



Preventive Medicine & Primary Care Update 2016 March 12-19, 2016

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.

Saturday March 12, 2016

Miami, FL

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

Sunday March 13, 2015

At Sea

Morning

8:00 – 9:00 **Welcome: Day 1** - Your hosts will outline the CME program for the conference along with a tablet and turning point technology demonstration.

9:00 – 10:00 **Hypertension - Dr. Shane Williams**
During his first session, Dr. Williams will define the various terms related to hypertension. The epidemic of hypertension is increasing at an alarming rate and Dr. Williams will explain how a number of factors contribute to the development of hypertension and discuss treatment options with an emphasis on focusing on lifestyle issues first.

10:00 – 11:00 **An Update in Allergy and Respiriology - Dr. Denis Chauret**
Dr. Chauret will review the best treatment for allergic diseases and help identify and investigate the common causes of chronic cough. He will also discuss new options for the treatment of asthma

11:00 – 12:00 **Neuroplasticity & The Frontiers of Neuroscience - Dr. Tim Cook**
Dr. Cook will introduce the concepts of neuroplasticity of the brain and help delegates understand the impact of negative neoplastic brain changes and chronic health conditions. He will also review the types of brain exercises that facilitate positive changes.

12:00 – 1:00 **Getting to Know You – Mr. Gordon Berger**
In his first session, Mr. Berger will give an overview of the wealth management sessions for this conference.

Afternoon

5:00 – 6:00 **Dyslipidemia - Dr. Shane Williams**
Dr. Williams will define dyslipidemia and why the numbers matter. He will also review who should be screened and why lipids are high to begin with. He will define some available risk calculators to estimate 10 year CV Risk and what some and what to do when diet and lifestyle changes appear to fail.



Monday, March 14, 2016

Cozumel, Mexico

Afternoon

4:15 – 4:30 **Welcome: Day 2** - Your hosts will outline the CME program for the morning.

4:30 – 5:30 **Diabetes 2016: A Focus on New Oral Agents** - *Dr. Denis Chauret*
During this session, Dr. Chauret will review the individualized glycemic targets in this population and how to carefully select antihyperglycemic agents. He will also discuss the risks associated with hypoglycemia.

5:30 – 6:30 **Alternative Investment Products** – Mr. Gordon Berger
Mr. Berger will discuss unique offerings not normally available along with the traps and opportunities in the marketplace.

Tuesday, March 15, 2016

Grand Cayman

Morning

7:15 – 7:30 **Welcome: Day 3** - Your hosts will outline the CME program for the afternoon.

7:30 – 8:30 **Genomics and Personalized Medicine 101** – *Dr. Tim Cook*
Dr. Cook will review the basis of human genomic variation and the differences between mutations, polymorphic variants, and disease vs. lifestyle genomics. He will discuss what testing is currently available and the potential utility of it in personalized medicine.

8:30 – 9:30 **Insurance** – Mr. Gordon Berger
During this session, Mr. Berger will help delegates understand insurance and how to buy it as well as how to make Financial Products efficient.

Wednesday March 16, 2016

Ocho Rios, Jamaica

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

8:00 – 9:00 **CHF – Management Overview of Chronic Heart Failure With Preserved Ejection Fraction** - *Dr. Shane Williams*
Dr. Williams will define heart failure and how it is categorized and its demand on health care resources. He will also define the goals of therapy and discuss associated conditions and discuss how lifestyle modifications play a role in optimal management. Throughout the lecture, Dr. Williams will outline pharmacological therapy and device therapy all with an approach to heart failure management/common challenges.



Wednesday March 16th Continued...

9:00 – 10:00 Global Medicine: Health Care in the Caribbean

This lecture will give a snapshot of the most important public health system issues in the Caribbean and review current health advice to travelers in the Caribbean. There will also be a discussion on the issues of patients with Internal Medicine problems in the Caribbean.

Please note: This is a lecture by a local presenter from Ocho Rios onboard the Celebrity Reflection

Thursday March 17, 2016

At Sea

Morning

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

8:00 – 9:00 The Morbidity of COPD – Dr. Denis Chauret

Dr. Chauret will discuss why diagnosing and treating COPD is important for physicians and their patients.. He will differentiate the clinical characteristics and diagnostic criteria for COPD and asthma and discuss current management strategies for patients with COPD.

9:00 – 10:00 9:00 – 10:00 Biofeedback Tools for One and All - Dr. Tim Cook

During this session, Dr. Cook will discuss the physiology and principles of heart rate variability (HRV) in autonomic balance as well as the benefits and role of HRV and breathing biofeedback tools in managing stress and hypertension.

10:00 – 11:00 Atrial Fibrillation Overview - Dr. Shane Williams

Atrial Fibrillation is the world's most common cardiac arrhythmia and its primary consequences relate to effects on cardiac output and increased risks of systemic thromboembolism. Dr. Williams will review what we know about prevention and discuss initial evaluation and treatment of new onset AF and long term management.

11:00 – 12:00 The Ups and Downs of the Thyroid Gland - Dr. Denis Chauret

Dr. Chauret will review how to diagnose the right thyroid dysfunction and select the appropriate treatment for each condition. He will also discuss the importance of sub-clinical conditions.

12:00 – 1:00 Chikungunya - Dr. Tim Cook

Chikungunya virus is 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 recognize and differentiate the disease from dengue and other tropical fevers.



Thursday March 17th Continued...

Evening

- 5:00 – 6:00 The Real Weight of Obesity: Myth vs. Fact – Dr. Denis Chauret**
Dr. Chauret will discuss the role of hormone in appetite regulation and summarize the Canadian Guideline Recommendations for the management of obesity. He will also review pharmacotherapy options for the management of obesity.
- 6:00 – 7:00 The High Risk CV Patient - Dr. Shane Williams**
During this session, Dr. Williams will define the prevalence of subclinical atherosclerotic cardiovascular disease (CVD) and sub-types of vascular disease and define who should undergo screening for CVD. He will also discuss the concept of 'lifetime risk' and how this can be used in clinical practice.

Friday March 18, 2016

Coco Cay, Bahamas

Morning

- 7:15 – 7:30 Welcome: Day 3 - Your hosts will outline the CME program for the afternoon.**
- 7:30 – 8:30 Nutritional Science and Cardiovascular Disease – A primer**
Dr. Shane Williams
Coronary heart disease is the number one cause of death in the US but not in many countries whose lifestyle, especially dietary patterns are markedly different. Dr. Williams will discuss how coronary heart disease (CHD) incidence appears to be heavily influenced by the dietary patterns as well as the concept of the 'vulnerable plaque' and a vascular event is the end result of a chronic process whose precursor is the chronic development of atherosclerotic plaque.
- 8:30 – 9:30 Diabetes 2016: A Focus on New Insulins - Dr. Denis Chauret**
Dr. Chauret will discuss the needs for newer basal insulins and the benefits of new insulins. He will also review how to prescribe and titrate insulin with expertise.