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in collaboration with



First Lebanese conference on **TRANSFORMATIVE POWER OF LIFESTYLE MEDICINE**

FACULTY OF NURSING & HEALTH SCIENCES



“ THE DOCTOR OF THE
FUTURE WILL NO LONGER
TREAT THE HUMAN FRAME
WITH DRUGS, BUT RATHER
WILL CURE AND PREVENT
DISEASE WITH NUTRITION. ”

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WELCOME MESSAGE FROM THE DEAN

We are delighted to welcome you to this conference and look forward to your participation. This valuable meeting will assemble brilliant experts in the medical and healthcare fields. We are all acutely aware of the growing burden of chronic non-communicable diseases. Thus it is timely that this meeting will enable you to meet and discuss the fascinating and transformative power of Lifestyle Medicine.

Antoine Farhat, Ph.D.

WELCOME MESSAGE FROM THE KEYNOTE SPEAKER

Welcome to the worldwide Lifestyle Medicine movement! The non-communicable disease epidemic must be stopped. As you join this conference, you are stating that you are willing to do things differently, to hit non-communicable diseases at their root cause, and join with other health professionals to work together for a new approach to health care delivery. I look forward to sharing and serving together.

Wayne Dysinger,
MD, former president of the American College of Lifestyle Medicine.

SCIENTIFIC AND ORGANIZING COMMITTEE

Antoine Aoun, MD, Ph.D. (aaoun@ndu.edu.lb)

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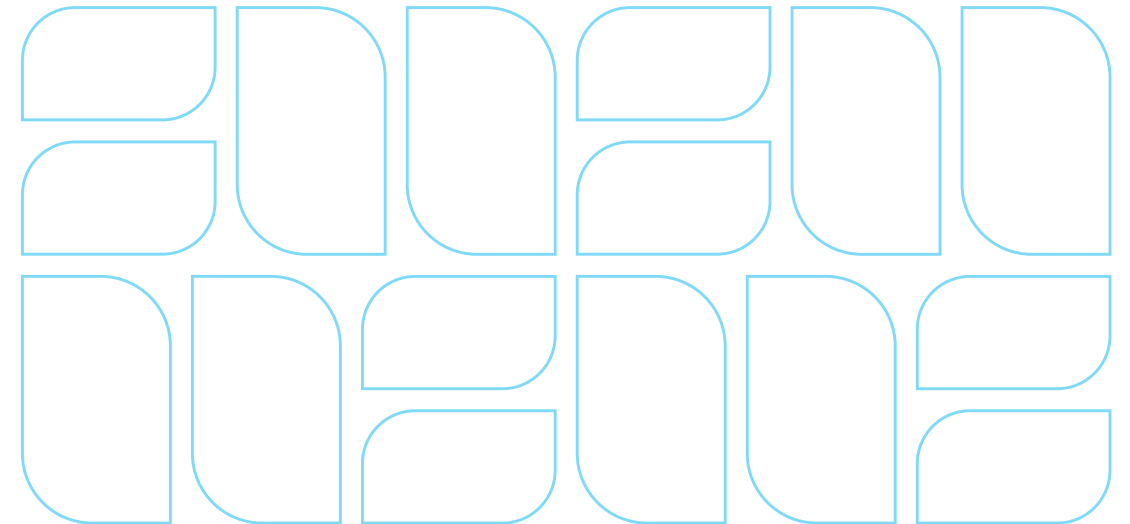
Jessy El Hayek, Ph.D. (jelhayek@ndu.edu.lb)

OBJECTIVES OF THE CONFERENCE

1. Describe and discuss what lifestyle medicine is about
2. Take a look at the scientific evidence of the benefits of lifestyle medicine in prevention and treatment of chronic non-communicable diseases
3. Survey methods essential for evaluating lifestyle-related factors and affecting healthy lifestyle behavior change in patients

TARGET AUDIENCE

Primary care physicians, primary care network providers, nurses, allied healthcare professionals (dietitians, social workers, psychologists, health coaches, etc.), health educators, health researchers, and other health professionals.



PROGRAM

Time	Title	Speaker	Objectives
Friday October 11			
8:00 -9:00 a.m.	Registration (free)		
9:00 -10:30 a.m.	Session 1 - Moderators: Khalil Helou , PharmD MS Rawane Tahtouh , Actress		
9:00 - 9.30 a.m.	The Transformative Power of Lifestyle Medicine	Wayne Dysinger , MD	<p>Describe the evidence from randomized controlled trials showing that chronic diseases may be prevented and treated by making comprehensive lifestyle changes.</p> <p>Describe evidence showing that comprehensive lifestyle changes may affect gene expression.</p> <p>Discuss successful strategies for motivating people to make and maintain comprehensive lifestyle changes.</p>
9:30 - 10:00 a.m.	Food as Medicine	Walid Khairallah , MD	<p>Discuss the evidence-based use of certain diets and food items in the management of chronic diseases.</p> <p>Outline how to de-prescribe some common medications and provide suitable lifestyle changes and/or food replacements.</p>
10:00 - 10:30 a.m.	Stress Reduction as Medicine	Jumana Antoun , MD	<p>Describe the evidence relating stress to chronic diseases.</p> <p>Discuss counseling for stress management in clinical practice and identify effective evidence-based stress reduction techniques.</p>

