



## 8th PCLM Annual Convention

# PCLM2024

**December 1-3, 2024**

Quest Plus Conference Center, Clark, Pampanga

### DAY 1: December 01, 2024 (PRECONFERENCE)

Time	Activities	Topics	Resource Person
9:00 – 12:00 nn	<b>In-Person workshop</b> Medical Nutrition Therapy & Culinary Medicine <i>(paid workshop with lunch)</i>  Magellan 1	More Consensus than Controversy in Nutrition: Whole Food Plant-Predominant Diet  Nutritional psychiatry: Improving Mental Health by What You Eat  The Nutrition Science Behind and Beyond Lauric Acid	Blecenda Varona, RND, DrPH, DiplBLM  Mechelle Acero Palma, MD, FACLM, FPCLM  Dr. Ma Concepcion Lizada Dr. Fabian Dayrit
9:00 -11:30 am	Conferee photo shoot <i>(Venue: Armstrong 1 &amp; 2)</i>		
1:15 pm	<b>LM Research Presentation</b>  Magellan 2 & 3  Evidence-Based Medicine in LM Practice	Studies published in the PAFP Journal & American Journal of Lifestyle Medicine <ul style="list-style-type: none"> <li>Managing Inflammatory Arthritis Post-COVID-19 Vaccination in a Patient with Hyperuricemia and Previously Diagnosed with Hepatitis B Infection Presenting with Similar Joint Symptoms with a Whole Food Plant-based Diet: A Case Report</li> <li>Clinical Practice Guidelines for Wellness and Health Promotion among Adults</li> <li>Lifestyle Medicine Performance Measures: An Expert Consensus Statement Defining Metrics to Identify Remission or Long-Term Progress Following Lifestyle Medicine Treatment</li> <li>Lifestyle Interventions for Treatment and Remission of Type 2 Diabetes and Prediabetes in Adults: Presenting ACLM's First Clinical Practice Guideline – <i>for publication</i></li> </ul>	Aletha Hope Inting, MD  Bysshe Fernan, MD  Mechelle Acero Palma, MD  Endrik Sy, MD
2:45 pm	<b>Community-Engaged LM</b>	The PCLMConnect	Ms. Genevieve Cane – HAWS
3:15 pm	<b>Exhibit/Break</b>		
3:30 pm	<b>Concurrent session 1</b> <i>Magellan 2 &amp; 3</i>  Magellan 1	Lifestyle Medicine Clinical Training Updates <ul style="list-style-type: none"> <li>Lifestyle Medicine Immersion Program</li> <li>Lifestyle Medicine Residency Program</li> <li>Lifestyle Medicine Fellowship Program               <ul style="list-style-type: none"> <li>PCLM training track</li> <li>PAFP training track</li> </ul> </li> </ul> Lifestyle Medicine for Allied Health Professionals and Health Coaches: The Team Support	Jahnen Tanamal, MD Anna Melody Monzon, MD Kashmir Engada, MD Mechelle Acero Palma, MD  Vigilanda Solijon, MD Bysshe Fernan, MD
4:15 pm	<b>Concurrent session 2</b> <i>Magellan 2 &amp; 3</i>  Magellan 1	Whole Food Plant-Predominant Diet and the Gut Microbiome  Mindfulness: The Art Therapy and Flow	Linda Varona, MD  Romy Paredes, MD
5:00pm	<b>Billeting, Exhibit Nature Walk/Biking</b>		
6:30 pm	<b>Conferment &amp; Oath Taking Ceremony</b> <i>(Attire: Formal)</i> <i>Optional registration with dinner</i>	PCLM New Diplomates PCLM New Members PCLM New Fellows	



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### DAY 2: December 2, 2024 (MAIN CONFERENCE)

