

# Texas Indo-American Physicians Society

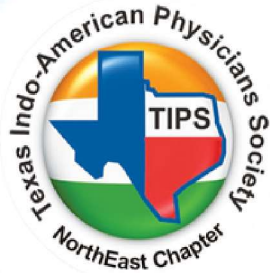
North East Chapter

in association  
with



**Dallas County Medical Society**

presents



## Wellness and Lifestyle Medicine Symposium

**LIMITED SEATING,  
REGISTER TODAY!**



**REGISTER NOW**

[www.tipsnec.org/ws](http://www.tipsnec.org/ws)

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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 6th, 2023**

8 am - 4 pm

**Renaissance Dallas Addison Hotel**

15201 Dallas Parkway, Addison, TX 75001

PLATINUM SPONSOR



**COURSE DIRECTORS**

Anup Shetty, MD  
CHAIR

Vini Bapna, MD  
CO-CHAIR

Amit Guttigoli, MD FACC  
PRESIDENT, TIPS-NEC 2023

**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.



# Wellness and Lifestyle Medicine Symposium



## AGENDA

### 1. Eat As If Your Life Depends On It: Pankaj Vij, MD FACP

#### Learning Objectives:

45 min

- Discuss the diet myths to become the best version of yourself
- Describe nutritional excellence as the key to health and wellness
- Differentiate between hunger and cravings

### 2. "SLEEP: A Key to Living Your Best Life.": Param Dedhia, MD

#### Learning Objectives:

45 min

- List the three key components of optimal sleep
- Review the common sleep disorders and opportunities to diagnosis and treatment
- Describe the bidirectional connection between sleep and health

### 3. The Wounded Healer - Understanding Our Journeys in Medicine and Health: Darshan Mehta, MD MPH

#### Learning Objectives:

45 min

- Describe the systemic and individual forces that affect healthcare provider resilience and well-being
- Discuss how these forces have been shaped through the COVID-19 pandemic
- Provide recommendations for individuals and institutions on best to address healthcare provider resilience in the context of interprofessional teams





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### 4. **Ethics: Generation Z and Mental Wellness: The Complex Relationship!** - Sejal Mehta, MD MBA, PHWC Chair, TMA

#### Learning Objectives:

1 hr

- Detail the emotional challenges faced by generation Z.
- Discuss emotional challenges faced by all family members.
- Practice skills to support family members.
- Implement learnt skills to bring balance back within family system.

### 5. **I have a Carrot and a Stent: You Pick!** - Koushik R. Reddy MD

#### Learning Objectives:

45 min

- Discuss the pathophysiology of Coronary artery disease
- Discuss the flaws and opportunities inherent in our healthcare system as it relates to heart health
- Discuss the power of plant-based nutrition and lifestyle medicine, and how he incorporates those principles in his current practice.

### 6. **Breathe for Health** - Usha Peri MD

#### Learning Objectives:

45 min

- Discuss the role of chronic stress in life and common health problems
- Describe the science of breathing techniques
- Discuss breathing techniques in dealing with stress



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### 7. Gut Wellness and Prevention of GI Cancers - Roopa Vemulapalli, MD

#### Learning Objectives:

45 min

- Implement current cancer screening guidelines for colorectal and liver cancer in practice
- Describe how lifestyle modification can decrease the risk of colorectal cancer
- Discuss the association between diet and colorectal and liver cancer

### 8. Holistic Approach to Beat Cancer: A Physician's Perspective as a Cancer Survivor - Anupkumar Shetty, MD FASN CPE

#### Learning Objectives:

45 min

- Identify 5 areas of Lifestyle Medicine that may help to prevent cancer and improve cancer recurrence and survivorship.
- Review of the AICR Guidelines on Cancer Prevention and Participants will learn how to optimize these 5 master levers of health
- Discuss with patients about this subject in a 15 minute appointment