10:30 - 11:00 a.m.	Wellness Break		
11:00 - 12:30 p.m.	Session 2 - Moderators: Colette Kabrita Bou Serhal , Ph.D. Ursula Rizk , RN MPH		
11:00 - 11:30 a.m.	Official Launching		
11:30 a.m. - Noon	Sleep Problems: The Most Effective Interventions	Wayne Dysinger , MD	<p>Highlight sleep's role in health and chronic diseases.</p> <p>Identify lifestyle-based changes and environmental factors that can improve sleep.</p>
Noon -12:30 p.m.	The Connection Prescription: Power of Social Support	Myrna Doumit , RN, Ph.D.	<p>Outline the concept of social connections.</p> <p>Highlight the link between social support/ connections and health outcomes as per research findings.</p> <p>Discuss implementation of social connections "tool" by healthcare providers in clinical practice.</p>
12:30 - 1:30 p.m.	Healthy Lunch		
1:30 - 3:00 p.m.	Session 3 - Moderators: Patricia Eid , Ph.D. MarK Aoun , Founder and President of Vamos Todos		
1:30 - 2:00 p.m.	Updates in Motivational Interviewing: The Evidence-Based Strategies that are Producing the Best Results	Michel Nawfal , MD, MA	<p>Define motivational interviewing techniques.</p> <p>Discuss evidence-based effectiveness of motivational interviewing techniques to promote healthy behavior change.</p> <p>Discuss use of motivational interviewing techniques/ skills in primary care consultations.</p>

2:00 - 2:30 p.m.	Lifestyle Recommendations for Realistic and Successful Weight Loss	Maya Abou Jaoude , MS Jessica Maalouf , MS	Discuss evidence-based dietary approaches for weight loss. Review the main effective non-dietary approaches for weight loss.
2:30 - 3:00 p.m.	Smoking Cessation: Clinical Practice Guidelines	Hala Kai , MD	Summarize the evidence-based literature on effective tobacco cessation interventions. Discuss implementation of tobacco cessation strategies in clinical practice.
3:00 - 3:30 p.m.	WELLNESS BREAK		
3:30 - 5:00 p.m.	Session 4 - Moderators: Alissar Rady , MD, MPH Patricia Nammour , Actress and Comedian		
3:30 - 4:00 p.m.	Workplace Wellness	Toni Sawma , Ph.D.	Draw attention to the importance of wellness at the workplace in order to prevent chronic diseases. Provide examples of evidence-based activities/ programs demonstrated to improve employees' mental and physical wellbeing. Outline the importance of employees' wellness for the benefits of the whole organization.
4:00 - 4:30 p.m.	Integrating Lifestyle Medicine and Positive Psychology for Enhanced Health and Wellbeing	Myrna Saadeh , MSN, Ph.D.	Outline positive psychology science/theory. Lay out the role of positive psychology in health as per research findings. Discuss practical implementation and challenges of positive psychology approaches by healthcare providers to prevent and treat lifestyle-related chronic diseases.

4.30 - 5:00 p.m.	Lifestyle Medicine (LM) Groups and Programs	Wayne Dysinger , MD	Summarize the existing literature about LM medical education. Provide knowledge and tools to administrators, faculty members, and students interested in pursuing LM training. Provide guidance on how to establish LM education program and connections with LM international groups.
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Time	Title	Speaker	Objectives
Saturday October 12			
8:00 - 9:00 a.m.	Registration (Fees: 20\$/workshop; 60\$ for full registration (4 workshops); certificates of participation are provided)		
9:00 - 10:30 a.m.	Session 1 - Moderators: Nina Brax , MD, MPH Sylvio Chiha , Professional Athlete		
9:00 - 9.45 a.m.	Lifestyle Medicine Assessment and Implementation. The Nutrition and Exercise Prescriptions	Wayne Dysinger , MD	Summarize evidence-based nutrition prescription for prevention/ management of chronic diseases. Describe the evidence for the role of physical activity components (aerobic, strength, flexibility, and balance) in prevention/ management of chronic diseases. Discuss how to perform nutrition and exercise assessment and develop prescriptions in clinical practice.

9:45 - 10:30 a.m.	The Practical Application of Cognitive Behavioral Therapy (CBT) for Obesity in Clinical Practice	Marwan El Ghoch, MD	Discuss evidence-based implementation of CBT in lifestyle changes for better management of obesity. Identify practical ways to apply CBT in different clinical settings.
10:30 - 11:00 a.m.	Wellness Break		
11:00 a.m. - 12:30 p.m.	Session 2 - Moderators: Yonna Sakr, Ph.D. Sandra Eid, Journalist		
11:00 - 11:45 a.m.	Anti-Cancer Lifestyle Medicine	Wayne Dysinger, MD	Elaborate the evidence-based lifestyle interventions in cancer prevention and treatments. Discuss effective methods of communicating cancer risk and promoting cancer prevention and treatment in clinical settings.
11:45 a.m. - 12:30 p.m.	Healthy Cooking with Little Time or Budget	Monique Zaarour, MS	Prepare few healthy, quick and affordable food options. Discuss how to shop sensibly for healthy meals on a limited budget. Discuss strategies for healthy cooking and eating that are fast, easy, approachable, and affordable. Identify credible resources including newsletters, websites, and other online resources related to nutrition, weight-management, and flavorful, healthy cuisine.

