

9th Lifestyle Medicine Summit, Taipei 2016

Inflammation and pain management : Innovative clinical solutions for managing chronic pain, inflammation, and cardiometabolic syndrome

2016 生活型態功能醫學會

抗炎心思維：慢性疼痛、發炎與心血管代謝疾病的突破性科學 與臨床應用成效

2016. 8. 27 (Sat.) 8:30 am – 5:00 pm

2016. 8. 28 (Sun.) 8:30 am – 5:00 pm

香格里拉台北遠東國際大飯店，3F 遠東宴會廳 (台北市敦化南路二段 201 號)

主辦單位：中華職業醫學會

協辦單位：中華生醫科技股份有限公司、Metagenics Inc.、美國在台協會商務組

根據 WHO 組織統計，全世界約有 63% 的人口死因是導因於慢性疾病，尤其心血管疾病一直是死因之首。發炎反應正是心血管疾病與許多慢性病的起因，而發炎導致的免疫反應，更造成如憂鬱、慢性疼痛等棘手症狀，更困擾許多病患與增加醫師治療上的難度。中華生醫科技於 8 月 27、28 日在香格里拉台北遠東國際大飯店舉行生活型態功能醫學會，在本次研討會中，我們邀請最傑出的知名學者和臨床醫師，功能醫學之父/營養基因體學先驅 Dr. Jeffrey S. Bland 及家醫科醫師 Dr. Bridget R. Briggs，共同研討如何運用在醫療照護上的最新思維與突破性的治療方式，結合營養與生活型態醫療，以改善病患的治療成效。

- 探討代謝風險因子間的交互作用對於心血管疾病的發生
- 討論最新的臨床學術研究文獻，探討個營養處方對於心血管代謝功能異常的臨床管理與應用
- 探討發炎反應在慢性疾病上的角色，及其臨床管理上的治療方式
- 研討利用特異性促修復介質“specialized pro-resolving mediators”作為治療發炎反應上的成效與臨床案例

Inflammation and pain management : Innovative clinical solutions for managing chronic pain, inflammation, and cardiometabolic syndrome

There is a paradigm shift occurring in healthcare today. Patients are becoming empowered and practitioners are looking for solutions to address the underlying cause of disease. The Annual Metagenics Congress in Taipei 2016 will feature leading researcher Dr.

Jeffrey S. Bland and healthcare professionals Dr. Bridget Briggs that are transforming medicine with cutting-edge insights and innovations in applied patient care. The Annual Metagenics Congress in Taipei 2016 will demonstrate how patient care can be improved with personalized diagnostics— combined with innovative nutritional approaches and contemporary lifestyle medicine that truly makes a difference in outcomes, including:

- Overview of the interaction between metabolic risk factors in the progression and development of cardiovascular disease
- Incorporation of nutritional products in the clinical management cardiometabolic dysfunction
- Overview of role of inflammation in chronic conditions, and discussion of the role of inflammation resolution in clinical management
- Incorporation of specialized pro-resolving mediators as a therapy to manage the inflammatory cascade

AGENDA

2016.8.27 (Sat)

TIME	SCHEDULE
08:30 – 09:00	REGISTRATION
09:00 – 10:20	Inflammation and chronic pain - New insights into how inflammation affects health and disease SPEAKER: Dr. Jeffrey S. Bland
10:20 – 10:40	TEA BREAK
10:40 – 12:00	Inflammation and chronic pain - Lifestyle and nutritional strategies for inflammation and chronic pain SPEAKER: Dr. Jeffrey S. Bland
12:00 – 13:30	LUNCH
13:30 – 14:50	Advanced Cardiovascular Solutions (Part.1) SPEAKER: Dr. Bridget R. Briggs
14:50 – 15:10	TEA BREAK
15:10 – 16:20	Advanced Cardiovascular Solutions (Part.2) SPEAKER: Dr. Bridget R. Briggs
16:20 – 17:00	Discussion

2016.8.28 (Sun)

TIME	SCHEDULE
08:30 – 09:00	REGISTRATION
09:00 – 10:20	Inflammation and cardiometabolic syndrome - Incorporating natural approaches for inflammation and improving cardio health SPEAKER: Dr. Jeffrey S. Bland
10:20 – 10:40	TEA BREAK
10:40 – 12:00	Inflammation and cardiometabolic syndrome - Natural approaches for inflammation and cardiometabolic syndrome SPEAKER: Dr. Jeffrey S. Bland
12:00 – 13:30	LUNCH
13:30 – 14:50	Resolution of Inflammation: Novel solution for clinical management of inflammation (Part.1) SPEAKER: Dr. Bridget R. Briggs
14:50 – 15:10	TEA BREAK
15:10 – 16:20	Resolution of Inflammation: Novel solution for clinical management of inflammation (Part.2) SPEAKER: Dr. Bridget R. Briggs
16:20 – 17:00	Discussion

