



4th ANNUAL SYMPOSIUM 2017

Integrative Medicine: The Art & Science

Friday 24 November 8.30am-5.30pm + Cocktail Reception 5.30pm-6.30pm
Saturday 25 November 8.30am-5.00pm

Amora Hotel Riverwalk, 649 Bridge Road, Richmond, Melbourne

SUPPORTING ORGANISATIONS



Gift Sponsors

WHO SHOULD ATTEND & WHY

- General Practitioners
- Medical Specialists
- Allied & Complementary Health Practitioners
- Pharmacists
- Nurses
- Researchers
- Academics & Educators
- Healthcare Students
- Update your professional knowledge
- Access the latest evidence-based research
- Learn cutting-edge treatments and therapies
- Acquire new practical skills for direct application
- Engage in important, informative discussion
- Network with like-minded colleagues
- Re-charge, re-focus and renew your energy

Professional Development for Health Professionals

Certificates of Attendance:
Issued upon request
RACGP QI&CPD Points:
Pending application
Other CPD/CME points:
Points may be available from many other professional bodies subject to application. Please provide your certificate of attendance and copy of the program to demonstrate relevance to your profession.

TERMS & CONDITIONS:
The organiser reserves the right to alter items in the program. The information contained within this program is true and accurate at time of printing.

INSURANCE:
Registration fees do not include insurance of any kind. It is the responsibility of attendees to have their own insurance.

CANCELLATIONS AND REFUNDS:
Cancellations must be notified in writing two weeks prior to event. No refunds will be given after this time. However a substitute person may attend by prior arrangement with the organiser.

We extend a warm invitation to join us...

For this exciting program with 25 International and Australian speakers who will present the latest evidence-based research, therapies, treatments and innovative technologies. Our highly qualified and experienced speakers will review the diverse challenges and opportunities facing various streams of Integrative Medicine. Update your skills and knowledge at this supportive and vibrant event!

KEYNOTE LECTURES - WORKSHOPS - INTERACTIVE DISCUSSIONS - Q&A SESSIONS - SCIENTIFIC ABSTRACTS

Topics will include

- Integrative Approaches to Healthcare
- Allergies & Autoimmune conditions
- Brain Health
- Cancer
- Chronic Diseases
- Developmental delays in Children
- Diabetes & Obesity
- Environmental Medicine
- Genetics
- Gut Health
- Inflammation
- Microbiome
- Nutrition
- Pain Management
- Research updates
- Women's Health
- ... and much more!



REGISTRATION FEES:

Friday 24 November (Full Day)	\$240	* Full Time Student	\$120	Morning/Afternoon Teas, Lunch & Cocktail Reception
Saturday 25 November (Full Day)	\$240	* Full Time Student	\$120	Morning/Afternoon Teas & Lunch
BOTH DAYS	\$440	* Full Time Student	\$220	All inclusions as above

Book Online:

www.niim.com.au/symposium

* Prices for Full Time Students are subsidised by NIIM - proof of Student ID is required to qualify Limited Medical Student Scholarships are available - please apply to events@niim.com.au

Enquiries: events@niim.com.au or phone Anna 03 9912 9542

National Institute of Integrative Medicine
11-23 Burwood Rd Hawthorn Melbourne VIC 3122
www.niim.com.au

VENUE
Amora Hotel Riverwalk
649 Bridge Road
Richmond, Melbourne

PARKING
Onsite car parking available at Amora Hotel \$20 per day & overnight. On-street parking available in nearby streets.

PUBLIC TRANSPORT
Approx 4kms from CBD.

Train: Hawthorn station or Burnley Station - both approx 1km walk to Amora Hotel Riverwalk.

Tram: Routes 48 & 75 Stop 22 Yarra Boulevard on Bridge Rd, from/to the CBD.

ACCOMMODATION
Rooms are available at this boutique hotel located on the banks of Yarra River.

For bookings contact Amora Hotel Riverwalk
T 03 9246 1200
E res@amora.melbourne
Quote Ref: NIIM Nov17



FRIDAY 24 NOVEMBER

08.30 - 09.00

SESSION ONE 9.00 - 10.45

REGISTRATION - Arrival Tea & Coffee

PLENARY

A/Prof Kylie O'Brien
Prof Omer Kucuk (USA)
A/Prof Karin Ried
Prof Andrew Sinclair

MC - Welcome

Soy Isoflavones in Integrative Oncology
Innovative Testing for Cancer & Chronic Diseases
Furan Fatty Acids - helpful or harmful

10.45 - 11.15

MORNING TEA - EXHIBITION & POSTER VIEWING

SESSION TWO 11.15 - 12.45

A/Prof Kylie O'Brien
Dr David Wilkinson

Cancer: What to discuss with your patients and why?
Can Food be Medicine against Cancer?

