

**Chronic Disease Management Update 2017
November 7-21, 2017**

Preliminary 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.

Tuesday November 7, 2017

Rome, Italy

8:00 – 10:00 Global Medicine: Health Care in Italy (Pre Cruise Package lecture)

This Italy and review current health advice to travelers in Italy. There will also be a discussion on the issues of patients with Obesity, Internal Medicine and Neurology issues the region.

Please note: This is a lecture by a local presenter from Rome at the Bernini Bristol

Tuesday November 7, 2017

Civitavecchia, Italy

3:00 – 3:30 Conference Registration

Wednesday November 8, 2017

Sorrento, Italy

EVENING

5:30 – 6:30 Welcome: Day 1 - Your hosts will outline the CME program for the conference along with a tablet and turning point technology demonstration.

6:30 – 7:30 Chronic Disease 2017, A Course Strategy - Dr. Bob Dent

During this lecture, Dr. Dent will help to develop a scheme for obesity management and conceptualize about some new understandings about obesity. He will also review how obesity is a chronic medical condition and that it is now just being recognized as a chronic disease.

Thursday November 9, 2017

Messina, Italy

Friday November 10, 2017

At Sea

7:45 – 8:00 Welcome: Day 3 - Your hosts will outline the CME program for the morning.

8:00 – 9:00 A Bridge From Obesity as a Population Issue to Obesity as a Patient Issue: More Aetiology – Dr. Bob Dent

Dr. Dent will discuss the causes of obesity and look at the Anthropomorphic differences in the obesities. He will also review the differences with respect to type2 diabetes and cardiovascular disease and the infectious causes of obesity.

Friday November 10th Continued...

9:00 – 10:00 Headache Update - Dr. Zahir Dhalla

During his first session, Dr. Dhalla will distinguish between benign and serious headache disorders and will review how to diagnose and treat Migraine and tension headaches.

10:00 – 11:00 An Introduction to Functional Medicine and the Ketogenic Diet

Dr. Andra Campitelli

In the session, delegates will gain a better understanding of functional medicine. Individuals will learn more about the use of nutraceuticals, their safety and the supporting research, while dispelling common myths surrounding the use of integrative and functional medicine in practice. Dr. Campitelli will also discuss the emerging research surrounding the ketogenic diet and its benefits in reducing cellular aging as well as in ameliorating some health conditions. Delegates will develop a deeper understanding of the role of the ketogenic diet in patient management. The history and the foundation of ketones and the ketogenic diet will be explored, and delegates will learn more about the applications and safety of nutritional ketosis.

12:00 – 12:00 Wealth Management 1 – Joseph Bakish

12:00 – 1:30 Lunch

1:30 – 2:30 Obesity Types - Dr. Bob Dent

Dr. Dent will discuss phenotypic types and Genotypic types during this lecture. He will also review how genes might affect our weight.

2:30 – 4:00 Neuroplasticity and the Frontiers of Neuroscience – Dr. Tim Cook

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

Saturday, November 11, 2017

At Sea

7:45 – 8:00 Welcome: Day 4 - Your hosts will outline the CME program for the morning.

8:00 – 9:30 Genomics 101 - Dr. Tim Cook

Personalized medicine is founded on the latest genomic analyses that allow the tailoring of health care of individual patients. From nutritional supplements, diet and exercise to the most appropriate medications, chemotherapy and health screening, genomic testing is now available and evidence-based, but under-utilized. In this review the basic concepts and practices of personalized medicine will be outlined with case examples.

Saturday November 11TH Continued...

9:30 – 10:30 Setting the Stage for Treatment: Dealing With Barriers – Dr. Bob Dent
 During this session, Dr. Dent will delineate the barriers to weight management and emphasize how this is one of the ‘Pillars’ of our scheme for obesity management.

10:30 – 11:30 Dementia - Dr. Zahir Dhalla
 Dr. Dhalla will review the diagnostic approach to Dementia and the differential diagnosis. He will discuss treatment options and social aspects of the management of Dementia including use of support services to help the care giver.

