

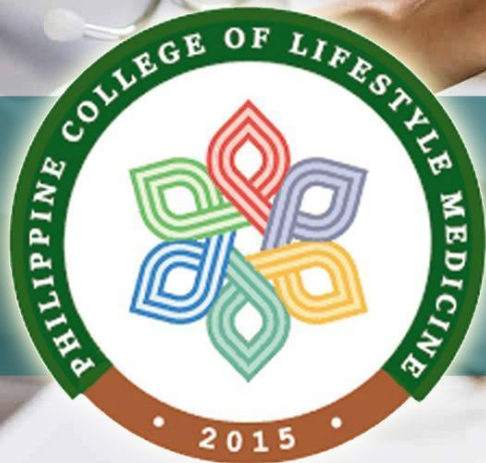
7th PCLM Annual Convention

PCLM2023

December 3-6, 2023

Quest Plus Conference Center, Clark, Pampanga

DAY 1: December 03, 2023			
Time	Activities	Topics	Resource Person
9:00 am	PRE-CONFERENCE Nutrition & Culinary Medicine Workshop (<i>optional registration</i>)	Diabetes Remission Program Culinary Medicine Specialist Certification Nutrition in Agriculture Culinary Skills & Food Preparation	Mechelle A. Palma, MD John Kelly, MD (on-demand) Ma. Eva P. Dionisio, MAEd, LPT Christine Lamonera, MD Maria Lourdes Lesaca
1:30 pm	Research Presentations Published studies on Poster Presentation: <ul style="list-style-type: none"> “Lifestyle REDO” Managing Dyslipidemia as Risk Factor for Cardiovascular Disease in Adults Through Lifestyle Intervention Physician’s Lifestyle Counseling Knowledge, Attitude, and Practice: A Basis for Lifestyle Medicine Continuing Medical Education (CME) Call for Lifestyle Medicine Research and Presentation	Studies published in PAFP Journal <ul style="list-style-type: none"> Alcohol, Coronary Artery Disease with Myocardial Infarction, Lifestyle Medicine: A Case Study A Case Report on SMART-EST Action Plan with Lifestyle Medicine Approach in the Non-Pharmacologic Management of Metabolic Syndrome A Case Report on Non-Alcoholic Fatty Liver Disease in a 10-Year-Old Boy: A Challenge in the Approach and Management Implementing Lifestyle Changes and Diet-tracking APP in an Obese Male: A Case Report PCLM research grants	Vigilanda Solijon, MD Adres Kim Tan, MD Pauline Tan Ngo, MD Ruth Esther Velez, MD Endrik Sy, MD (PAFP) Bysshe Fernan, MD (PCLM)
2:30 pm	LM Education Best practices	Medical Schools Initiatives <ul style="list-style-type: none"> Adventist University of the Philippines, College of Medicine Phinma Residency Program Initiatives <ul style="list-style-type: none"> Adventist Medical Center Bacolod Antique Medical Center Primary & Intermediate School Initiatives <ul style="list-style-type: none"> Dansalan College 	Jahnen Tanamal, MD Shiril Jalad Armero, MD Bysshe Fernan, MD Mechelle Palma, MD Vigilanda Solijon, MD
3:30 pm	Break		
3:45-4:30 pm	Workshop	Shared Medical Appointment: A Novel LM Method	Wayne Dysinger, MD, FACLM
4:30pm	Billenting, Exhibit Nature Walk/Biking		
6:30 pm	Conferment, Oath Taking, and Awarding Ceremony (Attire: Formal)	PCLM Diplomates PCLM New members PCLM Fellows PCLM Awardees	



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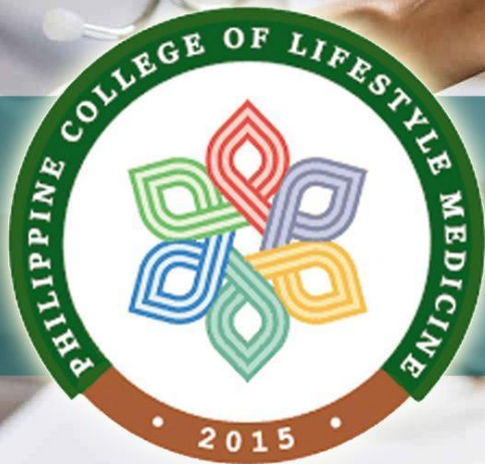
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DAY 2: December 4, 2023

