



Practice Lifestyle Medicine

12-14 December 2024

Brussels, Belgium

PRACTICE LIFESTYLE MEDICINE
12-14 DECEMBER 2024 BRUSSELS, BELGIUM

organized by Dr. Ioan Hanes, on behalf of the European Lifestyle Medicine Organization (ELMO) and the Belgian Lifestyle Medicine Organization (BELMO)

Thursday, 12 December 2024

19:00 **Welcome Cocktail** at Corinthia 5* Hotel, Brussels
(<https://www.corinthia.com/en-gb/brussels/>)

Friday, 13 December 2024

The Hotel, Brussels, Belgium

08:00- 08:15 **Opening of the event**

08:15- 10:00 **Roundtable A** with the following presentations:

08:15- 08:25 **Prof. Robert Kelly, MD, MBA, FRCPI (Ireland)**
Behavior Change in Cardiology

08:25 - 08:35 **Georgeta Vaidean, MD, MPH, PhD (USA)**
A framework for critically interpret research papers in Lifestyle Medicine

08:35 - 08:45 **Lorand Kristof, MD (Canada)**
Lifestyle medicine - practical option for involvement for a community family physician

08:45 - 08:55 **Anca Hancu MD, PhD, Lifestyle medicine network coordinator, Medlife, clinical research fellow associate, UBB (Romania)**
Lifestyle medicine in clinical practice- experience in Medlife network

08:55 - 09:05 **Laszlo Babai, MD (Hungary)**
Lifestyle medicine as part of medical education curricula in Hungary



09:05- 09:15 **Prof. Dr. Michelle Tollefson (Virtual, USA)**

Lifestyle medicine interventions in menopause

09:15 - 09:45 Working Groups (WG) are workshops with the same title as the presentations and have as objectives to start and develop practical skills related to the topic:

WGA1: Prof. Dr. Michelle Tollefson (Virtual, USA)

WGA2: Prof. Dr. Georgeta Vaidean (USA)

WGA3: Prof. Dr. Robert Kelly (Ireland)

WGA4: Dr. Anca Hancu (Romania)

09:45 - 10:10 Panel of discussions

Moderator: Prof. Dr. Robert Kelly (Ireland)

09:10 - 10:00 Self-Care Atelier 1 (*Culinary Medicine: Healthy Junk food! How to trick your mind- with Konstantinos Vagias*)

10:10 - 10:15 Coffee/ Tea Break

10:15- 11:45 Roundtable B with the following presentations:

10:15 - 10:25 Monica Duraes, MD (Portugal)

Breaking the Habit: Empowering Physicians to Lead Smoking Cessation Efforts

10:25 - 10:35 Hanna Ballout, MD, Secretary General of Société Scientifique de Médecine Générale (Belgium)

An inclusive approach of sexual transmitted diseases

10:35 - 10:45 Kristal Lau, MPH, MBBS, BMedSc (Hons) (France)

The role of matrescence and patrescence in sexual health and lifestyle medicine

10:45 - 10:55 Ioan Hanes, MD, lifestyle sexologist, Director of the European Lifestyle Medicine Certificate (Belgium)

Men's sexual health and lifestyle medicine



10:55 - 11:25 Working Groups (WG) are workshops with the same title as the presentations and have as objectives to start and develop practical skills related to the topic:

WGB1: Dr. Monica Duraes (Portugal)

WGB2: Dr. Hanna Ballout (Belgium)

WGB3: Dr. Kristal Lau (France)

11:25 - 11:45 Panel of discussions

Moderator: Ioan Hanes (Belgium)

10:55 - 11:45 Self-Care Atelier 2 (*Zumba as lifestyle with Bela Grundmann*)

10:55 - 11:45 Self-Care Atelier 3 (*Let's prepare a healthy cocktail with the Opius team*)

11:45 - 13:00 Keynote Speaker: Christophe Jauquet (Belgium)

Healthusiasm - the aspiration to be healthy & happy

13:00- 14:00 Lunch

14:00 - 15:40 Roundtable C with the following presentations:

14:00 - 14:10 Prof. Dr. Aleksandra Pikula - DipABPN, DipABLM, ELMOc (Canada)

Challenging Times: Brain Health starts with Brain Care

14:10 - 14:20 Andrew Basaly, MD (USA)

Burn-out in the world of physicians

14:20 - 14:30 Dr. Eleni Prifti, PhD, Environmental Health Consultant, ELMOc (The Netherlands)

Small changes, big impact. Practical tools to help individuals reduce toxic exposures.

14:30 - 14:40 Prof. Michel Poulain, Senior Researcher Tallinn University (Estonia), Emeritus Professor UCL (Belgium)

The Blue Zones and beyond



14:40 - 14:50 Thiago Guimarães Osório, MD (Belgium)

Exercise as Medicine: From Theory to Practice, Exercise Rx: Prescribing Movement for Optimal Health, The Movement Prescription: Enhancing Outcomes with Physical Activity

14:50 - 15:20 Working Groups (WG) are workshops with the same title as the presentations and have as objectives to start and develop practical skills related to the topic:

WGC1: Prof. Dr. Aleksandra Pikula (Canada)

WGC2: Dr. Eleni Prifti, PhD (The Netherlands)

WGC3: Dr. Thiago Guimarães Osório (Belgium)

15:20 - 15:40 Panel of discussions

Moderators: Prof. Dr. Aleksandra Pikula (Canada) and Prof. Michel Poulain (Belgium)

14:50- 15:40 Self-Care Atelier 4 (*Sound Yoga with Sarah*)

14:50- 15:40 Self-Care Atelier F (*The Practice of Fermentation with Ellen Rabaey and Yulia Pavlova*)

