

# 2nd PORTUGUESE CONGRESS

OF LIFESTYLE MEDICINE

**MAY 27th - 29th | OPORTO**

CIM Auditorium

Faculty of Medicine of the University of Porto

*"LIFESTYLE THROUGHOUT THE  
LIFECYCLE"*

## PROGRAM

**MAY 27th  
WORKSHOPS (ONLINE)**



9:00 am - 10:30 am

### WORKSHOP 1

#### "HEALTHY AND SUSTAINABLE RECIPES FOR THE WHOLE FAMILY"

Inês Amaral Garcia (Chef, founder of Mesa Redonda)

Moderation: Liliana Portela (MD, Family doctor, Master in  
Nutrition and Metabolism, founding member of  
SPMEV | USF Descobertas, ULS Lisboa Ocidental)

11:00 am - 1:00 pm

### WORKSHOP 2

#### "HEALTHY DIGITAL COMMUNICATION"

Isabel Lima (CEO Clínica digital®)

Débora Santos Silva (Digital Marketing Manager Clínica  
Digital®)

Moderation: Margarida Santos (MD, Family doctor | USF  
Restelo, ULS Lisboa Ocidental)

2:30 pm - 4:00 pm

### WORKSHOP 3

#### "EMOTIONAL REGULATION IN OBESITY: DIFFERENT REALITIES AND SPECIFIC INTERVENTIONS"

Mariana Marques (Psychologist, PhD | FMUC, CHUC)

Maria Matos (Clinical psychologist, MS | Psintonia)

Moderation: Rosário Monteiro (MD, PhD, Family  
doctor | USF Homem do Leme, ULS Santo António)

4:30 pm - 6:00 pm

### WORKSHOP 4

#### "APPROACH TO ALCOHOL CONSUMPTION DURING APPOINTMENTS"

Mariana Neves (MD, Family doctor | ULS Santo António,  
CCSP Porto Ocidental)

Moderation: Rita Teixeira (MD, Family doctor | USF  
Aníbal Cunha, Centro de CSP Porto Ocidental)



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## PROGRAM

**MAY 28th**



8:15 am  
**CHECK-IN OPENS**

9:00 - 9:15 am  
**OPENING SESSION**

Rosália Páscoa (President of SPMEV, MD, PhD, Family doctor|USF Homem do Leme. FMUP, MEDCIDS. CINTESIS@RISE)

João Fonseca (Director MEDCIDS, PhD|FMUP, MEDCIDS)

9:30 - 10:45 am  
**ROUND TABLE: LIFESTYLE IN EARLY LIFE**

9:30 - 9:45 am

• **Lifestyle in the First 1000 Days of Life**

Maria Ana Kadosh (MD, PhD, Family medicine resident|Nutrition Laboratory FMUL, USF ValFlores)

9:45 - 10:00 am

• **What dietary choices make sense during pregnancy?**

Inês Tomada (PhD, Clinical Nutrition Specialist|MS Medical Institutes, Hospital CUF Porto - Universidade Católica Portuguesa)

10:00 - 10:15 am

• **What physical activity for the pregnant woman and why?**

Maria João Sá (MD, Family doctor, Sports Medicine|USF Faria Guimarães, Instituto CUF Porto, Academia Clínica Espregueira)

• **Moderation:**

Flávia Ribeiro (MD, Gynecology and Obstetrics resident, specialization in Sports Medicine|Centro Materno-Infantil do Norte, ULS Santo António)

10:45 - 11:30 am

**HEALTHY BREAK (by PT Ângela Matos)**

11:30 - 13:00 am

## ROUND TABLE: LIFESTYLE IN PEDIATRIC AGE

11:30 - 11:45 am

- **Vaping: a pediatric issue?**

Sara Monteiro (MD, Pediatrics resident | Centro Materno-Infantil do Norte, ULS Santo António)

11:45 am - 12:00 pm

- **The importance of playing**

Maria José Fonseca (MD, Neuropediatrician and Pediatrician | Child Development Center, HGO)

12:00 - 12:15 pm

- **Does going to bed and getting up early bring you health and grow?**

Andreia Neves (Pediatric Sleep Cardiopulmonologist | FMUP, Up2kids - Parenting Center)

- **Moderation:**

Regina Silva (MD, Pediatrician | ULS São João)

1:00 - 2:30 pm

### LUNCH

3:45 - 4:15 pm

## HEALTHY FRIENDLY ENVIRONMENTS: THE IMPORTANCE OF THE ENVIRONMENT IN PROMOTING A HEALTHY LIFESTYLE

Derek Clements-Croome (MD, PhD | Professor Emeritus Reading University, adviser British Society of Lifestyle Medicine, fellow of the Royal Society of Medicine)

**Moderation:** Marta Freitas (MD, Family doctor | certification in Lifestyle Medicine)

4:15 - 5:00 pm

## HEALTHY BREAK (by PT Ângela Matos)

5:00 - 6:00 pm

## ROUND TABLE: HOW TO GET THE MESSAGE ACROSS?

5:00 - 5:15 pm

- **Empowering future physicians: The importance of lifestyle medicine teaching and promoting a "healthy faculty"**

