



การประชุมเวชศาสตร์วิถีชีวิตและสุขภาวะโลก

Lifestyle Medicine and Wellbeing World Congress 2026

วันที่ 1 - 3 มีนาคม 2026 ที่ โรงแรมเดอะ เบอร์เคลีย์ ประตูน้ำ

พลังขององค์กรพันธมิตร

The Power of Partnership



โรงแรมเดอะ เบอร์เคลีย์ ประตูน้ำ
The Berkeley Hotel Pratunam



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ขอเชิญเฝ้าทูลละอองพระบาท

สมเด็จพระกนิษฐาธิราชเจ้า

กรมสมเด็จพระเทพรัตนราชสุดาฯ สยามบรมราชกุมารี

เนื่องในโอกาสเสด็จพระราชดำเนินเป็นการส่วนพระองค์ ทรงเปิดการประชุม

เวชศาสตร์วิถีชีวิตและสุขภาพะโลก : พลังขององค์กรพันธมิตร

ในวันที่ ๒ มีนาคม ๒๕๖๙

ณ โรงแรมเดอะ เบอร์เคลีย์ ประตูน้ำ

ถ.ราชปรารภ แขวงมักกะสัน เขตราชเทวี

กรุงเทพมหานคร





Verbal Report of
Capt.(Ret.) Yongyuth Mayalarp
President, Thai Lifestyle Medicine and Wellbeing Association

On the occasion of **Her Royal Highness Princess Maha Chakri Sirindhorn** graciously making a private royal visit to preside over the opening of the **Lifestyle Medicine and Wellbeing World Congress 2026** under the theme **“The Power of Partnership”** on **Monday, 2 March 2026 at 09:00 hrs (Private engagement)** at **The Berkeley Hotel Pratunam, Ratchathewi District, Bangkok**

May it please Your Royal Highness,

I, Captain Yongyuth Mayalarp, President of the Thai Lifestyle Medicine and Wellbeing Association, Deputy Chair of the International Board of Lifestyle Medicine and Regional Representative for Asia, together with the members of the Association and those in attendance, humbly and profoundly express our deepest gratitude for the boundless royal graciousness in presiding over the opening ceremony of the Lifestyle Medicine and Wellbeing World Congress 2026 under the theme “The Power of Partnership.”

The Thai Lifestyle Medicine and Wellbeing Association was established in the year B.E. 2566 (2023) to promote the practice of medicine through evidence-based lifestyle medicine, to support research and continuing education in lifestyle medicine through collaboration with institutions both domestically and internationally, and to disseminate knowledge and promote disease prevention among the public through behavior modification grounded in scientific evidence and a whole-person approach. The Association has established collaborations with the Lifestyle Medicine Global Alliance, the International Board of Lifestyle Medicine in the United States of America, and lifestyle medicine organizations in more than 30 countries worldwide.

The Lifestyle Medicine and Wellbeing World Congress 2026 is organized to promote the dissemination of knowledge, best practices, and innovations in lifestyle medicine among speakers and participants representing the Association’s 103 partner organizations. This aligns with the principles of the Doha Declaration, adopted by global lifestyle medicine leaders at their meeting on 16 February 2024, which serves as an international framework for advancing lifestyle medicine as a primary strategy to address non-communicable diseases and to enhance the wellbeing of populations worldwide. The Congress also provides an important opportunity for knowledge exchange among 130 Thai physicians and health professionals who have successfully passed the certification examination of the International Board of Lifestyle Medicine, which involves a rigorous process of knowledge and competency assessment, so that they may apply this knowledge to improve the quality of patient care and disease prevention.

On this auspicious occasion, I humbly beg leave to invite the benefactors to approach and receive commemorative pins bearing the royal monogram “ส.ส.” from Your Royal Highness, a total of 50 recipients. May it please Your Royal Highness to deliver the opening address of the Lifestyle Medicine and Wellbeing World Congress 2026, to view the exhibition, and to grant group photographs with the Advisors of the Thai Lifestyle Medicine and Wellbeing Association, members of the Board of the Association, and international speakers (four groups).

With deepest respect.





คำกราบบังคมทูลรายงานของ

ร้อยเอก ยงยุทธ มัยลาภ นายกสมาคมเวชศาสตร์วิถีชีวิตและสุขภาวะไทย
ในโอกาสที่ สมเด็จพระกนิษฐาธิราชเจ้า กรมสมเด็จพระเทพรัตนราชสุดาฯ สยามบรมราชกุมารี
เสด็จพระราชดำเนินไปทรงเปิดการประชุมเวชศาสตร์วิถีชีวิตและสุขภาวะโลก
(Lifestyle Medicine and Wellbeing World Congress 2026)
หัวข้อ “พลังขององค์กรพันธมิตร” (The Power of Partnership)
วันจันทร์ที่ ๒ มีนาคม ๒๕๖๙ เวลา ๐๙.๐๐ น. (เป็นการส่วนพระองค์)
ณ โรงแรม เดอะ เบอร์เคลีย์ ประตูน้ำ เขตราชเทวี กรุงเทพมหานคร



ขอพระราชทานกราบบังคมทูลทรงทราบฝ่าละอองพระบาท

ข้าพระพุทธเจ้า ร้อยเอก ยงยุทธ มัยลาภ นายกสมาคมเวชศาสตร์วิถีชีวิตและ สุขภาวะไทย รองประธานคณะกรรมการสากลเวชศาสตร์วิถีชีวิตและกรรมการผู้แทนภาคพื้นเอเชีย พร้อมด้วย กรรมการสมาคมฯ และผู้เข้าเฝ้าฯ ณ ที่นี้ ต่างรู้สึกสำนึกในพระมหากรุณาธิคุณเป็นล้นพ้นที่ได้ฝ่าละอองพระบาท ทรงพระกรุณาโปรดเกล้าโปรดกระหม่อม เสด็จพระราชดำเนินมาทรงเป็นประธานในพิธีเปิด การประชุมเวชศาสตร์วิถีชีวิตและสุขภาวะโลก ๒๐๒๖ ภายใต้แนวคิด “พลังขององค์กรพันธมิตร”

สมาคมเวชศาสตร์วิถีชีวิตและสุขภาวะไทย จัดตั้งขึ้นในปี.ศ.๒๕๖๖ เพื่อส่งเสริมการประกอบโรคศิลปะด้วยเวชศาสตร์วิถีชีวิตตามหลักวิชาการ ส่งเสริมการวิจัยการศึกษาต่อเนื่องด้านเวชศาสตร์วิถี ชีวิต ผ่านความร่วมมือกับสถาบันทั้งในและต่างประเทศ และเผยแพร่ความรู้และส่งเสริมการป้องกันโรคให้กับประชาชนผ่านการปรับพฤติกรรมชีวิตบนพื้นฐานของหลักฐานทางวิชาการและการดูแลแบบองค์ รวม โดยสมาคมฯ มีความร่วมมือกับ Lifestyle Medicine Global Alliance, International Board of Lifestyle Medicine ในสหรัฐอเมริกา และองค์กรด้านเวชศาสตร์วิถีชีวิตในกว่า ๓๐ ประเทศทั่วโลก

การประชุมเวชศาสตร์วิถีชีวิตและสุขภาวะโลก ๒๐๒๖ จัดขึ้นเพื่อส่งเสริมการเผยแพร่องค์ความรู้ แนวปฏิบัติ และพัฒนานวัตกรรมด้านเวชศาสตร์วิถีชีวิตระหว่างวิทยากรและผู้เข้าร่วมประชุมซึ่งเป็น สมาชิกขององค์กรพันธมิตรของสมาคมฯ จำนวน ๑๐๓ องค์กร อันสอดคล้องกับแนวทางของแถลงการณ์โดฮา ที่มีการจัดประชุมผู้นำด้าน เวชศาสตร์วิถีชีวิตโลกเมื่อวันที่ ๑๖ กุมภาพันธ์ ๒๕๖๗ เพื่อเป็นก ารทศทางระดับโลกในการผลักดันเวชศาสตร์วิถีชีวิตให้เป็นแนวทางหลักในการแก้ปัญหาโรคไม่ติดต่อเรื้อรัง และยกระดับสุขภาวะของประชากรทั่วโลก อีกทั้งยังเป็นโอกาสสำคัญของการแลกเปลี่ยนเรียนรู้ ของแพทย์และบุคลากรทางสุขภาพไทยจำนวน ๑๓๐ คนที่ได้ผ่านการสอบประกาศนียบัตรของคณะกรรมการสากลเวชศาสตร์วิถีชีวิต ซึ่งมีกระบวนการประเมินความรู้และสมรรถนะที่เข้มข้น เพื่อนำความรู้ที่ ได้รับไปเสริมสร้างคุณภาพการดูแลผู้ป่วย และป้องกันโรคต่อไป

ในวโรกาสนี้ ข้าพระพุทธเจ้าขอพระราชทานพระราชานุญาตเบิกผู้มีอุปการคุณเข้ารับพระราชทานเข็มที่ระลึกประดับอักษรพระนามาภิไธยย่อ “ส.ธ.” จำนวน ๕๐ ราย และพระราชทานพระราชดำรัส เปิดการประชุมเวชศาสตร์วิถีชีวิตและสุขภาวะโลก ๒๐๒๖ จากนั้น ทอดพระเนตรนิทรรศการ และฉายพระฉายาลักษณ์ร่วมกับที่ปรึกษาสมาคมเวชศาสตร์วิถีชีวิตและสุขภาวะไทย กรรมการสมาคม เวชศาสตร์วิถีชีวิตและสุขภาวะไทย และวิทยากรนานาชาติ (จำนวน ๔ ชุด)

ด้วยเกล้าด้วยกระหม่อม





Welcome Note

Lifestyle Medicine and Wellbeing World Congress 2026

Theme: “The Power of Partnership”

Capt.(Ret.)Dr.Yongyuth Mayalarp, MD DipIBLM

President, Thai Lifestyle Medicine and Wellbeing Association (TLWA)

Deputy Chair, International Board of Lifestyle Medicine (IBLM), and Representative for Asia

On behalf of the Thai Lifestyle Medicine and Wellbeing Association, it is my great honor to welcome distinguished delegates, speakers, partners, and participants from around the world to the Lifestyle Medicine and Wellbeing World Congress 2026.

This year’s theme, “The Power of Partnership,” reflects a new era in health—one that moves beyond treatment toward prevention, and beyond isolated efforts toward coordinated, multi-sector collaboration. Lifestyle medicine offers a science-based pathway to prevent, manage, and even reverse many chronic diseases through the modification of daily habits, guiding individuals and communities toward optimal health. When combined with mindfulness-based approaches to living and empathetic communication, it becomes a powerful framework for whole-person and whole-society wellbeing.

In today’s complex world, health challenges are deeply interconnected with social, environmental, and economic systems. The One Health concept reminds us that the wellbeing of people, communities, and the planet are inseparable. Only through strong partnerships across healthcare, education, government, business, and civil society can we create sustainable solutions. This Congress stands as a testament to the strength of such wide, multi-sector collaboration, where institutions and individuals alike serve as role-models for healthier ways of living.

The work of this Congress, and the mission of the Thai Lifestyle Medicine and Wellbeing Association, are in keeping with the principles of the Doha Declaration, which calls for the global integration of lifestyle medicine to address the rising burden of chronic disease. Through the training of International Board of Lifestyle Medicine (IBLM) diplomates, we are nurturing a new generation of Lifestyle Medicine Key Opinion Leaders who will serve as role-models and catalysts for change in healthcare systems and communities.

Equally important is the dissemination of knowledge among academics, university and college students, and school children. By empowering the younger generation with the principles of healthy living, resilience, and mindfulness, we prepare them for a future shaped by demographic transitions, environmental challenges, and the need for a leaner, healthier global population striving for optimal health.

This is, in many ways, a race against time. Across numerous countries, the combined pressures of chronic disease, aging populations, and environmental stress threaten both human health and planetary wellbeing. Unless we act together—at the levels of individuals, communities, institutions, and nations—the consequences will be profound. But through partnership, shared knowledge, and collective action, we can take hold of the situation and win this fight at every critical stage.

May this Congress serve as a platform for inspiration, collaboration, and decisive action. Together, let us harness the power of partnership to build a healthier, more compassionate, and more sustainable future for all.

With warmest regards and best wishes for a meaningful and productive Congress.





What is Lifestyle Medicine?

Non-communicable diseases (NCDs) are one of the leading causes of death worldwide, accounting for 38 million deaths (68%) of the global total of 56 million deaths in 2012. Over 40% of those who die from NCDs (16 million people) die prematurely, before the age of 70. Nearly three-quarters of all deaths from NCDs (28 million people) and the majority of premature deaths (82%) occur in countries with low or middle-income populations (Source: WHO GB NCD 2014). The rising trend of chronic diseases, along with the increasing healthcare costs, is still a concern in the United States and many countries worldwide. Type 2 diabetes is one of the diseases that is spreading globally, leading to substantial losses. In the United States, more than 80% of healthcare spending results from diseases related to unhealthy lifestyle choices. Many other countries also follow similar trends. NCDs are among the most common health issues, the most costly to treat, and at the same time, they are the group of health problems that can be prevented the most. Dr. Margaret Chan, former Director-General of the World Health Organization (WHO), stated, “Today, the global community has the chance to change the course of the NCD epidemic. The world now has a truly global agenda for prevention and control of NCDs, with shared responsibilities for all countries based on concrete targets. This is an historic opportunity to tackle the NCD epidemic that no country can afford to miss.”

Lifestyle medicine is the promotion and correction of health problems based on unhealthy lifestyle habits. It focuses on six key pillars:

1. Shifting to a plant-based diet grounded in natural foods (Whole Food, Plant-based Diet)
2. Engaging in regular physical activity
3. Getting adequate sleep for health recovery
4. Managing stress effectively
5. Avoiding harmful substances that pose health risks
6. Adopting a positive psychological outlook and fostering social connections

These principles serve as a foundational approach to preventing and treating non-communicable diseases, with the potential to reverse disease states back to normal conditions. Scientific evidence strongly supports the effectiveness of lifestyle medicine.

Currently, lifestyle medicine is rapidly growing as a field of medical science worldwide. In the past decade, organizations and colleges focused on lifestyle medicine have been established across the globe, with new organizations forming in every continent. This is a significant global movement, aiming to use lifestyle medicine to address the causes of various chronic diseases.





Background, Collaborations, and Key Activities of the Thai Lifestyle Medicine and Wellbeing Association (TLWA)

Overview

The Thai Lifestyle Medicine and Wellbeing Association (TLWA) was established by a group of Thai physicians and health professionals in the latter half of 2023, in response to the growing burden of non-communicable diseases (NCDs), which are largely driven by modifiable lifestyle factors. The association was founded to promote evidence-based lifestyle medicine as a national strategy for disease prevention, chronic disease reversal, and sustainable health system transformation.

Lifestyle medicine focuses on six core pillars: healthy nutrition, regular physical activity, adequate sleep, stress management, avoidance of harmful substances, and positive psychology and social connectedness. These pillars provide a practical and cost-effective foundation for preventing and managing major chronic diseases such as diabetes, cardiovascular disease, and obesity.

Mission and Objectives

TLWA aims to:

- Promote scientific knowledge and practice of lifestyle medicine.
- Support research and continuing professional education.
- Collaborate with domestic and international institutions.
- Facilitate interdisciplinary knowledge exchange.
- Disseminate preventive health knowledge to the public.

National and International Collaboration

TLWA has adopted a multi-sector partnership model, engaging organizations across healthcare, education, government, civil society, and the private sector.

Expansion of partnership network:

- **July 2024** : First MOU with 21 organizations.
- **February 2025** : Second MOU added 49 partners (total 70).
- **June 2025**: Third MOU added 6 partners.
- **October 2025**: Fourth MOU added 27 partners, expanding the network to **103 organizations nationwide**.

Through collaboration with global lifestyle medicine organizations, TLWA is connected to professional networks in over **30 countries**, strengthening Thailand's international health partnerships.





Key Projects and Activities

1) International Conferences

- **LMW Bangkok 2024:** First international conference, with Thai and global participants and the First Diploma of the International Board of Lifestyle Medicine examination (DiplBLM), to be held annually from then on by IBLM, in cooperation with TLWA.
- **LMW2025 Bangkok:** Carbon-neutral international conference, combined with major partnership expansion and public-health initiatives.

