

## 3rd International Lifestyle Medicine Conference in Lithuania

### LIFESTYLE MEDICINE: more than treating the symptoms of chronic diseases

March 17, 2017

Lithuanian University of Health Sciences  
Z. Januškevičiaus Auditorium, Eivenių str. 4, Kaunas

It is a pleasure to invite you to the 3rd International Lifestyle Medicine Conference – in Europe. The conference is hosted by the Faculty of Public Health (FPH) at the University of Health Sciences (LUHS), and is arranged in collaboration with the European Society of Lifestyle Medicine Professionals.

This exclusive event unites lifestyle medicine professionals, researchers and officials all over the world to discuss and provide an evidence-based approach targeting the prevention, treatment and reversal of the lifestyle-related chronic diseases. The evidence-based knowledge is the core factor for lifestyle medicine development. Therefore, it is important to disseminate the knowledge and exchange accumulated scientific evidence and research in regard to lifestyle medicine.

One of the objectives will be to support Lifestyle Medicine

education and to extend the refinement of the current academic Lifestyle Medicine curriculum. Under interactive opening and discussion on “Lifestyle Medicine in Lithuanian Healthcare System”, the conference will focus on the challenges of the integration of lifestyle medicine professionals in the healthcare system in Lithuania and Europe.

We find it evident that the future model of healthcare has to go beyond the mere relief of symptoms caused by lifestyle related diseases and has to be centered on the evidence based lifestyle medicine approach.

**More details:**

<http://www.lifestylemedicine.lt>

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## CONFERENCE PROGRAM

9:00–10:00	<b>REGISTRATION</b>
10:00–10:10	<b>WELCOME OF THE CONFERENCE PARTICIPANTS</b> Remigijus Žaliūnas, Professor, Rector of Lithuanian University of Health Sciences
10:10–11:15	<b>INTERACTIVE CONFERENCE OPENING: LIFESTYLE MEDICINE IN LITHUANIAN HEALTHCARE SYSTEM</b> Ramunė Kalėdienė, Professor, Dean of the Faculty of Public Health, Lithuanian University of Health Sciences Vilius Jonas Grabauskas, Rector emeritus, Professor, Lithuanian University of Health Sciences Vytenis Povilas Andriukaitis, European Commissioner for Health & Food Safety Aurelijus Veryga, Lithuanian Minister of Health Leonas Valius, Professor, Family Medicine Clinic, Lithuanian University of Health Sciences Eglė Minevičienė, MPH student in Lifestyle Medicine
11:15–12:00	<b>EVIDENCE-BASED NUTRITION FOR REVERSING NON-COMMUNICABLE DISEASES</b> Brenda Davis, Registered dietitian, celebrated author of multiple best-selling books on diet, health, and nutrition (Canada)
12:00–12:45	<b>LIFESTYLE MEDICINE IN PRACTICE</b> Mladen Golubic, MD, Director Cleveland Clinic Wellness Institute (USA)
12:45–13:15	<b>BREAK</b>
13:15–14:00	<b>PSYCHOLOGICAL ASPECTS OF LIFESTYLE MEDICINE: FROM BEHAVIORAL INTERVENTIONS TO MINDFULNESS</b> Alicja Juškienė, LECT, psychologist, FPH Department of Health Psychology, LUHS Behavioral Medicine Institute (Lithuania) Julius Burkauskas, psychologist, LUHS Behavioral Medicine Institute (Lithuania)
14:00–14:45	<b>PHYSICAL ACTIVITY – IS MEDICINE</b> Albertas Skurvydas, professor, Lithuanian Sports University (Lithuania)
14:45–15:15	<b>LUNCH BREAK</b>
15:15–16:00	<b>WHAT DO WE KNOW ABOUT GMO AND GLYPHOSATE INFLUENCE ON HUMAN HEALTH?</b> Jeffrey M. Smith, Institute for Responsible Technology (USA)
16:00–16:45	<b>THE POWER OF LIFESTYLE MEDICINE (on-line presentation)</b> Dean Ornish, MD, President Preventive Medicine Research Institute, Clin. Professor, University of California, San Francisco (USA)
16:45–17:15	<b>CONFERENCE CLOSING</b>