

Presenters

Dr. Hans Diehl, DrHSc, MPH, FACN

With a focus on the consumption of more plant-based and whole foods, Hans Diehl founded the Complete Health Improvement Program (CHIP) and the Lifestyle Medicine Institute. Since its creation in 1988, his CHIP program has more than 80,000 graduates and its clinical results have been reported in more than 30 peer-reviewed professional publications. Dr. Diehl is currently a Clinical Professor of Preventive Medicine in the School of Medicine of Loma Linda University in Southern California.

Dr. Thomas Harman, MD

Thomas Harman is an established family and primary care physician of over 30 years and a certified member of the American Board of Family Medicine (ABFM). He spent most of his career at Mayo Clinic where he served as Program Chair of the Department of Family Medicine and Primary Care Committee. Dr. Harman believes in developing and understanding patients' cultures, beliefs, and unique characteristics of mind, body, and spirit to help facilitate healing. He also focuses on prevention with attention to lifestyle choices.

Dr. Neal Barnard, MD, FACC

Neal Barnard, MD, FACC, is an Adjunct Associate Professor of Medicine at the George Washington University School of Medicine in Washington, DC, and President of the Physicians Committee for Responsible Medicine. Dr. Barnard has led numerous research studies investigating the effects of diet on diabetes, body weight, and chronic pain. In 2015, he was named a Fellow of the American College of Cardiology. In 2016, he founded the Barnard Medical Center in Washington, DC, as a model for making nutrition a routine part of all medical care. Originally from Fargo, North Dakota, Dr. Barnard received his M.D. degree at the George Washington University School of Medicine and completed his residency at the same institution. He practiced at St. Vincent's Hospital in New York before returning to Washington to found the Physicians Committee.

Dr. Jengyu Lai, DPM

Jengyu Lai is a certified wound specialist on the American Board of Wound Healing (ABWH) and the Council for Medical Education and Training. He earned his Doctorate of Podiatric Medicine at the Des Moines University in Iowa. There, he also received a fellowship in Biomechanics Research. Soon after, he was awarded a post-doctoral fellowship in Physical Medicine and Rehabilitation at the Mayo Foundation College of Medicine in Rochester, Minnesota. Dr. Lai is dedicated to operating comprehensive and high quality care.

Lifestyle Medicine Symposium: *Clinical Applications of Lifestyle Medicine*

Friday, March 16

8:00a-3:30p

125 LIVE

**125 Elton Hills Dr NW
Rochester, MN 55901**

Featuring:

Dr. Neal Barnard and Dr. Hans Diehl

Co-sponsored by:

Winona State University and 125 LIVE



6 hours/0.6 CEU available

CEU Certificate of Attendance is available from Winona State university upon request. It is the attendee's responsibility to receive approval from and submit the CEU Certificate of Attendance to their authority.

Schedule

- 8:10-9:10** Chronic Diseases: The Limitations and Opportunities of Modern Medicine
Hans Diehl, DrHSc, MPH, FACN
- 9:10-10:00** Evaluation and Treatment of Dementia
Thomas Harman, MD
- 10:00-10:15** **Break**
- 10:15-10:45** Stomp Out Chronic Diseases
Jengyu Lai, DPM
- 10:45-12:00** Power Foods for the Brain
Neal Barnard, MD, FACC
- 12:00-1:00** **Lunch**
- 1:00-3:30** Clinical Application of Lifestyle Medicine in the Community and Corporate Worlds
Hans Diehl, DrHSc, MPH, FACN
Jengyu Lai, DPM
Neal Barnard, MD, FACC
Bob Bonacci, MD
Thomas Harman, MD
Rob Dill

Program Details

Chronic Diseases: The Limitations and Opportunities of Modern Medicine

The prodigious advances and accomplishments in high tech medicine and pharmacology to take care of acute and episodic diseases have not altered the advances of our modern killer diseases. The new lifestyle medicine approach focuses on treating the root causes of this epidemic, how we eat, exercise, smoke, and relieve stress. It goes beyond palliative treatment and mere symptomatic relief. Through intensive group-based education, motivation, and inspiration, it promotes behavioral change instead of further medicalization.

Evaluation and Treatment of Dementia

The typical evaluation and management of cognitive problems associated with dementia will be reviewed, then contrasted with the work of Dr. Dale Bredesen, Professor of Neurology at the University of California, Los Angeles. The Bredesen Protocol has been shown to improve cognitive function for 85% or more of patients treated with this groundbreaking treatment. The protocol offers the possibility of reversal of what has been assumed to be hopeless.

Stomp Out Chronic Diseases

Healthy feet are important in maintaining an active lifestyle. Conversely, lifestyle medicine guidelines can greatly improve common lower extremity problems, such as diabetic wounds and knee osteoarthritis. Those problems can be best managed by an integrated approach with multidisciplinary providers.

Power Foods for the Brain

Recent studies have shown that the risk of developing Alzheimer's disease may differ substantially based on several dietary and lifestyle factors, including the intake of saturated and trans fats, as well as the intake of iron and copper. Aerobic exercise may be protective. The program will focus on practical steps that can be employed to reduce the risk of developing Alzheimer's disease.

Clinical Application of Lifestyle Medicine in the Community and Corporate Worlds/Funding Employer Health Benefits

Poor health costs employers \$576 billion a year in wage replacement, medical and pharmaceutical expenses, and lost productivity. The presenters will share success stories of implementing lifestyle medicine programs at corporates. Additionally, the self-insured group health plan has become a common, creative and cost effective approach to funding employer health benefits. The plans can help manage the health funds, control medical expenses, and invest the unused funds. Most importantly, the plans can incorporate lifestyle medicine to reduce the health costs by tackling the root causes of the most common chronic diseases.