2) Training and Capacity Building

- **Leadership training: Mindfulness and Lifestyle Medicine for Leadership (June 2025)** – organized by the Oxford Mindfulness Foundation and TLWA.
- **Professional workshop: Lifestyle Medicine in Practice for health, wellness, and tourism sectors (August 2025)** – organized by the Thai Medical and Wellness Tourism Association (TMWTA) and TLWA.
- **A charity art auction supporting youth sexuality education projects (October 2025)** – organized by UNFPA, One Love Foundation and TLWA
- **Introduction to Lifestyle Medicine (June 2025)** – organized by Khon Kaen University and TLWA

- **Introduction to Lifestyle Medicine (November 2025)** – organized by Chiang Mai University and TLWA
- **A Diploma Course in Integrative and Lifestyle Medicine (2025)** – organized by Kasem Bundit University, TLWA and Global Institute for Sexual Health and Holistic Well-being (GISH)
- **Introduction to Lifestyle Medicine for PhD students of Srinakharinwirot University** – organized by Srinakharinwirot University and TLWA.

3) Policy and Academic Forums

- **National forum on aging population, declining birth rates, and NCD prevention, integrating lifestyle medicine into demographic resilience strategies.**

4) Public Communication and Media Outreach

- **Nationwide television and online programs on PM2.5, sleep, happiness, longevity, and youth health, promoting population-level behavior change.**





Strategic Policy Relevance

TLWA's initiatives directly address Thailand's major health and demographic challenges :

- Rapid population aging.
- Declining birth rates.
- Rising prevalence of lifestyle-related NCDs.
- Increasing healthcare costs.

By integrating medical science, behavioral health, and community engagement, TLWA promotes a preventive, cost-effective, and sustainable model of care.

Key Policy Implications

1. Lifestyle medicine offers a scalable strategy to reduce NCD burden and healthcare costs.
2. Multi-sector collaboration is essential for effective population health transformation.
3. Education and workforce development in lifestyle medicine should be integrated into national health strategies.
4. Public communication and community engagement are critical for sustainable behavior change.

Conclusion

Within a short period, TLWA has evolved into a national platform for lifestyle medicine, building partnerships with more than 100 organizations and connecting Thailand to global networks. Through conferences, training programs, academic collaborations, and public outreach, TLWA is helping position lifestyle medicine as a strategic tool for improving population health, addressing demographic challenges, and advancing a sustainable health system for Thailand.





BOARD of TLWA



Capt.(Ret.) Yongyuth Mayalarp, MD DipIBLM

President, The Thai Lifestyle Medicine and Wellbeing Association (TLWA)
Deputy Chair, The International Board of Lifestyle Medicine (IBLM),
and Representative for Asia

- CEO Wellness Business, Piyavate-Tria Group
- Former Government Spokesman (2006, 2014) , Former Elected Member of the Thai Medical Council.
- Bachelor of Medicine and Bachelor of Surgery, University of London, Master of Science in Clinical Tropical Medicine, University of London, Master of Science in Anti-Aging and Regenerative Medicine, Dhurakij Pundit University, American Board of Anti-Aging and Regenerative Medicine, Diplomas certifying proficiency in medical practice in the specialty of Preventive Medicine - Public Health and Lifestyle Medicine, the Medical Council of Thailand
- Diploma of the International Board of Lifestyle Medicine and the Korean College of Lifestyle Medicine , English-language Narrator for Live Telecasts of Television Pool of Thailand and Advisor to the Board of Television Pool of Thailand
- Awarded with multiple national honours





BOARD of TLWA



Asst. Prof. Patana Teng-umnuay, MD, PhD

Vice President of Thai Lifestyle Medicine and Wellbeing Association

- Medical Degree: Graduated with first-class honors from Chulalongkorn University (1986).
- Board Certifications: Certified in Internal Medicine (1990) and Nephrology (1992).
- Ph.D.: Earned a Doctorate in Molecular Cell Biology from the University of Florida (1998).
- Current Practice: Consulting physician at Phyathai 2 Hospital and Celmed Clinic, Bangkok.
- Faculty Position: Faculty member in Anti-Aging and Regenerative Medicine at Dhurakij Pundit University.
- Specialization: Leading lecturer on nutraceuticals, stem-cell biology, and anti-aging medicine.
- CEO & Entrepreneur: CEO of Celtac Ltd. and major shareholder of WURX compounding pharmacy.
- Medical Events: President of HEAT Academy and organizer of the annual HEAT Congress for Wellness Management.
- Award: Recognized as “A Quality Person in Medical Business” (2023) by the Foundation of the Scientific and Technological Council of Thailand (FSTT).





BOARD of TLWA

Kobkullaya Chuengprasertsri, MD

MSC., ABBRM, CNW , DIPIBLM

Vice President of The

Thai Lifestyle Medicine and Wellbeing Association



- Education: MD (Second-Class Honors) from Khon Kaen University and Master's in Dermatology from Chulalongkorn University.
- Expertise: Board-certified in Anti-Aging (A4M) and Lifestyle Medicine (IBLM) , with Laser training from Harvard Medical School.
- Current Role: Director of the Premier Life Center (Anti-Aging Center) at Phyathai 2 Hospital.
- Media & Public Figure: First Runner-up Miss Thailand 2009 and host of health programs such as "Kon Su Rok" and GreenWave radio.
- Awards: Named Outstanding National Youth (2010) and honored with the Grateful Child Award (2012)





BOARD of TLWA



Asst. Prof. Pansak Sugkraroek, MD

Exclusive Board Member of
The Thai Lifestyle Medicine and Wellbeing Association

- Medical Credentials: Reproductive Endocrinologist, Gynecologist, and Longevity & Anti-aging specialist.
- Education: Graduated from Mahidol University and completed specialized training with the Reproductive Biology Unit at the University of Ottawa, Canada.
- Mahidol University: Served as an Assistant Professor in Reproductive Medicine at Ramathibodi Hospital Medical School.
- Dhurakij Pundit University: Teaches doctoral and master's degree programs at the College of Integrative Medicine.
- International Societies: Founder member of the International Society for Studying Aging Male (supported by WHO) and member of the International Menopause Society.
- Scientific Wellness: Pioneer team member of the Vitallife Scientific Wellness Center since 2000.
- Past Leadership: Served as Medical Director of Vitallife, Chairperson of the Women's Center, and Director of Fertility and Menopausal Clinics.





BOARD of TLWA



Assoc.Prof. Sarawut Thepanondh, PhD

Exclusive Board Member of
The Thai Lifestyle Medicine and Wellbeing Association.

- Dr. Sarawut Thepanondh is an Associate Professor and the Faculty Dean at the Faculty of Public Health, Mahidol University, Thailand.
- He received a Ph.D. in Atmospheric Science from Monash University, Australia.
- His current research focuses on emission inventory and air pollution modeling.
- He has conducted numerous research related to air pollution management, as well as supervised postgraduate students at his university.
- He has been published in many international scientific journals.
- At present, he also serves as a technical advisor on various air pollution issues for the House





BOARD of TLWA

Assistant Prof. Akkarach Bamrungphuet, PhD

Executive Board Member of
The Thai Lifestyle Medicine and Wellbeing Association.

- Doctorate: Ph.D. in Nutrition (Experimental Nutrition and Biochemistry) from the Faculty of Medicine Ramathibodi Hospital and the Institute of Nutrition, Mahidol University.
- Bachelor's Degree: B.Sc. in Food and Nutrition (First-Class Honors) from the Faculty of Public Health, Mahidol University.
- Professional License: Certified in Dietetics by the Ministry of Public Health.
- International Scholar: Served as a Research Scholar in Biochemical, Cellular, and Molecular Nutrition at The Ohio State University and the University of North Carolina at Greensboro, USA.
- Directorship: Director of the Graduate Program in Integrative Nutrition and Functional Medicine at the College of Integrative Medicine, Dhurakij Pundit University.





BOARD of TLWA



Smith Arayaskul, MD

Executive Board Member of

The Thai Lifestyle Medicine and Wellbeing Association.

Aesthetic Physician | Board-Certified Lifestyle Medicine Specialist | Medical Entrepreneur

- Doctor of Medicine (First-Class Honors), Faculty of Medicine, Chulalongkorn University, Thailand
- Master of Science in Dermatology, Srinakharinwirot University, Thailand
- American Board Certification in Anti-Aging and Regenerative Medicine, American Academy of Anti-Aging Medicine (A4M) , Fellowship in Anti-Aging and Regenerative Medicine, Australasian Academy of Anti-Aging Medicine (A5M) , Thai Board of Preventive Medicine (Lifestyle Medicine), Medical Council of Thailand , International Board Certification in Lifestyle Medicine (IBLM), International Board of Lifestyle Medicine
- Founder & Medical Director – Smith Prive' Aesthetique (3 branches) , Founder & CEO – Smith Skincare
- Aesthetic Physician, Dermatologist & Lifestyle Medicine Specialist – Samitivej Sukhumvit Hospital
- President – Prime Health Pharmaceutical Co., Ltd.
- Adjunct Lecturer in Dermatology – College of Integrative Medicine, Chulabhorn International College of Medicine (CICM), Thammasat University
- Founding Board Member – Thai Lifestyle Medicine And Wellbeing Association





BOARD of TLWA



Watcharee Pinthong

Executive Board Member and Secretary of
The Thai Lifestyle Medicine and Wellbeing Association.

- Techniques for being a professional presenter # 4 Faculty of Public Health , Mahidol University
- Micro Marketing Faculty of Commerce and Accountancy , Chulalongkorn University
- Writing techniques for the new era of public relations Sukhothai Thammathirat Open University
- Leadership Development Strategies Brain Asset
- Modern Marketing Plan Hipo Training & Consultancy Co.,Ltd

Executive Board Member of
The Thai Lifestyle Medicine and Wellbeing Association.





BOARD of TLWA



Tanita Watprasong, PhD, DipIBLM

Executive Board Member and Secretary of
The Thai Lifestyle Medicine and Wellbeing Association.

- Psychologist, Ph.D. | MBCT Therapist | Psychology and Wellness Educator | Sexologist
- Certified in Mindfulness-Based Cognitive Therapy (Oxford Mindfulness, UK)
- Ph.D. in Counseling Psychology | MSc in Anti-Aging and Regenerative Medicine | DipIBLM | Clinical Sexology
- DPU Pride Award 2025 for academic & research excellence
- 10+ years in yoga & mindfulness teaching
- Integrates psychology, mindfulness & lifestyle medicine for holistic health

Executive Board Member of



Lifestyle Medicine
GLOBAL ALLIANCE



INTERNATIONAL BOARD OF
LIFESTYLE MEDICINE



Memorandum of Understanding MOU

MOU2024 (1)
July 8, 2025



MOU2025 (2)
February 21, 2025





Memorandum of Understanding MOU

MOU2024 (3)
June 6, 2025



MOU2025 (4)
October 17, 2025



คณะแพทยศาสตร์
จุฬาลงกรณ์มหาวิทยาลัย

กรมการแพทย์แผนไทยและการแพทย์ทางเลือก
Department of Thai Traditional and Alternative Medicine

สำนักงานกองทุนสนับสนุน
การวิจัยระดับสุภาพ



Lifestyle Medicine
GLOBAL ALLIANCE



INTERNATIONAL BOARD OF
LIFESTYLE MEDICINE



Day 1 Pre Congress – March 1, 2026 วันอาทิตย์ที่ 1 มีนาคม 2569

	<p>Mayfair Ballroom A, The Berkeley Hotel Pratunam, Fl.11 ห้องประชุมเมย์แฟร์ บอลรูม โรงแรมเบอร์เคลีย์ ประตูน้ำ ชั้น 11</p>	<p>Moderator : Chanunchida Cheevapruik, Chulalongkorn University ผู้ดำเนินรายการ : นสพ.ชัญญชิตา ชิวะพฤกษ์ จุฬาลงกรณ์มหาวิทยาลัย</p>
<p>08.00–08.30</p>	<p>Poor Lifestyle Syndrome: a new diagnosis? กลุ่มอาการวิถีชีวิตที่ไม่เหมาะสม: การวินิจฉัยใหม่ทางการแพทย์?</p>	<p>Bruno A. Colontoni, MD, President, Brazilian College of Lifestyle Medicine นพ.บรูโน โคลอนโทนี่ ประธานวิทยาลัย เวชศาสตร์วิถีชีวิตแห่งบราซิล</p>
<p>08.30–10.15</p>	<p>Population Change and Healthy Longevity การเปลี่ยนแปลงโครงสร้างประชากรและอายุที่ยืนยาวอย่างมีสุขภาพดี</p>	<p>Chair: Assistant Professor Tewin Tencomnao, MT, Ph.D., Dean, Faculty of Applied Health Sciences, Chulalongkorn University ประธาน : ศพ.ดร.เทวิน เทนคำเนาวัฒน์ คณบดีคณะสหเวชศาสตร์ จุฬาลงกรณ์มหาวิทยาลัย</p>
	<p>Overview of the Issue ภาพรวมของประเด็นปัญหา</p>	<p>Assistant Professor Tewin Tencomnao, MT, Ph.D, Dean, Faculty of Allied Health Sciences, Chulalongkorn University ผู้ช่วยศาสตราจารย์ ดร.เทวิน เทนคำเนาวัฒน์ คณบดีคณะสหเวชศาสตร์ จุฬาลงกรณ์มหาวิทยาลัย</p>
	<p>Health Behavioural Activities appropriate for Elderly พฤติกรรมสุขภาพและกิจกรรมที่เหมาะสมสำหรับผู้สูงอายุ</p>	<p>Prof. Janwantanakul, PhD, President, Thai Council of Physical Therapy, Department of Physical Therapy, Faculty of Applied Health Sciences, Chulalongkorn University ศาสตราจารย์ ดร.ประวีตร เจนวรรณะกุล นายกสภากายภาพบำบัด, ภาควิชากายภาพบำบัด คณะสหเวชศาสตร์ จุฬาลงกรณ์มหาวิทยาลัย</p> <p>Associate Professor Suwimol Sapwarabol, PhD, Department of Nutrition and Dietetics, Faculty of Applied Health Sciences, Chulalongkorn University รองศาสตราจารย์ ดร.สุวิมล ทรัพย์วิโรบล ภาควิชาโภชนาการและการกำหนดอาหาร คณะสหเวชศาสตร์ จุฬาลงกรณ์มหาวิทยาลัย</p>





08.30-10.15	<p>Health Behavioural Activities appropriate for Elderly พฤติกรรมสุขภาพและกิจกรรมที่เหมาะสมสำหรับผู้สูงอายุ</p>	<p>Assistant Professor Nipat Pichayayothin, PhD, Head of Developmental Psychology Area, Faculty of Psychology, Chulalongkorn University ผู้ช่วยศาสตราจารย์ ดร.นิปัทม์ พิษุโยธิน ประธานแขนงวิชาจิตวิทยาพัฒนาการ สาขาวิชาจิตวิทยาพัฒนาการ คณะจิตวิทยา จุฬาลงกรณ์มหาวิทยาลัย</p>
10.15-10.30	<p>Coffee Break เบรกกาแฟ</p>	
10.30-12.00	<p>Panel Discussion : Lifestyle Medicine Approach – the Higher Education Context เสวนา: แนวทางเวชศาสตร์วิถีชีวิตในบริบทของสถาบันอุดมศึกษา</p>	<p>Moderator : Chutiya Kirdsiri, MD, DipIBLM, Phyathai 1 Hospital ผู้ดำเนินการอภิปราย : พญ.ชุตติยา เกิดศิริ ส.พ.พญาไท 1</p>
	<p>Associate Professor Sarintip Tantanee, PhD, President of Naresuan University รองศาสตราจารย์ ดร.ศรินทร์ทิพย์ แทนธานี อธิการบดี มหาวิทยาลัยนเรศวร</p>	
	<p>Associate Professor Chonlatip Pongskul, MD, Director of the Wellness Service Center and Medical Innovation District, Khon Kaen University รองศาสตราจารย์ นพ.ชลธิป พงศ์สกุล ผู้อำนวยการศูนย์บริหารเวลเนสและเขตนวัตกรรมทางการแพทย์ มหาวิทยาลัยขอนแก่น</p>	
<p>Associate Professor Wuttinun Raksajit, PhD, Dean, Faculty of Veterinary Technology, Kasetsart University รองศาสตราจารย์ ดร.วุฒินันท์ รักชาติจร คณบดีคณะเทคโนโลยีการสัตวแพทย์ มหาวิทยาลัยเกษตรศาสตร์</p>		
12.00-13.00	<p>Lunch อาหารกลางวัน LUNCH SYMPOSIUM สัมมนาวิชาการช่วงพักกลางวัน LIFESTYLE MEDICINE AND THE PATH TO THE DIPLOMA OF THE INTERNATIONAL BOARD OF LIFESTYLE MEDICINE (IBLM) Capt. (Ret.) Yongyuth Mayalarp, MD DipIBLM, President of TLWA, Vice Chair of the International Board of Lifestyle Medicine and Representative for Asia</p>	

