



27th Annual Meeting

&

CME

Saturday October **12**

to

Monday October **14**

2019

Lectures at
Weider Room - **I & II**

Blue Mountain Inn
110 Jozo Weider Blvd
Blue Mountains, ON



Dr Sanjeev Luthra (Co-Chair)

MD, FRCPC, FAAP

Pediatrician ,William Osler Health Centre

Dr Gaurav Mehta (Co-Chair)

MBBS DCP MSc (Psych) MSc (Diabetes)

FAcadMED FRCPC FAPA CISAM CCSAM

DAM CBE Medical Director Psychiatry,

Southlake Regional Health Centre,

Newmarket Adjunct Assistant Professor,

University of Toronto

Dr Girish Bajaj MD FRCPC

Gastroenterologist and IBD Specialist

Brampton Clinical Assistant Professor (Adj),

Department of Medicine, McMaster

University, Clinical Associate ,Department

of Medicine ,Mount Sinai Hospital /

University of Toronto

Dr Vinita Bindlish MD

PharmD, FRCSC, MBA, LLM, Community

practice in Otolaryngology-Head

& Neck Surgery in Kitchener- Waterloo

Dr. Kulvinder Gill, MD. FRCPC

Allergy, Asthma and Immunology,

Brampton and Milton

Dr Satpal Singh Girgla MD

MBBS MRCPsych FRCPC

Consultant Psychiatrist,Oakville ON

Dr Nikhil Gupta MD MPH DABIM FACE

Endocrinologist ,CanMed Multispeciality

Clinics,Brampton and Markham

Dr Nishtha Kapur MD

CCFP, Fellowship in women's health and

Academic fellowship.

Family doctor ,Scarborough

Dr Ajay Kapur MD

FRCPC Internal Medicine

St Joseph's Health Centre

Dr Raveen Kaur, MD

Associate Radiologist, HSN

Assistant Professor, NOSM

Regional Breast Imaging Lead, Cancer

Care Ontario, NorthEast LHIN

Dr Kanwal D S Kukreja MD Psychiatrist

MBBS, DCH, FRCPC

Grand River Hospital, Kitchener,

Assistant Clinical Professor (Part-time)

McMaster University

Dr Shweta Mehta

MD MSc (Clin Biochemistry)

MSc (Diabetes) FRCPath(UK) FRCPC

Metabolic Disease, Lipids,Weight

Management and Renal Stone

Prevention CanMed Multispeciality

Clinics,Brampton and Markham

Dr Shekhar Pandey MD

FRCPC, ABIM, CBNC.

Adult Invasive, non-invasive, Nuclear

and Preventive Cardiologist

Assistant Clinical Professor (Adjunct),

Department of Medicine, McMaster

University

Dr Anand Pandya MD FRCSC

General Surgery and Critical Care

Medicine, William Osler Health System

Brampton Civic Hospital

Dr. Harneet Singh MD

MBBS, D.ABPN, D.ABSM

Neurologist/Sleep Specialist

Etobicoke Brampton Sleep Clinic

Dr. Ashvinder K. Lamba MSc, MSc, MD,

CCFP, Family Physician, Humber Heights

Retirement Home and Long Term Care,

Etobicoke; Assistant Clinical Professor

(Adj.), Department of Medicine,

McMaster University; Associate Staff,

Brampton Civic Hospital



SATURDAY OCTOBER 12, 2019

- 12:45 Welcome and Introduction- Dr Gaurav Mehta
- 13:00 **ADHD in Children**
Dr Sanjeev Luthra
- 13:40 **Gall bladder diseases - An Overview**
Speaker - Dr Anand Pandya
- 14:20 **Allergen Immunotherapy: An Update for Physicians"**
Speaker - Dr Kulwinder Gill
- 15:00 **Break**
- 15:15 **Movement disorders – 101**
Speaker - Dr Harneet Singh -
- 15:50 **Falls in elderly -Prevention and Management**
Speaker - Dr Ash Lamba
- 16:30 **Bollywood and Psychiatry: A case Based Discussion-1**
Speaker-Dr Gaurav Mehta
- 17:10 **Physician perspective on personal Financial Management**
Speaker - Dr Nikhil Gupta
- 17:40 **Panel Discussion and feedback**
- 18:00 **Close**



SUNDAY OCTOBER 13, 2019

- 08:50 **Welcome and Introduction**
Dr Sanjeev Luthra
- 09:00-10:00am **Updates in Diabetes/ Heart Failure/ Obesity Panel Discussion**
Dr Nikhil Gupta / Dr Shekhar Pandey/ Dr Shweta Mehta
- 10:00-10:20am **Panel discussion- Moderated by**
Dr Ajay Kapur
- 10:20-11:00am **Bollywood and Psychiatry : A case based Discussion-2**
Dr Gaurav Mehta
- 11:00 **Break**
- 11:15-12:15 **Stress Management and Therapy – How can Our Patients Benefit**
Dr Girish Bajaj
Session moderated by Dr Kanwal Kukreja_
- 13:00 **Panel Discussion and Feedback**

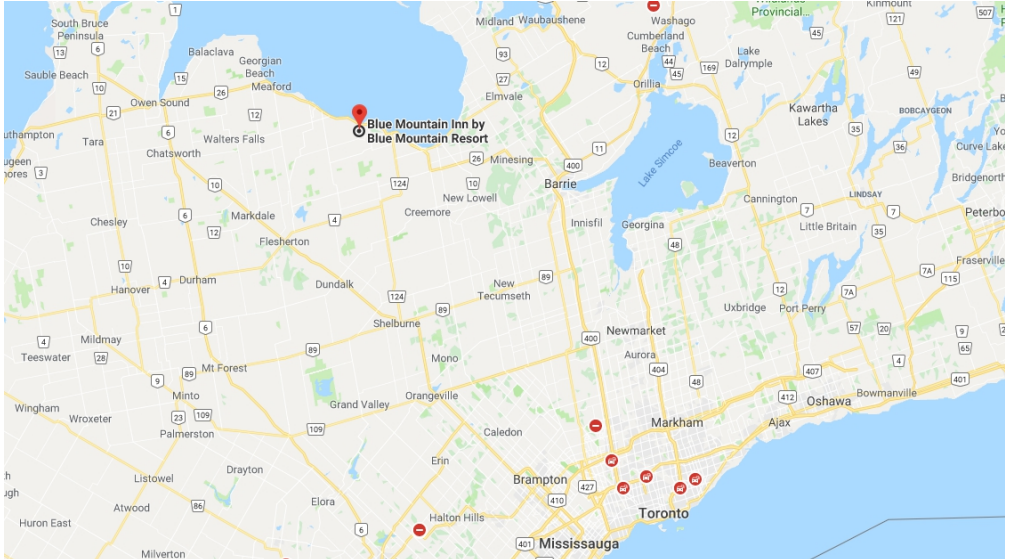
LEARNING OBJECTIVES

At the end of this symposium, the participant will be able to:

- Understand DSM Criteria for Personality Disorder
- Develop a basic familiarity with the special clinical and research issues surrounding the Immunotherapy
- Learn principles of screening and management of ADHD in children
- Develop clinical knowledge about Gall Bladder diseases
- Learn about Movement Disorders and Parkinsonism
- Get a better understanding of CRA regulations of Finances for Tax purpose.
- Update Clinical knowledge about Diabetes/Obesity and Heart Failure
- Learn about Alternative therapies for stress management
Mindfulness - Mindfulness/Yoga



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