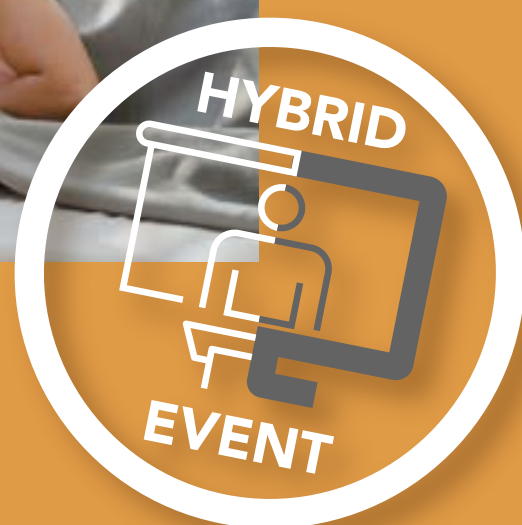


# 3<sup>RD</sup> MALAYSIAN LIFESTYLE MEDICINE CONFERENCE



CPD POINTS AWARDED  
**16**  
CPD POINTS AWARDED

Prevent, treat and reverse chronic diseases with evidence based lifestyle medicine

**6<sup>TH</sup>-7<sup>TH</sup> DEC 2023**

**@Berjaya Times Square Hotel**



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# WELCOME MESSAGE



On behalf of the Malaysian Society Of Lifestyle Medicine, it gives me great pleasure to welcome you, to the 3rd Malaysian Lifestyle Medicine conference on the 6th and 7th of December 2023 at Berjaya Times Square Hotel. This year's conference is scheduled to be a hybrid conference. Following the conference is the Board Certification Examination in Lifestyle Medicine on the 8th of December 2023. 2023 has been an exciting year for MSLM. We were involved in creating the Lifestyle Medicine and Diabetes Remission Module and training the healthcare professionals at a public health facility in Malaysia. This project by the World Health Organisation and the Ministry of Health Malaysia heralded the introduction of Lifestyle Medicine at a public health facility. MSLM also participated at the Civil 20(C20) Integrative and Holistic Health Summit and contributed to the deliberations and proposals to be recommended to the G20 on Lifestyle Medicine and Diabetes Remission. This year's conference theme "Prevent, Treat And Reverse Chronic Diseases With Evidence Based Lifestyle Medicine" gives us an opportunity to explore how evidence based lifestyle medicine intervention in clinical practice can not only prevent but also manage and reverse Non-Communicable Diseases.

The scientific programme is designed to showcase the different pillars of Lifestyle Medicine and explore the latest protocols in Lifestyle Medicine. Once again, we have eminent international and local Lifestyle Medicine physicians, policy makers and international health organizations presenting at the conference.

We invite physicians and allied health professionals to attend this exciting conference, which has lectures, workshops, forums, mindfulness session and more. You will learn about strategies to help your patients be free of chronic diseases and to keep you in robust health. It also gives you an opportunity to network and forge relationships with like minded healthcare professionals.

We are delighted to have you here at our conference and we hope that you will enjoy the conference!

Best Regards

Dr Sivanewaran Poobalasingam MD, Dip IBLM

Organizing Chairman, 3rd Malaysian Lifestyle Medicine Conference 2023

Founder and President, Malaysian Society of Lifestyle Medicine

Lifestyle Medicine Expert Consultant, WHO (WHO-MOH Lifestyle  
Medicine For Remission Of Diabetes Programme)

Advisory Board, IBLM/LMGA

Advisory Board, International Journal Of Disease Reversal And Prevention

Advisory Council, Global Positive Health Initiative

Council, True Health Initiative

# HIGHLIGHTS

- ★ Lifestyle Medicine And Remission Of Type 2 Diabetes
- ★ Microbiome And Chronic Diseases
- ★ Fasting In Disease Prevention And Management
- ★ Plant-Based Diet And Chronic Diseases
  - ★ Kidney Disease
  - ★ Cancer
- ★ Women's Health
- ★ Exercise And Obesity
- ★ Provider Burnout And Lifestyle Medicine
- ★ Science Of Neuroplasticity
- ★ Motivational Interviewing
- ★ Social Connectedness And Laughter
- ★ Lifestyle Medicine Principles In Clinical Practice
- ★ Cardiovascular Health And Smoking
- ★ Sleep And Mental Health
- ★ Mindfulness And Stress Resiliency
- ★ And More...