เวชศาสตร์วิถีชีวิตและเส้นทางสู่ประกาศนียบัตรของคณะกรรมการสากลเวชศาสตร์วิถีชีวิต
ร.อ.นพ.ยงยุทธ บัณฑิต นายคสมาคมเวชศาสตร์วิถีชีวิตและสุขภาพะไทย และรองประธานคณะกรรมการสากลเวชศาสตร์วิถีชีวิตและกรรมการผู้แทนภาคพื้นเอเชีย





13.00-13.30	International Experiences of LM ประสบการณ์ของนานาชาติในด้านเวชศาสตร์วิถีชีวิต	Moderator : Suphalerk Wijaranayan, B.Sc. MD. ABAARM, DipIBLM, Rajavithi Hospital / Chanunchida Cheevapruik, Chulalongkorn University ผู้ดำเนินรายการ : นพ. ศุภฤกษ์ วิจารณ์ญาณ ร.พ.ราชวิถี / นสพ.ชัญญชิตา ชีวะพฤษณ์ จุฬาลงกรณ์มหาวิทยาลัย
		Tin Maung Htwe, MD, EC member of People's Health Foundation, (Doc.Htwe, Health Journalist) นพ.ทิน หม่อง ทูย สมาชิกของมูลนิธิสุขภาพประชาชน นักข่าวสุขภาพ Doc.Htwe
13.30-14.00		Denis Pfeiffer, MD, President, Switzerland Society of Lifestyle Medicine นพ.เดนิส ไฟฟ์เฟอร์ ประธานชมรมเวชศาสตร์วิถีชีวิตแห่ง สวิตเซอร์แลนด์
14.00-14.30		Professor Vanliem Bouaravong, Vice-President of Health Professional Council and Chair of Medical Professional Board of Lao PDR ศ.วันเลียม บัวระวงศ์ รองประธานสภาวิชาชีพด้านสุขภาพและประธาน คณะกรรมการวิชาชีพทางการแพทย์แห่งสปป.ลาว
14.30-15.00		Mechelle Palma, MD, President, the Philippine College of Lifestyle Medicine ON LINE Presentation พญ.มิเชล พาลมา ประธานวิทยาลัยเวชศาสตร์วิถีชีวิตแห่งฟิลิปปินส์
15.00-15.15	Coffee Break เสนอกาแฟ	





15.15-15.45		Bounpheng Philavong, MD, MPH, PhD, Vice-Chair of Medical Professional Board, Health Professional Council of Lao PDR ดร.บพ.บุญเพ็ญ พิลาวงศ์ รองประธานคณะกรรมการวิชาชีพทางการแพทย์ สภาวิชาชีพด้านสุขภาพแห่งสปป.ลาว
	Panel Discussion : Lifestyle Medicine for School Children เสวนา: เวชศาสตร์วิถีชีวิตสำหรับเด็กนักเรียน	Moderator: Yanee Laoviriyarat Laffan, Drama Educator and Co-Founder, CherryLee & Co. ผู้ดำเนินรายการ : ครูเชอร์ นางญาณี เหล่าวิริยะรัตน์ ลาฟฟัน ผู้ก่อตั้งและเจ้าของ Cherry Lee & Co เรียนรู้ทักษะชีวิตทั้งเด็กและครอบครัว
15.45-17.00	Pichaya Mayalarp, Founder and Director, Daisy Ray Skill Development School Waraporn Phakdeewong, Head Teacher, Factory School Patcharee Saptaweeporn, PhD, School Principal, Prasarnmit School ครูปาน นางพิชญา มัยลาภ ผู้ก่อตั้งและผู้บริหาร โรงเรียนสร้างเสริมทักษะ เดซี่ เรย์ ครูคะนิง นางสาววราภรณ์ ภักดิ์วงษ์ ผู้จัดการโรงเรียนในโรงงาน ครูตุ๊ก - ดร.พัชรี ทรัพย์ทวีพร ผู้อำนวยการโรงเรียนประสานมิตร	





Lifestyle Medicine and Wellbeing World Congress, Bangkok 2026

การประชุมเวชศาสตร์วิถีชีวิตและสุขภาวะโลก

(LMWC - Life Mind Wellbeing Congress)

Mayfair Ballroom A

“The Power of Partnership – พลังขององค์การพันธมิตร”

Day 2 - March 2, 2026 วันจันทร์ที่ 2 มีนาคม 2569

The Opening Ceremony พิธีเปิดการประชุม
Mayfair Ballroom A, The Berkeley Hotel Pratunam, Fl.11
ห้องประชุมเมย์แฟร์ บอรูม โรงแรมเบอร์เคิลีย์ ประตูน้ำ ชั้น 11

09.00 - 10.00	<p>Her Royal Highness Princess Maha Chakri Sirindhorn graciously presides over the Opening Ceremony of the Lifestyle Medicine and Wellbeing World Congress Bangkok 2026</p> <p>สมเด็จพระกนิษฐาธิราชเจ้า กรมสมเด็จพระเทพรัตนราชสุดาฯ สยามบรมราชกุมารี เสด็จพระราชดำเนินไปทรงเปิดการประชุมเวชศาสตร์วิถีชีวิตและสุขภาวะโลก กรุงเทพฯ 2026</p>	<p>MC: Saisawan Kayanying</p> <p>พิธีกร : นางสาวสายสวรรค์ ขยันยิ่ง</p>
10.00-10.30	Coffee Break เบรกกาแฟ	
10.30-10.45	<p style="background-color: #FFA07A; text-align: center;">The Planetary Outlook ภาพรวมของสุขภาวะโลก</p> <p style="text-align: center;">Welcome Remarks กล่าวต้อนรับ</p>	<p>Moderator : Khaninnutch Intulak ผู้ดำเนินรายการ : นางสาวขนิษฐนันท์ อินทุลักษณ์</p> <p>Capt.(Ret.) Yongyuth Mayalarp, MD, DipIBLM, President of TLWA, Deputy Chair, International Board of LM and Representative for Asia ร.อ.พ.ยงยุทธ มัยลาภ นายกสมาคมเวชศาสตร์วิถีชีวิตและสุขภาวะไทย และรองประธานคณะกรรมการสากลเวชศาสตร์วิถีชีวิตและกรรมการผู้แทนภาคพื้นเอเชีย</p>
10.45 - 11.25	<p>Nutrition : A Pillar of Lifestyle Medicine: A Pathway to Sustainable Health and Planetary Well-being</p> <p>โภชนาการ : เสาหลักสำคัญทางเวชศาสตร์วิถีชีวิตหนทางสู่สุขภาพที่ยั่งยืนทางสุขภาพและสุขภาวะโลก</p>	<p>Professor (Emeritus) Kraissid Tontisirin, MD PhD, Former Senator, Advisor of the Institute of Nutrition, Mahidol University ศาสตราจารย์เกียรติคุณ นายแพทย์ไครสิดร์ ตันตศิรินทร์ อดิธสมาชิกวุฒิสภา ที่ปรึกษาสถาบันโภชนาการ มหาวิทยาลัยมหิดล</p>





11.25 – 12.05	Half a Century from Now : The Future Lifestyle วิถีชีวิตมนุษย์ในครึ่งศตวรรษข้างหน้า	Professor Emeritus Yongyuth Yuthavong, PhD, Former Deputy Prime Minister and Minister of Science and Technology , Member of the Royal Society of Thailand ศาสตราจารย์เกียรติคุณ ดร.ยงยุทธ ยุทธวงศ์ อดีตรองนายกรัฐมนตรีและรัฐมนตรีว่าการกระทรวงวิทยาศาสตร์
12.05 – 13.00	<p style="text-align: center;">Lunch อาหารกลางวัน LUNCH SYMPOSIUM สัมมนาวิชาการช่วงพักกลางวัน Sponsored by Tria Medical Wellness Center สนับสนุนโดย สถาบันสุขภาพและความงามตรีญา LIFESTYLE MEDICINE AND INNOVATIVE PROMOTION OF WELLBEING Suwannee Siriwimalanun, MD Tria Medical Wellness Center เวชศาสตร์วิถีชีวิตและการส่งเสริมสุขภาพอย่างมีนวัตกรรม พญ.สุวรรณี ศิริวิมลานันท์ สถาบันสุขภาพและความงามตรีญา</p>	
13:00 – 13.40	<p style="text-align: center;">“Lifestyle and The Global Trend” เวชศาสตร์วิถีชีวิตและทิศทางโลก</p> <p style="text-align: center;">Thriving Through Midlife: Building Women’s Vitality and Balance for the Years Ahead ทิศทางการสร้างเสริมสมดุลของพลังชีวิต ในผู้หญิงในช่วงการก้าวผ่านวัยกลางคน</p>	Moderator : Paramee Sangsuwan ผู้ดำเนินรายการ : นางสาวปารมี แสงสุวรรณ Professor Michelle Tollefson, MD, FACOG, DipIBLM, FACLM, Medical Director, Ob-Gyn, MSU Denver ศาสตราจารย์ พญ.มิเชล ทอลเลฟสัน ผู้อำนวยการแพทย์ สูตินรีเวชกรรม มหาวิทยาลัยมิชิแกนสเตต
13.40 – 14.15	CEO Vision: Mindfulness in the Digital World วิสัยทัศน์ระดับผู้บริหาร กับ การประยุกต์ใช้ Mindfulness ในยุคดิจิทัล	Sharon Grace Hadley, PhD, Chief Executive Officer, Oxford Mindfulness, UK ดร.ชาร์อน เกรซ แฮดลีย์ ประธานเจ้าหน้าที่บริหาร มูลนิธิออกฟอร์ดมายฟูลเนส
14.15 – 14.50	Youth and Whole Person Development เยาวชนกับการพัฒนาศักยภาพมนุษย์แบบองค์รวม	Associate Professor Suthat Rungruanghiranya, MD, Acting Assistant Dean – policy and planning, Faculty of Medicine, Kasetsart University รองศาสตราจารย์ นพ.สุทัศน์ รุ่งเรืองหิรัญญา รักษาการผู้ช่วยคณบดี ฝ่ายนโยบายและแผน คณะแพทยศาสตร์ มหาวิทยาลัยเกษตรศาสตร์





14:50 – 15.05	Coffee Break เสด็จตาม	
15:05 – 15.40	Healthy City and Innovation เมืองแห่งสุขภาพและนวัตกรรม	Professor Sathirakorn Pongpanich, PhD, Assistant to the President of Chulalongkorn University ศาสตราจารย์ ดร.สทิธร พงศ์พานิช ผู้ช่วยอธิการบดีจุฬาลงกรณ์มหาวิทยาลัย
15:40 – 17.00	Panel Discussion: Developing Population Quality for the Next Generation “เวทีเสวนา เรื่อง การพัฒนาคุณภาพประชากรเพื่ออนาคตของคนรุ่นใหม่”	
	Siriluck Chiengwong, Head of Office for United Nations for Population Fund (UNFPA) Thailand นางสาวสิริลักษณ์ เชียงว่อง หัวหน้าสำนักงาน กองทุนประชากรแห่งสหประชาชาติ (UNFPA) ประเทศไทย	
	Thitikorn Topothai, MD, Division of Physical Activity and Health, Department of Health, Ministry of Public Health พ.ว.ฐิติกร โตโพธิ์ไทย กองกิจกรรมทางกายเพื่อสุขภาพ กรมอนามัย กระทรวงสาธารณสุข	
	Jason Culp, ND MSc CNS, Naturopathic Physician, Certified Nutrition Specialist, Director of Research & Development, Chiva-Som International Health Resort แพทย์ธรรมชาติบำบัด เจสัน คัลป์ ผู้เชี่ยวชาญด้านโภชนาการผู้อำนวยการ ฝ่ายวิจัยและพัฒนา ชิวาซอม	
Capt.(Ret.) Yongyuth Mayalarp, MD, DipIBLM, President of TLWA, Vice Chair of the International Board of LM and Representative for Asia ร.อ.นพ.ยงยุทธ มัยลาภ นายกษมาคมเวชศาสตร์วิถีชีวิตและสุขภาวะไทย รองประธานกรรมการ สากลเวชศาสตร์วิถีชีวิต และกรรมการผู้แทนภาคพื้นเอเชีย		Moderator : Capt.(Ret.) Yongyuth Mayalarp, MD, DipIBLM, President of TLWA, Vice Chair of the International Board of LM and Representative for Asia ผู้ดำเนินการอภิปราย : ร.อ.นพ.ยงยุทธ มัยลาภ นายกษมาคมเวชศาสตร์วิถีชีวิตและสุขภาวะไทย รองประธาน คณะกรรมการสากลเวชศาสตร์วิถีชีวิตและกรรมการผู้แทน ภาคพื้นเอเชีย





Day 3 – March 3, 2026 วันอังคารที่ 3 มีนาคม 2569

MOU Signing Ceremony
พิธีลงนามในบันทึกข้อตกลงความร่วมมือด้านวิชาการ

Mayfair Ballroom A, The Berkeley Hotel Pratunam, Fl.11
ห้องประชุมเมย์แฟร์ บอลรูม โรงแรมเบอร์เคิลีย์ ประตูน้ำ ชั้น 11

<p>08.00 - 09.00</p>	<p>The Fifth MOU Signing Ceremony between TLWA and new Partner Organizations Chairperson : Professor Somsri Pausawasdi, MD Senior Advisor, Thai Lifestyle Medicine and Wellbeing Association พิธีลงนามในบันทึกข้อตกลงความร่วมมือด้านวิชาการ ครั้งที่ 5 ระหว่าง TLWA และองค์กรพันธมิตรใหม่ ประธานในพิธี : ศาสตราจารย์ แพทย์หญิง สมศรี เผ่าสวัสดิ์ ที่ปรึกษาอาวุโส สมาคมเวชศาสตร์วิถีชีวิตและสุขภาพะไทย</p>	<p>MCs : Rear Admiral Surasant Kongsiri / Areeya Suwisetsak, Narrator, NBT ผู้ดำเนินรายการ : พลเรือตรีสุรสันต์ คงสิริ / นางสาวอารยา สุวีเศษศักดิ์ ผู้บรรยายสถานีวิทยุโทรทัศนแห่งประเทศไทย</p>
<p>09.00-09.30</p>	<p>Empowering Women's Health การเสริมพลังสุขภาพสตรี</p> <p>Empowering Women's Health: Simple Daily Practices for Lifelong Vitality การเสริมพลังสุขภาพสตรี: แนวทางปฏิบัติในชีวิตประจำวันเพื่อพลังชีวิตที่ยั่งยืนตลอดชีวิต</p>	<p>Moderators : Rear Admiral Surasant Kongsiri / Areeya Suwisetsak, Narrator, NBT ผู้ดำเนินรายการ : พลเรือตรีสุรสันต์ คงสิริ / นางสาวอารยา สุวีเศษศักดิ์ ผู้บรรยายสถานีวิทยุโทรทัศนแห่งประเทศไทย</p> <p>Professor Michelle Tollefson, MD, FACOG, DipIBLM, FACLM, Medical Director, Ob-Gyn, MSU Denver ศาสตราจารย์ พญ.มิเชล ทอลเลฟสัน ผู้อำนวยการแพทย์ สูตินรีเวชกรรม มหาวิทยาลัยมิชิแกนสเตต</p>





09.30 – 12.00

Sleep and Longevity
การหลับและการมีอายุที่ยืนยาว

Sleep and Longevity : Sleep Society of Thailand and Thai Academy of Sleep Medicine
การหลับและการมีอายุที่ยืนยาว : สมาคมโรคจากการหลับแห่งประเทศไทย และสมาคมนิกรเวชศาสตร์

The physiology and importance of sleep
สรีรวิทยาและความสำคัญของการหลับ

The health consequences of insomnia
ผลกระทบต่อสุขภาพจากภาวะนอนไม่หลับ

Moderator : Rear Admiral Surasant Kongsiri / Areeya Suwisetsak, Narrator, NBT
ผู้ดำเนินรายการ : พลเรือตรีสุรสันต์ คงสิริ / นางสาวอารยา สุวิเศษศักดิ์ ผู้บรรยายสถานีวิทยุโทรทัศน์แห่งประเทศไทย

