

Schedule:

- 8:30am Basic health assessment and registration
- 9:00-9:30am Chairperson *Dr. Victor Mak*
Co-chair *Dr. Rae Yeung*
Opening prayer *Rev. Grover Crosby*
Singspiration
Dr. Michael Chu and the "Von Chu" family
Testimony: *Miss Priscilla Mak / Drs. Esther Ng & Victor Mak*
- 9:30-10:15am Keynote speaker:
Dr. Michael D. Cusimano & patient testimony
- 10:15-10:30am Refreshment break and visit display tables
- 10:30-11:15am Workshop Series 1
- 11:30-12:15pm Workshop Series 2
- 12:15-12:30pm Wrap-up and door prizes

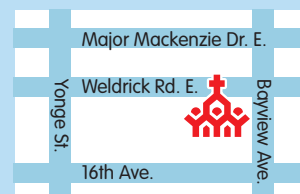


Free admission
All are welcome to attend

Workshops/ speakers:

- 1) Concussion Workshop
Dr. Michael Cusimano (English)
- 2) Understanding Mental Disorders: How they are defined and diagnosed
Dr. Michael Paré (English)
- 3) Optimizing Brain Health With Nutrition And Natural Medicine...The Daniel Plan (And More!)
Dr. Annie Hum, Dr. Gordon Ko & Dr. Leigh Arseneau (English)
- 4) Updated Perspectives On The Understanding And Management Of ADHD
Dr David Ng (One in English; One in Cantonese)
- 5) A. The Brain and Pain: Are We All Going To "Pot"?
Understanding Medical Marijuana
B. Dizziness and Fall Prevention
Dr. Gordon Ko & Mark Tsai (First Session Both Topics in English; Dizziness Second Session in Mandarin)
- 6) Testosterone and Brain Function
Dr. Victor Mak (English)
- 7) Prevention of Stroke- The second leading cause of death in the world today
Dr. Michael Chu (One in English; One In Cantonese)

To ensure your seat in the workshop of your choice, preregister at www.rhccc.ca/en or <http://goo.gl/forms/QXC4OUuqSH>
Contact email: occmf.rhccc@gmail.com

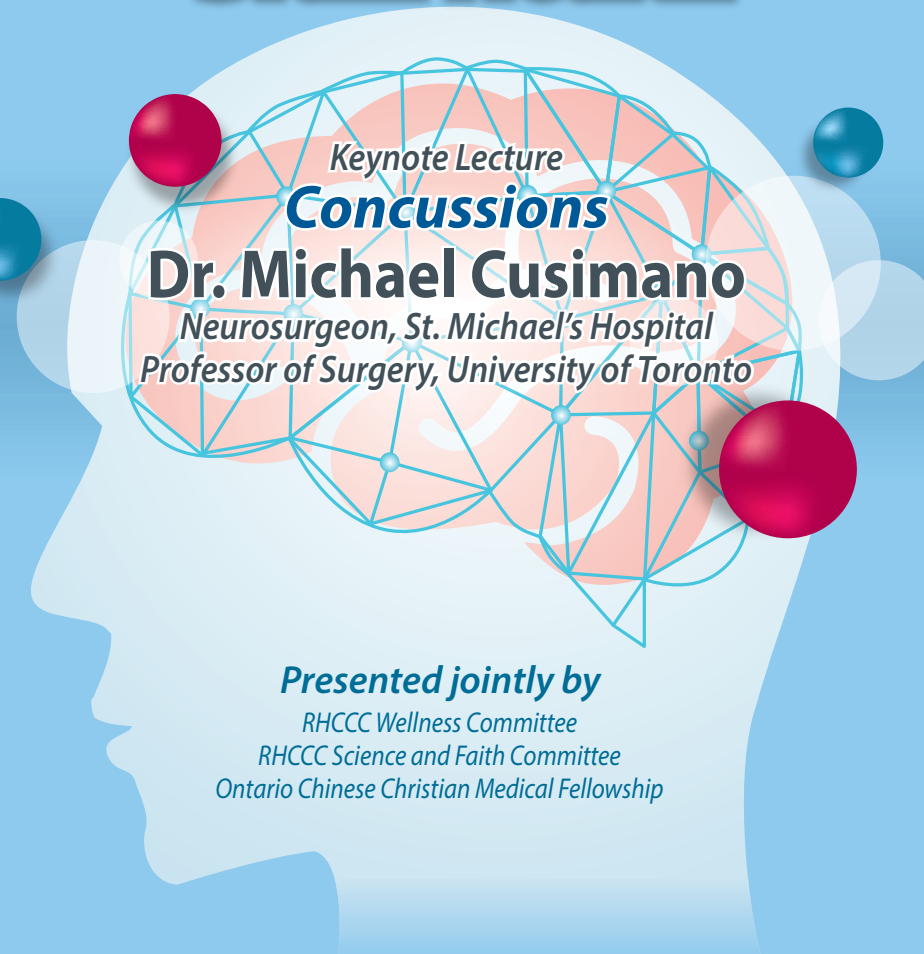


9670 Bayview Ave.,
Richmond Hill, Ontario

- Accreditation: This conference is accredited by the Royal College of Physicians and Surgeons of Canada and by the College of Family Physicians of Canada and approved by the South York Region Community Physicians Journal Club.

