bold idea: what if we could improve patients' immune resilience through plant-based nutrition?

In a study of 3,500 high-risk patients who followed a WFPBD, Prof. Dasaad and his team found better survival rates, no ICU admissions, no mortality, and faster recovery. These results were later echoed by international research. His insights showed that food could be a frontline defence against disease, including heart and infectious diseases.

5. Leading a National Movement

What began at Bethsaida now inspires hospitals, doctors, and policymakers across Indonesia. Through workshops, conferences, and the Indonesian College of Lifestyle Medicine, Prof. Dasaad trains the next generation of doctors to blend high-tech medicine with high-touch lifestyle care.

His message is simple yet powerful:

"We must treat the cause, not just the symptoms. Food is our most powerful medicine."

6. A Doctor with Vision and Compassion

Prof. Dasaad is not just a scientist—he's a healer and visionary. His work blends the latest medical science with a deep sense of humanity. Patients describe him as compassionate, thorough, and willing to walk the healing journey with them [1-32].

7. What We Can Learn

• DCB is the future of interventional cardiology—safe, effective, and non-invasive.

• Plant-based diets can prevent, treat, and even reverse heart disease.

• Hospitals can become centres for healing, not just fixing.

• Lifestyle medicine is powerful in pandemics and chronic disease.

• Indonesia is showing the world a new healthcare model.

8. Prof. Dasaad's Top Achievements

• First to widely implement DCB therapy in Indonesia

• Founded Indonesia's first plant-based hospital-based lifestyle program

• Led COVID-19 nutrition research, saving thousands of lives

• Inspired hundreds of doctors across Southeast Asia

• Bridged conventional cardiology with public health nutrition

9. Final Thoughts

Bethsaida Hospital and Prof. Dasaad Mulijono have shown that true healing begins with compassion, knowledge, and lifestyle change. Their work proves that a hospital doesn't need to be a place of sickness—it can be a hub of hope, education, and transformation. This story is a blueprint for change in a world struggling with rising chronic diseases.

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