Chair : Professor Naricha Chirakalwasan, MD, Vice Dean, Faculty of Medicine, Chulalongkorn University, President, Sleep Society of Thailand
ประธาน : ศาสตราจารย์ พญ.นฤชา จิรกาลวาน รองคณบดี ฝ่ายวิรัชกิจ คณะแพทยศาสตร์ จุฬาลงกรณ์มหาวิทยาลัย, นายกสมาคมโรคจากการหลับแห่งประเทศไทย

Professor Naricha Chirakalwasan, MD, Vice Dean, Faculty of Medicine, Chulalongkorn University, President, Sleep Society of Thailand
ศาสตราจารย์ พญ.นฤชา จิรกาลวาน รองคณบดี ฝ่ายวิรัชกิจ คณะแพทยศาสตร์ จุฬาลงกรณ์มหาวิทยาลัย, นายกสมาคมโรคจากการหลับแห่งประเทศไทย

Puntarik Srisawart, MD, Psychiatrist, Department of Psychiatry, King Chulalongkorn Memorial Hospital and Excellence Center for Sleep Disorders, King Chulalongkorn Memorial Hospital
Instructor, Department of psychiatry, Faculty of Medicine, Chulalongkorn University
พญ. ปุณทริก ศรีสวาท
จิตแพทย์ ฝ่ายจิตเวชศาสตร์ รพ.จุฬาลงกรณ์ สภากาชาดไทย
จิตแพทย์และกรรมการบริหาร ศูนย์นิกรเวช ร.พ.จุฬาลงกรณ์ สภากาชาดไทย
อาจารย์ ภาควิชาจิตเวชศาสตร์ คณะแพทยศาสตร์ จุฬาลงกรณ์มหาวิทยาลัย





	Coffee Break เสด็จกาแฟ	
09.30 – 12.00	<p>Obstructive sleep apnea and mortality & dementia risk ภาวะหยุดหายใจขณะหลับจากการอุดกั้น กับความเสี่ยงต่อการเสียชีวิตและภาวะสมองเสื่อม</p>	<p>Associate Prof. Wattanachai Chotinaiwattarakul, MD, President, Thai Academy of Sleep Medicine, Faculty of Medicine, Siriraj Hospital, Mahidol University รองศาสตราจารย์ นพ. วัฒนชัย โชตินัยวัตรกุล นายกสมาคมนิทราเวชศาสตร์ ภาควิชาอายุรศาสตร์ คณะแพทยศาสตร์ศิริราชพยาบาล มหาวิทยาลัยมหิดล.</p>
	<p>Circadian sleep wake disorders and impact on overall health ความผิดปกติของวงจรนอน-ตื่น และผลกระทบต่อสุขภาพโดยรวม</p>	<p>Associate Professor Visasiri Tantrakul, MD, Director, Ramathibodi Hospital Sleep Disorder Center, and Director of Sleep Medicine Division, Faculty of Medicine, Ramathibodi Hospital, Mahidol University รองศาสตราจารย์ ดร.พญ.วิสาขสิริ ตันตระกูล หัวหน้าศูนย์โรคการ นอนหลับและหัวหน้าสาขาวิชาอายุรศาสตร์การนอนหลับ คณะแพทยศาสตร์ โรงพยาบาลรามาธิบดี มหาวิทยาลัยมหิดล</p>
	<p>Sleep hygiene for better sleep สุขลักษณะการนอนเพื่อการหลับที่มีคุณภาพ</p>	<p>Kanlaya Panjapornpon, MD, Head of Sleep Assembly of Thoracic Society of Thailand under Royal Patronage Director of Sleep Disorders Center, Respiratory Medicine Department, Central Chest Institute of Thailand พญ.กัลยา ปัญจพรพล ประธาน sleep assembly สมาคมจรรยา แห่งประเทศไทยในพระบรมราชูปถัมภ์ และหัวหน้าศูนย์โรคจากการหลับ กลุ่มงานอายุรศาสตร์ปอด สถาบันโรคทรวงอก</p>
12.00-13.00	<p>Lunch อาหารกลางวัน LUNCH SYMPOSIUM สัมมนาวิชาการช่วงพักกลางวัน Sponsored by I.C.C. INTERNATIONAL PLC. สนับสนุนโดย บริษัท ไอ.ซี.ซี. อินเตอร์เนชั่นแนล จำกัด (มหาชน) LIFESTYLE MEDICINE AND THE PREVENTION OF BREAST CANCER Dr.Saranya Ngamrassamiwong, MD DipIBLM, Diagnostic Radiologist, Director of Oncology Imaging Center and Nuclear Medicine Clinic, Wattanosoth Cancer Hospital</p>	
	<p>เวชศาสตร์วิถีชีวิตและการป้องกันมะเร็งเต้านม พญ.ศรัณยา จามรัสมีวงศ์ ผู้อำนวยการศูนย์รังสีวินิจฉัยและ เวชศาสตร์นิวเคลียร์วัดโสม</p>	





<p>13.00-13.30</p>	<p>The Story of Happiness เรื่องราวของความสุข</p>	<p>Moderator : Ornicha Thititagul, MD, DipIBLM, Department of Preventive and Social Medicine Faculty of Medicine Siriraj Hospital, Mahidol University ผู้ดำเนินรายการ : พญ.อรณิชา ฐิติถากุล ภาควิชา เวชศาสตร์ป้องกันและสังคม คณะแพทยศาสตร์ศิริราชพยาบาล มหาวิทยาลัยมหิดล</p>
	<p>The Happiness Prescription: How LM Heals Body, Mind and Soul ใบสั่งยารักษาด้วยความสุข: เวชศาสตร์วิถีชีวิตเยียวยากาย ใจ และจิตวิญญาณอย่างไร</p>	<p>Shagufta Feroz, MBBS MCPS PhD DipIBLM, Founder/Chairperson, Pakistan Association of LM, Director Riphah Institute of LM, Riphah University พญ.ชากุฟตา ฟีรอซ ผู้ก่อตั้งและนายกสมาคมเวชศาสตร์วิถีชีวิตแห่งปากีสถาน ผู้อำนวยการสถาบันเวชศาสตร์วิถีชีวิต ริฟาห์ มหาวิทยาลัยริฟาห์</p>
<p>13.30-14.00</p>	<p>Why Finland is the Happiest Country in the World - ON LINE presentation เหตุใดฟินแลนด์จึงเป็นประเทศที่มีความสุขที่สุดในโลก</p>	<p>Outi Haggren, MD, President, Finnish Association of LM พญ.อูตี แฮกเกร็น นายกสมาคมเวชศาสตร์วิถีชีวิตแห่งฟินแลนด์</p>
<p>14.00-14.30</p>	<p>Hazards of PM2.5 Particles อันตรายจากฝุ่น PM2.5</p>	<p>Chair : Associate Professor Dr.Sarawut Thepanonda, PhD, Dean, Faculty of Public Health, Mahidol University ประธาน : รองศาสตราจารย์ ดร.สรารุท เทพานนท์ คณบดีคณะสาธารณสุขศาสตร์ มหาวิทยาลัยมหิดล</p>
	<p>PM2.5 – Public Preparedness for PM2.5 PM2.5 – การเตรียมความพร้อมของประชาชนต่อฝุ่น PM2.5</p>	<p>Chair:: Associate Professor Dr.Sarawut Thepanonda, PhD, Dean, Faculty of Public Health, Mahidol University ประธาน: รองศาสตราจารย์ ดร.สรารุท เทพานนท์ คณบดีคณะสาธารณสุขศาสตร์ มหาวิทยาลัยมหิดล</p>
<p>14.30-15.00</p>	<p>Chiang Mai Experience ประสบการณ์ที่เชียงใหม่</p>	<p>Associate Professor Somporn Chantara, PhD, Head of Environmental Science Research Center, Department of Chemistry, and Chairperson of the Academic Working Party to Support the Effort to Tackle the Pollution Problem in the North, Chiang Mai University รองศาสตราจารย์ ดร.สมพร จันทรา อาจารย์ประจำภาควิชาเคมี หัวหน้าศูนย์วิจัยวิทยาศาสตร์สิ่งแวดล้อม คณะวิทยาศาสตร์ และประธานคณะทำงานด้านวิชาการเพื่อสนับสนุนการแก้ไขปัญหาหมอกควัน ภาคเหนือ มหาวิทยาลัยเชียงใหม่</p>





15.00-15.15	Coffee Break เสด็จตาม	
15.15-17.00	<p>Global Panel Discussion : International Partnership for the Global Wellbeing เสวนาระดับนานาชาติ: ความร่วมมือระหว่างประเทศเพื่อความผาสุกของโลก</p>	<p>Moderator : Capt.(Ret.) Yongyuth Mayalarp, MD, DipIBLM, President of TLWA, Deputy Chair, International Board of LM and Representative for Asia ผู้ดำเนินการอภิปราย : ร.อ.นพ.ยงยุทธ มัยลาภ นายกสมาคมเวชศาสตร์วิถีชีวิตและสุขภาพะไทย และรองประธานคณะกรรมการสากลเวชศาสตร์วิถีชีวิตและกรรมการผู้แทนภาคพื้นเอเชีย</p>
	<p>Shagufta Feroz, MBBS MCPS PhD DipIBLM, Founder President, Pakistan Association of Lifestyle Medicine, Director of RIPHAH Institute of Lifestyle Medicine, RIPHAH University พญ.ชากัฟตา ฟีรอซ ประธานก่อตั้งสมาคมเวชศาสตร์วิถีชีวิตแห่งปากีสถาน ผู้อำนวยการสถาบันเวชศาสตร์วิถีชีวิต RIPHAH มหาวิทยาลัย RIPHAH</p>	
	<p>Outi Haggren, MD, President, Finnish Association of LM - ON LINE presentation พญ.โอตี แฮกเกร็น นายกสมาคมเวชศาสตร์วิถีชีวิตแห่งฟินแลนด์ Mechelle Palma, MD, President, the Philippine College of Lifestyle Medicine พญ.มิเชล ปาลมา ประธานวิทยาลัยเวชศาสตร์วิถีชีวิตแห่งฟิลิปปินส์</p>	
	<p>Bruno A. Colontoni, MD, President, Brazilian College of Lifestyle Medicine - ON LINE presentation นพ.บรูโน โคลอนโทนี่ ประธานวิทยาลัยเวชศาสตร์วิถีชีวิตแห่งบราซิล</p>	
	<p>Denis Pfeiffer, MD, President, Switzerland Society of Lifestyle Medicine นพ.เดนิส ไฟฟ์เฟอร์ ประธานชมรมเวชศาสตร์วิถีชีวิตแห่งสวิสเซอร์แลนด์</p>	
	<p>Moyosore Makinde, MD, DipIBLM/SOLONg, National President, Society of LM of Nigeria - ON LINE presentation พญ.มอยโซเร มาคินดี นายกชมรมเวชศาสตร์วิถีชีวิตแห่งไนจีเรีย</p>	
	<p>Capt.(Ret.) Yongyuth Mayalarp, MD, DipIBLM, President of TLWA, Vice Chair, the International Board of Lifestyle Medicine and Representative for Asia ร.อ.นพ.ยงยุทธ มัยลาภ นายกสมาคมเวชศาสตร์วิถีชีวิตและสุขภาพะไทย รองประธานคณะกรรมการสากลเวชศาสตร์วิถีชีวิตและกรรมการผู้แทนภาคพื้นเอเชีย</p>	





Day 1 PRE-CONGRESS – March 1, 2026 วันอาทิตย์ที่ 1 มีนาคม 2569

Mayfair Ballroom B

	Mayfair Ballroom B	Moderator : Capt.(Ret.) Yongyuth Mayalarp, MD, DipIBLM, President of TLWA
	The Berkeley Hotel Pratunam, Fl.11	ผู้ดำเนินรายการ : ร.อ.พ.ยงยุทธ บัณฑิต นายกสมาคมเวชศาสตร์วิถีชีวิตและสุขภาพะไทย
08.00-08.30	Food for Thought - On Line Presentation อาหาร ประเด็นชวนคิด	Associate Prof. Beth Frates, MD, Past President, ACLM รองศาสตราจารย์ พญ.เบ็ธ เฟรตีส อดีตประธานวิทยาลัยเวชศาสตร์วิถีชีวิตแห่งอเมริกา
08.30-09.15	Talk and Workshop on Nutrition Part 1 ทอล์คและเวิร์คช็อป เรื่องอาหาร ภาคหนึ่ง	Chairperson : Patnapa Srichomchey, PhD, DipIBLM, Dietitian, Thai Dietetic Association ประธาน : ดร.ปัทนภา ศรีชมเชย สมาคมนักกำหนดอาหารแห่งประเทศไทย
	Good Nutrition: A Central Pillar of Lifestyle Medicine โภชนาการที่ดี: เสาหลักสำคัญของเวชศาสตร์วิถีชีวิต	Patnapa Srichomchey, PhD, DipIBLM, Dietitian, Thai Dietetic Association ดร.ปัทนภา ศรีชมเชย สมาคมนักกำหนดอาหารแห่งประเทศไทย
09.15-10.00	The Benefits of Plant-based Nutrition : Longevity and Quality of Life ประโยชน์ของโภชนาการแบบพืชเป็นหลัก: อายุยืนและคุณภาพชีวิตที่ดียิ่งขึ้น	Samitti Chotsriluecha, Dietitian, Thai Dietetic Association นายสมิทธิ โชติศรีลือชา สมาคมนักกำหนดอาหารแห่งประเทศไทย
10.00-10.15	Coffee Break เบรกกาแฟ	
10.15-12.00	Talk and Workshop on Nutrition Part 2 ทอล์คและเวิร์คช็อป เรื่องอาหาร ภาคสอง	Chairperson : Patnapa Srichomchey, PhD, DipIBLM, Dietitian, Thai Dietetic Association ประธาน : ดร.ปัทนภา ศรีชมเชย สมาคมนักกำหนดอาหารแห่งประเทศไทย
	Whole-Foods, Plant-based Diet อาหารพืชเป็นหลักแบบธรรมชาติ	Cheewin Kachendecha, Chef Instructor, Dusit Thani College and Team เชฟ ชิวิน คเชนทร์เดชา และทีม





12.00-13.00	<p>Lunch อาหารกลางวัน LUNCH SYMPOSIUM สัมมนาวิชาการช่วงพักกลางวัน LIFESTYLE MEDICINE AND THE PATH TO THE DIPLOMA OF THE INTERNATIONAL BOARD OF LIFESTYLE MEDICINE (IBLM) Capt. (Ret.) Yongyuth Mayalarp, MD DipIBLM, President of TLWA, Vice Chair of the International Board of Lifestyle Medicine and Representative for Asia</p>	<p>เวชศาสตร์วิถีชีวิตและเส้นทางสู่ประกาศนียบัตรของคณะกรรมการสากลเวชศาสตร์วิถีชีวิต ร.อ.นพ.ยงยุทธ มัยลาภ นายกสมาคมเวชศาสตร์วิถีชีวิตและสุขภาพะไทย และรองประธานคณะกรรมการสากลเวชศาสตร์วิถีชีวิตและกรรมการผู้แทนภาคพื้นเอเชีย</p>
13.00 – 14.40	<p>The Peace Within Part 1 สุขจากภายใน ภาคหนึ่ง</p>	<p>Moderator: Tanita Watprasong, PhD, DipIBLM, Counseling Psychologist, Specialist on Mindfulness-based Cognitive Therapy (MBCT) ผู้ดำเนินรายการ: ดร.ธนิตา วาสประสงค์ นักจิตวิทยา ผู้เชี่ยวชาญด้านการบำบัดความคิดด้วยสติ (MBCT)</p>
13.00-13.25	<p>Sati : The Silent Power that Transforms Life สติ: พลังเงียบที่เปลี่ยนชีวิต</p>	<p>Saisampan Panyasiri, Chairperson of the Sathien Thammasathan Foundation นางสาวสายสัมพันธ์ ปัญญศิริ ประธานมูลนิธิ เสถียรธรรมสถาน</p>
13.25-13.50	<p>Decoding Stress in a Stressed-Out World ถอดรหัสปรับใจรับมือกับความเครียด</p>	<p>Professor Chawanun Charmsil, MD, President of The Psychiatric Association of Thailand ศ.นพ.ชวณันท์ ชาญศิลป์ นายกสมาคมจิตแพทย์แห่งประเทศไทย</p>
13.50-14.15	<p>The Art of Sustainable Happiness ศิลปะแห่งความสุขที่ยั่งยืน</p>	<p>Tanita Watprasong, PhD, DipIBLM, Counseling Psychologist, Specialist on Mindfulness-based Cognitive Therapy (MBCT) ดร.ธนิตา วาสประสงค์ นักจิตวิทยา ผู้เชี่ยวชาญด้านการบำบัดความคิดด้วยสติ (MBCT)</p>
14.15-14.40	<p>Safe Spaces: Stress Management for LGBTQ+ Individuals พื้นที่ปลอดภัย: การดูแลความเครียดของกลุ่มเพศหลากหลาย</p>	<p>Boontriga Lewchalermwongse, psychologist and clinical sexologist นางสาวบุณทริกา ลิวเฉลิมวงศ์ นักจิตวิทยา และ นักเพศวิทยาคลินิก</p>





