



Healthy Life Style Between Myth and Reality – International Symposium

Domus Medica, Ljubljana, Slovenia, 15. – 16. 5. 2014

Programme:

(Symposium is held in English)

Thursday, May, 15th 2014:

14.30 - 15.00	Registration
15.00 - 15.30	Welcome speeches: <ul style="list-style-type: none">- Andrej Možina, Medical Chamber of Slovenia- Vesna Kerstin Petrič, Ministry of Health- Samo Fakin, Health Insurance Institute of Slovenia- Prof. Bruce D. Johnson, Mayo Clinic- Janez Uplaznik, Organizing Committee
15.30 – 17.30	1. Session: Healthy Aging V. Strojnik, F. Schena, Chairs <u>Vojko Strojnik:</u> Physical exercise for successful aging <u>Federico Schena:</u> Influence of Physical activity on Cognitive abilities in old ages <u>Rajko Vute:</u> The Why and What of sport activities for seniors <u>Darja Rugelj:</u> Falls and Balance in old ages
17.30 – 18.00	Break
18.00 – 20.00	2. Session: Tracking the parameters of Life Style Z. Fras, A. Issa, Chairs <u>Zlatko Fras:</u> Self-rated health and cardiovascular risk factors: is there a connection? <u>Matjaž Klemenc:</u> Gender-related effects of carbohydrate ingestion and hypoxia on heart rate variability : linear and non-linear analysis <u>Amine Issa:</u> Creating the right health and lifestyle application <u>Juraj Sprung:</u> Surgical anesthesia and Alzheimer's disease



Friday, May 16th 2014:

08.00 - 08.30	Registration
08.30 - 10.30	<p>3. Session: Strengthening Health for Health Professionals A. Ihan, J. Sprung, Chairs</p> <p><u>Metoda Dodič Fikfak:</u> The health status of Physicians in Slovenia</p> <p><u>John Eisenach:</u> The Psychological and Physiological Effects of Acute Occupational Stress in New Resident Physicians: Implications for Corporate Wellness Programs</p> <p><u>Alojz Ihan:</u> Assessing biomarkers in biological fluids of GP doctors reporting high workload - preliminary results</p> <p><u>Alexandros Giannakis:</u> SenseCore - Human Performance and Well-Being Solutions</p>
10.30 - 11.00	Break
11.00 - 13.00	<p>4. Session: Metabolic Syndrome and Diabetes A. Janež, B. Johnson, Chairs</p> <p><u>Andrej Janež:</u> Metabolic improvement and reduction of severe hypoglycemia after an out-patient education program for functional insulin therapy in adult type 1 diabetic patients</p> <p><u>Bruce Johnson:</u> Can long-term excessive endurance exercise induce adverse cardiovascular outcomes</p> <p><u>John Miles May:</u> Treating Type 2 diabetes with cardiovascular outcomes in mind</p> <p><u>Nada Rotovnik Kozjek:</u> Nutrition and physical exercise, the role in healthy lifestyle</p>
13.00 - 15.00	<p>5. Session: Psychology of Life Style M Tušak, M. M. Clark - Chairs</p> <p><u>Matej Tušak:</u> Mind and Life Style</p> <p><u>Mathew M. Clark:</u> Resiliency for the Employee: The Mayo Clinic Approach</p> <p><u>Jurij Hanin:</u> Optimal Feeling States and Performance: An Individualized Approach</p> <p><u>Paul Jimenez:</u> The successful integration of Web- and App-based Interventions into Occupational Health Projects. Influences on physical and psychological life style and job motivation</p>
15.00 - 16.00	Lunch Break



Scientific Committee: Prof. Alojz Ihan, M.D., Ph.D., Asist. Prof. Zlatko Fras, M.D., Ph.D., Prof. Vojko Strojnik, B. Sc., Prof. Matej Tušak, B. Sc., Ph.D., Prof. Marjan Heričko, B. Sc., Ph. D., Janez Uplaznik, Prof. Juraj Sprung, M.D., Ph.D., Prof. Bruce Johnson, M.D., Ph.D.

CME/CPD Credit Points: 10,5

Registration: <http://domusmedica.si/dogodki>/ali na: mic@zsz-mcs.si

Registration Fee: Participation is free.

Lecturers: M.M. Clark (Mayo, ZDA), M. Dodič Fikfak (UKC Ljubljana, Slovenia), J. Eisenach (Mayo, ZDA), Z. Fras (UKC Ljubljana, Slovenia), A. Giannakis (Sensecore, Switzerland), J. Hanin (Research Institute for Olympic sports, Jyväskylä, Finland), A. Ihan (Medical Faculty UL, Slovenia), A. Issa (Mayo, ZDA), A. Janež (UKC Ljubljana, Slovenia), P. Jimenez (University Graz, Austria), B. Johnson (Mayo, ZDA), M. Klemenc (SB Nova Gorica, Slovenia), J. Miles May (Mayo, ZDA), N. Rotovnik Kozjek (Onkology Institute, Slovenia), D. Rugelj (Faculty of Health Science UL, Slovenia), F. Schena (University Verona, Italy), J. Sprung (Mayo, ZDA), V. Strojnik (Faculty of Sport UL, Slovenia), M. Tušak (Faculty of Sport UL, Slovenia), R. Vute (Faculty of Education UL, Slovenia).

Organizing Committee: Prof. Alojz Ihan, M.D., Ph.D., Mojca Vrečar, M.B.A., (e-mail: mojca.vrecar@zsz-mcs.si), Alenka Ribič, B.Sc.

Organizers: Medical Chamber of Slovenia (ZZS) with partners and coworkers (University Medical Center Ljubljana, (UKC LJ), University Medical Center Maribor (UKC MB), Family Medicine Dpt of Medical Faculty, University Ljubljana, RC – IKTS Žalec.

‘Strengthening Health for Health Professionals’ project is financially supported by the Health Insurance Institute of Slovenia on the basis of Call for Proposals for co-financing ‘Workplace Health Promotion’ projects for 2013-2014”