



Diabetes, Internal Medicine & Travellers' Health Update 2015 September 7-19, 2015

Detailed Conference Agenda

Please Note: Out of respect for your fellow delegates, please arrive at least 5 minutes prior to each session. The sessions will start on time.

Monday September 7, 2015

Barcelona, Spain

2:30 – 3:00 **Conference Registration**

Tuesday, September 8, 2015

Marseille, France

Evening

5:00 – 6:00 **Welcome: Day 1** - Your hosts will outline the CME program for the conference along with a turning point and tablet technology demonstration.

6:00 – 7:00 **Diabesity: Prevalence, Trends, Screening and Diagnosis** - *Dr. David Lau*
Dr. Lau will review the Global Epidemic of Diabesity and how there are more than 350 million people worldwide with diabetes. During this session, he will discuss how to screen, identify and diagnose obesity, diabetes and caridometabolic risk along with an understanding of why obesity predisposes to insulin resistance and type 2 diabetes.

7:00 – 8:00 **The Evolution of Natural Medicine** – *Dr. Andrew Tresidder*
During his first session, Dr. Tresidder will review the development of natural therapies through historic periods and the classification system for natural medicine therapies based on the House Of Lords Report 2000. He will also discuss a model of Human Functino that supports possible rationales for natural medicine.

Wednesday September 9, 2015

Nice (Villefranche), France

Evening

4:45 – 5:00 **Welcome: Day 2** - Your hosts will outline the CME program for the evening.

5:00 – 6:00 **Office Evaluation of the Obese Patient with Prediabetes** – *Dr. David Lau*
In this session, Dr. Lau will review why obesity predisposes to cardiovascular disease and type 2 diabetes and how baseline lab work should include fasting glucose and lipids, and if indicated, LFTs. He will also discuss how TSH should not be a routine test to assess overweight/obesity and outline strategy on how to manage and prevent cardiometabolic risk.

Wednesday September 9th Continued...

6:00 – 7:00 Physician Health – Setting the Scene – Is there a Problem?

Dr. Andrew Tresidder

Dr. Tresidder will discuss physician health and an overview of issues and describe the specific occupational conditions and illnesses that affect physicians along with the physiology and pathology of stressors that contribute to Physician Health Issues. He will also review at least one assessment tool for measuring stress and burnout.

7:00 – 8:00 Lyme Disease: Acute Management & Chronic Conundrum

Dr. Timothy Cook

Lyme and tick co-infections are endemic diseases throughout North America and are under appreciated and underdiagnosed causes of significant morbidity including fatigue, neurologic, cardiac and rheumatologic symptoms.

Thursday, September 10, 2015

Livorno (Florence/Pisa), Italy

Evening

6:15 – 6:30 Welcome: Day 3 - Your hosts will outline the CME program for the evening.

6:30 – 8:00 Neuroplasticity and the Frontiers of Neuroscience - *Dr. Timothy Cook*

Neuroscience research has now clearly shown that the brain's structure & function changes on a moment to moment basis in response to the environment, behaviour and attitudes. Experiential training or brain exercises have shown considerable promise in managing many chronic diseases.

Friday, September 11, 2015

Civitavecchia (Rome), Italy

Evening

6:45 – 7:00 Welcome: Day 4 - Your hosts will outline the CME program for the evening.

7:00– 8:00 Science and Pathophysiology of Obesity - *Dr. David Lau*

Dr. Lau will review how fat is an endocrine organ and not just a repository of energy stored as triglycerides and that it has diverse functions. He will also review that where the fat is located matters when it comes to obesity-related health problems.

Saturday, September 12, 2015

At Sea

7:45 – 8:00 Welcome: Day 5 - Your hosts will outline the CME program for the day.

8:00 – 9:00 Use of Natural Medicine Therapies in Britain - *Dr. Andrew Tresidder*

Dr. Tresidder will discuss the use of natural medicine therapies in Britain and elsewhere by patients along with the regulatory and safety systems in place. He will also review the integration of the natural and western medical therapies in practice.

Saturday September 12th Continued...

