

ACNEM Training

Cardiometabolic Health

23 & 24 OCTOBER 2021

VIRTUAL TRAINING SCHEDULE

Saturday 23rd October 2021

TIME	TOPIC	PRESENTER
9.00 – 9.10am	Welcome	MC Dr Mark Donohoe
9.10 – 9.50am	Overview of Cardiometabolic Health & Metabolic Syndrome	Dr Ross Walker
9.50 – 10.30am	Oral Microbiome & Cardiometabolic Health	Dr Ron Ehrlich
10.30 – 11.00am	Morning Tea	
11.00 – 11.40am	Diagnosis of Metabolic Syndrome & Insulin Resistance	Dr Varghese Zachariah
11.40 – 12.20pm	Non-Pharmacological Management of Lipids & Atherosclerosis	Dr Jason Kaplan
12.20 – 12.35pm	Case study – Insulin Resistance	Dr Varghese Zachariah
12.35 – 12.50pm	Q&A – panel of speakers	Dr Ron Ehrlich, Dr Ross Walker, Dr Varghese Zachariah
	Practical Session: Nitric Oxide Workout	Danielle Roberts
12.50- 1.50pm	Lunch	
1.50 – 2.30pm	Reversing T2DM – A Holistic Approach	Dr Natasha Patel
2.30 – 3.10pm	Intermittent Fasting & Dietary Interventions: Mediterranean, Low Carb, Low Fat	Dr Lucy Burns
	Practical Session: Stretching	Danielle Roberts
3.10 – 3.40pm	Afternoon Tea	
3.40 – 4.20pm	How to Reverse Hypertension	Dr Ross Walker
4.20 – 5.00pm	Non-Pharmacological Management of Atrial Fibrillation	Dr Jason Kaplan
5.00 – 5.15pm	Case study – Hypertension	Dr Ross Walker
5.15 – 5.30pm	Q&A – panel of speakers	Dr Natasha Patel, Dr Lucy Burns, Dr Jason Kaplan
5.30pm	Wrap Up & Close	MC Dr Mark Donohoe

VIRTUAL TRAINING SCHEDULE

Sunday 24th October 2021

TIME	TOPIC	PRESENTER
9.00 – 9.10am	Welcome	MC Prof Stephen Myers
9.10 – 9.50am	Genetics Associated with CM Health	Dr Denise Furness
9.50 – 10.30am	The Role of Toxins in CM Health	Dr Sandeep Gupta
10.45 – 11.15am	Morning Tea	
11.15 – 11.55am	The Impact of Trauma on CM Health	Dr Paula Rodrigues
11.55 – 12.35pm	The Gut Microbiome & CM Health	Dr Jason Hawrelak
12.35 – 12.50pm	Case study - Lipids	Dr Jason Kaplan
12.50 – 1.05pm	Q&A – panel of speakers	Dr Denise Furness, Dr Jason Hawrelak
	Practical Session: Nitric Oxide Workout	
1.05 – 2.05pm	Lunch	
2.05 – 2.45pm	How to Reverse NAFLD	Dr Pran Yoganathan
2.45 – 3.25pm	Obesity, Bariatric Surgery and the Gut Microbiome	Dr Arun Dhir
3.25 – 3.55pm	Afternoon Tea	
3.55 – 4.10pm	Case study – Non-Alcoholic Fatty Liver Disease	Dr Pran Yoganathan
4.10 – 4.25pm	Q&A – panel of speakers	Dr Pran Yoganathan, Dr Arun Dhir
4.25pm	Wrap Up & Close	MC Prof Stephen Myers

Updated 13.09.21