



Third Annual Lifestyle Medicine Conference

Health, Lifestyle + Sustainability



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Third Annual Lifestyle Medicine Conference



Harbord Diggers, Freshwater, Sydney NSW | 4-6 November 2011

Welcome to the Third Annual Lifestyle Medicine Conference. More than 40 leading local and international speakers will explore topics on diabetes, exercise for rehab, nutrition, sustainability and health, sleep in an age of entertainment, anxiety and modernity, skin and lifestyle, physiology of chronic disease, workplace health and lifestyle medicine... and more.

Pre-Conference Symposium

DAY
01

Lifestyle Prevention and Reversal of Type 2 Diabetes: Is it possible?

Friday 4th November: 12.00-5.00pm

Speakers and Topics: (Chair: Professor Boyd Swinburn)

- Professor Wayne Dysinger (President, American College of Lifestyle Medicine) – Is it possible?
- Professor Stephen Colagiuri (Sydney University) – Sydney Diabetes Prevention Program
- Professor Kerin O’Dea (Samson Institute, University of SA) – Reversing diabetes with ‘bush tucker’
- Professor John Dixon (Baker IDI, Melbourne) – Type 2 diabetes. Obesity or Lifestyle?
- Dr Frances Doran (Southern Cross University) – Lifestyle prevention of GDM & postpartum diabetes
- Assoc Prof David Dunstan (Baker IDI, Melbourne) – The risks of sitting
- Professor David Colquhoun (University of Queensland) – Depression as an independent risk factor for T2DM
- Professor Robyn McDermott (University of SA) – Sleep as an independent risk factor for T2DM
- Professor Steve Selig (Deakin University) – Physical activity and diabetes reversal: the evidence
- Dr Kate Marsh (Dietitian & Diabetes Educator, Sydney) – Vegetarian diets and diabetes prevention

Friday Evening Conference Timetable

5.30pm: Registration

6.30pm: Drinks

7.00pm-9.00pm: Opening Plenaries

DICK SMITH – KEY NOTE ADDRESS

(Former Australian of the Year and author: ‘Dick Smith’s Population Crisis’)

“POPULATION: HOW FAR CAN WE GROW”

ROSS GITTINS

(Economics Editor, Sydney Morning Herald and author ‘The Happy Economist’)

“ECONOMICS, GROWTH, AND WELLBEING”

CHAIRMAN: RICHARD AEDY

(Radio National ‘Life Matters’)

Introduced by Professor Garry Egger

- 8.30 – 8.40** **Lifestyle Medicine: A definition and a ‘Toolbox’ for Practice:**
Prof Garry Egger (Southern Cross University)
- 8.40 – 9.10** **PLENARY: MEDICINE, COMPLEMENTARY MEDICINE, LIFESTYLE MEDICINE, HEALTH PROMOTION, PUBLIC HEALTH: CAN ANYTHING STOP THE OBESITY EPIDEMIC?**
Professor Boyd Swinburn (Deakin University; International Obesity Task Force)
- 9.10 – 10.45** **OBESITY AND WEIGHT LOSS: TIPS FROM THE EXPERTS (Chair: A Binns)**
“Individualising weight loss”
Prof Sebely Pal (Curtin University)
“The case against dieting”
A/Professor Amanda Sainsbury-Salis (Garvan Institute)
“When to call for the doctor”
Prof John Dixon (Baker IDI)
“Surgery: When and when not.”
Dr Georgia Rigas (Bariatric GP, Sydney)
“Tricks and traps in general practice”
Dr Tri Tuyen Cao (GP Adelaide)
- Tales from the Trenches:**
“Is weight loss in (general) practice do-able?”
Marion Goodman (PN: Tamworth)
- 10.45 – 11.15** **MORNING TEA and MASSAGE**
- 11.15 – 12.45** **MUSCLE AND SKIN IN AN AGEING AND IDLE POPULATION**
“Muscle in Ageing – A weighty issue”
Chris Oliver (Southern Cross University)
“‘Active Nutrients’: Prevention and management of cancer-related sarcopenia through exercise and nutrition”
Cameron McDonald (University of Queensland)
“Ageing skin through lifestyle”
Prof Gary Halliday (Sydney University)
“Making muscle work – properly”
Prof David Cameron-Smith (University of Auckland)
- Tales from the Trenches:**
“Staying active in general practice”
Dr Paul Russell (GP, Sydney)
“Lift for life”
David Menzies (Health & Fitness Industry Association)
- 12.45 – 1.00** **LIFESTYLE LUNCH**
Walk, Talk and Stretch
Dr Caroline West
Body Fat Measurement Demonstration
Mindfulness Meditation
Dr Maura Kenny
- 1.10 – 1.40** **LUNCH**

1.40 – 2.20

PLENARY: ANXIETY, DEPRESSION & MODERNITY

Professor Ian Hickie (Sydney University; Brain and Mind Research Institute)