11:30 – 1:00 Lunch

1:00 – 2:00 Microbiome in Health and Disease: The Most Important Organ You’ve Ever Heard of – Dr. Tim Cook
 One’s personal “signature” microbiome consists of many trillion bacteria, yeast and some viruses and is established in the gut, mucous membranes and skin in early childhood. Until a decade ago, the impact of this microbiome on health and disease was little appreciated. Compelling research now confirms that the gut microbiome is an organ with numerous functions that interact with our metabolic, nutritional, immune and neurologic systems. In this session, the history of microbiome research and its highlights will be reviewed in relation to obesity, allergic / immune, GI and mental health conditions.

2:00 – 3:00 Wealth Management 2 – Joseph Bakish

3:00 – 4:00 A New Barrier That Might Surprise You - Dr. Bob Dent
 Dr. Dent will describe the evidence for the diet resistance state and how it has implications in patient management and patient advocacy.

Sunday November 12, 2017

Jerusalem, Israel

Monday November 13, 2017

Jerusalem, Israel

Tuesday November 14, 2017

Limassol, Cyprus

3:45 – 4:00 Welcome: Day 7 - Your hosts will outline the CME program for the day.

4:00 – 5:00 Wealth Management 3 – Joseph Bakish

5:00 – 6:30 Integrative Health: A New Medical Paradigm - Dr. Tim Cook
 Over 50% of North Americans, and higher percentages of Europeans utilize the services of complementary health professionals, as well as various natural health products. While there is increasing evidence of efficacy and cost-benefit of many of these, there are also concerns about adverse effects of combinations of conventional medications and natural health products and inappropriate expenditures on ineffective therapies. It is important for primary care and specialist physicians to recognize that their patients are engaging in Complementary care and to have an open dialogue about it.

Wednesday November 15, 2017

Rhodes, Greece

- 4:15 – 4:30** **Welcome: Day 8** - Your hosts will outline the CME program for the day.
- 4:30 – 5:30** **Treatments for Obesity Level 1** - *Dr. Bob Dent*
Dr. Dent will discuss the importance of long-term intervention for this chronic medical condition and provide the evidence for and expectations from the three long term interventions.
- 5:30 – 6:30** **Travellers Health** - *Dr. Tim Cook*
Education of travelers is important but behavioural modification to reduce risk of injury, STIs, vector/food/animal borne disease is more important. The judicious use of medications and vaccines will be discussed with case examples.

Thursday November 16, 2017

Gythion, Greece

Friday November 17, 2017

At Sea

- 7:45 – 8:00** **Welcome: Day 10** - Your hosts will outline the CME program for the day.
- 8:00 – 9:00** **Peripheral Nervous System Disorders** - *Dr. Zahir Dhalla*
Dr. Dhalla will discuss the clinical presentation of Carpal Tunnel Syndrome and Peripheral Neuropathy along with how to diagnose and manage 'Bell's Palsy' and Herpes Zoster.
- 9:00 – 10:30** **Vascular Disease is Inflammation, NOT Just Cholesterol** - *Dr. Tim Cook*
Heart Attack and Stroke remain the most common cause of mortality in North American adults. Sudden death in those who were unaware of their underlying cardiovascular disease (CVD) is the presentation of CVD in up to 25%. It is known that conventional CVD risk calculators misclassify patients frequently and new tools allowing doctors' to identify at-risk patients earlier are available. These are based on a new paradigm of atherosclerosis as a primary inflammatory disease of vascular endothelium. For those with established CVD, maximal treatments (based on LDL lowering) still leave residual risk thought to be due to persistent pro-inflammatory responses. Trials designed to confirm this hypothesis and offer novel treatments are underway.

Friday November 17TH continued...

10:30 – 11:30 Treatments for Obesity Level 2 - Dr. Bob Dent

During this session, Dr. Dent will review the Level 2 behavioural treatments available and bariatric surgery as a treatment for obesity and type 2 diabetes.

11:30 – 1:00 Lunch

1:00 – 2:00 Parkinson's Disease Update – Dr. Zahir Dhalla

Dr. Dhalla will discuss the clinical manifestations of typical Parkinson's disease and Atypical Parkinsonism along with some of the common symptoms and signs of Parkinson's Disease. He will also review the treatments available and the importance of exercise and special physiotherapy (LSVT-BIG) in the treatment.