15:40- 15:55 Coffee/Tea Break

15:55 - 16:25 Launching “The Heart Book” of Prof. Dr. Robert Kelly

interview with Anne Funk and Ioan Hanes

16:30 - 18:00 Roundtable D with the following presentations:

16:30 - 16:40 Prof. Dr. Doina Todea (Romania)

The sleep as integrative cornerstone of lifestyle medicine

16:40 - 16:50 Benno Krachler, MD, PhD (Sweden)

How to structure a lifestyle medicine consultation in patients with (non-psychiatric) mental health challenges

16:50 - 17:00 Prof. Dr. Andrée Rochfort, President European Society for Quality and Safety in Family Medicine (EQuIP) (Ireland)

Lifestyle medicine for your clients who are physicians



EUROPEAN LIFESTYLE
MEDICINE ORGANIZATION

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17:00 - 17:10 Ioannis Arkadianos, MD, President of the European Lifestyle Medicine Organisation (Greece)

Obesity treatment through lifestyle interventions

17:10 - 17:40 Working Groups (WG) are workshops with the same title as the presentations and have as objectives to start and develop practical skills related to the topic:

WGD1: Prof. Dr. Doina Todea and Dr. Anca Maiorean (Romania):

Personalised diagnosis of sleep behavior in lifestyle

WGD2: Dr. Benno Krachler (Sweden)

WGD3: Prof. Dr. Andree Rochfort (Ireland)

WGD4: Dr. Ioannis Arkadianos (Greece)

17:40 - 18:00 Panel of discussions

Moderators: Prof. Dr. Andree Rochfort (Ireland) and Dr. Ioannis Arkadianos (Greece)

17:10 - 18:00 Self-Care Atelier 5 (*Flowers arrangements with Marie*)

18:00 - 18:30 Keynote Speaker (virtual): Beth Frates, Harvard Medical School (USA), past president of the American College of Lifestyle Medicine

Leadership in Lifestyle Medicine

19:30 Networking Dinner at Les Petits Oignons Restaurant, Bruxelles

(<https://restaurant-petits-oignons-bruxelles.be/>)



Saturday. 14 December 2024

The Hotel, Brussels, Belgium

08:30 - 10:00 **Roundtable E** with the following presentations:

08:30 - 08:40 **Prof. Christina Karatzaferi, MLM Director, Dean of School of P.E., Sport Science and Dietetics, University of Thessaly (Greece)**

Academic Lifestyle Medicine Education - The MSc in Lifestyle Medicine-
Lessons Learned

08:40 - 08:50 **Aspa Kandyli, Licensed Teacher, Cert. Sleep Consultant and Parenting Coach (The Netherlands)**

Engage and Educate: Effective Social Media Use in Lifestyle Medicine

08:50 - 09:00 **Pela Petraki Kavvadia, MD (Greece)**

Motivational Interviewing - enhancing self efficacy

09:00 - 09:10 **Elizaveta Kuznetsova, MD, PhD (Serbia)**

Lifestyle Medicine support during antidepressants discontinuation

09:10 - 09:20 **Austen El-Osta, MD, Director SCARU, Imperial College London (UK)**

A Brief History of Self-Care

09:20 - 09:50 **Working Groups (WG)** are workshops with the same title as the presentations and have as objectives to start and develop practical skills related to the topic:

WGE1: Prof. Christina Karatzaferi (Greece)

WGE2: Aspa Kandyli (The Netherlands)

WGE3: Dr. Pela Petraki Kavvadia (Greece)

WGE4: Dr. Elizaveta Kuznetsova (Serbia)

09:50 - 10:10 **Panel of discussions**

Moderator: Prof. Christina Karatzaferi (Greece)

09:20 - 10:10 **Self-Care Atelier 6** (*Preparing face cosmetics with Camille*)

10:10 - 10:25 *Coffee/ Tea Break*



10:25 - 12:05 Roundtable F with the following presentations:

10:25 - 10:35 Prof. Godfrey Grech (Malta)

The use of predictive multiplex assays to prevent or resolve chronic inflammation of the intestines: A personalised lifestyle intervention approach.

10:35 - 10:45 Sunil Kumar, FCAI FRSA MRCA FBSLM Dip IBLM Board Certified Lifestyle Medicine Physician, Master Health Coach & Anaesthesiologist (UK)

Practical Nutrition Strategies for Lifestyle Medicine Physicians

10:45 - 10:55 Adnan Awad, MBBS, DipIBLM, Lifestyle Medicine Advisor (Sudan)

Health-Behavior Change and Goal Setting

10:55 - 11:05 Aikaterini Zacharoupoulou (Germany)

Substance Use and Lifestyle Medicine

11:05 - 11:15 Bianca Delia Comsa, MD (Belgium)

Is it possible regular physical activity in patients with chronic pain syndrome?

11:15 - 11:45 Working Groups (WG) are workshops with the same title as the presentations and have as objectives to start and develop practical skills related to the topic:

WGF1: Prof. Godfrey Grech (Malta)

WGF2: Dr. Sunil Kumar (UK)

WGF3: Dr. Adnan Awad (Sudan)

WGF4: Dr. Aikaterini Zacharoupoulou (Germany)

11:45 - 12:05 Panel of discussions

Moderators: Prof. Godfrey Grech (Malta) and Dr. Sunil Kumar (UK)

12:05- 12:45 Keynote Speaker: Prof. Dr. Wilhelmus Kwanten, MD, PhD (UZA, Belgium)

Lifestyle interventions in liver's diseases

12:45 - 13:00 Closing of the event

13:00 - 14:00 Lunch



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Guided tour in Brussels

You have the opportunity to enjoy one of the biggest Christmas markets of Europe- "Plaisirs d'Hiver" between 29 November 2024 to 05 January 2025 in Brussels, with more informations about this year event soon on their website: <https://www.plaisirsdhiver.be/>