14.40 – 14.55	Coffee Break เบรกกาแฟ	
	The Peace Within Part 2 สุขจากภายใน ภาคสอง	Moderator: Tanita Watprasong, PhD, DipIBLM, Counseling Psychologist, Specialist on Mindfulness-based Cognitive Therapy (MBCT) ผู้ดำเนินรายการ: ดร.ธนิตา วาสประสงค์ นักจิตวิทยา ผู้เชี่ยวชาญด้านการบำบัดความคิดด้วยสติ(MBCT)
14.55-15.20	Sleep to Heal: Managing Stress Through Better Sleep นอนหลับเพื่อฟื้นคืนพลังใจจากความเครียด	Puntarik Srisawart, MD, Psychiatrist, Department of Psychiatry, King Chulalongkorn Memorial Hospital and Excellence Center for Sleep Disorders, King Chulalongkorn Memorial Hospital Instructor, Department of Psychiatry, Faculty of Medicine, Chulalongkorn University พญ. ปุณทรภัก ศรีสวาท จิตแพทย์ ฝ่ายจิตเวชศาสตร์ ร.พ.จุฬาลงกรณ์ สภากาชาดไทย จิตแพทย์และกรรมการบริหาร ศูนย์นันทราเวช ร.พ.จุฬาลงกรณ์ สภากาชาดไทย อาจารย์ ภาควิชาจิตเวชศาสตร์ คณะแพทยศาสตร์ จุฬาลงกรณ์มหาวิทยาลัย
15.20-15.45	Mindfulness : The Present Moment That Shapes the Future - ON LINE presentation Mindfulness: ปัจจุบันที่เปลี่ยนอนาคต	Claire Kelly, Director of Teaching and Learning, Oxford Mindfulness นางสาวเคลร์ เคลลี ผู้อำนวยการด้านการสอน และการเรียนรู้ มูนิริธอีออกฟอร์ดมายฟูลเนส
15.45-16.10	Strong Hearts for Modern Parents พ่อแม่ยุคใหม่ ดูแลความเครียดของตัวเองอย่างไรดี	Associate Professor Dr. Wanida Pao-in, Family Paediatrician รองศาสตราจารย์ พญ.วนิดา เปาอินทร์ กุมารแพทย์เวชศาสตร์ครอบครัว
16.10-17.00	Meditation in Practice Workshop ฝึกสติ ฝึกใจ	Tanita Watprasong, PhD, DipIBLM, Counseling Psychologist, Specialist on Mindfulness-based Cognitive Therapy (MBCT) ดร.ธนิตา วาสประสงค์ นักจิตวิทยา ผู้เชี่ยวชาญด้านการบำบัดความคิดด้วยสติ (MBCT)





Day 2 - March 2, 2026 วันจันทร์ที่ 2 มีนาคม 2569

Mayfair Ballroom B ห้องเมย์แฟร์ บอรูม บี
The Berkeley Hotel Pratunam, Fl.11 โรงแรมเบอร์เคสีย์ ประตูน้ำ ชั้น 11

Mayfair Ballroom B

	The Integration of Life การบูรณาการชีวิต	Moderator : Paramee Sangsuwan ผู้ดำเนินรายการ : นางสาวปารมี แสงสุวรรณ
10.45 -11.25	Mental Health and Lifestyle Medicine - ONLINE Presentation สุขภาพจิตและเวชศาสตร์วิถีชีวิต	Professor Darren Morton, PhD, Director, Lifestyle Medicine & Health Research Centre, Avondale University, Australia. ศ.ดาเร็น มอร์ดัน ผู้อำนวยการศูนย์วิจัยด้านเวชศาสตร์วิถีชีวิตและสุขภาพ มหาวิทยาลัยเอดมอนตัน ออสเตรเลีย
11.25-12.05	Longevity Secrets ความลับแห่งการมีอายุยืนยาว	Assistant Professor Pansak Sugkraroek, MD, Lecturer, College of Integrative Medicine, Dhurakij Pundit University, TLWA Advisor พศ.นพ.พันธ์ศักดิ์ สุกระฤกษ์ มหาวิทยาลัยธุรกิจบัณฑิต ที่ปรึกษาสมาคม TLWA
12.05 - 13.00	Lunch อาหารกลางวัน LUNCH SYMPOSIUM สัมมนาวิชาการช่วงพักกลางวัน Sponsored by Tria Medical Wellness Center สนับสนุนโดย สถาบันสุขภาพและความงามตริยา LIFESTYLE MEDICINE AND INNOVATIVE PROMOTION OF WELLBEING	Suwannee Siriwimalanun, MD Tria Medical Wellness Center เวชศาสตร์วิถีชีวิตและการส่งเสริมสุขภาพอย่างมีนวัตกรรม พญ.สุวรรณ ศรีวิลานันท์ สถาบันสุขภาพและความงามตริยา
13.00-13.40	Pediatric Lifestyle Medicine กุมารเวชศาสตร์วิถีชีวิต	Moderator : Khaninnutch Intulak ผู้ดำเนินรายการ : นางสาวนินยุรน์สัท อินทุลักษณ์ Associate Professor Tawima Sirirassamee MD, Vice Dean, Srinakharinwirot University รองศาสตราจารย์ พญ.ทิวา ศิริรัมย์ รองคณบดี มหาวิทยาลัยศรีนครินทรวิโรฒ
	Overview of Paediatric LM ภาพรวมของกุมารเวชศาสตร์วิถีชีวิต	





13.40-14.20	Stress Management in Childhood : Preventing Harm and Promoting Resilience ความเครียดในเด็ก : การลดผลกระทบและส่งเสริมการปรับตัว	Prof. Vitharon Boon-yasidhi, MD, Department of Pediatrics, Faculty of Medicine Siriraj Hospital, Vice President, The Royal College of Pediatricians of Thailand ศาสตราจารย์ นพ.วิฑูรณ บุญสิทธิ์ สาขาวิชาจิตเวชศาสตร์เด็กและวัยรุ่น ก.กุมารเวชศาสตร์ คณะแพทยศาสตร์ศิริราชพยาบาล รongประธานราชวิทยาลัยกุมารแพทย์แห่งประเทศไทย
14.20-15.00	Important and Essential Skills for Our Kids ทักษะสำคัญและจำเป็นสำหรับเด็กยุคใหม่	Clinical Professor Winadda Piyasil, MD, Pediatric and Teen Psychiatrist, Queen Sirikit National Institute of Child Health, Vice President, The Royal College of Pediatricians of Thailand ศาสตราจารย์ พญ.วินัดดา ปิยะศิลป์ จิตแพทย์เด็กและวัยรุ่น สถาบันสุขภาพเด็กแห่งชาติมหาราชินี รongประธานราชวิทยาลัยกุมารแพทย์แห่งประเทศไทย
15.00-15.15	Coffee Break เบรกกาแฟ	
15.15-15.45	The Risk of Electric Cigarettes in the Young ความเสี่ยงของบุหรี่ไฟฟ้าในเยาวชน	Professor Suwanna Reungkanchanaset, MD, Faculty of Medicine, Ramathibodi Hospital, Mahidol University ศาสตราจารย์ พญ.สุวรรณา เรืองกาญจนเศรษฐ์ กุมารแพทย์ ร.พ.รามธิบดี
15.45-16.25	Nutrition in Childhood โภชนาการในเด็ก	Krisadee Bodhidatta, MPH, Registered Dietitian (USA), Vimut-Theptarin Hospital นางกฤษฏี โพธิ์กัต นักกำหนดอาหาร (สหรัฐอเมริกา) โรงพยาบาลวิมุต-เทพธารินทร์
16.25-17.00	Playful Qigong: Mind and Body Practices for Preschoolers เล่นสนุกเคลื่อนไหวไปกับซีกง สำหรับเด็กปฐมวัย	Tananan Sangwanit, CM.D.(Pediatrics), Traditional Chinese Medical Practitioner, Assistant Lecturer, National Institute for Child and Family Development (NICFD), Mahidol University แพทย์จีน รณานันต์ แสงวงษ์ แพทย์แผนจีน สาขากุมารเวชศาสตร์ ผู้ช่วยอาจารย์ สถาบันแห่งชาติ เพื่อการพัฒนาเด็กและครอบครัว มหาวิทยาลัยมหิดล





Mayfair Ballroom B

Day 3 – March 3, 2026 วันอังคารที่ 3 มีนาคม 2569

Mayfair Ballroom B 1 ห้องเมย์แฟร์ บอลรูม บี

The Berkeley Hotel Pratunam, Fl.11 โรงแรมเบอร์เคิลีย์ ประตูน้ำ ชั้น 11

08.00 – 09.00

Lifestyle Medicine for Elderly
เวชศาสตร์วิถีชีวิตสำหรับผู้สูงอายุ

Thai Lifestyle and Older Adults
วิถีชีวิตไทยและผู้สูงอายุ

The Power of Integrating International Cooperation to Promote a Model of Community-based Elderly Care Services in Thailand
พลังการบูรณาการความร่วมมือระดับสากลในการผลักดันรูปแบบการจัดบริการต้นแบบสำหรับผู้สูงอายุในชุมชนในประเทศไทย

Moderator : Ornicha Thititagul, MD DipIBLM, Department of Preventive and Social Medicine Faculty of Medicine Siriraj Hospital, Mahidol University
ผู้ดำเนินรายการ : พญ.อรณิชา ฐิติถากุล ภาควิชาเวชศาสตร์ป้องกันและสังคม คณะแพทยศาสตร์ศิริราชพยาบาล มหาวิทยาลัยมหิดล

Chair : Associate Professor Narirat Jitramontree, PhD., Board Member, Thai Society of Gerontology and Geriatric Medicine; Lecturer, Gerontological Nursing Division, Faculty of Nursing, Mahidol University
ประธาน : รศ.ดร.นารีรัตน์ จิตรมนตรี กรรมการสมาคมพฤฒาวิทยาและเวชศาสตร์ผู้สูงอายุไทย วิทยาลัยพยาบาลบรมราชชนนีนครราชสีมา

Assistant Professor.Nattapat Sarobol, (Ph.D.) Smart and Strong Project Consultant, Project on the Development of Local Authorities of a Community-based Integrated Elderly Care Model through the Networking in Thailand
ผศ.ดร.ณัฐพัชร์ สโรบล ที่ปรึกษาโครงการบูรณาการการพัฒนาการจัดบริการสำหรับผู้สูงอายุในชุมชนผ่านการสร้างเครือข่ายองค์กรปกครองส่วนท้องถิ่น





	<p>Aging and Sleep Health ภาวะสูงวัยและสุขภาพการหลับ</p>	<p>Assistant Professor Jirayos Chintanadilok, MD, Faculty of Medicine, King Mongkut's Institute of Technology Ladkrabang ผศ.บพ.จรรย์ศ จินตนาดีลก คณะแพทยศาสตร์สถาบันเทคโนโลยี พระจอมเกล้าเจ้าคุณทหารลาดกระบัง</p>
	<p>Physical Activity in Elderly การเคลื่อนไหวร่างกายในผู้สูงอายุ</p>	<p>Associate Professor Atchara Purakom, PhD, Head of Holistic Innovative Physical Activity Learning Center for Older Adults, Faculty of Education and Development Sciences, Kasetsart University รศ. ดร.อัจฉรา ปุระกอม หัวหน้าศูนย์นวัตกรรมการเรียนรู้กิจกรรม ทางกายผู้สูงอายุแบบองค์รวม ภาควิชาพลศึกษาและกีฬา คณะศึกษาศาสตร์และพัฒนศาสตร์ มหาวิทยาลัยเกษตรศาสตร์</p>
<p>09.00-09.30</p>	<p>Power of Multi-disciplinary and Multi-Cultural Partnership พลังของความร่วมมือแบบสหสาขาวิชาและพหุวัฒนธรรม</p>	<p>Moderator : Ornicha Thititagul, MD DipIBLM, Department of Preventive and Social Medicine Faculty of Medicine Siriraj Hospital, Mahidol University ผู้ดำเนินรายการ : พญ.อรนิชชา ฐิติถากุล ภาควิชาเวชศาสตร์ป้องกัน และสังคม คณะแพทยศาสตร์ศิริราชพยาบาล มหาวิทยาลัยมหิดล</p>
	<p>Lifestyle Medicine – the Challenges for Multi-disciplinary and Multi-Cultural Partnership – ONLINE เวชศาสตร์วิถีชีวิต – ความท้าทายของความร่วมมือแบบสหสาขาวิชาและพหุวัฒนธรรม</p>	<p>Wayne S.Dysinger, MD, MPH, Current Chair of the LMGGA Advisory, Founding Member and Past Chair of both IBLM and ABLM, Founding Member & Past President of the ACLM บพ.เวย์น เอส.โตซิงเกอร์ ประธานคณะกรรมการที่ปรึกษา Lifestyle Medicine Global Alliance สมาชิกผู้ก่อตั้งและอดีตประธานบอร์ดอเมริกันและบอร์ด นานาชาติของเวชศาสตร์วิถีชีวิต สมาชิกผู้ก่อตั้งและอดีตประธาน วิทยาลัยเวชศาสตร์วิถีชีวิตแห่งสหรัฐอเมริกา</p>





09.30-09.55	<p>Physical Activity Epidemiology and Promotion : Past and Current Situation ระบาดวิทยาและการส่งเสริมกิจกรรมทางกาย: สถานการณ์ในอดีตและปัจจุบัน</p>	<p>Chair: Assistant Professor Yuthana Udomporn, MD, Dean, College of Sports Science and Technology, Mahidol University ประธาน: ผู้ช่วยศาสตราจารย์ นพ.ยุธนา อุดมพร คณบดีวิทยาลัยวิทยาศาสตร์และเทคโนโลยีการกีฬา มหาวิทยาลัยมหิดล</p>
	<p>The Overview: The Promotion of Physical Activity at the National Level ภาพรวม: การส่งเสริมกิจกรรมทางกายในระดับประเทศ</p>	<p>Pairoj Saonuam, MD PhD, Deputy CEO, Thai Health Promotion Foundation ดร.นพ.ไพโรจน์ เสาณรงค์ รองผู้จัดการกองทุนสนับสนุนการสร้างเสริมสุขภาพ (สสส.)</p>
09.55-10.20	<p>Physical Activity in Children กิจกรรมทางกายในเด็ก</p>	<p>Assistant Professor Areekul Amornsriwatanakul, PhD, College of Sports Science and Technology, Mahidol University ผู้ช่วยศาสตราจารย์ ดร.อารีกุล อมรศรีวัฒนกุล วิทยาลัยวิทยาศาสตร์และเทคโนโลยีการกีฬา มหาวิทยาลัยมหิดล</p>
10.20-10.35	<p>Coffee Break เบรกกาแฟ</p>	
10.35-11.00	<p>Physical Activity in Adults and Elderly กิจกรรมทางกายในผู้ใหญ่และผู้สูงอายุ</p>	<p>Associate Professor Piyawat Katewongsa, PhD, Director, Thailand Physical Activity Knowledge Development Centre (TPAK), Institute for Population and Social Research, Mahidol University รองศาสตราจารย์ ดร.ปิยวัฒน์ เกตุวงศา ผู้อำนวยการศูนย์พัฒนาองค์ความรู้ด้านกิจกรรมทางกายประเทศไทย (ทีแพค) สถาบันวิจัยประชากรและสังคม มหาวิทยาลัยมหิดล</p>
	<p>Promotion of Physical Activity in Different Settings การส่งเสริมกิจกรรมทางกายในบริบทต่าง ๆ</p>	<p>Co-Chairs: Associate Prof. Sonthaya Sriramatr, PhD., Faculty of Physical Education, Srinakharinwirot University/ Assistant Prof. Areekul Amornsriwatankul, College of Sports Science and Technology, Mahidol University ประธานร่วม: รองศาสตราจารย์ ดร.สนทยา สีละมาต คณะพลศึกษา มหาวิทยาลัยศรีนครินทรวิโรฒ / ผู้ช่วยศาสตราจารย์ ดร.อารีกุล อมรศรีวัฒนกุล วิทยาลัยวิทยาศาสตร์และเทคโนโลยีการกีฬา มหาวิทยาลัยมหิดล</p>