2:00 – 3:00 Clinical Applications of the Ketogenic Diet – Dr. Andra Campitelli

In this session, participants will gain a better understanding of how to implement a ketogenic diet in practice. Additionally, participants will learn clinical applications and the benefits of being in nutritional ketosis, with a focus on obesity management and diabetes, mental health, and inflammation. Emerging research in this field will be discussed, and delegates will be provided with practical guides to assist in implementing dietary changes in practice.

3:00 – 4:00 Deciding Which Treatment - Dr. Bob Dent

Dr. Dent will discuss an algorithm from Canadian Clinical Practice Guidelines or American Society of Bariatric Physicians with cases.

Saturday November 18, 2017

Valetta, Malta

Sunday November 19, 2017

At Sea

7:45 – 8:00 Welcome: Day 12 - Your hosts will outline the CME program for the day.

8:00 – 9:00 Patient Presentations: Dealing with Co-Morbidities - Dr. Bob Dent

Dr. Dent will discuss the targets for T2 DM management and Dyslipidemia Management along with obstructive sleep apnoea and depression.

9:00 – 10:00 Lyme Conundrum - Dr. Tim Cook

Dr. Cook will discuss Lyme Disease and that an increasing proportion of Canadians and North Americans are residing in Lyme-endemic regions and that these regions are expanding. He will discuss the clinical presentations of acute (early localized), early disseminated and late disseminated Lyme and tick co-infections and the management of these along with the controversy around treatments of chronic Lyme Disease.

10:00 – 11:00 Epilepsy Update - Dr. Zahir Dhalla

During this session, Dr. Dhalla will discuss how Epilepsy has a major social impact and the common types of seizures and classification of Epilepsy. He will also review treatment options and indications for Epilepsy surgery.

Sunday November 19TH continued...

11:00 – 12:00 Bioidentical Hormon Replacement Therapy (BHRT) - Dr. Andra Campitelli

In this session, delegates will gain a better understanding of the history and use of Bioidentical hormone replacement therapy that is increasingly being recommended and used by patients. The evidence for safety of BHRT will be reviewed as well as the emerging research comparing the efficacy of BHRT with conventional HRT. Finally the clinical applications of hormones, and clinical practice guidelines will be discussed.

12:00 – 1:30 Lunch

1:30 – 2:30 Emerging Infectious Disease: Chikungunya and Zika – Dr. Tim Cook

Chikungunya and Zika virus are spreading rapidly in the tropics with transmission and distribution similar to dengue fever. While there is no specific prevention, vaccine or treatment at this time, it is important to be able to counsel our traveling patients on the effective general prevention and personal protection measures as well as to recognize and differentiate these diseases from dengue and other tropical fevers.

2:30 – 3:30 JOURNAL CLUB – Dr. Bob Dent

This journal club session will review and discuss the following papers:

Pakhale S, Baron J, **Dent R**, Vandemheen K, Aaron S. [Effects of weight loss on airway responsiveness in obese asthmatics: Does weight loss lead to reversibility of asthma.](#) Chest Online First [Http://journal.publications.chestnet.org/](http://journal.publications.chestnet.org/) (published electronically Feb 2015 (CHEST-14-3105.R2); Chest 2015;147(6):1582-1590

Antoun G, Nikpay M, McPherson R, Harper M-E, Dent R. [Is type 2 diabetes associated with impaired capacity for weight loss?](#) Can J. Diabetes Jun 2017 <http://dx.doi.org/10.1016/j.jcjd.2017.06.010>

Monday November 20, 2017

Palma de Mallorca, Spain

8:30 – 9:30 Global Medicine: Health Care in Spain

This lecture will give a snapshot of the most important public health system issues in Spain and review current health advice to travelers in Europe – specifically Spain. There will also be a discussion on the issues of patients with Obesity, Internal Medicine and Neurological issues in the region.

Please note: This is a lecture by a local presenter from Palma de Mallorca onboard the Oceania Marina

Wednesday November 22, 2017

Barcelona, Spain

8:00 – 10:00 Global Medicine: Health Care in Catalunya

This lecture will give a snapshot of the most important public health system issues in Catalunya and review current health advice to travelers in Europe. There will also be a discussion on the issues of patients with Obesity, Internal Medicine and Neurological issues in the region.

Please note: This is a lecture by a local presenter from Barcelona