

Texas Indo-American Physicians Society

North East Chapter

in association
with

Dallas County Medical Society

presents



Wellness and Lifestyle Medicine Symposium

**LIMITED SEATING,
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**6.25 AMA PRA Category 1 Credits™
including 1 hour of Ethics.**

Designation Statement:

The Texas Medical Association designates this live activity for a maximum of 6.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity. TMA designates 1 credit in ethics and/or professional responsibility.

Saturday

May 11th, 2024

8 am - 4:30 pm

Renaissance Dallas North Hotel

1590 Lyndon B Johnson Fwy, Dallas, TX 75234

COURSE DIRECTORS

Anupkumar Shetty, MD

CO-CHAIR

Vini Bapna, MD

CO-CHAIR

Sumana Gangi, MD

PRESIDENT, TIPS-NEC 2024

Accreditation Statement:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of Texas Medical Association with TIPSNEC & DCMS. The Texas Medical Association is accredited by the ACCME to provide continuing medical education for physicians.



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AGENDA

1. Prevention: The First Intervention

- Anandita Kulkarni, MD

Learning Objectives:

45 min

- To learn how to optimize Cardiovascular health using the American Heart Association's Life essential 8
- To highlight gaps in care and opportunities for improvement of preventive cardio-metabolic care among individuals of South Asian ethnicity

2. Evidence Based Lifestyle Modification for MASLD and MASH

- Jaideep Behari, MD PhD

Learning Objectives:

45 min

- Understand the role of diet and exercise in the pathogenesis and treatment of MASLD and MASH
- Understand the relationship between obesity and MASLD
- Learn about effective ways to incorporate lifestyle intervention programs in busy clinical practice

3. Sweet Success: Unlocking the Secrets of Diabetes Reversal and Prevention

- Pankaj Vij, MD

Learning Objectives:

45 min

- Evaluate the latest evidence: Participants will critically appraise the scientific basis for diabetes reversal and prevention through lifestyle interventions
- Develop practical strategies: Participants will identify and implement effective tools and techniques for incorporating dietary, exercise, and behavioral changes into patient care plans
- Empower patients: Participants will learn effective communication techniques to engage and motivate patients in adopting lifestyle changes for optimal diabetes management



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AGENDA

4. Culinary Medicine: Cooking with Your Doctor - Vani Paleti, MD

Learning Objectives:

45 min

- Understand the basic concepts of culinary medicine
- Understand the meaning of nutritional excellence as the key to health and wellness and as primary prevention for many diseases
- Understand how physicians can educate patients on nutrition and discuss healthy menu planning and food preparation

5. Lifestyle Changes for Brain Health and Cognitive Wellness - Brendan Kelley, MD

Learning Objectives:

45 min

- Discuss epidemiology and risk factors for MCI, Alzheimers and other types of dementia
- Discuss the role of prevention and lifestyle as it pertains to Alzheimer's and other cognitive impairments

6. A Dermatologist's Perspective on Skin Health and Aging Well - Mara Dacso, MD MS FAAD

Learning Objectives:

45 min

- Learning how common dermatological conditions are affected by lifestyle factors
- Understand how specific lifestyle modifications can improve skin health and wellness
- Review evidence based treatments that slow skin aging and improve skin quality



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AGENDA

ETHICS

7. **Cultivating Purpose: Understanding Intrinsic and Extrinsic Motivators in Healthcare for Lasting Well Being**

- Susan Matulevicius, MD MSCS FACC FASE

Learning Objectives:

60 min

- Identify their personal intrinsic and extrinsic motivators for professional success and will proactively work to align these motivators with the mission of the health care center
- Describe ways to set boundaries between their personal and professional responsibilities
- Implement skills to improve their own professional wellbeing and fulfillment.

8. **Preventive Oncology: Are Cancers Preventable?**

- Anupkumar Shetty, MD FASN CPE

Learning Objectives:

45 min

- To discuss the role of food, exercise and other lifestyle factors on different cancers
- To discuss the role of screening in cancer prevention
- To draw parallel between pillars of lifestyle medicine and cancer prevention guidelines
- To discuss the implementation of appropriate lifestyle changes to alter the risk of cancers