



Ministry of Health of  
The Republic of Lithuania



## FIFTH INTERNATIONAL LIFESTYLE MEDICINE CONFERENCE IN LITHUANIA

### LIFESTYLE MEDICINE: Theory and Practice

April 11-12, 2019

Lithuanian University of Health Sciences (LUHS)  
Educational Laboratory Complex  
Z. Januškevičiaus auditorium, Eivenių g. 4, Kaunas

### CONFERENCE PROGRAMME 1<sup>st</sup> day

08:00 – 9:00 **Registration**

9:00 – 10:00 **Interactive conference opening**

*Vilius Jonas Grabauskas, Professor Emeritus at LUHS MA*

*Vytenis Povilas Andriukaitis, European Commissioner, responsible for Health & Food safety*

*Aurelijus Veryga, Lithuanian Minister of Health*

*Algimantas Kirkutis, Chair of the Parliamentary Subcommittee on Health Protection and Improvement*

*Ramune Kalediene, Professor, Dean of Faculty of Public Health at LUHS MA*

10:00 – 10:30 **Development of Lifestyle Medicine: Global Strategy and Perspectives**

*Susan Benigas, ACLM, Executive director (USA)*

10:30 – 11:15 **Epigenetics: how our genes respond to the food we eat.**

*Danielius Serapinas, MD, PHD, Institute of Psychology of Mykolas Romeris University*

11:15 – 12:00 **Helping patients to change behaviors by understanding the brain**

*Dr. Luigi Maselli, Founding President of Italian Lifestyle Medicine Association, Scientific Director at National Department of Lifestyle Sciences (Italy)*

12:00 – 13:00 **Chronic inflammation: biochemical mechanisms and nutrition**

*Dr. Paul Clayton, Clinical pharmacologist and pharmaco-nutritionist, Fellow of the Institute of Food, Brain & Behaviour, Oxford (UK)*

13:00 – 14:00 **Lunch break**

14:00 – 14:45 **Clinical Lessons from 35 Years of Lifestyle Medicine: Strategies for Disease Reversal**

*Michael A. Klaper, MD. Physician, educator, consultant at TrueNorth Health Center, California (USA)*

15:00 – 16:00 **Lifestyle Medicine Practice: Effectiveness of Shared Medical Appointments**

*Rob Lawson, MD, Chairman and founder of British Society of Lifestyle Medicine, Fellow & Examiner for the Royal College of General Practitioners (UK)*

16:00 – 16:30 **HOW NOT TO DIE: The Role of Diet in Preventing, Arresting, and Reversing Our Top 15 Killers (via Skype)**

*Michael Greger, MD, Founding Member of the American College of Lifestyle Medicine (USA)*

16:30 – 17:00 **Conference closing**

*Tomas Vaiciunas, Coordinator of Master program of Lifestyle Medicine, LUHS (LT)*

# CONFERENCE PROGRAMME

## 2<sup>nd</sup> day

### **Workshop: Lifestyle Medicine Practice in the Community Settings**

*Conducted exclusively by Prof. Hans Diehl, Faculty of Preventive Medicine at Loma Linda University*

08:00 – 9:00 **Registration**

9:00 – 10:15 **Community based model of lifestyle medicine practice: main principles**

10:15 – 10:30 **Break**

10:30 – 11:30 **Eat More, Weigh Less: Rational and Successful Weight Management**

11:30 – 11:45 **Break**

11:45 – 12:45 **Reversing Diabetes with Fork and Knife**

12:45 – 13:00 **Discussion and closing**

13:00 – 14:00 **Lunch break (only for exam applicants and exam proctoring team)**

14:00 – 18:00 **INTERNATIONAL CERTIFICATION EXAM**

*Prepared and Proctored by International Board of Lifestyle Medicine*

### **Conference Registration Fee for foreign attendees:**

- 1st Day (April 11) Conference (6 hours of education) – 25 €
- 2nd Day (April 12) Workshop (4 hours of education) – 15 €
- Both Days – 40 €

The conference will be held in English. Participants of the conference are welcome to register.

All participants will receive Certificates of Attendance issued by LUHS.

Drinks and snacks will be served during the conference breaks.