# MEET OUR SPEAKERS

## KEYNOTE SPEAKERS



**PROF. ELISSA EPEL**

Director of the Aging, Metabolism, and Emotions Center, University of California, San Francisco



**DR JOHN KELLY**

Founding President, American College Of Lifestyle Medicine



**DR MURUGA RAJ RAJATHURAI**

President, Commonwealth Medical Association  
Past President, Malaysian Medical Association

## SPEAKERS



**DR BETH FRATES**

President Elect, American College Of Lifestyle Medicine



**DR WAYNE DYSINGER**

Chair, Lifestyle Medicine Global Alliance



**DR SIVANESWARAN POOBALASINGAM**

Founder And President, Malaysian Society of Lifestyle Medicine



# MEET OUR SPEAKERS



**PROF EDWARD M PHILLIPS**  
Director, Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, Harvard Medical School



**DR AMY MECHELY**  
Chair American and International Board Of Lifestyle Medicine



**DR DARSHAN MEHTA**  
Medical Director, Benson Henry Institute For Mind Body Medicine, Massachusetts General Hospital, Harvard Medical School



**MR STEPHAN HERZOG**  
Executive Director, American & International Boards of Lifestyle Medicine



**DR LIANA LIANOV**  
President, Global Positive Health Institute



**DR SIOBHAN MCCORMACK**  
MBBS, DRCOG, DFSRH, DCH, MRCGP, IBLM Dip.



**DR ROB LAWSON**  
President, European Lifestyle Medicine Council



**DR LAWANIAH SANDRAN**  
Lifestyle Medicine Physician



**DR SHEENA FRASER**  
Lifestyle Medicine Physician



**DR FARIDAH BINTI MOHD ZIN**  
Consultant Family Medicine and Lifestyle Medicine Physician, MSU Medical Centre



# CONFERENCE SCHEDULE

6<sup>th</sup> DECEMBER 2023

TIME	TOPIC	SPEAKER
8.00 - 8.30 am	Registration	
8.30 - 9.15 am	The Importance of Social Connections and Laughter	Dr. Elizabeth Frates Director Of Wellness Programming, Spaulding Rehabilitation Hospital, Harvard Medical School President, American College Of Lifestyle Medicine
	Opening Ceremony	
9.15 - 9.25 am	National Anthem	
9.25 - 9.35 am	Welcome Address	Dr Sivaneswaran Poobalasingam Founder And President Malaysian Society of Lifestyle Medicine
9.35 - 9.45 am	Special Address	Dr Wayne Dysinger, Chair, Lifestyle Medicine Global Alliance
9.45 - 9.55 am	Special Address	Dr Muruga Raj President, Commonwealth Medical Association
9.55 - 10.15 am	Inauguration And Keynote Address	Guest Of Honour
10.15 - 10.45 am	Tea Break / Networking	
10.45 - 11.30 am	Keynote Lecture 1  The Telomere Effect: The Key To Longevity	Prof. Elisa Epel Director Of The Aging, Metabolism And Emotions Center, University Of California, San Francisco
11.30 am-12.00pm	Mindfulness And The Science Of Neuroplasticity	Dr. Darshan Mehta Medical Director, Benson Henry Institute For Mind Body Medicine, Massachusetts General Hospital, Harvard Medical School
12.00 - 12.45 pm	Workshop 1  Mindfulness In Clinical Practice	Dr Sivaneswaran Poobalasingam Founder And President Malaysian Society of Lifestyle Medicine Nisha Lakshmanan Director, Mind Body Medicine Amrita Integrative And Lifestyle Medicine Centre Ivana Saldanha Amrita Integrative And Lifestyle Medicine Centre

