

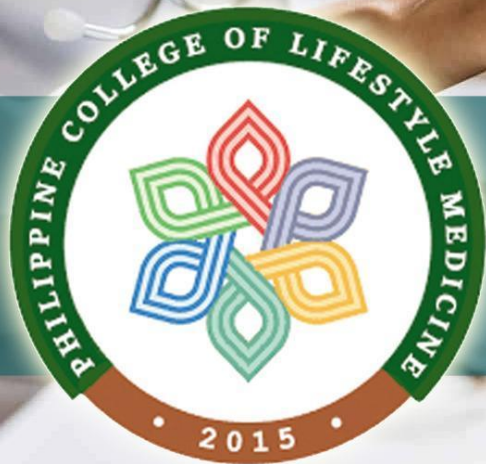
7th PCLM Annual Convention

PCLM2023

December 3-6, 2023

Quest Plus Conference Center, Clark, Pampanga

DAY 1: December 03, 2023			
Time	Activities	Topic	Resource Person
9:00 am	PRE-CONFERENCE Nutrition & Culinary Medicine Workshop (<i>optional registration</i>)	Diabetes Remission Program Nutrition in Agriculture	Mechelle A. Palma, MD John Kelly, MD (on-demand) Agricultural Training Institute
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) 	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 	Vigilanda Solijon, MD Adres Kim Tan, MD Pauline Tan Ngo, MD Bysshe Fernan, MD
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 Elizabeth Ellaga, MD Vigilanda Solijon, MD
3:30 pm	Break		
3:45-4:30 pm	LM Workshop	Shared Medical Appointment: A Novel LM Method	Wayne Dysinger, MD, FACLM
4:30pm	Billeting 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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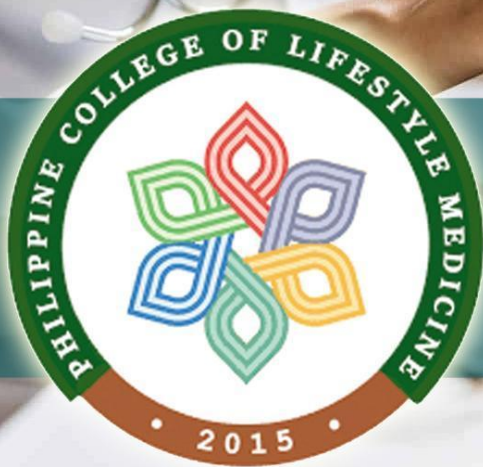
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DAY 2: December 4, 2023

Time	Activities	Topic	Resource Person
6:00 am	Walk With A Doc		
8:15 am	Opening Ceremony (Attire: Corporate with White Coat)		
10:00 am	Panel Discussion 1	The Intersection of Lifestyle Medicine and Universal Health Care	Karin Estepa-Garcia, MD (PAFP) Leilanie Nicodemus, MD (PAFP) Wayne Dysinger, MD (ACLM) Mechelle Palma, MD (PCLM)
11:00 am	Health Break		
11:00 am	Plenary 1	Utilizing Lifestyle Medicine to Address Health Disparities	Wayne Dysinger, MD FACLM
11:45 am	Luncheon presentation		SSS Sponsors
1:30 pm	Plenary 2	Exercise Program	Manuel Gayoles, MD
2:15 pm	Plenary 3	Sleep: Can we do better?	Amy Mechley, MD, FACLM
3:00 pm	Plenary 4	Risky Substance Use Intervention	Leonard Baraquia, MD
3:45 pm	Health Break		
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 	Mechelle Palma, MD Leilanie Nicodemus, MD Doris Mendoza, MD Shiril Armero, MD
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
7:30 am	Meditational and Positive Psychology activity		
8:15-9:00am	Plenary 5	Women's Health Focus: Lifestyle Medicine Hot Topics	Amy Mechley, MD, FACLM
9:00-9:30am	Plenary 6	Lifestyle Medicine Initiatives: University	Policarpio Joves, MD, FPAFP
9:30-10:00		PCLM Accredited LM Centers <ul style="list-style-type: none"> Adventist Medical Center Lifestyle Medicine Solutions 	Linda Varona, MD Mechelle Acero Palma, MD
10:00-10:30am	Plenary 7	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)		



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DAY 4: Dec 5, 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 Psychology 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 Aguaderra, 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 (On-Demand)	Byshe Fernan, MD Mechelle Palma, MD Beth Frates, MD Liana Lianov, MD
Dec 6-10, 2023	Submission of evaluation forms for CPD credits		