

SIXT INTERNATIONAL LIFESTYLE MEDICINE CONFERENCE IN LITHUANIA LIFESTYLE MEDICINE FOR SOCIETY AND MILITARY

APRIL 15-16, 2021

CONFERENCE PROGRAM

1st day APRIL 15, 2021

09:45 - 10:00	REGISTRATION
10:00 - 11:00	CONFERENCE OPENING <i>Prof. Kęstutis Petrikonis, Vice-Rector for studies at LSMU</i> <i>Ramune Kalediene, Professor, Dean of Faculty of Public Health at LSMU</i> <i>Aurelijus Veryga, buvęs LR Sveikatos apsaugos ministras, parlamentaras</i> <i>Susan Benigas, The executive director of the American College of Lifestyle Medicine (ACLM)</i> <i>Catherine Collings, President of American College of Lifestyle Medicine (ACLM)</i>
11:00 - 12:00	NCD PREVENTION AND PROMOTION OF HEALTH THROUGH POPULATION BASED LIFESTYLE INTERVENTIONS - EXPERIENCES IN FINLAND AND GLOBAL <i>Prof. dr. Pekka Puska, Physician, University of Helsinki (Finland)</i>
12:00 - 13:00	ONE PROGRAM, MANY STORIES - HOW THE CRANBERRY HEALTH PROGRAM HAS CHANGED LIVES OF PEOPLE AROUND FINLAND <i>Aki T. Pirskanen, MS, Psychologist and Public Health Specialist, Founder and Leader of the "Cranberry" Project of Lifestyle Medicine Interventions (Finland)</i>
13:00 - 13:30	WEIGHT CONTROL AND LIFESTYLE CHANGES: "DAILY DOZEN AND 21 TWEAKS" – DOES IT REALLY WORK? A PILOT STUDY <i>Robert Žižka, Lifestyle Medicine Specialist (Czech Republic)</i>
13:30 - 14:30	BREAK
14:30 - 15:30	REVERSING TYPE II DIABETES AND INSULIN RESISTANCE WITH LIFESTYLE MEDICINE <i>Dr. Scott Stoll, Physician, Co-founder and Board Chairman – The Plantrician Project (US)</i>
15:30 - 16:30	EMPLOYEE LIFESTYLE MEDICINE INITIATIVES AT CUMMINS AND VANDERBILT <i>Dr. Dexter Shurney, Physician, Board Member of American College of Lifestyle Medicine (US)</i>
16:30 - 17:00	AIR POLLUTION AND HEALTH <i>Prof. dr. Rūta Ustinavičienė, Head of the Department of Environmental and Occupational Medicine, Lithuanian University of Health Sciences, Medical Academy, Faculty of Public Health (Lithuania)</i>
17:00 - 18:00	EAT LANCET: HEALTHY AND SUSTAINABLE DIET <i>Dr. Walter Willett, M.D., Dr. P.H. Professor of Epidemiology and Nutrition Harvard T.H. Chan School of Public Health</i>

SIXTH INTERNATIONAL LIFESTYLE MEDICINE CONFERENCE IN LITHUANIA

LIFESTYLE MEDICINE FOR SOCIETY AND MILITARY

APRIL 15-16, 2021

CONFERENCE PROGRAM

2nd day APRIL 16, 2021

10:00 - 10:30	REGISTRATION
10:30 - 10:45	CONFERENCE OPENING <i>Žilvinas Tomkus, Lietuvos Respublikos Krašto apsaugos ministerija, viceministras</i>
10:45 - 11:15	A REVIEW OF CARDIOVASCULAR RISK FACTORS IN MD. JONAS BASANAVIČIUS MILITARY MEDICAL SERVICE MEDICAL PERSONNEL <i>Capt. Greta Bačėnienė, MD. Jonas Basanavičius Military Medical Service, Head of Military Medical Expertise Commission (Lithuania)</i> <i>Doc. dr. Alma Kajėnienė, MD. Jonas Basanavičius Military Medical Service, Head of Sport Medicine Section (Lithuania)</i>
11:15 - 12:00	HEALTH BEHAVIOURS AND PSYCHOLOGICAL DISTRESS AMONG CONSCRIPTS OF THE LITHUANIAN MILITARY SERVICE: A NATIONALLY REPRESENTATIVE CROSS-SECTIONAL STUDY <i>Prof. dr. Arūnas Emeljanovas and Dr. Brigita Miežienė, Lithuanian Sport University, Department of Health, Physical and Social Education (Lithuania)</i>
12:00 - 13:00	BREAK
13:00 - 13:50	LIFESTYLE MEDICINE, A PRESCRIPTION FOR OPTIMAL PERFORMANCE AND READINESS <i>Dr. James F. Loomis, Physician, Medical Director at the Barnard Medical Center in Washington, DC (US)</i>
13:50 - 14:40	BIOHACKING THE UNITED STATES AIR FORCE'S BEST: OPTIMIZATION OF HUMAN PERFORMANCE THROUGH LIFESTYLE & PERFORMANCE MEDICINE <i>Major/Dr. Regan A. Stiegmann, DO, MPH, FACLM – Flight Surgeon and Preventive Medicine – U.S. Air Force Academy (US)</i>
14:40 - 15:30	BUILDING THE FOUNDATION OF LIFESTYLE AND PERFORMANCE MEDICINE IN THE DEPARTMENT OF THE AIR FORCE <i>Colonel/Dr. Valerie J. Castle, DO, MPH - Chief, Preventive Medicine – United States Air Force (US)</i>
15:30 - 16:20	LIFESTYLE MEDICINE: A PRESCRIPTION FOR WELLNESS IN REHABILITATION <i>Lt Col/Dr. Chelsea Payne, MD, MPH – Command Preventive Medicine Physician-AFRICOM (Germany)</i>
16:20 - 17:10	TOTAL FORCE FITNESS AND HUMAN PERFORMANCE OPTIMIZATION: A PARADIGM SHIFT WITHIN THE MILITARY MEDICAL COMMUNITY <i>Dr. Patricia Deuster PhD, MPH – Director, Consortium for Health and Military Performance (CHAMP) (US)</i> <i>Dr. Lauren Messina PhD, LCMFT – Director of Human Performance Optimization Education, HJF (In support of the Consortium for Health and Military Performance (CHAMP) (US)</i>