11.00-11.30	<p>Promotion of Physical Activity in Community Setting and National Campaigns การส่งเสริมกิจกรรมทางกายในชุมชนและการรณรงค์ระดับชาติ</p>	<p>Satit Pitutacha, PhD, Former Deputy Minister of Public Health ดร.สาธิต ปิตุเตชะ อดีตรัฐมนตรีช่วยว่าการกระทรวงสาธารณสุข</p>
11.30-12.00	<p>Promotion of Physical Activity in Workplace Setting การส่งเสริมกิจกรรมทางกายในสถานที่ทำงาน</p>	<p>Associate Professor Sonthaya Sriramatr, PhD., Faculty of Physical Education, Srinakharinwirot University รองศาสตราจารย์ ดร.สุนธยา สีละมาต คณะพลศึกษา มหาวิทยาลัยศรีนครินทรวิโรฒ</p>
12.00-13.00	<p>Lunch อาหารกลางวัน LUNCH SYMPOSIUM สัมมนาวิชาการช่วงพักกลางวัน Sponsored by I.C.C. INTERNATIONAL PLC. สนับสนุนโดย บริษัท ไอ.ซี.ซี. อินเตอร์เนชั่นแนล จำกัด (มหาชน) LIFESTYLE MEDICINE AND THE PREVENTION OF BREAST CANCER</p>	<p>Dr.Saranya Ngamrassamiwong, MD DipIBLM, Diagnostic Radiologist, Director of Oncology Imaging Center and Nuclear Medicine Clinic, Wattanosoth Cancer Hospital เวชศาสตร์วิถีชีวิตและการป้องกันมะเร็งเต้านม พญ.ศรัณยา งามรัมย์วงศ์ ผู้อำนวยการศูนย์รังสีวินิจฉัยและเวชศาสตร์นิวเคลียร์วัดโนสอ</p>
13.00-15.30	<p>Workshop : Lifestyle Medicine: The New Frontier of Clinical & Business Innovation การอบรมเชิงปฏิบัติการ: เวชศาสตร์วิถีชีวิต – พรหมแดนใหม่ของนวัตกรรมคลินิกและธุรกิจ</p> <p>How Prevention, Personalization, and Transformation Will Power Tomorrow's Leading Clinics เหตุผลที่เวชศาสตร์วิถีชีวิตสอดคล้องกับโมเดลธุรกิจในปัจจุบันและอนาคต</p>	





13.00-15.30	<p>Hosted by The Thai Lifestyle Medicine & Wellbeing Association (TLWA) + INSIGHT360 Executive Roundtable จัดโดยสมาคมเวชศาสตร์วิถีชีวิตและสุขภาพะไทย (TLWA) และ อินซายท์360 เอ็กเซคูทีฟ ราวน์ดเทเบิล</p>	
	<p>How Lifestyle Medicine Matches the Business Model of Today and Tomorrow เวชศาสตร์วิถีชีวิตสอดคล้องกับโมเดลธุรกิจในปัจจุบันและอนาคตอย่างไร</p>	<p>Anthony Jude Tan, Founder & Managing Director, AJT Wellity Asia, TLWA Advisor, Vice-Chairman, Unik Holdings (Vietnam), Director & CEO, AG BioMed นายแอนโทนี่ จู๊ด แทน ผู้ก่อตั้งและกรรมการผู้จัดการ เอเจที เวลลิตี้ เอเชีย, ที่ปรึกษา สมาคม TLWA, รองประธาน ยูนิคโฮลดิ้ง (เวียดนาม), ผู้อำนวยการและประธานเจ้าหน้าที่บริหาร เอจี ไบโอมีด</p>
	<p>The Hidden Reason Your Clinic Can't Scale เหตุผลซ่อนเร้นที่ทำให้คลินิกของคุณไม่สามารถขยายตัวได้</p>	<p>Andrew Stotz, PhD, Financial Strategist & Valuation Expert, CEO, A. Stotz Investment Research (ASIR), Former President, CFA Society Thailand ดร.แอนดรูว์ สตีตซ์ นักกลยุทธ์ทางการเงินและผู้เชี่ยวชาญด้านการประเมินมูลค่า ประธานเจ้าหน้าที่บริหาร เอ.สตีตซ์ อินเวสเมนต์ รีเสิร์ช (ASIR) อดีตประธานชมรม CFA ประเทศไทย</p>
	<p>How Aesthetic Medicine Integrates Into the Core of Lifestyle Medicine การผสานเวชศาสตร์ความงามเข้ากับแก่นของเวชศาสตร์วิถีชีวิต</p>	<p>Dr. Smith Arayaskul, MD, DipIBLM, Founding Board Member of TLWA, Lifestyle & Aesthetic Medicine Specialist, Founder, Smith Arayaskul Clinic, Expert in Healthy Aging & Integrative Beauty นพ.สมิท อารยะสกุล กรรมการก่อตั้งสมาคม TLWA แพทย์เวชศาสตร์วิถีชีวิตและความงาม ผู้ก่อตั้งคลินิกสมิท อารยะสกุล</p>





15.30-15.40	Coffee Break เบรกกาแฟ	
	INSIGHT360 – Premium Roundtable Experience (70 Minutes) อินไซต์360 - ประสบการณ์พรีเมียมราวน์ดเทเบิล (70 นาที) Limited to 10- 20 Seats Only – Advance Registration Required	Moderated by : Anthony Jude Tan ดำเนินรายการโดย นายแอนโทนี่ จู๊ด แทน
15.40-17.00	Deep-Dive Theme “Insight Into the Complexity of Lifestyle Medicine: What Most Clinics Overlook” หัวข้อเจาะลึก “เจาะลึกความซับซ้อนของเวชศาสตร์วิถีชีวิต: สิ่งที่คุณส่วนใหญ่มักมองข้าม”	Panel Experts: • Andrew Stotz, PhD – Financial Strategist & Valuation Expert • Smith Arayaskul, MD – Lifestyle & Aesthetic Medicine Specialist คณะผู้เชี่ยวชาญ ดร.แอนดรูว์ สตีตซ์ นักกลยุทธ์ทางการเงินและผู้เชี่ยวชาญด้านการประเมินมูลค่า นพ.สมิท อารยะสกุล แพทย์เวชศาสตร์วิถีชีวิตและเวชศาสตร์ความงาม





Speaker Information

Denis Pfeiffer, MD

President, Lifestyle Medicine Society of Switzerland



- **Current Positions:** Medical Director of the Department of Lifestyle Medicine at Arlesheim Clinic and Co-Founder & President of the Lifestyle Medicine Society Switzerland.
- **Clinical Leadership:** Leads the first dedicated clinical program for lifestyle medicine in Switzerland.
- **Specializations:** Focuses on internal medicine, nutritional medicine, sports medicine, sleep medicine, and lifestyle medicine.
- **Core Work:** Develops and evaluates lifestyle-based interventions for chronic conditions, focusing on nutrition, physical activity, mental wellbeing, restorative sleep, and substance avoidance.
- **Educational Impact:** Designs and delivers continuing medical education (CME) programs for physicians and helps develop national training curricula.
- **Advocacy & Speaking:** Acts as a frequent national and international speaker, promoting evidence-based prevention, patient empowerment, and sustainable health.

ABSTRACT

Chronic diseases are largely driven by lifestyle-related factors, yet information alone rarely leads to lasting change. The true power of Lifestyle Medicine lies in partnership – between patients and professionals, science and structure, healthcare systems and communities.

This presentation shares real-world patient cases from a structured, medically supervised Lifestyle Medicine program integrated into a clinical setting in Switzerland. The cases demonstrate meaningful improvements in metabolic, functional and mental health outcomes, while also revealing the emotional and practical barriers that make behavior change difficult in everyday life.

Sustainable results were achieved not through advice alone, but through interdisciplinary collaboration, structured programs, long-term follow-up, and professional guidance. These experiences highlight that Lifestyle Medicine must evolve from isolated recommendations toward system-integrated, professionally led models of care.

At the same time, prevention and health literacy must begin early, empowering individuals and communities from childhood onward.

In alignment with the theme “The Power of Partnership,” this session illustrates how collaboration across disciplines, institutions, and cultures can transform Lifestyle Medicine into a scalable, sustainable approach for improving global health.





Speaker Information

Mechelle Acero Palma, MD

President, The Philippine College of Lifestyle Medicine



- BS Biology, Mountain View College
- Master of Management in Hospital Administration, Philippine Christian University
- Doctorate in Public Health (Preventive Medicine), Adventist University of the Philippines (in progress)
- President, Philippine College of Lifestyle Medicine
- Founding President, Lifestyle Medicine Solutions
- Founding Director, Asian Institute of Culinary Medicine
- Secretary, Asian Lifestyle Medicine Council
- President, Remnant Institute Inc.
- Lifestyle Medicine Physician of the Year (2020), Philippine College of Lifestyle Medicine
- Contributor to expert consensus statements and articles published in the American Journal of Lifestyle Medicine and The Filipino Family Physician Journal





Speaker Information

Bruno A. Colontoni, MD

President, The Brazilian College of Lifestyle Medicine



- a physician graduated from the Faculty of Medicine of Marília, with residencies in Internal Medicine and Cardiology at Unicamp, holds a Cardiology Specialist title from the Brazilian Society of Cardiology (SBC) and a Specialist title in Echocardiography from the Department of Cardiovascular Imaging (DIC/SBC).
- He has training in Lifestyle Medicine from Harvard Medical School and is certified as a Lifestyle Medicine Specialist by the International Board of Lifestyle Medicine.
- He is the current president of the Brazilian College of Lifestyle Medicine (2025/26), the creator of the HealPro Lifestyle Medicine program, the founder of the audiovisual project "Meu Coração Saudável" on YouTube, and the author of the book "Viva a Sua Cura."

ABSTRACT

Poor Lifestyle Syndrome (PLS) is proposed as a conceptual syndromic framework aimed at improving the early identification and clinical management of individuals exposed to lifestyle-related determinants of noncommunicable diseases before the onset of established pathology. Traditional risk assessment models often underestimate risk in individuals who present multiple unhealthy behaviors but lack overt clinical disease or abnormal biomarkers. PLS integrates the six foundational pillars of Lifestyle Medicine—physical activity, nutrition, sleep, stress management, social connectivity, and avoidance of toxic substances—into a unified phenotypic construct that reflects cumulative lifestyle insufficiency and its impact on long-term health outcomes. Inspired by the evolution of syndromic classifications such as chronic pain in ICD-11, this proposal emphasizes functional impact, multidimensional assessment, and multidisciplinary intervention rather than isolated risk factors.

The recognition of Poor Lifestyle Syndrome as a syndromic diagnosis may facilitate proactive clinical intervention, improve epidemiological tracking of lifestyle-related health burden, and provide a structured framework for prevention strategies targeting the upstream determinants of chronic diseases.





Speaker Information

Prof. Vanliem Bouaravong, MD, PhD



- Vice-President of the Health Professional Council (HPC) of Lao PDR and Chair of the Medical Professional Board.
- An experienced surgeon and academic in traumatology and orthopedics.
- Medical Degree: Graduated from Rostov-on-Don State Medical Institute, former Soviet Union (1974).
- Specialization: Completed advanced courses in General Surgery (1976).
- Ph.D.: Earned a Ph.D. in Traumatology and Orthopedics from the Moscow Central Institute, Russia (1986).
- Clinical Roles: Served as a surgeon at Mahosot Central Hospital and Chief of the Surgical Unit at Mittaphab Hospital in Vientiane.
- Academic Roles: Lecturer in surgery at the University of Health Sciences, National Institute of Public Health, and other major medical institutes in Laos.
- Leadership: Held various senior leadership roles within the Ministry of Health of Lao PDR

ABSTRACT

The Pillars of Lifestyle Medicine on a Lao Plate: Translating Traditional Food Wisdom

Lifestyle Medicine champions whole-food, plant-predominant eating as a cornerstone for preventing and reversing chronic disease. This presentation argues that traditional Lao cuisine offers a complete, practical, and delicious embodiment of this principle. We will move beyond theory to analyze specific, everyday dishes, demonstrating how their composition aligns perfectly with evidence-based nutritional science.

The Lao meal is a symphony of fresh, minimally processed ingredients. Dishes like “Laap” (meat or fish salad), finely chopped or minced “salad” of meat (chicken, duck, beef, pork) or fish, heavily seasoned with herbs, lime juice, “Gaeng Nor Mai” (Bamboo Shoot Soup) showcase a broth-based, vegetable-forward dish rich in fiber and phytonutrients. “Yaam salad” (Lao Vegetable Salad) is not a mere side but a main event, featuring a diverse array of raw and blanched local greens and herbs, dressed with lime and fermented fish sauce, providing a powerhouse of vitamins, minerals, and live enzymes. The world-renowned “Tam Mak Hoong” (Papaya Salad) combines shredded green papaya, tomatoes, green beans, and chilies, creating a low-glycemic, high-fiber, and antioxidant-rich dish that exemplifies hyper-local, plant-centric eating. Even protein-centric dishes follow a holistic template. “Mok Pa” (Steamed Fish in Banana Leaves) gently steams freshwater fish with lemongrass, galangal, and kaffir lime leaves, infusing it with anti-inflammatory herbs and avoiding inflammatory cooking oils. Luang Prabang, a northern former Royal Capital of Lao PDR offers a distinct northern Lao culinary experience characterized by earthy, bitter, and aromatic flavors, featuring unique ingredients from the Mekong River and surrounding forests.

Critically, these dishes rely on fermentation, as seen in the ubiquitous “padaek” (fermented fish sauce), which adds umami depth and probiotics, supporting gut health. This presentation will deconstruct these and other examples, translating their inherent nutritional architecture into actionable strategies for clinicians.





Speaker Information

Bounpheng Philavong MD, MPH, PhD



- Vice-Chair of the Medical Professional Board of the Health Professional Council of Lao PDR.
- Focal Point for ASEAN Healthcare Services Sectoral Working Group (HSSWG) and the ASEAN Joint Coordinating Committee on Medical Practitioners (AJCCM).
- Medical Degree: Faculty of Medicine, Charles University, Czech Republic (1985).
- Master of Public Health (MPH): University of California, Berkeley, USA (1992).
- Doctor of Public Health (PhD): The Johns Hopkins University, USA (1998).
- Director General of the Department of Hygiene and Health Promotion.
- Director of the National Centre for HIV/AIDS and STI.
- Deputy Permanent Secretary of the Ministry of Health.
- Manager of the National Immunization Programme.
- Event: Lifestyle Medicine and Wellbeing World Congress Bangkok 2026 (LMWC Bangkok 2026).
- Presentation Title: "Alignment Between the Six Pillars of Lifestyle Medicine and Traditional Rural Lifestyles in the Lao People's Democratic Republic (Lao PDR): Implications for NCD Prevention and Health Promotion."

ABSTRACT

Lifestyle medicine emphasizes six core pillars—whole-food plant-predominant nutrition, regular physical activity, restorative sleep, stress management, avoidance of risky substances, and positive social connections—to prevent and manage noncommunicable diseases (NCDs). Traditional rural lifestyles in the Lao PDR reflect many of these principles through daily living patterns shaped by agriculture, local food systems, and strong community networks. This study compares the six pillars of lifestyle medicine with common rural Lao practices to identify culturally relevant strategies for health promotion. A qualitative comparative approach was used, drawing on literature, policy documents, and examples of local diets and lifestyles, including consumption of bamboo shoot soup, papaya salad, fish-based dishes, and vegetable soups. Findings suggest strong alignment in plant-rich diets, natural physical activity, and social cohesion.

However, rural communities are increasingly exposed to lifestyle risks such as processed food consumption, tobacco and alcohol use, reduced physical activity, and altered sleep patterns linked to modernization. Integrating beneficial traditional practices into primary health care, community programs, and national NCD strategies may enhance culturally appropriate prevention efforts. Strengthening these approaches within universal health coverage frameworks can support sustainable health promotion while preserving valuable rural Lao cultural practices.

