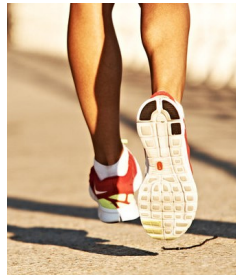




# Primary & Secondary Prevention of Chronic Disease



## When

9.00am - Optional Tai Chi session

**9.30am - 4.30pm Friday, 20 March 2015**

## Where

Alfred Medical Research & Education Precinct (AMREP) Lecture Theatre  
The Alfred Hospital, Commercial Road, Melbourne

**Registration Deadline** 16 March 2015

*Limited places – please book early to avoid disappointment!*

**Australian Disease Management Association (ADMA)**

**a:** CGMC Kooyong Road Caulfield VIC **t:** 03 9076 4125 **f:** 03 9076 6901 **e:** [info@adma.org.au](mailto:info@adma.org.au) **w:** [www.adma.org.au](http://www.adma.org.au)

## Friday, 20 March 2015

|           |  |
|-----------|--|
| 0845-0930 | Registration   |
| 0900-0925 | <p><b>Tai Chi demonstration</b><br/> <b>Wilfred Kwok</b>, Physiotherapist, Master Trainer with Chronic Disease Self-Management Program, Stanford University and Dr Paul Lam's Tai Chi for Health Programs</p>  |
| 0930-0935 | <p><b>Welcome</b><br/> <b>A/Prof Caroline Brand</b>, Co-Chair, ADMA; Adjunct A/P Centre for Research Excellence in Patient Safety (CREPS), Monash University; Honorary Associate Melbourne EpiCentre and Department of Rheumatology, Melbourne Health, VIC</p>   |
| 0935-1005 | <p><b>Chronic diseases in Australia: The case for changing course</b><br/> <b>Prof Maximilian de Courten</b>, Director, Centre for Chronic Disease Prevention and Management, Victoria University, VIC</p>   |
| 1005-1035 | <p><b>Smokefree environments &amp; Smokefree patients</b><br/> <b>Emma Dean</b>, Senior Pharmacist, Smoking Cessation Co-ordinator/ Specialist, Pharmacy Department, Alfred Health, VIC<br/> <b>Kirstan Corben</b>, Lead, Population Health and Health Promotion, Alfred Health, VIC</p>   |
| 1035-1105 | <p><b>Clinically severe obesity: A chronic disease needing transformational change</b><br/> <b>Prof John Dixon</b>, Head of Clinical Obesity Research, Baker IDI Heart &amp; Diabetes Institute; Head, Weight Assessment and Management Clinic, Baker IDI Heart &amp; Diabetes Institute; Adjunct Professor, School of Primary Health Care, Monash University, VIC</p> |
| 1105-1110 | Question Time  |
| 1110-1135 | Morning tea  |
| 1133-1205 | <p><b>Nutrition and gut health: FODMAPs, fibre, prebiotics and gluten</b><br/> <b>Marina Iacovou</b>, Department of Gastroenterology, Central Clinical School, Faculty of Medicine, Nursing and Health Sciences, Monash University, VIC</p>  |
| 1205-1235 | <p><b>Nutrition: Its role in preventing and managing obesity and cancer</b><br/> <b>A/Prof Tim Crowe</b>, School of Exercise and Nutrition Sciences, Deakin University, VIC</p>  |
| 1235-1305 | <p><b>The "Beating Heart Problems Program" from evidence to practice: A translational research project</b><br/> <b>A/Prof Rosemary Higgins</b>, Faculty of Health, Deakin University; Health Psychologist, Chair, Victorian College of Health Psychology; Senior Research Fellow, Heart Research Centre; and Senior Health Psychologist, Cabrini Health, VIC</p>       |
| 1305-1325 | <p><b>Sustainable exercise for chronic disease</b><br/> <b>Amanda Doring</b>, National Heartmoves Coordinator &amp; Heartmoves leader, YMCA Australia, VIC<br/> <b>Stella Cifone</b>, Heartmoves &amp; Health Promotion Business Manager, YMCA Australia, VIC</p>  |
| 1325-1330 | Question time  |
| 1330-1420 | Lunch  |
| 1420-1450 | <p><b>Quantified health: Personal health tracking technology to increase engagement in physical activity</b><br/> <b>A/Prof Stuart Smith</b>, Director, Healthy Eating, Active Living Technology (HEALTHY) Research Centre, University of Tasmania, TAS</p>  |
| 1450-1520 | <p><b>Foot disorders in older people: Prevalence, impact and management</b><br/> <b>Prof Hylton Menz</b>, NHMRC Senior Research Fellow, College of Science, Health &amp; Engineering, School of Allied Health, Dept Rehabilitation, Nutrition &amp; Sport, Latrobe University, VIC</p>   |
| 1520-1545 | <p><b>Tai Chi exercise: The movement medication</b><br/> <b>Wilfred Kwok</b>, Physiotherapist, Master Trainer with Chronic Disease Self-Management Program, Stanford University and Dr Paul Lam's Tai Chi for Health Programs, VIC</p>   |
| 1545-1610 | <p><b>Reducing vision changes with ageing</b><br/> <b>Khoa Nguyen</b>, Orthoptist, Victorian Client Services, Vision Australia, VIC</p>  |
| 1610-1620 | Question time  |
| 1620-1630 | Close  |

The Australian Disease Management Association (ADMA) Seminar  
20 March 2015

# Primary & Secondary Prevention of Chronic Disease

Registration Form and Tax Invoice  
ABN: 27 318 956 319

Name

Organisation

Address

Phone

Email

Special Requirements (Dietary or otherwise)

## Method of Payment

Total \$176.00 (\$160 + GST)

- Cheque** *Cheques should be made payable to Australian Disease Management Association*  
 **Credit Card** Type:  Visa  MasterCard

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| Cardholders full name: |  |  |  |  |  |  |  |  |  |  |  |  | Expiry date: |  |  |  |
| Cardholders signature: |  |  |  |  |  |  |  |  |  |  |  |  |              |  |  |  |

Please send form and payment to one of the following:

| Mail  | Email                | Fax          |
|---|----------------------|--------------|
| Australian Disease Management Association<br>2nd Floor, Fethers Block<br>Caulfield Hospital<br>260 Kooyong Rd<br>Caulfield VIC 3162 | b.shen@alfred.org.au | 03 9076 6901 |

## Cancellation Policy:

Refunds will only be made in the following instances:

- For a full refund, cancellations must be received **in writing** by 6 March 2015.
- A refund of half the total amount paid will be made for cancellations received **in writing after** 6 March and before 20 March 2015.

## Receipts:

Please note receipts will be issued by Alfred Health however credit card statements will state the payer as Caulfield