2.20 – 3.40

MENTAL HEALTH AND MODERNITY

“The politics and practicalities of mental health”

Adj Prof John Mendoza (ConNetica, QLD)

‘Anthropogens’, Depression and Chronic Disease

Professor Garry Egger (Southern Cross University)

“Laughing off Dementia”

Prof John Stevens (Southern Cross University)

“Staying sane in mental health”

Dr Rob Reznik (Psychiatrist, Sydney)

Tales from the Trenches:

‘Naked’ running in a crowded city’

Silos Moss Dave Robinson (The Naked Runners)

“Show and tell”

Dr Ted Arnold (GP, Sydney)

3.30 – 4.00

AFTERNOON TEA AND MASSAGE

4.00 – 5.30

MOTIVATION, SELF-MANAGEMENT, SEXUAL HEALTH & CHRONIC DISEASE

“Indulgent appetites – motivation and eating”

Dr Joanna McMillan (Dietitian, Sydney)

“How active management can retrain the brain in chronic pain”

Dr Chris Hayes (John Hunter Hospital)

“Mindfulness”

Dr Maura Kenny (University of Adelaide)

“Body-brain vitality”

Prof Paul Taylor (University of San Francisco)

“‘The Doc does Darlo’ – sexual health in an age of social media.”

Dr Caroline West (GP, Sydney)

“Why men are always hard (to motivate)”

Prof Garry Egger (Southern Cross University)

How I motivate my patients

Speakers Forum: 5 minutes from the floor



- 9.00 – 9.40** **PLENARY: LIFESTYLE MEDICINE IN THE US: FROM HERE TO WHERE?**
Prof Wayne Dysinger (President, American College of Lifestyle Medicine)
- 9.40 – 11.00** **EXERCISE AND NUTRITION: THE ‘PENICILLIN OF LIFESTYLE MEDICINE’**
“Exercise in secondary & tertiary prevention”
Prof Steve Selig (Deakin University)
“What’s new in nutrition”
Prof Kerin O’Dea (University of SA)
“Exercise, oxidative stress and lifestyle”
Dr Ross Grant (University of NSW)
“Australian native foods and health”
Vic Cherikoff (Cherikoff Foods; Sydney)
- Tales from the Trenches:**
“Exercise therapists: Their role in the health system”
Greg Hurst (Fitness Aust)
“Health and carbon: Measures of food quality”
Shivaun Conn (Dietitian, Sydney)
- 11.00 – 11.30** **MORNING TEA**
- 11.30 – 12.45** **CHRONIC PAIN AND LIFESTYLE IN THE CORPORATE AND COMMUNITY SETTINGS**
“Evidence-based principles for improving lifestyle-related health in the workplace”
Andrew Pitkin (Southern Cross University)
“Corporate Health”
Andrew May (The Performance Clinic)
“The role of rehabilitation in chronic pain”
Dr Helen Redmond (MetroRehab Hospital)
“CHIP (Coronary Health Intervention Program)”
Dr Darren Morton (Avondale College)
“Unlocking the door to a fatigue resistant culture”
Dr Trent Watson (Ethos Health)
- Tales from the Trenches:**
“Reducing fat and pollution through Personal Carbon Trading”
Gary Webb (Southern Cross University)
“Lifestyle and chronic pain”
Rick Naylor (Exercise Physiologist, Forster NSW)
- 12.45 – 1.30** **ANNUAL ALMA GENERAL MEETING**
ALMA Obesity – Press release
- 1.30** **CONFERENCE CLOSE**

ALMA Conference Details

Conference Details

Harbord Diggers, Freshwater, Sydney NSW
4-6 November 2011

Professional Education Points

GP's 40 Category A QA & CPD points
Practice Nurses 6 points
Other Professions on application.

Conference Dates and Times

Friday 4 November

- Registration and Pre-conference Symposium
- Lifestyle Prevention and Reversal of Type 2 Diabetes:
Is it possible? 12.00-5.00pm
- Registration – 5.00pm
- Drinks – 6.30pm
- Keynote Speakers – 7.00-9.00pm

Saturday 5 November

Conference Sessions – 8.30-5.30pm

Sunday 6 November

Conference Sessions – 9.00-1.30pm

Conference Sessions

Themes: exercise for rehab, nutrition, sustainability and health, sleep in an age of entertainment, anxiety and modernity, skin and lifestyle, physiology of chronic disease, workplace health, lifestyle medicine... and more.

PRICING

\$495

STUDENT

\$295

GROUP (3 OR MORE)

\$395

PRE-SYMPOSIUM ONLY

\$195

Registration price includes morning tea, lunch and afternoon tea throughout conference, and one year ALMA membership, valued at \$85.

Accommodation

Accommodation is available at several venues in Manly. Shuttle service is provided to the Diggers from Manly accommodation. Trains from the airport to Circular Quay and Ferries to Manly run on a regular basis.



Registration

Register Now at www.lifestylemedicine.com.au | Enquiries, please phone **0409 318 100**

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