

**Wellness and Preventive Medicine Annual Conference
Agenda – Friday, April 11, 2025**

- 7:00am-8:00am **Registration, Breakfast and Visit Exhibits**
- 7:30am-8:00am **Yoga (non-CME, In-Person only)**
Course Faculty
- 8:00am **Welcome & Introduction**
Yufang Lin, MD
- 8:05am **Keynote Presentation – The Future of Wellness: Moving from Nice to Necessary**
Robert Saper, MD
- 8:45am **Introduction to Lifestyle, Integrative, and Functional Medicine**
Matthew Badgett, MD, Yufang Lin, MD, and Erik Modlo, MD
- 9:30am **Refreshment Break and Visit Exhibits**
- 9:35am-9:55am **Acupuncture Demonstration (non-CME, In-Person only): Ear Acupuncture**
Thuy (Kim) Nguyen, DAOM, LAc
- 10:00am **Closing the Gap: Advancing Lifestyle Medicine for Underserved Communities**
Jessica Ruff, MD, MPH
- 10:20am **Harnessing Wearable Tech: Revolutionizing Lifestyle Medicine**
Jessica Ruff, MD, MPH
- 10:40am **Lifestyle Interventions for Brain Health**
Sandra Darling, DO, MPH
- 11:00am **Integrative and Lifestyle Medicine for Cancer Survivors**
Naoki Umeda, MD
- 11:20am **Culinary Medicine and Health**
Zenobia Tayeb, MD, MPH, MEd and Alexis Supan, RD
- 12:00pm **Lunch and Visit Exhibits**
- 12:15pm-12:45pm **Cooking Demonstration (non-CME, In-Person only)**
Michael Roizen, MD and James D. Perko, Sr., CEC, AAC
- 1:00pm **Functional Medicine**
1:00pm **Gut Health and the Primary Care Provider**

Erik Modlo, MD

- 1:20pm **Mental Health: Gut Brain Axis and the Impact on Anxiety and Depression**
Karolina Mlynek, MD
- 1:40pm **Cardiovascular Wellness – Patient Expectations of Risk and Prevention**
James Carter, Jr., MD
- 2:00pm **Navigating Menopause Symptoms through Functional Medicine Approach**
Sobia Khan, MD
- 2:20pm **Oxidation in Cellular Senescence and Chronic Inflammation: Maintaining the Balance**
Tatiana Byzova, PhD
- 2:40pm **Question & Answer**
Erik Modlo, MD, Karolina Mlynek, MD, James Carter, Jr., MD, Sobia Khan, MD, and Tatiana Byzova, PhD
- 3:00pm **Refreshment Break and Visit Exhibits**
- 3:10pm-3:25pm **Chiropractic Demonstration (non-CME, In-Person only)**
Andrew Bang, DC
- 3:30pm **Integrative Medicine Approach to Chronic Pain**
Naoki Umeda, MD, Andrew Bang, DC and Thuy (Kim) Nguyen, DAOM, LAc
- 4:15pm **Case Discussions using Lifestyle, Integrative and Functional Approach**
Matthew Badgett, MD, Yufang Lin, MD, and Erik Modlo, MD
- 4:45pm **Question & Answer**
Matthew Badgett, MD, Andrew Bang, DC, James Carter, Jr. MD, Yufang Lin, MD, Erik Modlo, MD, Thuy (Kim) Nguyen, DAOM, LAc, Jessica Ruff, MD, MPH, Robert Saper, MD, Zenobia Tayeb, MD, MPH, MEd, and Naoki Umeda, MD
- 5:00pm **Adjourn**
- 5:00pm-5:15pm **Jeopardy (non-CME, In-Person only)**
Michael Roizen, MD