Time	Activities	Topic	Resource Person
6:00 am	Meditational/Taichi and Positive Psychology activity		
8:15 am	Opening Ceremony (Attire: Corporate with White Coat)		
10:00 am	Panel Discussion 1	The Intersection of Lifestyle Medicine and Universal Lifestyle Medicine National Training Initiative (NTI)	Beverly Lorraine Ho MD (DOH) Karin Estepa-Garcia, MD (PAFP) Leilanie Nicodemus, MD (PAFP) Maria Minerva P. Calimag, MD (PMA) Mechelle Palma, MD (PCLM)
11:00 am	Health Break/Exhibit		
11:15 am	Keynote	Utilizing Lifestyle Medicine to Address Health Disparities	Wayne Dysinger, MD FACLM
11:45 am	Luncheon presentation	Hypertension Link to Telmisartan SSS Membership and Latest Programs	Ritemed Carlo Villacorta, Dept. Manager SSS
1:30 pm	Plenary 1	Exercise Program Implementation	Manuel Gayoles, MD
2:15 pm	Plenary 2	Sleep: Can we do better?	Amy Mechley, MD
3:00 pm	Plenary 3	Risky Substance Use Intervention	Leonard Baraquia, MD
3:45 pm	Health Break/Exhibit		
4:00 pm	Panel Discussion 2	Lifestyle Medicine Education Spectrum <ul style="list-style-type: none"> LM in Medical school & Public health curriculum LMCC 2022 update for LM specialist LM Intensivist competencies LM Micro-credentialing Community-Engaged LM Program (CELM) 	Mechelle Palma, MD (PCLM) Leilanie Nicodemus, MD (UP-PGH) Doris Mendoza, MD (AUP-COM) Shiril Armero, MD (PHINMA-COM) Ana Nelson, MD (LLU) Policarpio Joves, MD (MMSU)
5:00 pm	Health Break		
7:30 pm	Fellowship Night (Blast from the Past: Wear Your Generation)		

DAY 3: December 5, 2023

Time	Activities	Topic	Resource Person
5:30 am	Walk With A Doc		
8:15-9:00am	Plenary 4	Women's Health Focus: Lifestyle Medicine Hot Topics	Amy Mechley, MD
9:00-10:00	LM Best Practices	Lifestyle Medicine Solutions – Iloilo Antique Medical Center The Medical City Calapan City Health Card Dept. Provincial Health Office - Aklan	Mechelle Acero Palma, MD Elizabeth Ellaga, MD Christian Flores, MD Ambrocio Jumangit III, MD Lady Marie Lucas Oczon, MD
10:00-10:30am	Plenary 5	Quality Assurance in Lifestyle Medicine Practice	Endrik Sy, MD, FPAFP
10:30-10:45 am	Health Break		
10:45-11:45	Panel Discussion 3	Lifestyle Medicine Collaborative Care: Working with Colleagues	Bysshe Fernan, MD (Family Medicine) Leonard Baraquia, MD (Pulmonology) Bibly Macaya, MD (Urology) Christine Marie Puey, MD (Cardiology) Najla Flores, MD (OB-Gyne) Linda Varona, MD (Allergology) Joy Gayares, MD (Psychiatry) Manuel Gayoles, MD (Rehab Med) Pauline Ngo, MD (Pediatrics)
1:00-4:00 pm	On Demand Sessions (Online) International Board of Lifestyle Medicine Examination		



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DAY 4: Dec 6, 2023		
	Topic	Resource Person
On Demand Sessions	Rheumatoid Arthritis and Autoimmune Disease: Lifestyle Intervention	Elaine Venegas, MD
	Physician's Personal Health and Lifestyle	Elizabeth Frates, MD
	Positive Social Connection in Lifestyle Medicine Practice	Liana Lianov, MD
	Lifestyle Medicine Care for Dysmenorrhea	Sheela Nambiar, MD
	Implementing Lifestyle Medicine in Public Healthcare Facility	Javar Esturco, MD
	Lifestyle Medicine Care for PCOS	Menchu Diana, MD
	Lifestyle Medicine Care for Coronary Artery Disease	Christina Marie Puey, MD
	Lifestyle Medicine Care for COPD	Byshe Fernan, MD
	Lifestyle Medicine Care for Post-Chemotherapy Patients	Mary Antonette Ong, MD
	Pediatric Positive Psychology	Anne Joy Aguderra, MD
	The Role of Nutritional, Pharmacological, and Surgical Approaches in the Management of Obesity	Jan Paolo Dipasupil, MD
	Physicians Mental Health & Well-being	Joy Gayares, MD

DAY 4: December 6, 2023			
Time	Activities	Topic	Resource Person
9:00-12:00nn	Post Conference Workshop (optional registration)	Lifestyle Medicine Coaching Positive Psychology	Byshe Fernan, MD Mechelle Palma, MD Beth Frates, MD (asynchronous) Liana Lianov, MD (asynchronous)
Dec 6-10, 2023	Submission of evaluation forms for CPD credits		