PANEL DISCUSSION

Integrative Approaches to Cancer Care
Prof Omer Kucuk, Dr Ioannis Papisotiriou, Prof Avni Sali, Dr David Wilkinson

12.45 - 2.00

LUNCH - EXHIBITION & POSTER VIEWING

OPTIONAL ACTIVITY - 15 mins Stretching Exercises with Dr Cheryl Martin

SESSION THREE 2.00 - 3.30

CONCURRENT WORKSHOPS 'A'

Prof John Munro
Clinical & Educational Strategies for Assisting Children with Learning Difficulties

Dr Taufiq Binjemain, A/Prof Karin Ried
Hyperthermia, Hyperbaric Oxygen Therapy (HBOT), CTC

Dr Michelle Woolhouse
What Healthy Women Need to Know

CONCURRENT WORKSHOPS 'B'

Abstract Stream
Presentations of research in Integrative Medicine

Cliff Meakin, Prof Avni Sali
The Role of Vitamin C in Prevention & Treatment of Disease

Gerald Quigley, Dr John Walters
Quality of life & patient care for Allergies & Autoimmune conditions

3.30 - 4.00

AFTERNOON TEA - EXHIBITION & POSTER VIEWING

SESSION FOUR 4.00 - 5.30

PANEL DISCUSSION

BRAIN HEALTH: Insight, Intervention & Research
Prof John Munro, Prof Richard Silberstein, A/Prof Andrew Pipingas, Nikolaj Travica

PLENARY

Prof Luis Vitetta
Dr Ioannis Papisotiriou (Greece)

Intestinal Microbiome & Cancer Treatments
Liquid biopsy in conjunction with cancer physiology

5.30 - 6.30

COCKTAIL RECEPTION

Including Official Launch of Book "A Clinician's Guide to Integrative Oncology"
Authors: Kylie O'Brien & Avni Sali

SATURDAY 25 NOVEMBER

08.30 - 09.00

SESSION FIVE 9.00 - 10.45

REGISTRATION - Arrival Tea & Coffee

PLENARY

A/Prof Kylie O'Brien
Dr Tim Ewer (New Zealand)
Prof Avni Sali AM
A/Prof Karin Ried

MC - Welcome

From the Pillars of Hippocrates to Trump Towers - how to stay healthy in spite of the times
The Science of Mind-Body Medicine
Garlic for Health - The GarGIC Trial

PANEL DISCUSSION

ENVIRONMENTAL MEDICINE
Dr Tim Ewer, Dr Taufiq Binjemain, Dr Mark Westaway, Dr John Walters

10.45 - 11.15

MORNING TEA - EXHIBITION & POSTER VIEWING

SESSION SIX 11.15 - 12.45

A/Prof Vicki Kotsirilios AM
Gerald Quigley

Integrative Approaches to Pain Management
Role of the Pharmacist in Integrative Therapies

PANEL DISCUSSION

GUT HEALTH
Prof Luis Vitetta, Dr Taufiq Binjemain, Vanita Dahia, Gerald Quigley

12.45 - 2.00

LUNCH - EXHIBITION & POSTER VIEWING

OPTIONAL ACTIVITY - 15 mins Stretching Exercises with Dr Cheryl Martin

SESSION SEVEN 2.00 - 3.30

CONCURRENT WORKSHOPS 'C'

Dr Mark Westaway
Serotonin, Dopamine & the OCT2 transporter, relative nutrient deficiencies & the missing link

Dr Ioannis Papisotiriou
Cancer stem cells as a driving mechanism of cancer progression: from diagnosis to prognosis and treatment

Dr Barbara James & Diana Kopatsy
Therapeutic Options for Developmental Delays in Children

CONCURRENT WORKSHOPS 'D'

