



2023 Community of Wellness Symposium

Lifestyle Medicine: Freedom from Chronic Diseases

Friday, April 21, 2023, 4:00 p.m. to 8:00 p.m.

St. Mary's University, Rochester, MN

Chronic conditions are the major contributors of healthcare expenditures. They affect the quality of life and are known to create physical, mental, and financial burdens. Many of those conditions, such as heart disease and diabetes, and the complications they generate cannot be resolved by modern technologies. However, lifestyle adjustments can address the root causes to effectively improve or even reverse these chronic conditions.

At this Symposium, you will learn from lifestyle medicine experts who will share their knowledge to guide you, inspire you, and empower you to practice self-care, with purpose. A lifestyle medicine centered self-care practice includes plant-based nutrition, constant movement, restful sleep, social connections, stress management, and passion. These principles will help you gain freedom from chronic diseases.

4:00 pm to 4:15 pm

Check-in

4:15 pm to 4:30 pm

Introduction – *Ron Hanson, Emcee; Mei Liu, Founder and President; Mayor Kim Norton*

4:30 pm to 5:30 pm

Walk With A Doc (WWAD) – Leading physician: Jengyu Lai, DPM, DipABLM

Join this one-hour walk together around the beautiful Cascade Meadow Wetlands behind St. Mary's University Rochester campus.

5:30 pm to 6:30 pm

Enjoy whole-food, plant-based refreshments designed by local chefs and social time.

6:30 pm to 8:00 pm

Meet our sponsors, guest speakers, and community partners. Learn about resources for your wellness journey.

Lotus Health Foundation
Rochester Clinic
Move With the Mayor
CompCare Urgent Care
Plantpure Community Pod
Natural Grocers
MN RETAIN
Let's Walk Minnesota
Arthritis Foundation Walk with Ease
Cardinal of Minnesota

2023 Community of Wellness Symposium

Lifestyle Medicine: Freedom from Chronic Diseases

Saturday, April 22, 2023, 8:00 a.m. to 4:00 p.m.

St. Mary's University, Rochester, MN

8:00 am to 8:15 am

Introduction – Ron Hanson, Emcee; Mei Liu, Founder and President: Mayor Kim Norton

8:15 am to 9:00 am

Introduction – The Essence of Vibrant Existence – Dawn Mussallem, DO, DipABLM

Learning Objectives:

1. Explore the concept of finitude.
2. Analyze the power of life's shadows and foster acceptance.
3. Discover authentic meaning in life supported by visions, dreams, and hopes.
4. Establish the power of love.
5. Value the beauty that infuses us with wonder and awe.
6. Apply the pillars of Lifestyle Medicine, await your renewal.

9:00 am to 9:15 am

Introduction – Break 1

9:15 am to 9:45 am

Optimizing Diabetes with Diet and Lifestyle - Brian Carlsen, MD

Learning Objectives:

1. Explain the difference between diabetes types.
2. Understand the principal cause of insulin resistance.
3. Know how insulin resistance is related to chronic disease.
4. Understand dietary and lifestyle changes that optimize health for all people and especially those with diabetes.

9:45 am to 10:15 am

Lifestyle Medicine Approach to Manage Diabetic Feet – Jengyu Lai, DPM, DipABLM

Learning Objectives:

Diabetic foot ulcer (DFU) is the leading cause of non-traumatic amputations in US. DFU results from the impacts of diabetes on multiple systems, such as circulation, immunity, nerves, and joints. DFU prevention includes daily foot inspection, appropriate footwear, and adequate diabetes management. However, the best DFU prevention is by preventing or reversing type 2 diabetes.

