



FIFTH INTERNATIONAL LIFESTYLE MEDICINE CONFERENCE IN LITHUANIA

LIFESTYLE MEDICINE: THEORY AND PRACTICE

APRIL 11-12, 2019

CONFERENCE PROGRAMME 1st day

Europa Royale Kaunas Hotel Miško str. 11, Kaunas

08:00 – 09:00 REGISTRATION

09:00 – 10:00 INTERACTIVE CONFERENCE OPENING

Vilius Jonas Grabauskas, Professor Emeritus at LSMU MA
Vytenis Povilas Andriukaitis, European Commissioner, responsible for Health & Food safety
Aurelijus Veryga, Lithuanian Minister of Health
Algimantas Kirkutis, Chair of the Parliamentary Subcommittee on Health Protection and Improvement
Ramune Kalediene, Professor, Dean of Faculty of Public Health at LSMU
Prof. Kęstutis Petrikonis, Vice-Rector for studies at LSMU

10:00 – 10:30 DEVELOPMENT OF LIFESTYLE MEDICINE: GLOBAL STRATEGY AND PERSPECTIVES

Susan Benigas, ACLM, Executive director (USA)

10:30 – 11:15 LIFESTYLE FACTORS: THEIR INFLUENCE ON THE GENE EXPRESSION AND GENETIC AGEING

Prof. dr. Danielius Serapinas, LSMU Department of Family medicine, geneticist (Lithuania)

11:15 – 12:00 HELPING PATIENTS TO CHANGE BEHAVIOURS BY UNDERSTANDING THE BRAIN

*Prof. dr. Luigi Maselli, Founding President of Italian Lifestyle Medicine Association,
Scientific Director at National Department of Lifestyle Sciences (Italy)*

12:00 – 13:00 DIET, INFLAMMATION AND HEALTH: A REVIEW OF FOOD CHEMISTRY AND ITS IMPLICATIONS FOR CLINICAL PRACTICE AND PUBLIC HEALTH.

Prof. dr. Paul Clayton, Clinical pharmacologist and pharmaco-nutritionist, Fellow of the Institute of Food, Brain & Behaviour, Oxford (UK)

13:00 – 14:00 BREAK

14:00 – 14:45 CLINICAL LESSONS FROM 35 YEARS OF LIFESTYLE MEDICINE: STRATEGIES FOR DISEASE REVERSAL

Michael A. Klaper, MD. Physician, educator, a consultant at TrueNorth Health Center, California (USA)

15:00 – 16:00 LIFESTYLE MEDICINE PRACTICE: EFFECTIVENESS OF SHARED MEDICAL APPOINTMENTS

*Rob Lawson, MD, Chairman and founder of British Society of Lifestyle Medicine,
Fellow & Examiner for the Royal College of General Practitioners (UK)*

16:00 – 16:30 HOW NOT TO DIE: THE ROLE OF DIET IN PREVENTING, ARRESTING, AND REVERSING OUR TOP 15 KILLERS (ON-LINE)

Michael Greger, MD, Founding Member of the American College of Lifestyle Medicine (USA)

16:30 – 17:00 CONFERENCE CLOSING

Tomas Vaiciunas, Coordinator of Master program of Lifestyle Medicine, LSMU (Lithuania)

CONFERENCE PROGRAMME 2nd day

Lithuanian University of Health Sciences (LSMU) Veterinary Academy Tilžės str. 18, Kaunas

Workshop: Lifestyle Medicine Practice in the Community Settings

Exclusively by Prof. dr. Hans Diehl, Faculty of Preventive Medicine at Loma Linda University
Tomas Vaiciunas, Coordinator of Master program of Lifestyle Medicine, LSMU (Lithuania)

08:00 – 09:00 REGISTRATION

09:00 – 10:15 COMMUNITY BASED MODEL OF LIFESTYLE MEDICINE PRACTICE: MAIN PRINCIPLES

Prof. dr. Hans Diehl, Faculty of Preventive Medicine at Loma Linda University

10:15 – 10:30 BREAK

10:30 – 11:30 EAT MORE, WEIGH LESS: RATIONAL AND SUCCESSFUL WEIGHT MANAGEMENT

Prof. dr. Hans Diehl, Faculty of Preventive Medicine at Loma Linda University

11:30 – 12:00 ADOLESCENT'S SOMATIC SYMPTOMS – ANYTHING TO DO WITH A LIFESTYLE?

Tomas Vaiciunas, Health research institute, LSMU (Lithuania)

12:00 – 13:00 REVERSING DIABETES WITH FORK OVER KNIFE

Prof. dr. Hans Diehl, Faculty of Preventive Medicine at Loma Linda University

13:00 – 13:15 DISCUSSION AND CLOSING

13:15 – 14:00 LUNCH BREAK

(only for exam applicants and exam proctoring team)

14:00 – 18:00 INTERNATIONAL LIFESTYLE MEDICINE CERTIFICATION EXAM

Prepared and Proctored by International Board of Lifestyle Medicine