- 9:00 – 10:00 Regulation of Appetite and Energy Metabolism - Dr. David Lau**
Dr. Lau will discuss how appetite is meticulously controlled and explain why the body defends against weight loss. He will also review how the central neuroregulatory pathways can override our senses of hunger and satiety and how hormonal and metabolic changes following weight loss favour weight regain.
- 10:00 – 11:00 Genomics and Personalized Medicine 101 - Dr. Timothy Cook**
Personalized medicine used genomic analyses to tailor health care of individual patients from the diet and exercise to their choice of medications, chemotherapy and health screening. In this review the basic concepts and practices of personalized medicine will be outlined with case examples.
- 11:00 – 12:00 Physician Health – Some Psychological Considerations**
Dr. Andrew Tresidder
During this session, Dr. Tresidder will review the model of the Physiology of the emotions and help delegates understand the relevance of Berne's Transactional Analysis and Games to wellbeing in the consulting room. He will also discuss the importance of Karpman's Drama Triangle to Physician Health and avoidance of compliants.
- 12:00 – 1:30 Lunch**
- 1:30 – 2:30 Health Behaviour Interventions in the Office Management of Obesity (Part 1: Nutrition and Alternative / Herbal Therapy) - Dr. David Lau**
During this session, Dr. Lau will discuss how caloric deficit is more important than macronutrient composition (e.g. South Beach low carb diets) in weight loss and how exercise is great for weight maintenance but not efficient as a tool for weight loss. He will also review a prescription of physician activity and there are no quick fixes.
- 2:30 – 3:30 The Integration of Western and Natural Medicine in Clinical Practice**
Dr. Andrew Tresidder
Dr. Tresidder will explore working examples of Integrated Medicine Clinics in the UK Primary Care setting and how to develop an approach to achieve mutual understanding of your patient's use of natural therapies. He will also discuss an approach to monitoring a patient's use of natural medicine therapies with a focus on drug interactions, other safety issues, and efficacy.
- 3:30 – 4:30 Screening for Cardiovascular Disease – Past, Present, Future**
Dr. Timothy Cook
Standard approaches to screening for CVD yield high rates of misclassification and potential harm to patients. A more personalized approach combining traditional and emerging risk factors with newer diagnostic imaging techniques will improve patient outcomes.

Saturday September 12th Continued...

- 4:30 – 5:30 Physicians Health – Pathways to Care – Systems of Physician Health Care in UK, Europe and Canada - Dr. Andrew Tresidder**
Dr. Tresidder will review physician health support programs and how they are developing and are of increasing importance. He will also discuss important issues when acting as a Physician to a colleague.

Sunday, September 13, 2015

Valletta, Malta

Evening

- 4:45 – 5:00 Welcome: Day 6** - Your hosts will outline the CME program for the day.
- 5:00 – 6:00 Conscious Medicine – the Way Forwards? - Dr. Andrew Tresidder**
Dr. Tresidder will explore the concept of Conscious Medicine and review how the mind and body are intimately connected (software being, hardware body) as a living matrix. He will also discuss the new understandings from molecular biology of how emotional state can influence gene expression and how early psychological trauma can impact on future health.
- 6:00 – 7:30 JOURNAL CLUB: Are All Weight Loss Diets the Same and does Macronutrient Composition Matter? - Dr. David Lau**
Dr. Lau will discuss the critical appraisal of clinical trials and how it is important for proper interpretation of results and conclusion of the study. He will review hypocaloric diets and how they are important in weight loss and how the macronutrient composition can affect the amount of fat loss.

Monday, September 14, 2015

At Sea

- 7:45 – 8:00 Welcome: Day 7** - Your hosts will outline the CME program for the day.
- 8:00 – 9:00 Medical Management of Type 2 Diabetes - Dr. David Lau**
Dr. Lau will discuss the targets for glycemic control and the pathogenesis of vascular complications of diabetes along with the mechanisms of actions of glucose-lowering agents. He will also review how to individualize and match glucose-lowering agents to patient characteristics and the benefits of metabolic legacy.
- 9:00 – 10:00 Travel Opens the Mind...But Loosens the Bowels: Managing Diarrhea Abroad and at Home - Dr. Timothy Cook**
Diarrhea is the most common acquired illness in travellers and is also an important Global Health issue. Through largely preventable, morbidity and rarely mortality still occurs. Early diagnosis and specific therapies are important management principles.

Monday September 14th Continued...

10:00 – 11:00 Natural Medicine – Interactive Session - Dr. Andrew Tresidder

During this interactive session, Dr. Tresidder will review acupressure, relaxation, homeopathy/Bach Flower Remedies and breathing.

11:00 – 12:00 Case-based Approach to Optimize Glycemic Management in Type 2 Diabetes - Dr. David Lau

Dr. Lau will discuss when to initiate drug therapy for type 2 diabetes and how to apply the CDA guidelines on glycemic management to clinical practice and the advantages and disadvantages of different antihyperglycemic agents. He will also review when and how to add second or third agents to optimize glycemic control and when/how to initiate insulin therapy.

12:00 – 1:30 Lunch

1:30 – 2:30 Medical and Surgical Management of Obesity and Type 2 Diabetes

Dr. David Lau

During this session, Dr. Lau will identify which patients will benefit from pharmacotherapy and how to initiate and monitor pharmacotherapy for obesity. He will also review the principles of bariatric surgery in obesity and type 2 diabetes and the risks/benefits of different bariatric surgical procedures. Dr. Lau will also give an overview of the post-op and long-term management of the surgical patient.