10:15 am to 10:30 am

Q&A Dr. Carlsen and Dr. Lai

10:30 am to 10:45 am

Break 2. Stretch break led by Dan Van House, Physical Therapist

10:45 am to 12:00 pm

Unleashing the Power of Plant-Based Diets – Brenda Davis, RD

According to the World Health Organization noncommunicable diseases (NCDs) are responsible for 74% of all deaths globally. Yet, an estimated 90% of type 2 diabetes, 80-90% of heart disease and 40-70% of cancers are considered entirely preventable. The lowest rates of NCDs are in populations living healthy lifestyles and eating unprocessed, plant-based diets. In this presentation, Brenda Davis, RD, plant-based pioneer, author, and internationally acclaimed speaker, will review the evidence supporting the use of plant-based diets for the prevention and treatment of NCDs. She will share her experiences in using a plant-based diet and lifestyle protocol in a type 2 diabetes clinical trial in the Marshall Islands, and in a lifestyle medicine demonstration project in Lithuania. Brenda will discuss the reasons why plant-based diets afford protection and provide practical guidelines for designing an optimal plant-based diet for disease prevention, treatment, and reversal. Some of the downsides of low-carb, ketogenic diets will also be discussed.

Learning Objectives:

1. Participants will be able to list 3 research groups that have followed similar, health-conscious individuals with different dietary patterns and reported on their health status and disease risk.
2. Participants will be able to cite the percent risk reduction for heart disease, cancer, and diabetes experienced by vegans and vegetarians compared to similar, health-conscious meat eaters in these health-conscious cohorts.
3. Participants will be able to list at least 3 key features of dietary patterns that have been demonstrated to reduce chronic disease risk.
4. Participants will be able to list 2 reasons why ketogenic diets are not optimal choices for chronic disease risk reduction.

12:00 pm to 1:00 pm

Lunch break 3

1:00 pm to 1:45 pm

Lifestyle Medicine for Women: Bridging the Gap – David Kroska, MD, FACOG, DipABLM

Women's healthcare across the lifespan encompasses not only the prevention in and management of the "usual suspects" of chronic disease, but many unique gender-specific disorders. Even the "usual suspects" such as heart disease have gender differences in symptoms and risk factors. A number of chronic diseases are either unique to women or occur with greater incidence such as PCOS (polycystic ovarian syndrome), osteoporosis, breast cancer and increased rates of autoimmune disorders, including inflammatory bowel disease. The incidence of and morbidity of most of these chronic disorders is greatest in those countries consuming the western diet, and as orders of magnitude lower in areas where whole food plant-based diets are the norm under-pinning the role of lifestyle medicine, i.e. "treating the cause", for women. In this overview presentation, the following topics will be addressed: PCOS, (it's not just infertility); bone health, (it's not a calcium deficiency disorder); women and heart disease; breast cancer, (it's time to talk about prevention), and more.

Learning Objectives:

- The participant will gain a greater appreciation of the epidemiology of health issues unique to women
- Updating our awareness of women's healthcare needs across the lifespan
- Emphasizing the role of healthcare providers in educating patients on preventative care in women's health
- A number of specific disease/ disorders with elevated female gender-specific incidence/risk will be reviewed
- Lifestyle medicine in the community: the challenges and rewards of educating the public, experiences from 15 years of the LIFE program in St Cloud, MN

1:45 pm to 2:00 pm

Break 4

2:00 pm to 2:45 pm

Lifestyles for Positive Health and Well-being – Thomas Kottke, MD

Dr. Kottke will present and discuss lifestyles that promote and maintain life-long health and well-being.

Learning Objectives:

As a result of the presentation, the participant will be able to 1) Describe 6 actions that they can take every day to promote personal health and well-being; 2) Describe why mental health is not simply the absence of mental illness; 3) Describe the difference between hedonic and eudemonic happiness; and 4) the 5 components that promote flourishing as described by Dr. Martin Seligman.

2:45 pm to 3:00 pm

Break 5

3:00 pm to 3:45 pm

Panel Discussion: How to Achieve Freedom from Chronic Diseases? – All presenters

3:45 pm to 4:00 pm

Closing