Dr Kevin Lee
Diabetes & Obesity

Vanita Dahia
The Gut - Brain Axis

Dr Tim Ewer
Low Dose Naltrexone - its use in Inflammation, Autoimmunity & Beyond

3.30 - 4.00

AFTERNOON TEA - EXHIBITION & POSTER VIEWING

SESSION EIGHT 4.00 - 5.00

PLENARY

Prof Omer Kucuk (USA)
INTERACTIVE Q&A SESSION
OFFICIAL CLOSE
OPTIONAL ACTIVITY

Integrative Medicine in Cancer Treatment & Survivorship

5.15 - 6.00

Visit NIIM @ 11-23 Burwood Rd, Hawthorn to tour our Clinic, Education & Research facilities

SPEAKERS



Professor Avni Sali AM
MBBS PhD FRACS FACS FACNEM
Founding Director of NIIM, and Member of the Scientific Board of the European Congress for Integrative Medicine. Avni is the former Head of Graduate School of Integrative Medicine, Swinburne University and the University of Melbourne Dept of Surgery, Heidelberg Hospital. His expertise is in the areas of cancer and chronic disease. He is co-author of recently published: *A Clinician's Guide to Integrative Oncology*, Springer USA. In 2016 Prof Sali received an Order of Australia for "significant service to integrative medicine as an educator, clinician and researcher, and to professional education."



Dr Tim Ewer (New Zealand)
MB ChB MMedSc MRCP FRACP FRNZCGP FACNEM
Tim has been working in integrative medicine for over 25 years. He has a health centre near Nelson, New Zealand, with 22 staff, where he is also involved in teaching medical students, junior hospital doctors & GP registrars. Prior to this, Tim was a hospital physician for 10 years after gaining his medical degree & specialist qualifications in the UK. He has trained in a variety of modalities including nutrition, environmental medicine, hyperbaric medicine, acupuncture and bio-energetic medicine.



Professor Omer Kucuk (USA)
MD FACN
Professor of Hematology, Medical Oncology & Urology at Winship Cancer Institute of Emory University (USA). An internationally renowned expert in Integrative Oncology. Nutrition & cancer is Dr. Kucuk's primary research focus with extensive publications on various nutrients in combination with chemotherapy & radiation. He has been conducting clinical trials with lycopene & soy isoflavones in combination with standard therapy for prostate cancer since 1995. He is also investigating the effects of micronutrients & phytochemicals on biomarkers of cell growth, differentiation, inflammation & oxidative stress in a variety of cancers.



Dr Ioannis Papisotiriou (Greece)
MD PhD
Born in Germany, he graduated from Medical School of Aristotle University of Thessaloniki in 1997. Ioannis undertook postgraduate training in Molecular Medicine & Oncology in London, then a doctorate as Medical Geneticist, University of Zurich & as a Scientific Fellow in Thessaloniki. Since 2004 he is CEO/Medical Director of **RGCC SA- Research Genetic Cancer Centre**, Greece. His main interest is cancer genetics with a focus on chemosensitivity testing & developing screening tests. Research activities focus on cancer drug design & evaluation, and developing innovative methods of cancer gene or molecular targeted therapies.



Dr Taufiq Binjemain
MBChB(UK) MRCP(UK) MRCS(Edin)
CCFP(Canada) FRACGP
Taufiq has trained in specialities including Surgery, Orthopaedics, General Medicine, Paediatrics, Psychiatry, Anaesthetics, Intensive Care, Emergency Medicine, Skin Cancer, Supportive Cancer treatments, Anti-Ageing & Regenerative Medicine (including PRP & Stem Cells), Nutritional & Environmental Medicine. Taufiq believes in personalised medicine, looking at the uniqueness of each person and establishing the root causes of any illness.



Vanita Dahia
B.Pharm Adv.Dip.Nat Adv.Dip.Nutr Adv. Dip.W.Herbal.Med Dip.Ayurveda
Vanita is an integrative medicine clinical consultant pharmacist, naturopath & clinical nutritionist. She is passionate about naturally treating the body from the inside out, empowering the body to heal naturally. Vanita incorporates her technical consultancy, pharmaceutical compounding knowledge together with herbalism, Ayurveda medicine and energy medicine like pranayama & meditation to achieve the best health outcome.



Dr Barbara James
MBBS MPM(Psych) FRANZCP CAPCAP
A highly qualified & experienced psychiatrist, Barbara has extensive experience in anxiety, mood disorders, ADHD, OCD & many others. She is a foundation member of the Australian Integrative Psychiatry Interest Group. Barbara also completed a Certificate of Advanced Training in Child & Adolescent Psychiatry. She sees children and their parents primarily for therapy, focussing on the non-pharmacological aspects of symptom management.



