An international scientific, medical, allied health and public health multidisciplinary and CPD event.

Lifestyle Medicine 2016

AUSTRALASIA

It’s time for change: reframing medicine, clinical practice and health policy.

FRIDAY 4 - SUNDAY 6 NOVEMBER 2016
GRAND HYATT, MELBOURNE, AUSTRALIA

Themes
• ‘Diabesity’, metabolic & cardiovascular diseases
• Depression, mood & anxiety disorders
• The microbiome in mental health & chronic disease
• Personalised medicine: clinical applications of the ‘omics’
• Coaching to change lives: facilitating health behaviour change
• Shared Medical Appointments: a quantum leap in chronic disease management

Streams
• Clinical (practical ‘how to’ focus)
• Scientific (oral abstracts & posters)
• Policy (world experts & think tank)

Who should attend
GP’s & MEDICAL SPECIALISTS
DENTAL PRACTITIONERS
PUBLIC HEALTH PHYSICIANS
HEALTH POLICY PROFESSIONALS
SCIENTISTS & RESEARCHERS
ACADEMICS & EDUCATORS
DIETITIANS & NUTRITIONISTS
NATUROPATHS
EXERCISE PHYSIOLOGISTS
PSYCHOLOGISTS
NURSES & PRACTICE NURSES
DIABETES EDUCATORS
SOCIAL WORKERS
COUNSELLORS
PSYCHOTHERAPISTS
OSTEOPATHS
PHYSIOTHERAPISTS
CHIROPRACTORS
PHARMACISTS & ASSISTANTS
OTHER ALLIED HEALTH

Offering evidence-based knowledge, skills, tools and procedures for clinicians through participatory workshops with case studies and discussion, the latest translational scientific research from around the world, a deep exploration of determinants and systemic issues for health policy professionals, and an ‘Innovation & Enterprise’ future think tank and consensus statement to be released to local and international media.

American College of Lifestyle Medicine
Australasian Society of Lifestyle Medicine
EUROPEAN LIFESTYLE MEDICINE ORGANIZATION

www.lifestylemedicine.org.au
Pre-conference workshops – Friday 4 November 10am-5pm (RACGP #67632, 67663 & 64526)

9am-10am  Registration and arrival tea and coffee from 9am (Level 8, Grand Hyatt)

10am-12pm Concurrent workshops (Choose one on the day, watch the others online later). NB: The SMA workshop requires pre-registration by email

SAVOY 1
Lifestyle intervention with focus on diet, nutrition and physical activity. RACGP #67632
Obesity: underpinnings, mechanisms and influences (40) Prof Stephan Rössner
The Cretan Mediterranean diet in the prevention and management of cardiovascular diseases and diabetes (30) Prof Catherine Itsiopoulos
Abstract: Physical movement as healthy lifestyle attitude among Italian medical school students (10) Dr Luigi Maselli et al
Abstract: The cross-sectional association between core grain intake with fibre and anthropometric measures among Australian adults (10) Dr Flavia Fayet-Moore et al
Q&A, panel and discussion

SAVOY 2
Lifestyle intervention with focus on psychosocial factors. RACGP #67663
The neuroscience of mindfulness: effects on the mind, gene expression and genetic ageing (40) Dr Richard Chambers
Habit formation for patient activation (30) Kim Poyner RN
Tai Chi: an ideal evidence-based approach for physical and mental health (20) Dr Paul Lam (Don’t miss the 8am practical sessions with Dr Paul Lam on Saturday and Sunday!)
Abstract: Depression and inflammation: Tumeric and saffron as potential treatment options (10) Danielle Fairbrother et al
Q&A, panel and discussion

SAVOY 3
Shared Medical Appointments (SMAs) workshop for practitioners & facilitators. RACGP #64526
(please note, only the talks in this workshop will be filmed, not delegate participation segments)
Become an ASLM Registered SMA Facilitator by attending this workshop and follow-up assessment.
Facilitated by:
Prof Garry Egger, A/Prof John Stevens and Dr Chris Ganora
• Introductions
What: SMA demonstration and description, background and rationale

12pm-12.30pm Lunch

12.30-2.30pm Concurrent workshops (Choose one on the day, watch the others online later). NB: The SMA workshop requires pre-registration by email

SAVOY 1
Lifestyle intervention with focus on diet, nutrition and physical activity (continued)
An integrated approach to wellbeing - including exercise, sleep, dietary composition, meal timing and behavior change strategies (40) Paul Taylor
Intermittent fasting: an effective method of reducing inflammation and chronic disease (25) Sally Mathrick
Abstract: A simple tool for non-diетetic health care practitioners to write a meal plan for patients in a standard 15 minute consultation (10) Dr Tri Cao
Abstract: Improved mental health following a trial community-based physical activity and nutrition intervention among Australian adolescents (10) Erin Hoare et al
Q&A, panel and discussion

