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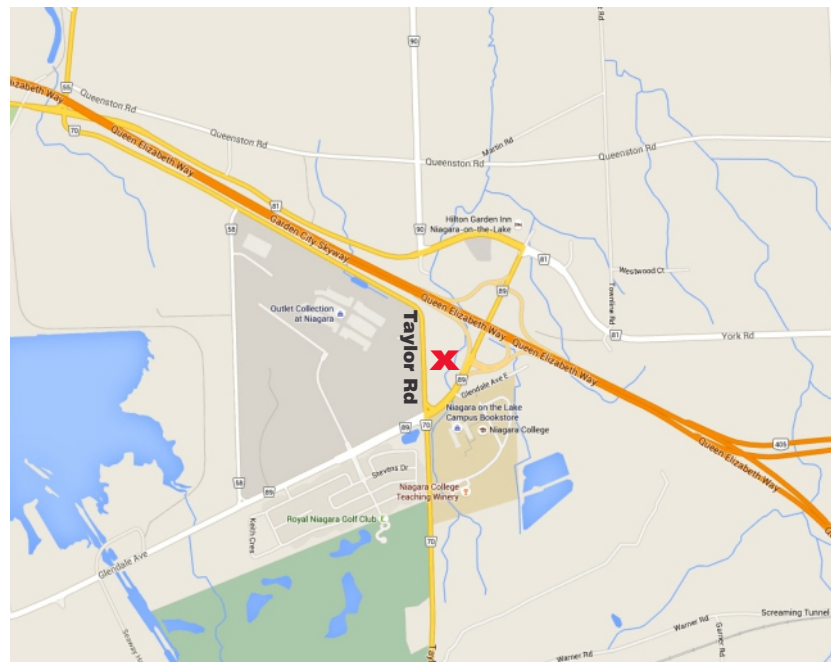


— OTHER —



**26th Annual
MEETING
&
CME/CDE**

**Saturday October 6
to
Monday October 8
2018**



White Oaks Conference Centre
253 Taylor Road SS4, Niagara-on-the-Lake, ON
1-800-263-5766

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Girish Bajaj MD, FRCPC (*Planning Committee*)
Gastroenterology and Inflammatory Bowel Disease; Clinical Associate, Mount Sinai Hospital, University of Toronto and CanMed Clinics, Brampton

Gagan Bhalla BSc,BDS, DDS, Cert. Ortho — Orthodontist, Mississauga

Sanjay K. Dhingra MD, FRCPC, FACC Cardiologist, The Scarborough Hospital

Nikhil Gupta MD, MPH, DABIM, FACE (*Planning Committee*)
Endocrinologist, CanMed Clinics, Markham and Brampton

Bruce J. Holub PhD — Professor Emeritus, Department of Human Health and Nutritional Sciences, University of Guelph; Scientific Director, DHA/EPA Omega-3 Institute, University of Guelph Research Park

Sumit Jhas MD, MSc, FRCSC Neurosurgeon, Trillium Health Partners

Ajay Kapur MD, FRCPC — Clinical Instructor, University of Toronto; Chief Medical Information Officer & Director of Medical Education, Department of Medicine & Staff Internist, St. Joseph's Health Centre

Nishtha Kapur MD, CCFP (*Planning Committee*) — Family Physician, Scarborough; Fellowship in Women's Health Academic Fellowship, University of Toronto

Kanwal D. S. Kukreja MBBS, DCH, FRCPC — Assistant Clinical Professor (Part-time), Department of Psychiatry and Behavioural Neurosciences, McMaster University; Psychiatrist, Grand River Hospital, Kitchener and Halton Healthcare - Oakville Trafalgar Memorial Hospital

Sanjeev Luthra BSc, MD, FRCPC (*Planning Committee*) — Paediatrician, William Osler Health System

Bharat Markandey MD Western University

Gaurav Mehta MBBS, DCP, MSc (Psych), PgDip (Diabetes), FAcadMed, FRCPC, FAPA, CISAM, CCSAM, DAM (*Planning Committee*) — Medical Director and Adjunct Lecturer, University of Toronto; Department of Psychiatry, Southlake Regional Health Centre