Diana Kopatsy
BHSc(Nat) BHSc(Hom) MedSt. Dip.Teach
Diana specialises in chronic disease, utilising a combination of natural supplements, nutrition & herbal medicines. A lecturer at Endeavour College of Natural Health since 2002 & former Head of Faculty, she now lectures on a sessional basis. Diana is CEASE (Complete Eradication of Autism Spectrum Expression) qualified, has a Master of Educational Studies & former senior lecturer in Teacher Education at Melbourne & Victoria Universities prior to becoming a qualified Practitioner.



A/Professor Vicki Kotsirilios AM
MBBS FRACGP FACNEM FASLM
A well-known respected holistic GP with over 30 years of clinical experience. At the Dunstan Dental & Medical Clinic, Dr Vicki integrates natural therapies with mainstream healthcare. Co-author of *A guide to evidence-based integrative and complementary medicine*, and a regular writer for Medical Observer on 'Integrative Perspectives' widely circulated to GPs in Australia. Dr Vicki holds 3 Adjunct A/Professorial positions - University of Western Sydney, Monash & La Trobe. Awarded an Order of Australia and an Australia Day Environment award.



Dr Kevin Lee
MBBS (Hon) BSc (Hon) MMH PhD FRACP
A consultant Endocrinologist & Specialist Physician at Lifestyle Breakthrough & Monash Medical Centre. Kevin is also involved in research with Monash University on topics such as stress, weight management, diabetes & mindfulness. His specialities are diabetes care, thyroid conditions, hormonal imbalances, stress & weight management. Kevin also works as a specialist physician, offering his time to the Port Hedland community assisting with Aboriginal health.



Dr Cheryl Martin
MBChB BSc Med Sci(Sports Medicine) FACEM
A Fellow of the Australian College of Emergency Physicians, Cheryl has spent over a decade working in emergency, trauma & critical care settings. Her other professional interests include sports & exercise medicine, lifestyle & holistic approaches to promote health & wellbeing. A long term yoga practitioner, she is encouraged by increasingly robust research supporting the potential role of this mind-body contemplative practice as a preventative tool for health and adjunctive therapy in disease.



Cliff Meakin
BHSc
Cliff completed a BHSc at the Southern School of Natural Therapies & lectured in nutrition & naturopathic topics at the Southern School from 1997-2003. He has given numerous lectures to pharmacists & doctors on behalf of the Pharmaceutical Society of Australia, ACNEM and ACMN. Cliff has worked as a principal researcher with Dr Ian Dettman at Biological Therapies since 2000. He is also a fully trained and registered piano technician.



Professor John Munro
BSc Bed BA(Hons) MA PhD
Professor or Educational Psychology & Excellence at ACU, Principal Fellow at the University of Melbourne. His research interests and teaching are in the areas of literacy and mathematics, giftedness and learning disabilities. His most recent books are *Teaching Oral Language* and *Powerful Learning*.



A/Professor Kylie O'Brien
BSc(Optom) BAppSc(ChinMed) MPH PhD
Grad.Cert.Tert.Ed
Director of Education at NIIM. Originally an optometrist, she completed a Master of Public Health then pursued her passion in Chinese medicine (CM). A CM practitioner & educator, she completed a PhD (Chinese Medicine) in 2006 and has developed three Master degree courses in CM. She recently co-authored the book *A Clinician's Guide to Integrative Oncology* with Prof Avni Sali. Kylie believes in integrating the best of orthodox, Chinese & nutritional medicine for the best possible health outcome.



A/Professor Andrew Pipingas
PhD
Head of Neurocognitive Ageing Research at the Centre for Human Psychopharmacology (CHP), Swinburne University of Technology in Melbourne. The focus of his research is in cognitive neurosciences, utilising neuroimaging & computerised cognitive testing techniques to investigate brain ageing. Andrew has conducted numerous clinical trials assessing the efficacy of natural medicines, diet & lifestyle interventions on age-associated cognitive decline and health.



Gerald Quigley
B.Pharm. Dip.MH Dip.Ayurved.Herb (PostGrad) Pharmacist & Master Herbalist, Gerald is a media health commentator heard each week on many radio stations across Australia in cities and regional networks. He is also co-host of a health and wellness program on the Macquarie Network live across Australia. His passion is to empower each person to make sensible health decisions, and to continually maintain and improve their quality of life, especially as they age.