講師介紹

Dr. Jeffrey S. Bland



功能醫學之父 - Dr. Jeffrey S. Bland 目前為“個人化生活型態醫療機構 Personalized Lifestyle Medicine Institute” 創辦人。

Dr. Bland 畢生致力於研究營養醫學治療超過三十餘年，享譽國際為公認的營養治療領導者，他創立了國際知名的功能醫學機構 (Institute for Functional Medicine, IFM) 來培訓功能醫學醫護人員，幫助功能醫學及營養醫學概念之推廣。多年來 Dr. Bland 及其團隊研發了許多產品，其中擁有多項專利，並持續監督於功能醫學研究中心的發展。

除了研發之外，Dr. Bland 也不忘持續推廣營養醫學的理論，他於普吉特灣大學 (University of Puget Sound) 擔任生物化學教授，主持一個營養生化學及臨床試驗實驗室，先前也擔任過鮑林學院 (Linus Pauling Institute of Science and Medicine) 的營養醫學研究中心研究總監。Dr. Bland 不僅發行了數本關於營養與健康之科普書籍，也撰寫了五本專供專業醫療人員閱讀之營養醫學教科書。發表了超過 120 篇營養與生物化學相關文獻。

Dr. Bland 持續受邀於各地舉辦研討會，為全球醫療保健專業人員提供以科學為基礎之營養與健康的實務教育。

Dr. Bridget R. Briggs



Dr. Bridget R. Briggs 是專精於整合醫療的家庭醫學科醫師。她畢業於 UC San Diego，在南內華達大學醫學中心完成婦產科專科訓練後，即任職於河岸郡醫學中心家庭醫學科醫師。自 2001 年通過 Scripps Institute of Integrative Medicine 的認證後，Dr. Briggs 就成為私人執業的整合醫療醫師。她經常與功能醫學領域的領袖人物如 Dr. Jeffrey S. Bland 和 Dr. Mark Hyman 共同舉辦講座，專長於生活型態醫學療程對於慢性疾病預防與治療的臨床應用，包括心臟血管與代謝疾病相關的健康問題。

Inflammation and pain management :

Innovative clinical solutions for managing chronic pain, inflammation, and cardiometabolic syndrome

抗炎心思維：慢性疼痛、發炎、與心血管代謝疾病的突破性科學與臨床應用成效

2016.8.27

Abstract

Inflammation and chronic pain - New insights into how inflammation affects health and disease

Inflammation and chronic pain - Lifestyle and nutritional strategies for inflammation and chronic pain

New nutrigenomic research has indicated that specific nutrients can influence the genetic expression and proteomic effects related to inflammation, which is a common but multifaceted process that underlies diseases ranging from autoimmunity to obesity. This meeting aims to bring together researchers with an interest in inflammation from seemingly disparate fields to better understand the complex underlying biology across diseases. In states of chronic inflammation, an imbalance occurs between mediators that initiate and maintain inflammation and mediators that shut down the processes. NF-kB and MLCK appear to be therapeutic targets to induce re-tightening of the intestinal barrier, normalize intestinal permeability, and reverse diseases associated with chronic inflammation. Dr. Bland will cover the basic functioning of the body system and the corresponding dysregulation of body systems in inflammation and chronic pain. In this session, the gastrointestinal tract will be focused on as a gateway to chronic disease through the mechanisms of intestinal hyperpermeability and endotoxemia. Inflammation and chronic pain can be arrested if the interplay between genes and environmental triggers is prevented by re-establishing intestinal barrier function, which is timely given the increased interest in the role of a “leaky gut” in the pathogenesis of gastrointestinal diseases and the advent of novel treatment strategies, such as the use of probiotics, Specialized Pro-Resolving Mediators (SPMs).

Advanced Cardiovascular Solutions - Overview of the interaction between metabolic risk factors in the progression and development of cardiovascular disease

Advanced Cardiovascular Solutions - Incorporation of nutritional products in the

clinical management cardiometabolic dysfunction

A growing body of evidence emerges that obesity, metabolic syndrome, type 2 diabetes and cardiovascular disease are intimately related to chronic inflammation. New nutrigenomic research has indicated that specific nutrients may have tissue-specific effects on the expression of the first-signal messengers that trigger the release of second-signal messengers such as the proinflammatory prostaglandins and leukotrienes. In this section, Dr. Briggs will address nutritional therapy through reducing inflammation for a variety of different cardiometabolic conditions. Examples of therapeutic interventions are the following: Modified hops extracts, vitamin D, SPM in omega-3 fatty acids, probiotics, herbal phytochemicals, and fibers, etc. In this session, she will discuss the role of inflammatory markers metabolism in cardiometabolic disease, and the gender differences in chronic pain disease occurrence.