Time	Activities	Topic	Resource Person
6:00 am	<b>Morning Stretching Exercise</b>		
8:15 am	<b>Opening Ceremony</b> (Filipiniana)		
9:30 am	<b>PCLM 2024 Awards</b>		
10:00 am	<b>Panel Discussion 1</b>	Institutionalizing Lifestyle Medicine in Healthcare Delivery <ul style="list-style-type: none"> <li>Health Promotion Framework Strategy 2030</li> <li>The DOHA Declaration 2024</li> <li>The Blue Zones Health Network</li> </ul>	Teodoro Herbosa, MD (DOH Secretary) Hector Santos, MD (PMA President) Josephine Lapena, MD (PAFP President) Karin Estepa Gracia, MD (PGH-DFCM Chair) Leilanie Nicodemus, MD (PSPLM Chair)  Moderator: Mechelle Acero Palma, MD
11:20 am	<b>Plenary session 1</b>	Lifestyle Medicine: The Cornerstone of UHC	Aileen Riel-Espina, MD
12:00 nn	<b>Lunch Break/Exhibit</b>		
1:15 pm	<b>Plenary session 2</b>	Lifestyle Medicine and Planetary Health	Jake Bryan Cortez, MD
2:00 pm	<b>Panel Discussion 2</b>	Lifestyle Medicine Competency Framework: The Evolving Spectrum <ul style="list-style-type: none"> <li>Preventive &amp; Lifestyle Medicine Training and Certification               <ul style="list-style-type: none"> <li>Diplomate</li> <li>Fellowship</li> </ul> </li> <li>Healthy Learning Institutions (HLI) Competency Framework</li> <li>Lifestyle Medicine in Public Health</li> <li>Lifestyle Medicine in the Medical Curriculum</li> <li>Lifestyle Medicine in Family &amp; Community Medicine Residency Training</li> <li>Blue Zones Physician Certification</li> </ul>	Mechelle Palma, MD – PCLM Leilani Nicodemus, MD – PGH Justin Villafior, MD (LRD DOH CHD IVB) Karin Estepa-Garcia, MD (Chair, DFCM PGH) Richard Nelson, MD (AIIAS)  Moderator: Shiril Jalad Armero, MD
3:15 pm	<b>Plenary 3</b>	Lifestyle Medicine in Primary Care: Patient-centered Family-focused, Community-based interventions	Guia Limpoco, MD Leilani Nicodemus, MD
4:00 pm	<b>Health Break/Exhibit</b>		
4:15 pm	<b>Concurrent Session 3</b> <i>Magellan 1-3</i>  <i>Armstrong 1 &amp; 2</i>	Healthy Moms, Healthy Babies: Culinary and Lifestyle Medicine for PCOS and Preconception Health  Sarcopenia and Fall Prevention: The Lifestyle Medicine Approach	Shiril Jalad Armero, MD Mechelle Acero Palma, MD  Manuel Gayoles, MD
5:00 pm	<b>Health Break</b>		
7:30 pm	<b>Fellowship Night</b> (Wear Your Festive Attire)		



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DAY 3: December 3, 2024 (MAIN CONFERENCE)			
Time	Activities	Topic	Resource Person
5:30 am	<b>Walk With A Doc</b>		
8:15-9:00am	<b>Plenary session 4</b>	Starting up a Lifestyle Medicine Practice & Center Accreditation <ul style="list-style-type: none"> <li>Lifestyle Medicine Center</li> <li>Culinary Medicine Teaching Kitchen</li> <li>Lifestyle Medicine Coaching</li> </ul>	Mechelle Palma, MD Manuel Gayoles, MD
9:00-10:15	<b>Lifestyle Medicine Best Practices</b>	Armed Forces of the Philippines DOH MIMAROPA DOH CALABARZON Bantayan Lifestyle Medicine Ordinance	Domingo Chua, MD Deogracias Muleta, MD Justin Villafior, MD Samantha Tinsay, MD
10:15-11:30	<b>Panel Discussion 3</b>	Lifestyle Medicine in Interdisciplinary Practice	Kashmir Engada, MD (Family Medicine) Christine Train Bilbao, MD (Cardiology) Shiril Jalad, MD (OB-Gyne) Bienvenido Tamano, MD (Diabetology) Joy Agudera, MD (Psychiatry) Manuel Gayoles, MD (Rehab Med) Caroline Badoy, MD (Pediatrics) Elaine Vinegas, MD (Rheumatology)  Moderator: Dr. Mechelle Palma
2:00-6:00 pm	<b>International Board of Lifestyle Medicine Examination (Armstrong 1 &amp; 2)</b>		
2:00-3:00 pm	<b>General Assembly (Magellan1)</b>		
	<b>On Demand Sessions (Online)</b>		

Dec 3-6, 2024 (POST-CONFERENCE)		
	Topic	Resource Person
<b>On Demand Sessions</b>	Nighttime Shift Work: A Probable Carcinogen	Vigilanda Solijon, MD
	The Social Connectedness Prescription	Byshe Fernan, MD
	The Lifestyle Medicine Health Coach	Ernesto Medina, DrPH
	Planetary Health, Disaster Risk and Lifestyle Intersection	Javar Esturco, MD
	Lifestyle Medicine Care for Cardio Patients	Christine Train Bilbao, MD
	Lifestyle Medicine procedures for Risky Substance Use	Gloria Fabrigas, MD
	Lifestyle Medicine and Cancer Recovery	Mary Antonette Ong, MD
	Lifestyle Medicine and Pediatric Psychology	Anne Joy Aguderra, MD
	Lifestyle Medicine Best Practices: The Business Model	Jan Paolo Dipasupil, MD
	The Power of Lifestyle Medicine Psychiatry	Joy Gayares, MD
	The Proven Potential of Self-Compassion to Help the Professional Caregiver	Shiril Jalad Armero, MD
	Master the Force of Habit	Michelle Sanchez, MD
	What Actually Makes Us Happy and Healthy? Studying Wellbeing Across 85 Years	Byshe Fernan, MD
Physician Burnout	Siva Pooblasingam, MD	
December 6-10, 2023	<b>Submission of evaluation forms for CPD credits</b>	

DAY 4: December 9, 2024 (POST-CONFERENCE WORKSHOP)			
Time	Activities	Topic	Resource Person
9:00-12:00nn <i>(optional paid workshop)</i>	Online Post Conference Workshop	Lifestyle Medicine Coaching and Neuroplasticity  Moving Patients to Action and Maintenance Stage	Byshe Fernan, MD Ernesto Medina, DrPH