



The Personalized Lifestyle Medicine Institute's second annual Thought Leaders Consortium

Clinical Applications of Personalized Lifestyle Medicine: Cancer, Diabetes, Heart Disease, Autoimmune Disease and Dementia

The intersection of personalized medicine, lifestyle and patient activated healthcare

PROGRAM SCHEDULE

FRIDAY, OCTOBER 24:		
6:00 – 9:00 PM	Dinner at Pan Pacific Hotel in the Lakefront Room with Keynote Speaker: Thomas D. Brown, MD, MBA, Executive Director, Swedish Cancer Institute	Individualized Cancer Care
SATURDAY, OCTOBER 25:		
Personalized Lifestyle Medicine-Where Genomics meets the Patient's Story		
8:00 – 8:15 AM	Loren Israelsen, President, United Natural Products Alliance	Welcome
8:15 – 9:00 AM	Jeff Bland, PhD, President, PLMI	The Application of Personalized Lifestyle Medicine to Chronic Disease Management
9:00 – 9:30 AM	James Fries, MD, Stanford University School of Medicine	Compression of Morbidity and Lifestyle Medicine
9:30 – 10:00 AM	David Jones, MD, Past President, Institute for Functional Medicine	The Functional Medicine Approach to Applying Personalized Lifestyle Medicine
10:00 – 10:30 AM	Deanna Minich, PhD, Senior Advisor, PLMI, Medical Education and Clinical Nutrition Expert	The Role of Diet and Nutrition in the Delivery of Personalized Lifestyle Medicine
10:30 – 11:00 AM	BREAK	
11:00 – 12:00 PM	PANEL DISCUSSION	
12:00 – 1:00 PM	LUNCH	
1:00 – 1:30 PM	Rui Chen, PhD, Department of Genetics, Stanford University School of Medicine	The Quantified Human and Personalized Medicine
1:30 – 2:00 PM	Michael Nova, MD, PhD, Pathway Genomics	Genomic Analysis in the Age of Personalized Lifestyle Medicine
2:00 – 2:30 PM	Stacie J. Stephenson, DC, Chairman, Functional Medicine at Cancer Treatment Centers of America	The Institutional Application of Personalized Lifestyle Medicine
2:30 – 3:00 PM	BREAK	
3:00 – 3:30 PM	Edgar Staren, MD, PhD, MBA, President, Advanced Individual Medicine	Personalized Medicine and Oncology
3:30 – 4:00 PM	Wayne Jonas, MD, President and CEO, Samueli Institute	Towards a Systems Model of Resilience
4:00 – 4:30 PM	PANEL DISCUSSION	
4:30 – 5:00 PM	Jeff Bland, PhD, President, PLMI	Summary of the Day
5:00 – 6:00 PM	Free time	
6:00 – 9:00 PM	Sponsored Dinner at Flying Fish Restaurant	
SUNDAY, OCTOBER 26:		
Clinical Applications of Personalized Lifestyle Medicine to Chronic Disease Prevention and Management		
8:00 – 8:15 AM	Loren Israelsen, President, United Natural Products Alliance	Opening
8:15 – 8:45 AM	Lee Hood, MD, PhD, President & Co-Founder, Institute for Systems Biology	P4 Medicine in the Age of Personalization
8:45 – 9:30 AM	PANEL DISCUSSION w/ Lee Hood, MD, PhD, Nathan Price, PhD, and Jennifer Lovejoy, PhD	ISB and The Hundred Person Wellness Project - An Examined Life
9:30 – 10:00 AM	BREAK	
10:00 – 10:30 AM	Sara Gottfried, MD, Author, The Hormone Cure, Women's Health Expert	Personalized Lifestyle Medicine and its Application to Woman's Health: From Dyscircadianism to the Estrobolome
10:30 – 11:00 AM	Dean Ornish, MD, Founder and President, Preventive Medicine Research Institute	Reversing Chronic Diseases and Aging with Comprehensive Lifestyle Changes
11:00 – 11:30 AM	Roger Newton, PhD, Executive Chairman & CSO, Esperion, co-developer of Lipitor	Personalized Lifestyle Medicine and its Application to Cardiometabolic Disease
11:30 – 12:00 PM	PANEL DISCUSSION	
12:00 – 1:00 PM	Lunch	
1:00 – 1:30 PM	Dale Bredesen, MD, Director, Alzheimer's Disease Research Program, UCLA	Personalized Lifestyle Medicine and its Application to Neurological Disease
1:30 – 2:00 PM	Joe Pizzorno, ND, Founder & President, SaluGenecists	Corporate Wellness & Artificial Intelligence Systems for Personalized Health and Lifestyle Guidance
2:00 – 2:30 PM	Jeff Bland, PhD, President, PLMI	Summary of the Day and Closing Remarks