14th Annual Wellness Conference

The Science & Faith of Brain Health



Keynote Lecture

Concussions

Dr. Michael Cusimano

*Neurosurgeon, St. Michael's Hospital
Professor of Surgery, University of Toronto*

Presented jointly by

RHCCC Wellness Committee
RHCCC Science and Faith Committee
Ontario Chinese Christian Medical Fellowship

Date: Saturday May 28 2016

Time: 8:30am-12:30pm

Location: Richmond Hill Christian Community Church
9670 Bayview Avenue, Richmond Hill, Sanctuary 2



RICHMOND HILL CHRISTIAN COMMUNITY CHURCH
城北華人基督教會

rhccc.ca

Workshop Presenters and Objectives

1) Concussion Workshop

Workshop objectives:

1. To list the signs and symptoms of concussion
2. To describe the early management of concussion
3. To understand the associated adverse health correlates of concussion



Dr. Michael D. Cusimano, MD, MHPE, FRCS, DABNS, PhD, FACS
Dr. Michael D. Cusimano has been a staff neurosurgeon at St. Michael's Hospital in Toronto since 1992 and holds cross appointments at the Hospital for Sick Children and the University Health Network. He is a founding member of the University of Toronto Gamma Knife Center, the founder and Director of the Injury Prevention Research Office at St. Michael's Hospital that has been a leader in Canadian injury prevention work and advocacy, especially around concussion for over 2 decades. He was the first to describe the endoscopic technique of the resection of pituitary and other skull base tumors, a technique that has now been adopted globally. He is a full Professor of Neurosurgery, Education and Public Health at the University of Toronto.

His broad research interests include Traumatic Brain Injury, concussion, skull-base surgery, clinical neurosurgery, and injury prevention. He has published over 300 peer-reviewed research articles, many of which are in journals like JAMA, Nature, Lancet, and the CMAJ. He has trained many hundreds of trainees who have gone on to academic and clinical positions throughout the world, and, won numerous awards for his teaching and patient care. He is passionate about keeping our brains and bodies healthy in all ways.

2) Understanding Mental Disorders: How they are defined and diagnosed

Workshop Objectives:

1. To learn what the DSM book is all about
2. Which mental illnesses are treatable?
3. Learn about some major mental illnesses



Dr. Michael Paré, MSc, MEd, MD
Dr. Paré is coordinator of the Medical Clinic for Person-Centred Psychotherapy and also is Chair of OMA Section on Primary Care Mental Health. His clinical practice is primary care psychotherapy. Michael has an equal interest in and commitment to teaching and mentoring. He has worked with students and physicians who are suffering from emotional problems. He is also a popular invited speaker lecturing on topics and themes such as stress management, overcoming depression, boundary issues, etc.

3) Optimizing Brain Health With Nutrition And Natural Medicine...The Daniel Plan (And More!)

Workshop Objectives:

1. To learn about key dietary and lifestyle strategies for optimal brain health (the "Daniel Plan" and much more).
2. To implement key evidence-based natural products for maximal brain function and performance.
3. To integrate therapies to ward off dementia, Alzheimer's and early cognitive decline



Dr. Annie Hum, MD, CAFCI (family physician)
Dr. Annie Hum is a family physician with over 25 years experience and is clinic director at the Canadian Centre for Integrative Medicine (CCIM). She and her husband Dr. Gordon Ko MD FRCPC have taught several wellness programs including Rick Warren's "Daniel Plan" to various church groups.



Dr. Leigh Arseneau, BSc, ND, FMP
Dr. Leigh Arseneau is a Naturopathic Doctor specialized in Functional Medicine. He is the Director for the Centre for Advanced Medicine, Consultant at the CCIM and Advisor for the Centre for Restorative Medicine. Dr. Arseneau also serves as policy advisor for the Ministry of Health and has been awarded leadership awards by the Ontario Association of Naturopathic Doctors. He also serves on the editorial board for the Journal of Restorative Medicine.

