



**Men's Health & Neurology Update 2014
July 8-20, 2014**

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, July 8, 2014

Amsterdam, Netherlands

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

Wednesday, July 9, 2014

At Sea

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

9:00 - 10:00 **"CSI – Lavatory Division" – Hematuria** - *Dr. Peter Cybulski*
During his first session, Dr. Cybulski will define hematuria and the differential diagnoses. He will also review the appropriate investigation and management as well as when to refer for Urological evaluation.

10:00 – 11:00 **"Physician Health – Setting the Scene – Is There a Problem?"**
Dr. Andrew Tresidder
In his first session, Dr. Tresidder will review the evidence regarding Physician Health and illness and the specific occupational conditions and illnesses that affect Physicians. He will also discuss the physiology and pathology of stressors that contribute to Physician Health issues, including Selye's General Adaptation Syndrome, total body load and adrenal burnout.

11:00 – 12:00 **The Dragon and the Eagle: Macroeconomics and the Practice of Medicine** – *Anna Khan*
In this session, Anna will describe the differences between macro and microeconomics as it applies to the business aspects of doctor's medical practices. She will also review the major macroeconomic forces at play both in the recent past, present, and future relevant to everyone's medical practice.

12:00 – 1:30 **Lunch**

1:30 – 2:30 **The Evolution of Natural Medicine**– *Dr. Andrew Tresidder*
Dr. Tresidder will review the development of natural therapies through historic periods and the classification system for natural medicine based on the House of Lords Report 2000. He will also develop a model of Human Function that supports possible rationales for natural medicine.

Wednesday July 9th Continued...

2:30 – 3:30 Medical Practice Incorporation – Anna Khan

In this session, Anna will define medical practice incorporation and discuss the benefits of incorporation for their practice from a business and patient benefit point of view. She will also discuss whether incorporation is appropriate for your practice.

Thursday, July 10, 2014

Warnemunde (Berlin), Germany

Friday, July 11, 2014

At Sea

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

8:00 – 9:00 "It's Hard to be a Man"– Erectile Dysfunction (ED) - Dr. Peter Cybulski
Dr. Cybulski will help delegates understand how diagnosis and treatment of ED is often most effectively performed by Family Physicians and how the underlying risk factors associate with ED are common to cardiovascular disease in general and therefore may represent the initial clinical of generalized vascular insufficiency.

9:00 – 10:00 Use of Natural Medicine Therapies in Britain - Dr. Andrew Tresidder
Dr. Tresidder will review the use of natural medicine therapies in Britain and elsewhere by patients and describe the safety and efficacy regulatory systems in place for natural medicine therapies in Britain. He will also discuss how natural and western medical therapies are integrated in British Physicians' practices and the role of the physician as the patient's advocate in their patient's use of natural medicine.

10:00 – 11:00 Physician Health – Some Psychological Considerations

Dr. Andrew Tresidder

During this session, Dr. Tresidder will discuss Berne's Transactional Analysis and Games to well being in the Consulting Room. He will also review the importance of Karpman's Drama Triangle to Physician Health and the avoidance of complaints. During the session he will also review the Four Agreements which avoid entrapment in the Drama Triangle and consider the important issues when acting as a Physician to a colleague.

11:00 – 12:00 Financial Planning for Incorporated Practices – Anna Khan

In her final session, Anna will define the various financial instruments available to an incorporated practice to enhance practice efficiency and how to determine the appropriateness of the use of these financial instruments in your practice.

12:00 – 1:30 Lunch

Wednesday July 11th Continued...

1:30 – 2:30 How Low Can You Go? Testosterone Deficiency Syndrome (TDS)

Dr. Peter Cybulski

Dr. Cybulski will review the diagnosis and treatment of TDS along with the clinical and biochemical syndrome associated with advancing age that may affect the function of multiple organ systems and result in a significant detriment in the quality of life.

2:30 – 3:30 Focus on Health – the Curriculum Gaps – Individual and Environmental Factors – Dr. Andrew Tresidder

During this session, Dr. Tresidder will review the Six System Problems in Healthcare and the individual biological factors impacting upon health including circadian rhythms, nutrition, herbs, posture and musculoskeletal problems and the natural medicine approaches to them. He will also discuss environmental factors causing problems such as electro-sensitivity

Saturday, July 12, 2014

Tallin, Estonia

MORNING

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

8:00 – 9:00 "Pseh?" Prostatic-Specific Antigen (PSA) Testing - Dr. Peter Cybulski

During the morning session, Dr. Cybulski will discuss the role of PSA testing in the management of prostate disease and how to differentiate the use of PSA in BPH from prostate cancer screening.