SAVOY 2
Lifestyle intervention with focus on psychosocial factors (continued)
Bush Medicine: The social, environmental and cultural context of health in aboriginal communities (40) Dr James Read
Using your personality to support health behavior change (25) Dr Liana Lianov
Abstract: Practical interventions to increase physical and psychological health from a psychologist and fitness trainer (15) Mr Simon Matthews
Abstract: Beyond the biopsychosocial model: restoring body, mind and spirit (10) Dr Kevin Coleman
Q&A, panel and discussion

SAVOY 3
Shared Medical Appointments (SMAs) workshop (continued)
• Why and how in theory: Objectives and characteristics of SMAs
• How in practice: Understanding and developing roles in SMA - practice this through simulated SMA
SMAs (also called ‘Group Visits’) are a revolutionary way of managing chronic disease in primary care. They are, “A series of consecutive individual medical consultations in a supportive group setting where all can listen, interact, and learn.” As such an SMA is a both an individual consultation and a group education session.

2.30pm-3pm Afternoon tea

3pm-5pm Concurrent workshops (NB: The SMA workshop requires pre-registration by email)

SAVOY 1
Lifestyle intervention: evidence, application and emerging trends
Nutrigenomics: reshaping the lifestyle medicine landscape (20) Dr Christine Houghton
The Complete Health Improvement Program (CHIP) a brief history and the research (30) Dr Paul Rankin
Lifestyle change: essential elements for health and well-being (20) Adj A/Prof Sanjay Raghav
Abstract: The merged REFLECT/Complete health Improvement Program (CHIP) in the South Pacific – a pilot study (10) Dr Lillian Kent et al
Abstract: A community-based lifestyle intervention targeting Type II Diabetes risk factors in an Australian aboriginal population: a feasibility study (10) Paul Rankin et al
Abstract: Healthy Start Workforce Project: Supporting health practitioners as agents of change (10) Susan Miller & Mary Cavanagh
Q&A, panel and discussion

SAVOY 3
Shared Medical Appointments (SMAs) workshop (continued)
• Planning and promoting SMAs
• Implementing SMAs in your practice
• Evaluation and debrief
SMAs involve a doctor, a facilitator, usually an allied health professional, who directs the 60-90 minute sessions and manages group dynamics, and 6-12 patients at a time. If you’re frustrated with the limitations of 1:1 consulting, SMAs are for you and for your patients.

Welcome Reception and Opening Plenary - Friday 4 November 5pm-8pm

4pm-6pm  Registration and arrival tea and coffee from 4pm (Level 8, Grand Hyatt)

5pm-6pm Welcome Reception – sponsored by iMgateway
All delegates, speakers, VIPs, sponsors and supporters are invited to join us in the Mayfair Ballroom for drinks, canapés and conversation.

6pm-8pm SAVOY 1
Opening Plenary session
• Welcome to country and official opening (20) Dr Caroline West (MC), A/Prof John Stevens (MC) and Dr Hamish Meldrum (President ASLM)
• Lifestyle Medicine: Past, Present, and Future (30) Dr George E Guthrie (President ACLM)
• Nutrigenomics: Do our genes determine what we should eat? (40) Prof Ahmed El-Sohemy
• Moving prevention policies on chronic diseases forward in Australia (30) Prof Maximilian de Courten

6pm-8pm SAVOY 2
Lifestyle Medicine: Past, Present, and Future (30) Dr George E Guthrie (President ACLM)
Nutrigenomics: Do our genes determine what we should eat? (40) Prof Ahmed El-Sohemy
Moving prevention policies on chronic diseases forward in Australia (30) Prof Maximilian de Courten
Saturday 5 November 9am-6pm (RACGP #67616, 67620 & 67624)

8am  Morning Tai Chi with Dr Paul Lam (45 minutes) in the Bristol Room

8am  Registration and arrival tea and coffee from 8am (Level 8, Grand Hyatt)

9am-11am  SAVOY 1  Plenary session
  • Welcome and announcements - Dr Caroline West and Dr Hamish Meldrum (President ASLM) (10)
  • Human ecology and health (40) Emeritus Prof Mark Wahlqvist
  • Can we prevent depression? (30) Prof Michael Berk
  • Guest speaker: Don't get depressed. Get active! Bob Brown (40)