Jumanah Essa-Hadad (MD | Lifestyle Medicine and Healthy Faculty, Bar Ilan University, Azrieli Faculty of Medicine)

2:30 - 3:45 pm

## ROUND TABLE: LIFESTYLE IN THE CONTEXT OF THE ADULT POPULATION

2:30 - 2:45 pm

- **The practice of virtual group consultations**

Fraser Birrell (Honorary Professor of Lifestyle Medicine & Innovation | Newcastle University)

2:45 - 3:00 pm (online)

- **How to talk about food; practical nutrition assessment and interventions as part of a Lifestyle Medicine approach**

Ellen Fallows (MD, Vice-President of the British Society of Lifestyle Medicine)

3:00 - 3:15 pm (online)

- **Can we reverse diabetes with lifestyle?**

David Unwin (MD, RCGP clinical expert in diabetes | St. John's Innovation Centre, Cambridge)

- **Moderation:**

Sara Madeira (MD, PhD, Dipl IBLM, Family doctor | USF Serra Mãe, ULS Arrábida. Vice-President SPMEV, FMUL)

5:15 - 5:30 pm

- **Integrating brief interventions for lifestyle behavior change in clinical practice**

Catalina Figueroa (MD, Dipl IBLM, MSc, Internal Medicine Specialist | Past-President & Co-Founder of the Chilean Society of Lifestyle Medicine | PhD(c) University Medical Center Utrecht)

- **Moderation:**

Mariana Neves (MD, Family doctor | ULS Santo António, CCSP Porto Ocidental)

6:00 - 7:00 pm

## PAPER PRESENTATION

### Presenting the Top 5 Papers & Award Ceremony



11:45 am - 12:00 pm

- **Lifestyle in cancer prevention: What does the evidence tell us?**

Gabriel Mateus (Master in Clinical Nutrition | Eat2Care, Instituto Superior de Ciências da Saúde Egas Moniz)

12:00 - 12:15 pm

- **Neurodegenerative diseases and lifestyle**

Rui Araújo (MD, PhD, Neurologist, Vice-President Sociedade Portuguesa de Neurologia | ULS São João, FMUP)

- **Moderation:**

Rosário Monteiro (MD, PhD, Family doctor | USF Homem do Leme, ULS Santo António - CCSP Porto Ocidental)

1:00 - 2:30 pm

**LUNCH**

2:30 - 3:30 pm

**ROUND TABLE: LIFESTYLE MEDICINE AROUND THE WORLD**

2:30 - 2:45 pm (online)

- **The birth of Lifestyle Medicine**

Beth Frates (MD, Lifestyle Medicine and Coaching | President American College of Lifestyle Medicine)

4:00 - 4:15 pm

- **Perspectives on Lifestyle Medicine: Opportunities and Challenges in the Socio-cultural and Political Context of Guinea-Bissau**

Francisco Júnior (MD, PhD student | Dynaccurate SARL Next-Generation Health Data Science)

- **Moderation:**

Rosália Páscoa (MD, PhD, Family doctor | USF Homem do Leme, FMUP, MEDCIDS. CINTESIS@RISE)

4:30 - 5:00 pm

**CLOSING SESSION**

**Surprise Moment**

5:00 - 5:30 pm

**HEALTHY BREAK: "Free social interaction"**

5:30 - 7:30 pm

**ACTIVITIES OPEN TO THE COMMUNITY**

in partnership with  
**Oporto City Council**

2:45 - 3:00 pm (online)

- **Lifestyle Medicine in Europe**

Rob Lawson (MD, PhD | President, founder and Chairman of The British Society of Lifestyle Medicine)

3:00 - 3:15 pm

- **Why we need lifestyle medicine?**

José Luis Palma (MD, PhD, Cardiologist | President of Spanish Institute of Lifestyle Medicine)

- **Moderation:**

Bernardo Barata (MD, Psychiatrist | ULS do Arco Ribeirinho, Co-founder SPMEV)

3:30 - 4:30 pm

**ROUND TABLE: LIFESTYLE MEDICINE IN PORTUGUESE-SPEAKING COUNTRIES**

3:30 - 3:45 pm

- **Portugal & the political value of lifestyle in health promotion**

Pending confirmation

3:45 - 4:00 pm (online)

- **The experience of Lifestyle Medicine in Brazil**

Silvia Lagrotta (MD | President of the Brazilian College of Lifestyle Medicine - CBMEV)

## 2nd PORTUGUESE CONGRESS

OF LIFESTYLE MEDICINE

### Organizing Committee:

Berta Hespanha  
Inês Mesquita Caetano  
Joana Sousa  
Marta Freitas  
Miriam Maia da Silva  
Mónica Durães  
Sofia Bodas de Carvalho

### Scientific Committee:

João Fonseca  
Paulo Santos  
Rosália Páscoa  
Rosário Monteiro  
Sara Madeira  
Sofia Baptista