EVENING

5:15 – 5:30 Welcome/Housekeeping

5:30 – 6:30 Assessing the Neurological Patient - Dr. Richard Hardie

In his first session, Dr. Hardie will analyze the time course of presenting symptoms and identify the likely pathophysiology of any given symptom. He will discuss how to perform a comprehensive focused neurological examination.

6:30 – 7:30 Conscious Medicine – A Way Forwards? - Dr. Andrew Tresidder

Dr. Tresidder will explore the concept of Conscious (Mind-Body) Medicine and how the mind and body are intimately connected (software being, hardware body) as a living matrix. He will also review new understandings from molecular biology of how emotional state can influence gene expression and how early psychological trauma can impact on future health.

Sunday, July 13, 2014

St. Petersburg, Russia

Monday, July 14, 2014

St. Petersburg, Russia

EVENING

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

6:30 – 7:30 **Headache** - *Dr. Richard Hardie*
Dr. Hardie will review how to perform a comprehensive focused physical examination and how to identify and diagnose the common causes of primary and secondary headache syndromes.

Tuesday, July 15, 2014

Helsinki, Finland

MORNING

8:00 – 10:30 **Global Medicine: Men's Health & Neurology within the Finnish Health System**

This lecture will give a snapshot of the most important public health system issues in Finland and other Baltic countries and review the planning for health care resource management in Finland. There will also be a discussion on the approach to Men's Health & Neurology in Finland.

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

EVENING

5:15 – 5:30 **Welcome: Day 7** - Your hosts will outline the CME program for the evening.

5:30 – 6:30 **To Treat or Not to Treat? – Prostate Cancer** - *Dr. Peter Cybulski*
Dr. Cybulski will review the prevalence and burden of prostate cancer and help delegates to understand the 'spectrum' of prostate cancer and how it impacts the management of it. He will compare the various management options for prostate cancer and review new treatment options for the management of castrate-resistance prostate cancer (CRPC).

6:30 – 7:30 **Anatomical Localization in Clinical Neurology** - *Dr. Richard Hardie*
During this session, Dr. Hardie will identify the likely anatomical level, pathway and site within the CNS of lesion causing hemiparesis and name three of the cortical localizing features. Dr. Hardie will explain the importance of facial weakness and how to identify the level of the central connections of the cranial nerves. He will also identify the likely anatomical level, pathway and site within the CNS of lesion causing speech and swallowing difficulties.

Wednesday, July 16, 2014

Stockholm, Sweden

- 4:15 – 4:30** **Welcome: Day 8** - Your hosts will outline the CME program for the afternoon.
- 4:30 – 5:30** **“Mine is Bigger Than Yours” – Benign Prostatic Hyperplasia (BPH)**
Dr. Peter Cybulski
In this session, Dr. Cybulski will review the prevalence and burden of BPH and discuss best practices for the evaluation of men with lower urinary tract symptoms (LUTS). He will also review treatment options for LUTS due to BPH and discuss when to refer for Urological evaluation
- 5:30 – 6:30** **Brain Attacks: Acute Stroke and TIA 1** - *Dr. Richard Hardie*
Dr. Hardie will explain the differences between the recently updated and older definitions of stroke and TIA and the three different methods of classifying strokes. He will also review the main inclusion and exclusion criteria for thrombolysis in acute stroke and how to implement a review strategy for stroke patients in your practice.
- 6:30 – 7:30** **Physician Health – Pathways to Care – Systems of Physician Health Care in the UK and Europe** - *Dr. Andrew Tresidder*
Dr. Tresidder will review personal factors that lead from health to illness and synthesize a model of the Physiology of the Emotions. He will discuss Physician Health Support Programs in the UK and Europe. He will also review developing Physician Health programs in Canada and the important issues for Physicians when patients themselves.