11am-11.30am  Morning tea and poster viewing

11.30am-1.30pm  Concurrent workshops (Choose one on the day, watch the others online later)

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<tr>
<th>SAVOY 1</th>
<th>SAVOY 2</th>
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<tbody>
<tr>
<td>The microbiome in chronic disease and mental health. RACGP #67616</td>
<td>‘Diabetes’, metabolic and cardiovascular disease. RACGP #67620</td>
<td>Depression, mood &amp; anxiety disorders RACGP #67624</td>
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<tr>
<td>The role of the GIT microbiota in metabolic disease (40) Dr Jason Hawrelak</td>
<td>Exploding the myths about exercise and weight management (40) Prof Neil King</td>
<td>Micronutrients as a treatment for psychiatric disorders: rethinking the paradigm (40) Prof Julia Rucklidge</td>
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<td>Oral-Systemic Medicine: the importance of the oral cavity in Lifestyle Medicine (20) Dr Christine May</td>
<td>Diabesity, metaflammmation, anthropogens and more (25) Prof Garry Egger</td>
<td>Diet as a therapeutic target for major depression (25) Dr Adrienne O’Neil</td>
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<td>Shifting the microbiome in mental health: case studies (20) Dr Sally Price</td>
<td>Low cost interventions for prevention of cardio-metabolic risk factors and disease (25) A/Prof Barbora de Courten</td>
<td>Circulatory and cognitive benefits of resveratrol for an ageing population – implications in mental health (25) Prof Peter Howe</td>
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<td>Abstract: Resveratrol for healthy ageing in women: a two-year randomised, placebo-controlled, crossover dietary intervention – study rationale and protocol (10) Rachel Wong et al</td>
<td>Q&amp;A, panel and discussion</td>
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Q&A, panel and discussion

1.30-2.30pm  Lunch and poster viewing

2.30-4.30pm  Concurrent workshops (Choose one on the day, watch the others online later)

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<tr>
<td>Personalised medicine: Applications of the ‘Omics’ Nutrigenomics: What do the skeptics say? (40) Prof Ahmed El-Sohemy</td>
<td>What’s love got to do with it? Connection, meaning &amp; purpose Meaninglessness, alienation and loss of culture and identity: Now measurable determinants of chronic disease (30) A/Prof John Stevens</td>
<td>Positive psychology &amp; coaching for emotional wellbeing Evidence-based and leading edge approaches for changing behavior to support health (40) Dr Liana Lianov (Past President ACLM)</td>
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<td>Clinical applications in nutrigenomics: case studies (30) Dr Flavia Fayet-Mooore</td>
<td>Nature Connection: Deep ecology practices that help us ‘reconnect’ (25) Sally Mathrick From Soil to Super: Are sustainable living and healthy living two sides of the same coin? (25) Dr Sam Manger</td>
<td>Health and wellness coaching in the medical world (25) Fiona Cosgrove</td>
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<td>Genetics and personalised medicine: a clinical application (20) Jille Burns NP</td>
<td>Abstract: Genomics-informed practitioner and fitness coaching for enhanced metabolic disease outcomes (10) Dr Robert Verkerk, Meleni Aldridge et al</td>
<td>Lifestyle Medicine for emotional wellbeing: the Live More! Project (25) Dr Darren Morton</td>
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<tr>
<td>Abstract: Genomics-informed practitioner and fitness coaching for enhanced metabolic disease outcomes (10) Dr Robert Verkerk, Meleni Aldridge et al</td>
<td>Q&amp;A, panel and discussion</td>
<td>Abstract: A pilot study of a video-based lifestyle intervention for increasing emotional wellbeing (10) Mel Renfrew et al</td>
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<td>Q&amp;A, panel and discussion</td>
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4.30-5pm  Afternoon tea and poster viewing

5pm-6pm  Plenary session: Lifestyle Medicine in the world
  • Lifestyle Medicine and the Great Healthcare Convergence (15) Dr Robert Verkerk
  • Lifestyle Medicine core competencies and Board Certification (10) Stephan Herzog & Dr Liana Lianov
  • The Lifestyle Medicine Global Alliance (LMGA): part of the answer to the NCD epidemic? (5) Dr Margareta Ezwina

Q&A, panel and discussion:
  • Moderators: Stephan Herzog (Executive Director ABLM) and Margareta Ezwina (Director LMGA)
  • Participants: Prof Garry Egger (Aus), Prof Stephan Rössner (Swe), Dr Luigi Maselli (Italy), Dr James Wu (HK), Dr Rob Lawson (UK), Dr Darren Morton (Aus), Dr Liana Lianov (USA)