**NOTE: ALL TIMING IN GMT +8**

**DISCLAIMER NOTE: The conference organiser reserves the right to change the timing and the topics without prior notice**



# CONFERENCE SCHEDULE

## 6<sup>th</sup> DECEMBER 2023

12.45 - 1.45 pm	Lunch and Networking Break	
1.45 - 2.30 pm	Understanding The Gut Microbiome And Lifestyle Medicine	Dr Siobhan Mc Cormack Lifestyle Medicine Physician Dr Sheena Fraser Lifestyle Medicine Physician
2.30 - 3.00 pm	Lifestyle Medicine For Underserved Communities	Dr. Rob Lawson President, European Lifestyle Medicine Council.
3.00 - 4.30 pm	Workshop 2  The Lifestyle Medicine Assessment - Understanding The Details Of The LM Pillars, Exploring Antecedents/Triggers/Mediators	Dr. Wayne Dysinger Chair, Lifestyle Medicine Global Alliance
4.30 - 5.00 pm	Tea Break / Networking	
5.00 - 6.30 pm	Workshop 3  Lifestyle Medicine Treatment Approaches - The LM Prescription, LM Protocols, Health Behavior Change Tools	Dr. Wayne Dysinger Chair, Lifestyle Medicine Global Alliance

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# CONFERENCE SCHEDULE

7<sup>th</sup> DECEMBER 2023

TIME	TOPIC	SPEAKER
8.00 - 8.30 am	Board Certification in Lifestyle Medicine	Mr Stephan Herzog Executive Director, American & International Boards Of Lifestyle Medicine
8.30 - 9.15 am	Exercise Prescription For Obesity	Dr. Edward M Phillips Director, Institute of Lifestyle Medicine, Spaulding Rehabilitation Hospital, Harvard Medical School
9.15 - 10.00 am	Keynote Lecture 2  Science And Practice Of Intensive Lifestyle Medicine Treatment	Dr. John Kelly Founding President, American College Of Lifestyle Medicine
10.00 - 10.30 am	<b>Tea Break / Networking</b>	
10.30 - 11.15 am	Role Of Social Connections And Positive Psychology In A Healthy Lifestyle	Dr. Liana Lianov President, Global Positive Health Institute
11.15am - 12.00pm	Lifestyle Medicine For Women	Dr. Amy Mechely  Chair, American And International Boards Of Lifestyle Medicine
12.00 - 12.45 pm	Lifestyle Medicine For Remission Of Type 2 Diabetes	Dr Sivanewaran Poobalasingam Founder And President, Malaysian Society Of Lifestyle Medicine
12.45 - 1.45 pm	<b>Lunch and Networking Break</b>	
1.45 - 2.30 pm	The Role Of Fasting In Disease Prevention And Reversal	Dr. Wayne Dysinger  Chair, Lifestyle Medicine Global Alliance
2.30 - 3.15 pm	The Benefits Of Plant-Based Nutrition In Cancer Treatment	Dr. Amy Mechely Chair, American And International Boards Of Lifestyle Medicine
3.15 - 3.45 pm	<b>Zumba</b>	Posh Fazlyn

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# CONFERENCE SCHEDULE

7<sup>th</sup> DECEMBER 2023

3.45 - 4.15 pm	Tea Break / Networking	
4.15 - 4.45 pm	Cardiovascular Risk Of Smoking And Benefits Of Smoking Cessation	Dr Faridah Zin Consultant Family Medicine And Lifestyle Medicine Physician, MSU Medical Centre
4.45 - 5.15 pm	Sleep And Mental Health	Dr Lawaniah Sandran Lifestyle Medicine Physician
	Closing Ceremony	
5.15 - 5.30 pm	Special Address	Dr Amy Mechely Chair, American And International Board Of Lifestyle Medicine
5.30 - 5.45 pm	Closing Address	Dr Sivaneswaran Poobalasingam Founder And President Malaysian Society of Lifestyle Medicine

**NOTE: ALL TIMING IN GMT +8**

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