4) Updated Perspectives On The Understanding And Management Of ADHD

Workshop Objectives:

1. To outline the causes and presentations of this neurodevelopmental condition
2. To clarify the assessment process
3. To provide an overview of the management principles



Dr. David Ng, MD, FRCPC(C)
Dr. David Ng has worked with children and their families for nearly years. He is certified in General Psychiatry and in the subspecialty of Child and Adolescent Psychiatry by The Royal College of Physicians and Surgeons of Canada. He is the clinical director of the Scarborough Hospital ADHD program as well as the Child and Adolescent Clinic at the Markham-Stouffville Hospital. Besides being a consultant physician for the students with ADHD and related learning issues at the University of Toronto, he also teaches Queen's University medical students, where he is appointed as Assistant Professor. Outside of his professional activities, he's committed to being a father, and to various ministries as member of the Agincourt Pentecostal Church.

5) A. The Brain and Pain: Are We All Going To "Pot"? Understanding Medical Marijuana B. Dizziness and Fall Prevention

Workshop Objectives:

1. To learn about medical marijuana and its role in neuroprotection for the brain (including concussion and brain disease management).
2. To understand "neuroplasticity" and engage techniques for healing the brain.
3. To apply exercises for dizziness and loss of balance



Dr. Gordon Ko, MD, CCFP(EM), FCFP, FRCPC
Specialist in Interventional Psychiatry.

Dr. Ko is medical consultant at the Apollo Applied Research Clinic focused on the use of medical cannabis for chronic pain and neurological disorders. He is a pioneer in EMG/ ultrasound guided injections with Botox, Platelet-rich plasma and stem cells done at the Canadian Centre for Integrative Medicine, Markham and Sunnybrook Health Sciences Centre, University of Toronto.



Mr. Mark Tsai, MScPT, FCAMPT, CAFCI, CGUNNIMS, CGTTP
Registered Physiotherapist

Mark graduated from the University of Toronto with a Masters degree in Physical Therapy. He has more than 16 years of extensive experience in rehabilitation and Sports Medicine. He is a fellow of Canadian Academy of Manipulative Physiotherapy and a certified GUNN IMS Practitioner. He is currently the clinic director at Woodbine Physiotherapy in Markham.

** Janet and Jonathan Kramer will be helping with this workshop.*

NOTE THAT THE FIRST WORKSHOP WILL BE IN ENGLISH ONLY WITH MARK AND DR. KO. THE SECOND WORKSHOP WILL BE IN MANDARIN ONLY (MARK ONLY).

6) Testosterone and Brain Function

Workshop Objectives:

1. What is meant by the condition Testosterone Deficiency Syndrome or "Low T"?
2. What are the adverse health consequences of low T?
3. What is the association between testosterone and cognitive brain function?
4. Review the latest Canadian Men's Health Foundation Multidisciplinary Clinical Practice Guideline on the diagnosis and management of Testosterone Deficiency Syndrome.



Dr. Victor Mak, MD, MSc, FRCSC

Dr. Mak is a Fellow of the Royal College of Physicians and Surgeons of Canada in Urologic Surgery. He holds a Masters of Science degree in Molecular Genetics from the University of Toronto, and is a Clinician Investigator with the RCPSC. Dr. Mak has published widely in major clinical and basic science journals. He is Past President of the Ontario Chinese Christian Medical Fellowship and is a Member of the Richmond Hill Christian Community Church. Dr. Mak is Chief of Urology and Genitourinary Cancer Disease Site Chair, Department of Surgery, at Mackenzie Health.

7) Prevention of Stroke- The second leading cause of death in the world today

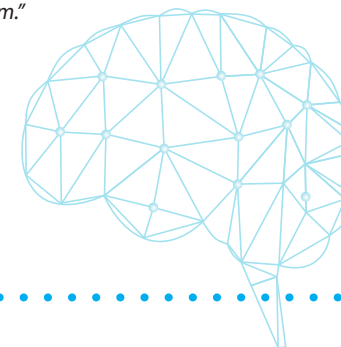
Workshop Objectives:

1. Understanding the many diseases that cause stroke is the key to prevention.
2. Learn about the risk factors for stroke and what to look for in the medical history, examination, and investigation.
3. How to reduce the risk of stroke through diet and lifestyle.

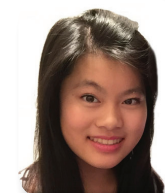


Dr. Michael W. Chu, MD, CCFP

"Dr. Michael W. Chu is a family physician with over 25 years experience and a special interest in preventative medicine. He is the Lead Physician of the Scarborough Family Health Organization and the Vice President of the Scarborough Academic Family Health Team."



Testimony:



Priscilla Mak

Priscilla Mak is presently a Grade 9 high school student. In 2013, she suffered a concussion while playing hockey. Priscilla and her parents, Drs. Esther Ng and Victor Mak will share their faith journey during this ordeal.

Workshops will be conducted in English (Workshop I) and some in Cantonese or Mandarin (Workshop II)