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Saturday 5 November 7pm-11pm Gala Conference Dinner

7pm for 7.30pm  Pre-dinner drinks and conversation in the Savoy Ballroom foyer

7.30pm-11pm  A different conference dinner with the emphasis on gala – sponsored by Interclinical Laboratories and Algotene
  • Healthy buffet smorgasbord with quality local wines (V, VG, GF, DF catered for)
  • Band: 8 Foot Felix – Expect to be thoroughly entertained, surprised and cajoled. Dancing will be inevitable
### Sunday 6 November 9am-5pm (RACGP #67664)

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<tr>
<td>9am-11am</td>
<td><strong>SAVOY 1</strong></td>
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<td>9am-11am</td>
<td>Plenary session</td>
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<td>• Welcome and announcements Dr Caroline West and Dr George Guthrie (President ACLM) (10)</td>
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<td></td>
<td>• Where does obesity meet under-nutrition and climate change and are there joint solutions? (40) Prof Boyd Swinburn</td>
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<td>• Diabetes trends and Lifestyle Medicine: The role of reversal (40) Dr Wayne Dysinger</td>
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<td>• Deploying digital technology to aid health promotion in primary care (30) Prof Moyez Jiwa</td>
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<td>11am-11.30am</td>
<td>Morning tea and poster viewing</td>
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<td>11.30am-1.30pm</td>
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<td>1.30-2.30pm</td>
<td>Lunch and poster viewing</td>
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<td>2.30pm-5pm</td>
<td><strong>SAVOY 1</strong></td>
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<td>2.30pm-5pm</td>
<td>Closing plenary session</td>
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<td>The Dr Andrew Binns’ Pre-memorial lecture:</td>
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<td>• Insights on the traditional lifestyle of Aborigines at first contact (30) Prof Kerin O’Dea</td>
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<td>Special guest speakers:</td>
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<td>• Contemplative healthcare: Should healthcare professionals have a meditation practice? (20) Emeritus Prof Peter Smith</td>
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<td>• The Climate and Health Alliance (CAHA) for population and climate health (10) Kim Daire</td>
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<td>Abstract presentations:</td>
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<td>• A whey/guar “preload” improves postprandial glycaemia and HbA1c in type 2 diabetes: a 12-week, single-blind, randomised and placebo-controlled trial (10) Linda Watson, Christopher Rayner et al</td>
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<td>• Metabolic Syndrome Parameters and AMY1 Gene Copy Number (10) Dr William Ferguson, Dr Paul Beaver et al</td>
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<td>Where to from here for Lifestyle Medicine?</td>
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<td>• Processes in Lifestyle Medicine (20) Prof Garry Egger</td>
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<td>• GP as Public Health Physician (10) Dr Hamish Meldrum</td>
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<td>Inaugural ASLM Fellowship (FASLM) awards</td>
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<td>Oral and poster abstract awards</td>
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<td>• Best Abstract Presenter</td>
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<td>• Best Poster Presenter</td>
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<td>Q&amp;A and Panel Discussion: Future Think Tank</td>
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<td>• Moderator: to be announced</td>
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<td>• Panelists: Prof Mark Wahlqvist, Prof Kerin O’Dea, Prof Stephan Rossner, Prof Boyd Swinburn, Prof Felice Jacka, Prof Garry Egger, Prof Neil King, Dr George Guthrie</td>
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<td>Consensus statement and close</td>
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<td>3.30-5pm</td>
<td>Lifestyle intervention, management and treatment: reversal is not a dirty word</td>
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<td>Reversing Type 2 Diabetes, a practical reality (40) Dr George Guthrie (President ACLM)</td>
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<td>Preventing and managing diabetes with a plant-based diet (25) Dr Kate Marsh</td>
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<td>Fatty liver: The next “big thing” (and associated metabolic syndrome) (25) Dr Alex Hodge</td>
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<td>Abstract: Modifiable lifestyle factors and disability in multiple sclerosis: An international cross-sectional study (10) Tracey Weiland et al</td>
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### SAVOY 1
- Facilitating health behavior change in the real world – tackling the hard stuff
- Facilitating behaviour change in clinical practice – enhancing patient engagement (40) Kim Poyner
- Applying the coaching model to increase the patient’s or client’s motivation to change (25) Fiona Cosgrove
- From hearts to minds: accommodating cognitive function in the management of cardiac patients (25) Jennifer Norris

**Abstract:** Healthcare provider perceptions of resources and responsibilities for preventing future Type 2 Diabetes in women with a history of Gestational Diabetes Mellitus (10) Sumali Hewage et al
- Q&A, panel and discussion