Thursday, July 17, 2014

At Sea

- 7:45 – 8:00** **Welcome: Day 9** - Your hosts will outline the CME program for the day.
- 8:00 – 9:00** **Brain Attacks: Acute Stroke and TIA 2** – *Dr. Richard Hardie*
In part 2, Dr. Hardie will review how to analyze presenting symptom complexes to distinguish TIAs from other conditions and how to evaluate stroke risk in TIA patients by applying an appropriate prognostic score. He will also discuss how to evaluate stroke risk in patients in AF by applying an appropriate prognostic score.
- 9:00 – 10:00** **My Prostrate (TM) is Paining Me, Doc! - Prostatitis** - *Dr. Peter Cybulski*
Dr. Cybulski will review the prevalence and burden of prostatitis and the clinical presentation and evaluation of different forms of prostatitis and chronic pelvic pain syndrome (CPPS). He will also discuss treatment options for prostatitis and CPPS.
- 10:00 – 11:00** **Natural Medicine – Interactive Session** – *Dr. Andrew Tresidder*
Dr. Tresidder will review acupressure, medical mindfulness, relaxation and homeopathy/Bach Flower Remedies as Natural Medicine options.

Thursday July 17th Continued...

11:00 – 12:00 Blackouts – Is It Epilepsy? - Dr. Richard Hardie

Dr. Hardie will help delegates recognize and differentiate between epilepsy and non-epileptic attacks and distinguish focal from generalized epilepsy and explain its relevance. He will also discuss how to manage both new and established cases of epilepsy effectively.

12:00 – 1:00 “All Your Burning Questions About UTIs” - Urinary Tract Infections

Dr. Peter Cybulski

During this session, Dr. Cybulski will distinguish between uncomplicated and complicated UTI and the evaluation and management of UTIs. He will also review management strategies for patients with recurrent UTI and the hanging landscape of antibiotic-resistant UTIs.

Friday, July 18, 2014

Copenhagen, Denmark

MORNING

7:15 – 7:30 Welcome: Day 10 - Your hosts will outline the CME program for the day.

7:30 – 8:30 Lower Limb Symptoms & Cauda Equina Syndrome (CES)

Dr. Richard Hardie

Dr. Hardie will distinguish between the different anatomical causes of limb weakness and/or numbness and identify five different anatomical lesion sites causing foot drop. He will explain the natural history and different stages of CES and identify the ‘red flags’ in cases of low back pain and how physicians can protect themselves from litigation.

8:30 – 9:30 Physician Health in Practice - Dr. Andrew Tresidder

Dr. Tresidder will discuss various scenarios of the Physician needing help along with the framework for detecting the three D’s - drugs, drink and depression. During the session he will help delegates understand some of the games that may be played within professional relationships.

EVENING

6:30 – 7:30 Parkinson’s Disease and Other Movement Disorders - Dr. Richard Hardie

During this session, Dr. Hardie will enable delegates to recognize and differentiate between Parkinsonism and essential tremor and distinguish idiopathic Parkinson’s disease from atypical Parkinsonian syndromes. He will also identify drug-induced Parkinsonism and its likely causes and how to manage both new and established cases of Parkinson’s diseases.

Saturday, July 19, 2014

At Sea

- 7:45 – 8:00** **Welcome: Day 11** - Your hosts will outline the CME program for the day.
- 8:00 – 9:00** **“Doc, I have a “weak bladder” – Overactive Bladder (OAB) and Urinary Incontinence (UI)** - *Dr. Peter Cybulski*
Dr. Cybulski will review the prevalence and burden of OAB and UI during this workshop along with the evaluation of OAB and UI. He will also discuss the management options for OAB and UI and when to refer for Urological evaluation.
- 9:00 – 10:00** **Neurological Case Studies** - *Dr. Richard Hardie*
Dr. Hardie will review how to correctly diagnose and manage a primary and a secondary headache syndrome and how to interpret correctly the key features of common neurological presentations.
- 10:00 – 11:00** **Journal Club – Physician Health** – *Dr. Andrew Tresidder*
During this session, Dr. Tresidder will review several articles on Physician Health including natural medicine and electrosensitivity.
- 11:00 – 12:00** **“Urology Feud” – Review Session** - *Dr. Peter Cybulski*
In his final session, Dr. Cybulski will review the learnings from the CMEatSEA, Men’s Health and Urology sessions.
- 12:00 – 1:00** **Sports Related Head Injury – Is One Concussion Too Many?**
Dr. Richard Hardie
Dr. Hardie will define the key features of concussion and explain the clinical, metabolic and anatomical changes associated with concussion along with the components of acute management. He will review when to initiate a specialist referral and also identify relevant risk factors and return to play criteria.
- 1:00 – 1:15** **Closing Remarks**