A/Professor Karin Ried
PhD MSc GDPH Cert.Integ.Med
Director of Research at NIIM, with over 20 years' experience in medical & public health research. Karin has a PhD & Masters Degree from the University of Heidelberg, Germany, Dept of Human Molecular Genetics. She holds an Honorary Adjunct A/Prof position at Bond University, Qld & is Honorary Visiting Research Fellow at the University of Adelaide, SA. Her research has been published widely and has featured on national media in Australia and overseas.



Professor Richard Silberstein
PhD BSc(Hon)
Chairman and CEO of Neuro-Insight Pty Ltd, Foundation Director of the Brain Science Institute at Swinburne University. Professor Silberstein has over 30 years of neuroscience research experience and is the originator of SST brain imaging technology. He has published over 180 papers in the form of conference presentations, journal articles and book chapters. He is an invited speaker at various Australian & international scientific meetings.



Professor Andrew Sinclair
BAgric.Sci. PhD(Biochemistry)
Professor Emeritus in the School of Medicine at Deakin University. Andrew is a biochemical nutritionist with a strong interest in food composition, polyunsaturated fatty acids & the role of nutrients in brain development & function. Awarded the ISSFAL- Alexander Leaf Lifetime Research award in 2014 & AAOCS award for scientific excellence in lipid research in 2015. He is a Fellow of NSA & AIFST. Adjunct Professor in Dept of Nutrition, Dietetics & Food, Monash University, and visiting Professor at South China University of Technology, Guangzhou, China.



Nikolaj Travica
BSc(Hons) BA(Psych)
Nikolaj has a Bachelor in Psychology & Psychophysiology and an Honours degree in Science, majoring in Psychology. His key areas of interest include research into the effects of nutrition on cognitive and neuropsychological functioning, with the potential to improve cognition and reduce other health risk factors for dementia. His ongoing research PhD: Vitamin C & cognitive function; the effects of surgery on cognition and the effects of surgery on vitamin C levels.



Professor Luis Vitetta
BSc(Hons) PhD GradDip.Integr.Med GradDip.NutrEnviron.Med
Director of Medical Research at Medlab, a Biotech company; Adjunct Professor University of Sydney, Medical School in Pharmacology; Former Director & Associate Professor Centre for Integrative Clinical and Molecular Medicine, University of Queensland, School of Medicine. Luis has research interests in the human microbiome, immune function, molecular nutrition & mind-body medicine.



Dr John Walters
MBBS DPDerm FASEM FACRRM FRACGP
John has practiced integrative medicine for over 35 years including 20 years of rural practice. He has developed a broad scope of practice from obstetrics, anaesthetics & surgery, to nutritional and lifestyle medicine. His UK training in dermatology has led him to specialise in skin cancer. His other special interest is in allergies. John is committed to treating patients individually, helping them understand & optimise their health, healing and wellbeing.



Dr Mark Westaway
MBBS DCH MLCOM MACNEM MRSB GRAD.Dip.Allergy
Mark graduated from the University of Queensland in 1994. With a background in paediatrics, he has completed a Diploma of Child Health in Ireland; worked & studied in the UK including Breakspear Environmental Medicine Hospital; Paracelus Klinik in Switzerland & Paediatric Neurology at Harvard Medical School. A UK registered Osteopath, he completed Diploma of Allergy at University of Southampton, and has lectured with ACNEM, University of Queensland, European School of Osteopathy, and others. In 2016 he co-authored a publication: *Parkinson's Disease: Managing Reversible Neurodegeneration*.



Dr David Wilkinson
MBBS FRACS
After graduating from the University of Queensland and completing his surgical training, David then subspecialised in breast & endocrine surgery, with a strong oncological focus. He has a private practice in Brisbane, and is a visiting consultant surgeon at the Princess Alexandra Hospital. Over the last 10 years he developed an interest in the anticancer properties of nutrition, in response to repeated requests from his patients for information about the potential benefits of the right food, resulting in his book *Can food be medicine against cancer?*



Dr Michelle Woolhouse
MBBS FRACGP FACNEM Dip.Acup.Dip.Hypn
An Integrative GP, Medical Director of Peninsula Holistic General Practice. Michelle has a special interest in nutritional, environmental and mind-body medicine. She co-founded the award winning integrative medicine health podcast - *The Good Doctors*. Her medical practice is heavily based in science & biochemistry, incorporating intuition & mindfulness with an in-depth understanding of the underlying cause of diseases & healing principles of the body, from an energetic, biochemical & structural level.