Rural Lao lifestyles already embody several core principles of lifestyle medicine. By reinforcing traditional strengths and addressing emerging risks, Lao PDR can integrate lifestyle medicine into primary health care and community programs to advance Universal Health Coverage, reduce NCD burden, and improve population health outcomes in a culturally appropriate and sustainable manner.





Speaker Information

Prawit Janwantanakul, PT, PhD

President, Thai Council of Physical Therapy, TLWA Advisor



Professor Dr. Prawit Janwantankul graduated a Bachelor degree in Physical Therapy from Mahidol University. He also received a Master degree in Physiotherapy and Doctoral degree in Health Science from University of South Australia, Australia. He has worked as a full-time faculty at Department of Physical Therapy, Faculty of Allied Health Sciences, Chulalongkorn University since 2001.

He has taught mainly in Musculoskeletal physical therapy and clinical reasoning for physical therapists. He has experience in treating individuals with musculoskeletal disorders for over 30 years. His research activities have focused on the prevention of musculoskeletal disorders in workers, particularly neck and low back pain among sedentary workers, and patient-reported outcomes for those with musculoskeletal disorders. In addition to academic work, he also works for the professional bodies in Thailand and abroad. Currently, he has served as the president of Physical Therapy Council, a regulatory body of physical therapy profession in Thailand.

He is an associate editor for Musculoskeletal Science and Practice, an international journal of musculoskeletal physiotherapy, indexed by Scopus, Medline, SCIE, SJR, and SNIP.





Speaker Information

Associate Prof. Sarintip Tantanee, MD



- Acting President and Associate Professor at Naresuan University, Thailand.
- Education: Holds a Ph.D. and M.Eng. in Water Resources Engineering (Khon Kaen and Kasetsart University) and a B.Eng. in Civil Engineering (Chiang Mai University).
- Served as the President of Naresuan University (2022–Present), Director of the Center of Excellence on Energy Technology and Environment (2016–2022), and Dean of the Faculty of Engineering (2010–2018).
- Early Career: Worked as an Engineer for the Electricity Generating Authority of Thailand (EGAT) from 1983 to 1991.
- Decorations: Recipient of numerous Thai Royal Decorations, including the Knight Grand Cordon of the Most Exalted Order of the White Elephant, and the international Order of the Palmes Académiques from the French Government (2024).
- Academic Output: Prolific author with recent publications (2023–2026) in international journals such as Geomatics, Natural Hazards and Risk and Journal of the Knowledge Economy, specializing in machine learning for flood susceptibility and disaster resilienc





Speaker Information

Associate Prof. Suwimol Sapwarobol, PhD



- Head of the Department of Nutrition and Dietetics at the Faculty of Allied Health Sciences, Chulalongkorn University.
- Registered Dietitian Nutritionist (RDN, USA) and a licensed Professional Dietitian in Thailand.
- Committee Member of the Nutrition Association of Thailand under Royal Patronage.
- Doctor of Public Health (Nutrition) from Loma Linda University, USA.
- Academic Leadership: Previously served as the Associate Dean for Academic Affairs.
- Clinical & Metabolic Health: Focuses on metabolic syndrome, non-communicable diseases (NCDs), and medical nutrition therapy.
- Functional Foods: Researches dietary modulation, inflammation, lipid metabolism, and innovative oral nutrition supplements.
- Glycemic Control: Investigates postprandial glycemic responses and evidence-based nutrition strategies.





Speaker Information

Associate Prof. Wuttinun Raksajit, PhD



- Dean and Associate Professor at the Faculty of Veterinary Technology, Kasetsart University in Bangkok, Thailand.
- Academic Leader focused on strengthening veterinary technology education and responding to the evolving needs of the animal health industry.
- Ph.D. in Biochemistry from Chulalongkorn University, Thailand.
- Postdoctoral Fellowships: Completed two years of international research at Uppsala University and the University of Turku, Finland.
- Areas of Expertise: Molecular biology, polymer chemistry, applied biochemistry, and functional biomolecules.
- Animal Health & Food Safety: Developing diagnostic test kits for residue detection in meat products and enhancing health surveillance.
- Biochemical Innovation: Production of biopolymers and bio-based materials for medical and veterinary applications.
- Sustainable Technologies: Researching biosorption technologies and biological systems to support sustainable veterinary practices.

ABSTRACT

Lifestyle Medicine has emerged as a preventive health framework emphasizing behavior- and environment-based interventions to promote long-term health and well-being. Built upon six core pillars: healthy nutrition, physical activity, restorative sleep, stress management, avoidance of harmful substances, and positive social connection. This approach offers a holistic model for health promotion. While originally developed within human healthcare, Lifestyle Medicine is increasingly relevant to animal health-related disciplines, including veterinary technology and veterinary nursing, particularly within higher education. This abstract explores the integration of Lifestyle Medicine principles into university education for veterinary technology, animal health, and veterinary nursing, with a focus on developing future professionals equipped for preventive and sustainable animal healthcare. The six pillars are conceptually linked to essential competencies such as preventive animal health management, animal welfare promotion, responsible antimicrobial use, occupational health and safety, and effective human-animal interaction.

Emphasis is placed on cultivating students' professional values, ethical awareness, resilience, and holistic thinking alongside technical competencies. Within higher education, Lifestyle Medicine provides a structured framework for curriculum development, competency-based training, and interdisciplinary learning aligned with One Health principles. Veterinary technologists and veterinary nurses play critical roles in translating lifestyle-based strategies into routine animal care, client education, and long-term health monitoring. Embedding Lifestyle Medicine into academic curricula supports a shift from treatment-oriented models toward preventive and holistic animal health management, strengthening animal health services, enhancing animal welfare standards, and contributing to the development of sustainable animal health systems while supporting the well-being and professional readiness of future graduates.





Speaker Information

Assoc. Prof. Cholatip Pongskul, MD



- Associate Professor of Medicine at Khon Kaen University (KKU).
- Assistant to the President for Strategic Plan Monitoring and Key Initiatives, KKU.
- Acting Director of the Wellness Administration and Innovation District Center, KKU.
- Consultant for the Thai Transplant Society and Administrative Board member of the Thai Wellness Association.
- Medical Degree: Bachelor of Medicine (1988).
- Board Certifications: Certified in Internal Medicine (1992) and Nephrology (1998) by the Thai Medical Council.
- International Experience: Visiting scholar in Nephrology at the University of Missouri, Columbia, USA (1995).
- Research: Completed training in research methodology and clinical epidemiology at KKU (2003).
- Acting director of wellness administration and innovation district, KKU

ABSTRACT

NCDs, mental health challenges, and unhealthy lifestyle behaviors among university students and staff are increasingly recognized as structural threats to human capital development, productivity, and long-term national competitiveness.

Higher education institutions (HEIs) are uniquely positioned to serve as “living laboratories” for Lifestyle Medicine (LM), combining education, service delivery, research, and community engagement.

However, most LM initiatives in universities remain fragmented—limited to curriculum components, wellness campaigns, or isolated clinical services—without systemic integration into innovation ecosystems or regional development strategies.





Speaker Information

Assistant Prof. Tewin Tencomnao, PhD **ABSTRACT**



- Doctorate: Ph.D. in Biochemistry and Molecular Biophysics from Virginia Commonwealth University, USA (2001).
- Undergraduate: Bachelor of Science in Medical Technology from Chulalongkorn University, Thailand (1993)
- Neuroprotective Agents: Investigating the effects of herbal extracts (e.g., Tiger Milk Mushroom, Agarwood, and Wild Mango) against Alzheimer's disease, glutamate-induced toxicity, and neuroinflammation.
- Anti-Aging & Longevity: Utilizing model organisms like *Saccharomyces cerevisiae* (yeast) and *Caenorhabditis elegans* (nematodes) to study lifespan extension and stress resistance.
- Traditional Medicine: Analyzing the molecular mechanisms and medicinal properties of Thai traditional herbs.
- Modern Health Challenges: Researching natural compounds and drug repurposing for COVID-19 and urban air pollutant toxicity.

Ageing plays a major role in the development of neurodegenerative diseases and a major challenge is the lack of effective therapies. At the cellular level, hallmark processes of ageing like oxidative stress, chronic inflammation, mitochondrial dysfunction, impaired proteostasis, genomic instability, and dysregulated cell death mechanisms, contribute significantly to this disease pathology.

Natural compounds, such as flavonoids, polyphenolics, polysaccharides, and so on, have shown the ability to modulate these mechanisms, providing neuroprotection with reduced toxicity.

Many of these pathways are not only relevant in neuroprotection but also in other age-related diseases, this highlights that the molecular mechanisms are of great importance and that they could be exploited for therapy.

The modifying role of natural compounds on key ageing hallmarks in neurodegeneration and ageing context are presented and still undergoing, and the mechanistic insights with potential translational applications are also emphasized.

Understanding these pathways may guide future translational and therapeutic research across multiple ageing-associated diseases.





Speaker Information

Nipat Bock Pichayayothin, PhD



- Associate Dean (Academic Affairs) and Lecturer in Developmental Psychology at the Faculty of Psychology, Chulalongkorn University.
- Director of the Developmental Psychology Program (since 2018).
- Head of Life Transition and Psychology of Time Research Group.
- Ph.D. in Life-Span Developmental Psychology – West Virginia University, USA (2014).
- M.S. in Life-Span Developmental Psychology – West Virginia University, USA (2013).
- M.A. in Developmental Psychology – Chulalongkorn University, Thailand (2009).
- Role Model Recognition (2025) under the "SY-Synergy" category.
- Philip E. Comer Award for outstanding graduate teaching assistant (2014).
- Recipient of multiple research grants from Chulalongkorn University and private sectors like AP Thailand

ABSTRACT

This presentation adopts a lifespan developmental psychology perspective to challenge decline-based views of aging. Empirical research on positive aging will be discussed to demonstrate that older adults' resources can be maintained and meaningfully utilized, highlighting the potential of aging populations as social and human capital.

The presentation will also introduce psychological and interdisciplinary intervention programs that promote intergenerational understanding and relationships. These initiatives focus on rethinking aging, reducing ageism, and fostering positive attitudes toward older adults. Together, these approaches illustrate how a lifespan developmental perspective can inform research, practice, and policy, while encouraging society to recognize the value of older adults and embrace them as active contributors to society.





Speaker Information

Tin Maung Htwe, MD

Medical Journalist, Writer, and Art Critic



- MBBS
- Young Officer Course (Military Training)
- International Journalist Training Course

Professional Experience:

- Medical Officer, National Service Militarian, Ministry of Defense (1982–1985)
- Assistant Surgeon, Myanmar Oil and Gas Enterprise Hospital, Ministry of Energy (1985–1992)
- Township Medical Officer, Kyaukkyi Township, Ministry of Health (1992–1994)
- Stational Medical Officer, Zeyawaddy Township, Ministry of Health (1994–1999)

Editorial Roles:

- Editor, Ziwaka Health Magazine (1999–2003)
- Editor, Family Magazine; Yoke Shin Thitsa; Sarana Magazine
- Chief Editor, Health Digest Journal
- Consulting Editor, Education Digest Journal

Professional Affiliations:

- Former President, Writers' Society, Myanmar Medical Association
- Former Central Executive Committee Member, Myanmar Writers' Association
- Executive Member, Myanmar Writers' Club
- Executive Member, People's Health Foundation

ABSTRACT

Present Situation of Non-Communicable Diseases in Myanmar and the Application of Lifestyle Medicine in Health Practice

Myanmar is experiencing a rapid epidemiological transition, with non-communicable diseases (NCDs) emerging as the leading cause of morbidity and mortality. With a population of approximately 55 million, increasing urbanization, and a growing ageing population, the burden of cardiovascular diseases, diabetes mellitus, chronic respiratory diseases, and cancers has risen significantly. Current estimates indicate that NCDs account for nearly 70% of all deaths in Myanmar, with hypertension and diabetes showing particularly high prevalence. Major contributing factors include unhealthy diets high in salt, sugar, and oil, physical inactivity, tobacco and alcohol use, chronic stress, and poor sleep patterns.

The Ministry of Health Myanmar has taken important steps to address this challenge through the National NCD Strategic Plan, implementation of WHO STEPwise surveillance, tobacco control policies, and the integration of NCD prevention and management into primary healthcare services. Despite these efforts, gaps remain in prevention, early detection, and long-term disease control, particularly in resource-limited and rural settings.

Lifestyle medicine offers a practical, cost-effective, and sustainable approach to complement existing NCD control strategies in Myanmar. By emphasizing healthy nutrition, regular physical activity, stress management, adequate sleep, and avoidance of tobacco and harmful alcohol use, lifestyle medicine addresses the root causes of NCDs rather than symptoms alone. Incorporating lifestyle medicine into routine clinical practice, community health programs, and national health policies has the potential to reduce disease burden, improve quality of life, and decrease healthcare costs.

In conclusion, strengthening the integration of lifestyle medicine within Myanmar's health system is essential for effective NCD prevention and control. Multisectoral collaboration, capacity building of healthcare workers, and community engagement are key to achieving sustainable health outcomes.





Speaker Information

Mrs. Pichaya Mayalarp



- Clinical Sexology: Diploma from the Faculty of Medicine, Thammasat University (2022).
- Master's Degree: Double Degree MBA in Hotel and Tourism Management from Silpakorn University (Thailand) and Perpignan University (France) (2008).
- Bachelor's Degree: Bachelor of Arts in Hospitality Management from Kasetsart University (2004).
- Montessori Training: Completed multiple AMI Montessori orientations and workshops for ages 0-3 and 3-6 (2020–2024)
- Daisy Ray Company Limited (January 2020 – Present): Owner and Executive Management overseeing various entities including Daisy Learning Garden, Daisy Ray Montessori, and Café Ray.
- Designs curricula for Daisy Ray Montessori.
- Teaches Montessori learning groups for parents and toddlers (12-36 months).
- Provides adult training for educators and nannies.
- D.M. Intercommunication Co., Ltd. (Feb 2013 – July 2014): Served as Managing Director and Board Member for TV production and PR consultancy.
- Royal Paragon Hall (Aug 2008 – Jan 2013): Progressed from Business Development Executive to Business Development Manager.





Speaker Information

Waraporn Phakdeewong

Speaker and trainer for teachers, parents and children



Education

- Bachelor's Degree in Children's Literature, Srinakharinwirot University
- Teaching Certificate, Arsomsilp Institute of the Arts

Current Positions

- Head Teacher, Factory School, Samut Prakan
- Founder of COOLKanink Studio and owner of the COOLKanink page

Professional Experience

- Part-time teacher at Lovell International School / Daisy Ray Montessori / Nok Noi Kindergarten
- Workshop facilitator in collaboration with child-focused organizations such as TK Park, PlanToys, Sandclock, Jamsai Kids, Plan for Kids, Darunbannalai Library, TCDC, and Thaicom Foundation





Speaker Information

Patcharee Wetchayanwivat, PhD



- Leadership: Served as a school principal for 28 years.
- Academic Roles: Research guide for Master's students at Suan Sunandha Rajabhat University.
- Evaluator: Assessor of professional standards for government teachers and personnel.
- Associations: Served as Secretary of the Association of Private Educational Administrators, Pathum Thani.
- NLP & Hypnotherapy: Master Practitioner of Neuro-Linguistic Programming (Society of NLP, USA) and Certified Hypnotherapist (NGH, USA).
- Certified Coaching: Professional Certificate Coach (ICF) and Action Learning Coach (WIAL).
- Psychotherapy: Trained in Basic Satir Psychotherapy and Neuroscience/Satir Model in Sandtray.
- 2025: Received the "Private School Teacher" Award from the Ministry of Education, the "Phra Phruhatsabodi" Award, and the "Pathum Khurukunakorn" Award.
- 2025: "Best Practice Award" in Early Childhood Education Management from the Ministry of Education.
- 2023-2024: Multiple First Prize and Excellence Awards for "Best Practice" in Internal School Supervision and Educational Management under the IFTE project.
- Historical Honors: "Good Teacher" Award (2011) and Educator Benefit Award (2010)





Speaker Information

Associate Prof. Beth Frates, MD

Immediate Past President American College of Lifestyle Medicine (ACLM)



- **Expertise and Academic Roles:** She is a trained psychiatrist and health and wellness coach specialized in Lifestyle Medicine. She serves as an Associate Professor, Part-Time, at Harvard Medical School and is an award-winning teacher at the Harvard Extension School.
- **Leadership and Pioneering:** As a pioneer in the field, she created the first Lifestyle Medicine Interest Group at Harvard Medical School in 2008. She served as the President of the American College of Lifestyle Medicine from 2020 to 2024 and is currently the Immediate Past President.
- **Certification and Curriculum Development:** She was an item writer for the inaugural American Board of Lifestyle Medicine certification exam. She developed the Lifestyle Medicine 101 college curriculum and a specialized program for middle and high school students.
- **Publications:** Dr. Frates has co-authored several key texts, including The Lifestyle Medicine Handbook, The Teen Lifestyle Medicine Handbook, and The Lifestyle Medicine Pocket Guide.
- **Recent Works:** In 2024, she co-edited Essentials of Clinical Nutrition in Healthcare, following her 2023 work co-editing Empowering Behavior Change in Patients.





