



ASIAN SOCIETY OF
LIFESTYLE MEDICINE

Block the dates!
April 21-24, 2019
See you in Seoul, Korea!



Message from the Outgoing President



The Lifestyle Medicine (LM) presence is now being felt in countries around the world. Our recent Asian Society of Lifestyle Medicine conference in Manila last February 4-7, 2018, with the attendance of delegates from 12 different nations is proof that LM's future is bright. There is still a long way to go before we see most hospitals and doctors adapting Lifestyle Medicine Management as part of their clinical practice, but these small steps we are presently taking is helping us move forward in that direction. Soon, Lifestyle Medicine will be a household term. Everyone will know a doctor who practices Lifestyle Medicine and I dream of a day when our top most killer diseases will only be found in medical history books.

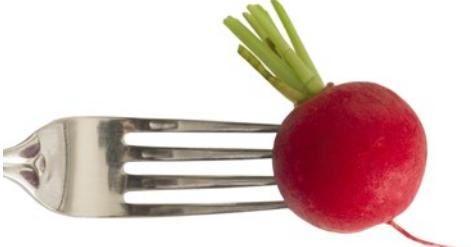
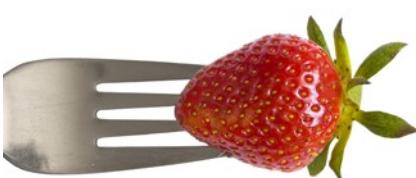
It is a fact that change is the only thing constant, and people's usual initial reaction to change is that of resistance. When it comes to the practice of medicine however, change is inevitable.

As we learn and discover better and better ways of helping people take their health back, it is the duty of every health practitioner to adapt, to improve and serve our patients with the best practices available. Not doing so may not only mean a reprimand from one's medical society or ethics committee, it may result in lives lost for no good reason. Some challenges early adapters face include inadequate facilities for LM programs and staff who need to be re-educated and trained to facilitate change in those patients willing to do so.

The greatest challenge however, comes not from patients who do not comply to one's expert recommendations, the challenge often comes from within our ranks. From mis-informed colleagues who may not appreciate our honest efforts in following and educating patients on the principles of a plant-based, whole-foods diet. From specialists who may find you as a threat to their practice because heart disease and diabetes can be reversed through inexpensive, sustainable and simple dietary and lifestyle changes. For those of you who have just joined our organization, when you experience these challenges, remember that you are not alone.



When you begin to doubt your calling because of pressure from fellow physicians and health practitioners, remember that many have come before you and have weathered it out. Because of their efforts and passion for discovering truth, Lifestyle Medicine is now a medical practice. So keep studying, keep researching, keep talking the talk, and walking the walk, and showing your patients the path to great health!



Your support of the incoming administration led by Dr. Jenny Lee is vital in continuing this movement across Asia. With the newly appointed and more than competent Executive Director Dr. Andy Ng by her side, the ASLM will continue its mission to help eradicate the leading causes of mortality in our society. It was a great year for me working with our Asian organization. The successes achieved by the Asian Society of Lifestyle Medicine could not have been possible without a great team of dedicated individuals whose passion for advancement in this field is awe-inspiring. Be like them, surpass them! The future of Lifestyle Medicine depends on you. Kudos, and see you all in Seoul, Korea next year!

Johann Kim T. Mañez, MD, DipIBLM, FACLM - is the first international Fellow in the American College of Lifestyle Medicine. Spearheading Lifestyle Medicine in the Philippines and Asia, he is founding member and outgoing president of the Asian Society of Lifestyle Medicine and present president of the Philippine College of Lifestyle Medicine. He practices Lifestyle Medicine at the Adventist Medical Center Manila and is known for his passion in caring for his patients.

Events Worldwide

UK RCGP accréditation for the Lifestyle and Diabetes Conference

Date: 8th June 2018

Venue: Chesham, UK

Website: [Click Here](#)

UK RCGP accréditation for the Lifestyle and Diabetes conference is in process and this accreditation does not carry a directive number of CPD hours. All of the speakers are UK medical doctors. We held our first UK RCGP accredited conference in this series in November 2017 entitled Lifestyle and Cancer. We hope you will be able to bring the Lifestyle and Diabetes conference to the notice of your membership.

With my thanks, Joanna Hill +44 7948 769698



LIFESTYLE AND DIABETES HOW CLOSELY ARE THEY RELATED?

Friday 8th June 2018, 9.00am - 4.30pm
Chartridge Lodge, Chesham, Bucks. HP5 2TU
Early bird discount: £75

For more information or to book your place contact The Bagnall Centre

01494 791 288 bookings@bagnallcentre.com
www.bagnallcentre.com Listed on www.eventbrite.co.uk



Lifestyle Medicine: Science and Art of Healthy Longevity

Theme: Lifestyle Medicine: Science and Art of Healthy Longevity

Date: Saturday, June 23, 2018

Venue: Edinburgh, United Kingdom

Website: [Click Here](#)

In 2018 our Conference is in the beautiful and accessible festival city of Edinburgh, in the shadow of the historic Edinburgh Castle. With great eateries, plenty of green spaces, famous museums and lots to see why not make a long weekend of it and enjoy some active relaxation!

With an international line-up of world renowned speakers, the 2018 conference brings together the brightest minds in Lifestyle Medicine and beyond — we hope you'll join us!

Upcoming events

Lifestyle Medicine 2018 Australasia

Date: 17-19th August 2019

Venue: Sofitel, Brisbane, Queensland - Australia

Website: [Click Here](#)

The Australasian Society of Lifestyle Medicine (ASLM) and partner organisations are proud to invite you attend to the third international scientific conference on Lifestyle Medicine in clinical practice and health policy to be held in Australasia.



The conference features a 'how to' multidisciplinary clinical focus designed for doctors and allied health practitioners, blended with an exploration of determinants and systemic issues for public health physicians and health policy professionals. Topped off with a scientific abstracts with a focus on translational research and innovative practice.



American College of Lifestyle Medicine 2018

Theme: Real Health Care Reform

Date: October 21-24, 2018

Venue: Indianapolis, Indiana, USA

Website: [Click Here](#)



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