2:30 – 3:30 Preparing a Traveller: ‘Hope for the Best, Plan for the Worst’

Dr. Timothy Cook

Education of travellers is important but behavioral modification to reduce risk of injury, STIs, vector/food/animal borne disease is more important for travellers. Use of medications will be discussed using cases.

3:30 – 4:30 Management of Cardiovascular Disease in Diabetes - Dr. David Lau

Dr. Lau will discuss the benefits of glycemic control in reducing cardiovascular disease risk and help identify which patients with diabetes are at risk for and when to screen. He will also review how to incorporate vascular protection to decrease cardiovascular complications along with the lipid and blood pressure targets for diabetes.

Tuesday, September 15, 2015

Mykonos, Greece

Evening

5:45 – 6:00 Welcome: Day 8 - Your hosts will outline the CME program for the evening.

6:00 – 7:00 Physician Health – In Practice - Dr. Andrew Tresidder

Dr. Tresidder will discuss scenarios of the Physician needing help and review a framework for detecting the three D's – drugs, drink and depression. He will also discuss how to maintain healthy skepticism and how to avoid collusion and also how to understand some of the games played in professional relationships.

Tuesday September 15th Continued...

- 7:00 – 8:00** **WORKSHOP: Case-based approach to the management of hypercholesterolemia and hypertriglyceridemia** - *Dr. David Lau*
Throughout the workshop, Dr. Lau will review how to diagnose lipid disorders and why are order fasting lipid profiles. He will also discuss how to counsel patients on dietary management of dyslipidemia and the meaning and clinical utility of Apo B and non-HDL cholesterol measurements.

Wednesday, September 16, 2015

Athens, Greece

Afternoon

- 4:00 – 5:00** **Global Medicine: Health Care in Greece** - *Dr. Constantinos Stefanidis*
This lecture will give a snapshot of the most important public health system issues in Greece and review current health advice to travelers in Greece. There will also be a discussion on the issues of patients with diabetes and obesity problems in Greece.

Please note: This is an on shore lecture, in Athens

- 5:00 – 6:00** **Management of Diabetic Microvascular Complications in Clinical Practice** - *Dr. David Lau*
Dr. Lau will discuss major microvascular complications and discuss how to screen for these complications and the concept of metabolic legacy. He will also incorporate surveillance strategy in clinical practice to screen and diagnose complications and how to manage and prevent nephropathy retinopathy, and neuropathy.

- 6:00 - 7:00** **Hypertension Management – Beyond Yet Another Drug**
Dr. Timothy Cook
Adherence to multiple blood pressure medications is known to be low and adverse effect potential of them is high. There is increasing evidence to support non-pharmacologic approaches that may cost less and be more acceptable to patients.

Thursday, September 17, 2015

Kusadasi, Turkey

Friday, September 18, 2015

Istanbul, Turkey

- 7:45 – 8:00** **Welcome: Day 11** - Your hosts will outline the CME program for the day.
- 8:00 – 9:00** **WORKSHOP: Initiating and Intensification of Insulin in Type 2 Diabetes**
Dr. David Lau
Dr. Lau review why, when and how to initiate insulin in your patients with type 2 diabetes and how to address patient's concerns about insulin initiation. He will also discuss how to intensify insulin when basal insulin no longer controls glycemia adequately.

Friday September 18th Continued...

9:00 – 10:00 JOURNAL CLUB: The Living Matrix and Mind Body Medicine

Dr. Andrew Tresidder

During this Journal Club, Dr. Tresidder will review the articles by Dr. Oschman describing a new approach to understanding the body and mind and Dr. Lipton on molecular biology.

10:00 – 11:00 Emerging Infectious Disease: Chikungunya & Other Unpronouncables

Dr. Timothy Cook

Chikungunya virus is spreading rapidly in the tropics with transmission and distribution similar to dengue. While there is no specific prevention, vaccine or treatment, it is important to recognize and differentiate from dengue and other tropical fevers. Ebola virus became newsworthy because of the largest outbreak in 2014. It is spread by human to human contact with body fluids and should be readily contained. The 2014 outbreak represents a Global Public Health failure.

11:00 – 12:00 Self Care, Insight and Physician Health - *Dr. Andrew Tresidder*

During this session, Dr. Tresidder will review and discuss current literature on Physician Health including articles from the London Practitioner Health Program and the Can Meds Physician Health Guide.

12:00 – 1:00 JOURNAL CLUB: A Randomized, Controlled Trial of 3.0 mg of Liraglutide in Weight Management - *Dr. David Lau*

During this Journal Club, Dr. Lau will review the role of glucagon-like peptide-1 receptor agonist in appetite regulation and the role of pharmacotherapy in the management of obesity. He will also discuss how to initiate anti-obesity drugs and how to monitor therapy for side-effects.