

5th PCLM ANNUAL CONFERENCE

Lifestyle Medicine for COVID-19 and NCD Care: A Wake-Up Call

DATE/TIME	PARTICULARS		
September 26, 2021 8:00 am	Opening Program	Prayer National Anthem Opening Remarks Inspirational Message	Mechelle A. Palma, MD – President, Philippine College of Lifestyle Medicine Benito Atienza, MD – President, Philippine Medical Association
		8:45 am	Keynote
9:15 am	Plenary 1	Beverly Lorraine Ho, MD	The Case for Investment in Preventing and Controlling NCDs: The COVID-19 Mitigation Measures
10:30 am	Asynchronous Simultaneous Session 1 - A		Asynchronous Simultaneous Session 1 - B
	Nemencio Nicodemus, MD Lifestyle Intervention and Metabolic Syndrome: The Impact in the Quality of Life (QOL)		Jane B. Yap, RN, DrPH Lifestyle Medicine in Community-Engaged Health Promotion
11:15 am	Christian Flores, MD The Noncommunicable Diseases and COVID-19 Intersections		Kathryn Fermin Gorriceta, MD Integrating Lifestyle Medicine in Public Hospital Services
1:30 pm	Suzete Labrador, MD Lifestyle Therapy: The Mainstay for Diabetes Type 1, 1.5, and 2		Nicole Anne Buenavista, MD Lifestyle Medicine Group Practice: Patient Centered Collaborative Approach
2:15 pm	Julius Cabison, MD, DipIBLM Plant-based Nutrition for Chronic Kidney Disease		Jocelyn Pantaleon, MD Lifestyle Medicine in Hospital Workplace: NCD Mitigation Strategy
3:00 pm	Q & A Panel (Online Chat room)		
3:30 pm	Case Presentation 1	Mechelle Acero Palma, MD	Diabetes Mellitus Type 2 Remission
5:00 pm	Workshop 1	Coach Jim and Toni Saret	Coaching the Health Coaches
September 27, 2021 1:30 pm	Plenary 2	Leilanie Nicodemus, MD	The Imperative of Lifestyle Intervention in Universal Health Care (UHC)
		Mechelle Acero Palma, MD	Lifestyle Medicine in Academic, Clinical, and Hospital Concept
		Catherine Collings, MD	Programmed Shared Medical Appointment: A Clinical Lifestyle Medicine Procedure for NCD Care
	Asynchronous Simultaneous Session 2 – A		Asynchronous Simultaneous Session 2 – B
3:15 pm	Manuel Gayoles, MD Exercise Prescription for COVID-19 and Special Conditions		Jar-R Palec, MD Modern Therapy and Lifestyle Interventions in Cancer Survivors: Designing Programs to Improve Quality of Life (QOL)
4:00 pm	John Mark Caballero, MD Sleep Health: A Lifestyle Medicine Pillar		Odelind Flores, MD Lifestyle Modification for Pelvic Malignancy Prevention
4:45 pm	Irene Mae Gadrinab, MD The Common Brain Mechanism of Substance Use and Food Addiction		Eden Elisan, RND, MPH, DIBLM Nutrition Prescription for Intensive Therapeutic Lifestyle Intervention
5:30 pm	Ma. Kathleen Rose Paule Social Relationship: A Lifestyle Medicine Pillar		Mansueta Sabellina, MD Plant-based Dietary Patterns and Cancer-Related Outcomes
6:15 pm	April Dawn Lucero, MD Translating Nutrition Prescription in Home Kitchens		Brenda Davis, RD The Role of Nutritionist and Dietician in Lifestyle Medicine Programs
7:00 pm	Q & A (Online Chat room)		
7:30 pm	Case Presentation 2	Arleen Joy Vallejo, MD	Intensive Therapeutic Lifestyle Program for Liver Disease
September 28, 2021 1:30 pm	Plenary 3	Beth Frates, MD	Interprofessional Lifestyle Medicine Education and Beyond
		Neal Barnard, MD	Ignorance of Nutrition is No Longer Defensible
Asynchronous Simultaneous Session 3 – A		Asynchronous Simultaneous Session 3 – B	Asynchronous Simultaneous Session 3 – C
3:30 pm	Linda Varona, MD Allergies, Health and Wellness		Ecler Jaqua, MD Lifestyle Medicine in Primary Care: A Family-Oriented Approach
4:15 pm	Jansen Calalan, MD Allergies: The Immune-Gut Interplay		Blecenda Varona, RND, DrPH, DIBLM, FACLM Children and Adolescent's Modern Dietary Practices: What to do Instead?
5:00 pm	Q & A (Online Chat room)		
5:45 pm	Workshop 2	Mechelle Acero Palma, MD	Two Simple Flips: The Culinary Medicine Tips
6:30 pm	Prizes Draw	Awards Committee	
	Closing Remarks	April Dawn Lucero, MD – Events Committee Head	