A. Shekhar Pandey BSc, MD, FRCPC, ABIM, CBNC — Assistant Clinical Professor (Adjunct) of Medicine, McMaster University; Adult Invasive, Non-invasive, & Preventive Cardiologist

Kiran Patel BSc (Hons), MBBS, DipFMH, DipAB (Dist), MAcadMed, FRCPsych, MCPsychI, FRCPC Assistant Professor and Forensic Psychiatrist, University of Toronto

Prashant Phalpher MD, CCFP (EM) Site Chief, Emergency Services, William Osler Health System - Brampton Civic Hospital

Simran K. Rattan MD, CCFP, ABOIM Integrative and Family Medicine, Castlemore Family Medical Center, Brampton

Davinder Wadehra MD, FRCPC, MBA Medical Director, Nephrology, William Osler Health System; Nephrologist, CanMed Clinics, Brampton and Etobicoke

Mrs. Harpreet Wadhera CPA, CA

PROGRAM

SATURDAY OCTOBER 6

12:45 *Welcome & Introduction – Sanjeev Luthra, MD*

13:00 **Chronic Kidney Disease in Primary Care**
Davinder Wadhera, MD

13:40 **Approach to Chest Pain in the Office**
Prashant Phalpher, MD

14:20 **How to Read a Paper: Basic Statistics for Doctors**
Kiran Patel, MD

15:00 *Panel Discussion/ Q & A*

15:15 *Health Break*

15:30 **DHA - Omega 3 for Healthy Human Cycle**
Bruce J. Holub, MD

16:10 **DAPT: Dual Antiplatelet Therapy & Anticoagulation: NOAC – Beyond Warfarin**
Sanjay Dhingra, MD

16:50 **The Role of Neurointerventions in Acute Stroke**
Sumit Jhas, MD

17:30 **Incorporation for Physicians: 2018 – An Update**
Mrs. Harpreet Wadhera, CPA

18:00 *Panel Discussion/ Q & A*

18:15 *Closing Comments*



SUNDAY OCTOBER 7

08:50 *Welcome & Introduction – Gaurav Mehta, MBBS*

09:00 **Non-Alcoholic Fatty Liver Disease: What's New?**
Bharat Markandey, MD

09:40 **Panel Discussion: Diabetes/Vascular Disease and Heart Failure – The Future of Practice**
Nikhil Gupta, MD, Nishtha Kapur, MD, & Shekhar Pandey, MD

10:40 *Panel Discussion/ Q & A*
Moderators: Sanjay Dhingra, MD & Ajay Kapur, MD

11:00 *Health Break*

11:15 **Mindfulness/Yoga: Alternative Therapies for Stress Management**
Moderator: Kanwal Kukreja, MD
Panel: Girish Bajaj, MD, Gagan Bhalla, MD, Simran Rattan, MD

12:15 **Medical Jeopardy**
Moderators: Girish Bajaj, MD, Ajay Kapur, MD & Sanjeev Luthra, MD

13:00 *Closing Comments — Sanjeev Luthra, MD & Gaurav Mehta, MBBS*

LEARNING OBJECTIVES

- At the end of this symposium, the participant will be able to:
- Better understand physical health issues in clinical practice
 - Understand and interpret research articles and peer reviewed articles
 - Integrate alternative stress relieving strategies in clinical practice in real case scenarios
 - Understand evidence based medicine and basic statistics for doctors
 - Develop a basic familiarity with the special clinical and research issues surrounding chronic kidney disease
 - Manage chest pain in the office
 - Develop clinical knowledge about anticoagulation
 - Learn about the role of neurointerventions in acute stroke
 - Get a better understanding of incorporation for physicians -2018
 - Develop knowledge about non-alcoholic fatty liver disease
 - Update clinical knowledge about diabetes/vascular disease and heart failure
 - Learn about alternative therapies for stress management, i.e. mindfulness - mindfulness/yoga

REGISTRATION INFORMATION

TO REGISTER PLEASE VISIT:
www.nimdac.com/annualevent.aspx

LAST DAY TO REGISTER:
SEPTEMBER 30, 2018!

FOR MORE INFORMATION CONTACT
Dr. Sanjeev Luthra at:
nimdacgsec@gmail.com