

## SPEAKER PROFILES

### CARDIOLOGY UPDATE 2015

MEDITERRANEAN: SEPTEMBER 7-19, 2015



#### **David C. W. Lau, MD, PhD, FRCPC**

Dr. David Lau is Professor of Medicine, Biochemistry and Molecular Biology, and Cardiac Sciences at the University of Calgary. He is currently the Editor-in-Chief of the Canadian Journal of Diabetes, President of Obesity Canada, and Vice-President of the Canadian Association of Bariatric Physicians and Surgeons. Dr. Lau is a practicing endocrinologist who specializes in diabetes, obesity and lipid disorders. His research interests include fat cell biology in health and obesity, development of insulin resistance in obesity and diabetes, and cellular mechanisms of diabetic vascular complications. He is also involved in population health and clinical research programs in diabetes, obesity and lipid disorders. Dr. Lau has published over 100 scientific papers in peer-reviewed medical journals, periodicals and books.

Dr. Lau was Chair of the evidence-based Obesity Canada Clinical Practice Guidelines (CPG) Steering Committee and Expert Panel, and lead author of the 2007 CPG publication in the Can. Med. Assoc. Journal. Dr. Lau was a member of the 1998, 2003 and 2008 Canadian Diabetes Association Clinical Practice Guidelines Expert Panel, as well as the expert panel of the 2009 Canadian Cardiovascular Society Guidelines for the diagnosis and treatment of dyslipidemia and prevention of cardiovascular disease in the adult. Dr. Lau is a member of the expert panel committee on the 2013 CDA CPG as well as the 2012 Canadian dyslipidemia CPD update.

In 2004, Dr. Lau was honored as the top 20 notable Calgarians, and top 50 Albertans for his exemplary contributions to improve the health of Albertans.



#### **Dr. Timothy Cook, MD, FRCPC, MHP, DTMH, CD, LCol (Ret'd)**

Dr. Cook completed his MD at Queen's University (1986), General Internal Medicine fellowship at the University of Toronto (1995) and a Master's degree in Public Health (Health Promotion) from the University of London (UK) (2006). LCol Cook (Ret'd) enjoyed 20 years in the Canadian Forces Medical Services, retiring in 2003. He trained in occupational and environmental health, had several deployments abroad and also served as the personal physician to two Governors General of Canada. Since then he has been recognized for his work in executive and corporate health and was the Associate Medical Director and Chief Medical Officer of two executive health clinics in downtown Toronto. Over the past decade Dr. Cook has expanded his interest in disease prevention and management through the incorporation into his life and clinical practice of Mind-Body medicine, mindfulness meditation and integrative health. In 2013 he founded the P3 Health Clinic for Personalized, Participatory and Preventive Medicine, and directs a multi-disciplinary team of conventional and complementary health practitioners.

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**Dr. Andrew Tresidder, MD, BS, MRCGP** *Integrative Medicine / Physician's Health*

Dr Andrew Tresidder trained at Guys Hospital. Since 1989 he has been a GP at Springmead Surgery in Chard, Somerset. From 2004-5 he was on the Professional Executive Committee of South Somerset Primary Care Trust, and is currently a Patient Safety GP Adviser to Somerset PCT. Andrew has experience in Prison and Forensic Medical work, and is an approved doctor under the Mental Health Act. He gained a Certificate of Medical Education in 2005.

From 1998-2006 Andrew was the local constituency representative on the Somerset Local Medical Committee. In 2003 he was part of the Stress in Primary Care Working Group, and wrote papers on Supporting GPs and their Emotional Well-Being. He gave a key-note presentation on the Emotional Well-Being of GPs at the 2004 Somerset LMC Conference, and helped refine the Somerset Occupational Health provision for GPs. A poster on "Self-Care for Health Professionals" was exhibited in 2008 at the BMA AMA CMA "Doctor's Health Matters" Conference in London. Andrew works both with individuals and organizations to help set strategy on health.

Books include "I'm Fine, Learning to Unblock Your Emotions" (2002) and "Lazy Person's Guide to Emotional Healing, Using Flower Essences" Successfully (2000), whilst 2009 saw the release of a DVD Nature's Alchemy.



**Dr. Constantinos Stefanidis**

*Global Medicine, Athens*

Dr. Constantinos Stefanidis is Head of Paediatric Nephrology at the "A. & P. Kyriakou" Children's Hospital in Athens, Greece. He was trained in Paediatrics (University of Athens and Western Ontario University) and in Paediatric Nephrology (Hospital for Sick Children, University of Toronto). His publications are mainly related to dialysis in children and adolescents. He is presently editor in "Pediatric Nephrology" and representative at the ESPN-ERA registry. He served as Chair of the Tertiary Care Group of European Academy of Pediatrics, Congress President and Councillor of ESPN. He has participated at the development of many guidelines of the European Paediatric Dialysis Working Group.