Speaker Information

Claire Kelly

Director of Teaching and Training – Oxford Mindfulness



Claire is the Director of Teaching and Learning at the Oxford Mindfulness Foundation, where she develops and delivers evidence-based mindfulness programmes for a wide range of public and professional settings. With a background in education and leadership, she spent over 25 years teaching and leading teams before specialising in mindfulness. Claire holds a Master's in Mindfulness-Based Cognitive Therapy from the University of Oxford and has worked extensively with organisations including the UK National Health Service, University of Cambridge, University of Oxford, University College London, King's College London, and Hong Kong University and the Chinese-speaking University of Hong Kong. She has also offered mindfulness-based training in UK, USA, Thailand, Singapore and China.

ABSTRACT

Many of the decisions that shape health, local communities, and global outcomes are made not through careful reflection, but under stress, fatigue, urgency, and reactivity. From daily lifestyle choices to clinical judgments and policy decisions, unconscious patterns of reactivity quietly influence our collective future. Mindfulness improves decision-making by creating a brief pause between impulse and action. In that pause, we become aware of emotions and habits that would otherwise drive our behaviour automatically. This makes it easier to choose responses that reflect values, long-term goals, and consequences, rather than short-term reactions.

This presentation reframes mindfulness not as a wellbeing technique, but as a decision-shaping capacity that alters how choices are made. Drawing on neuroscience and behavioural evidence, it explores how stress narrows perception and biases judgment, while mindfulness strengthens self-regulation, cognitive flexibility, and tolerance of uncertainty - key capacities for effective decision-making in complex systems.

We explore how and why the future does not arrive all at once, but is shaped moment by moment through everyday choices. Strengthening present-moment awareness offers a practical pathway to more sustainable individual, local, and global futures.





Speaker Information

Ms. Saisampan Pan-yasiri



- Education: Background in Nursing (Bangkok Nursing College) and Management (MMP).
- 1972–1978: Registered Nurse and Recreational Supervisor at the Queen Sirikit National Institute of Child Health.
- 1979–1996: Held various executive roles at Pan Cosmetic Co., Ltd., peaking as Director of the Service Bureau.
- 1996–Present: Key leader at Sathira Dhammasathan, currently serving as the President of the Foundation.
- Managed numerous social development and mindfulness projects (e.g., "Heart of a Mother, Heart of a Bodhisattva") supported by ThaiHealth and the Thai Media Fund.
- 2023: "Bodhi Gold Exemplar" for contributions to Buddhism.
- 2025: Thailand Moral Awards (Moral Organization category) for sustaining the legacy of Mae Chee Sansanee Sthirasuta.

ABSTRACT

“Mindfulness: The Quiet Power That Transforms Life”

Mindfulness is the beginning of a happy life. In today’s world, filled with speed, pressure, and uncertainty, mindfulness – being fully aware – gently brings us back to ourselves, into the present moment. It allows us to pause from the outer world and return to our inner world, opening a space where true happiness can arise. It is a moment that helps us know ourselves more deeply and learn from life as it truly is. No matter our background, age, beliefs, or culture, we all share the same wish: to be happy. No one wishes for suffering. Happiness is universal, and it quietly grows from within, when we are aware and present in this moment.

The simplest and closest place to begin is the breath. The breath is always with us. When we gently return to the breath, again and again, we begin to feel calmness, coolness, and lightness within. This quiet power does not call attention to itself, yet it slowly transforms the way we think, the way we see life, and the way we live – bringing value and benefit to ourselves and to others.

In daily life, a complete life is a life of movement. We can cultivate mindfulness in every form – through standing, walking, sitting, and lying down, and also through activities and the arts. In this way, awareness gently flows into everyday life and becomes something we truly live. When mindfulness is present in real life, it becomes an inner refuge – supporting us to stand steady, gentle, and able to meet every situation with calmness and wisdom.

This is the quiet power that transforms life.





Speaker Information

Prof. Chawanun Charnsil, MD



- Current Position: Professor of Psychiatry at the Faculty of Medicine, Chiang Mai University, Thailand.
- Medical Qualifications: Holds a Doctor of Medicine from Khon Kaen University and is board-certified in both Psychiatry and Child and Adolescent Psychiatry.
- Professional Leadership: Served as the President of the Psychiatric Association of Thailand and the President of the Royal College of Psychiatrists of Thailand.
- Clinical Roles: Previously served as the Head of the Inpatient and Academic Departments at Khon Kaen Neuropsychiatric Hospital.
- Key Research Areas: His work focuses on schizophrenia, bipolar disorder, ADHD, autism, and metabolic syndrome in psychiatric patients.
- Specialized Treatments: Involved in neuromodulation research, specifically repetitive transcranial magnetic stimulation (rTMS).





Speaker Information

Assoc. Prof. Wanida Paoin, MD

Pediatrician, Director of Child Protection Unit, Thammasat University Hospital.



More than 700 speaking engagements in child protection, domestic violence, parenting and caregiving, pediatric pulmonology, palliative care, communication skills, and personal and team development

- Doctor of Medicine, Faculty of Medicine, Chulalongkorn University
- Diploma in Pediatrics, Thai Board of Pediatrics
- Fellowship in Pediatric Respiratory Diseases and Pediatric Intensive Care, Ramathibodi Hospital, Mahidol University
- Short Course in Child Maltreatment, Children's Hospital, San Diego, USA
- Certificate of Facilitator Course (SEM – Spirit in Education Movement)
- Diploma in Clinical Sexology, Faculty of Medicine, Thammasat University

Professional Experience:

- Director, Child Protection Unit, Thammasat University Hospital
- Member of subcommittees on child protection services and interdisciplinary child protection, Ministry of Social Development and Human Security
- Physician, Palliative Care Unit, Thammasat Thammaruk Hospice, Thammasat University Hospital
- Committee member, Healthy Child, Youth, and Family Promotion Plan, Thai Health Promotion Foundation

ABSTRACT

Parents with strong minds help their children grow up well. At the same time, parents themselves become strong-minded when they believe their children can live good lives as adults in a changing and uncertain world. To become this kind of parent, just do 'LESS'—so children can gain more inner ability to handle a fast-moving world.

Do LESS:

- Let them be themselves, do things and solve problems appropriate to their age, so they can reach their full potential.
- Enjoy moments with your kids—their happy brains absorb and learn things quickly.
- Provide a Secure relationship and environment.
- Support both success and failure—both are essential for growth.

By doing LESS, children gain more:

- Adaptability, and the ability to move forward with a sense of opportunity rather than fear of failure when things change.
- Empathy, and the ability to connect with others.
- A love of learning, and the motivation to keep up with new ideas and skills.

By stepping back with intention, strong-hearted parents help their children step forward with strength.

Keywords Strong Hearts, Modern Parents





Speaker Information

Tanita Watprasong, PhD, DiplBLM

Executive Board Member and Secretary of
The Thai Lifestyle Medicine and Wellbeing Association.



- Psychologist, Ph.D. | MBCT Therapist | Psychology and Wellness Educator | Sexologist
- Certified in Mindfulness-Based Cognitive Therapy (Oxford Mindfulness, UK)
- Ph.D. in Counseling Psychology | MSc in Anti-Aging and Regenerative Medicine | DiplBLM | Clinical Sexology
- DPU Pride Award 2025 for academic & research excellence
- 10+ years in yoga & mindfulness teaching
- Integrates psychology, mindfulness & lifestyle medicine for holistic health
- Live Practice: 3-Step Breathing Space from MBCT to Nurture a Prosocial Mindset

ABSTRACT

The Art of Sustainable Happiness reframes happiness as a learnable, evidence-based life skill rather than a fleeting emotional state. Grounded in positive psychology, this session explores how well-being can be cultivated intentionally and sustained over time—supporting both mental and physical health.

Drawing on the PERMA model—Positive Emotion, Engagement, Relationships, Meaning, and Accomplishment—the talk highlights core psychological mechanisms that enable individuals to flourish. Central to the session is the concept of the “upward spiral” of well-being, where positive emotions strengthen resilience, motivation, healthy behaviors, and social connection, creating lasting benefits beyond momentary pleasure.

Mindfulness is briefly acknowledged as a supportive capacity that enhances awareness and presence, helping individuals notice and maintain positive experiences. Guided mindfulness practice, however, is intentionally reserved for a separate experiential session later in the program.

This session is designed offering a clear, science-based roadmap for cultivating happiness that endures.





Speaker Information

Puntarik Srisawart, MD

Sleep medicine, general psychiatry, cognitive behavioral therapy (CBT), and CBT for insomnia (CBTi)



- Doctor of Medicine (Second Class Honors), Chiang Mai University
- Diplomate, Thai Board of Psychiatry, The Medical Council of Thailand
- Research Fellowship, Sleep Disorders Center, Cleveland Clinic, USA
- Resident Observer, Stanford Sleep Medicine Center, Stanford University, USA
- Observer in Geriatric Psychiatry and Obsessive Compulsive Disorder, Kyoto Prefectural University of Medicine
- Diploma of the Thai Subspecialty Board of Psychiatric Sleep Medicine

Professional Experience:

- Psychiatrist, King Chulalongkorn Memorial Hospital
- Sleep Psychiatrist, Excellence Center for Sleep Disorders, King Chulalongkorn Memorial Hospital
- Instructor, Department of Psychiatry, Faculty of Medicine, Chulalongkorn University
- Former Psychiatrist, Ratchaburi Hospital
- Former Psychiatric Resident, King Chulalongkorn Memorial Hospital
- Former Internist, Loei Hospital

ABSTRACT

Sleep is the result of both biological processes and learned behaviors, shaped by genetic factors, biological mechanisms, daily routines, habits, training, and environmental influences. Insomnia is a common condition, with insomnia symptoms affecting approximately 30–35% of the general population, while chronic insomnia disorder occurs in about 10%. Insomnia symptoms are often related to sleep habits that are misaligned with an individual's natural sleep characteristics, which vary across individuals. The pathophysiology of insomnia involves a state of hyperarousal during both daytime and nighttime.

Research on the impact of insomnia symptoms and chronic insomnia disorder shows that individuals with insomnia commonly experience difficulties in emotional regulation, behavioral expression, decision-making, learning processes, and overall quality of life. Insomnia is also associated with an increased risk of chronic health conditions, including cardiovascular disease, mental health disorders, and substance use disorders.

Evidence demonstrates that healthy sleep can be trained and modified through evidence-based interventions. Cognitive Behavioral Therapy for Insomnia (CBT-I) is recommended as the first-line treatment for chronic insomnia due to its minimal side effects and superior long-term effectiveness compared with pharmacological therapy. Appropriate management of insomnia is therefore essential for improving quality of life, as sleep serves as a fundamental foundation for overall health and wellbeing.

Keywords insomnia, health impact, quality of life, CBTi





Speaker Information

Samitti Chotsriluecha

Chairman of Scientific Committee, Thai Dietetic Association



- Bachelor of Science (Nutrition and Dietetics) (Second Class Honors)
(Major: Nutrition and Dietetics, Minor: Psychology)
Chulalongkorn University, Thailand
- Certified Dietitian of Thailand (CDT), Thai Dietetic Association
- Registered Dietitian of Thailand
- Diploma in Clinical Epidemiology Center for Clinical Epidemiology & Clinical Statistics
- Faculty of Medicine, Chiang Mai University, Thailand
- 2017– Present Academic Subcommittee of Society of Parenteral and Enteral Nutrition of Thailand
- 2017 – Present Editor and Secretary of Thai Journal of Parenteral and Enteral Nutrition
- 2019 – Present Committee of Thai Dietetic Association
- 2024 – Present Chairman of Scientific Subcommittee of Thai Dietetic Association

ABSTRACT

Plant-based nutrition has gained global recognition for its powerful role in promoting longevity and enhancing quality of life. A healthy plant-based diet emphasizes vegetables, fruits, whole grains, legumes, nuts, and seeds, while minimizing red and processed meats, refined carbohydrates, and ultra-processed foods. Large population studies consistently show that people who follow plant-forward dietary patterns—such as vegetarian, vegan, Mediterranean, or DASH-style plant-rich diets—experience lower all-cause mortality and reduced risk of non-communicable diseases, including cardiovascular disease, type 2 diabetes, obesity, and certain cancers. These patterns are associated with longer life expectancy and healthier aging.

The benefits arise from multiple biological mechanisms. Plant foods are rich in dietary fiber, antioxidants, polyphenols, and essential micronutrients that reduce chronic inflammation, improve insulin sensitivity, support gut microbiota diversity, and lower oxidative stress. High fiber intake promotes cardiometabolic health by improving lipid profiles and blood glucose regulation. Meanwhile, phytochemicals from colorful fruits and vegetables protect cells from damage and slow age-related decline. Importantly, plant-based nutrition also supports quality of life. Individuals often report better energy levels, improved digestive health, and healthier body weight. Long term, these dietary patterns help preserve physical function and cognitive health, enabling greater independence in older age.

A healthy plant-based diet does not require complete elimination of animal products. Rather, it encourages making plants the foundation of every meal, choosing whole and minimally processed foods, and ensuring adequate intake of protein, vitamin B12, iron, calcium, and omega-3 fatty acids. By prioritizing plant-based eating, individuals can meaningfully reduce mortality risk while supporting sustainable health, vitality, and well-being across the lifespan.





Speaker Information

Patnapa Srichomchey, PhD, DipIBLM

RD, CDE, PhD in Integrative Medicine, DipIBLM



- Director of the Center of Lifestyle Management and Education at VIMUT-Theptarin Hospital.
- Vice President of the Thai Dietetic Association.
- Credentials: RD (Registered Dietitian), CDE (Certified Diabetes Educator), PhD in Integrative Medicine, and DipIBLM (Diplomate of the International Board of Lifestyle Medicine).
- Ph.D.: Integrative Medicine (International Program) from Chulabhorn International College of Medicine, Thammasat University (2022).
- Master's Degree: M.Sc. in Food & Nutrition for Development (Nutrition and Dietetics) from Mahidol University (2005).
- Bachelor's Degree: B.Sc. in Medical Technology from Mahidol University (2001).
- Registered Dietitian (RD) since 2021.
- Certified Diabetes Educator (CDE) since 2016.
- Diplomate of the International Board of Lifestyle Medicine (DipIBLM)

ABSTRACT

Nutrition is a foundational pillar of Lifestyle Medicine, playing a mechanistic role in the prevention, attenuation, and potential reversal of non-communicable diseases. Evidence supports that a whole-food, plant-predominant eating pattern—emphasizing minimally processed foods rich in dietary fiber and phytonutrients, reducing the intake of added sugars and refined grains, limiting saturated fats, and selecting protein sources that support the preservation of lean body mass—can improve metabolic outcomes.

These include enhanced insulin sensitivity, reduced chronic low-grade inflammation, lower LDL cholesterol and triglyceride levels, and increased diversity of the gut microbiota. Collectively, these mechanisms are associated with reduced risk of cardiovascular disease, type 2 diabetes, and metabolic syndrome. In daily practice, these principles can be implemented through a structured “healthy plate” model—half the plate consisting of vegetables, one-quarter whole grains, and one-quarter high-quality protein—alongside nutrition label literacy to reduce added sugars, saturated fats, and sodium intake.

When integrated with the other pillars of Lifestyle Medicine—regular physical activity, restorative sleep, stress management, positive social connection, and avoidance of harmful substances—nutrition serves as the foundation of sustainable health, supporting disease prevention, functional restoration, and long-term quality of life.

Keywords: Lifestyle Medicine; Plant-Predominant Nutrition; Healthy Plate Model; Metabolic Health; Cardiometabolic Risk





Speaker Information

Boontriga Lewchalermwongse



- PhD candidate in Counseling Psychology, Assumption University (GPAX 4.00)
- M.A. in Counselling Psychology, Chulalongkorn University
- B.Sc. in Psychology, Chulalongkorn University
- Graduate/Diploma training in CBT, Clinical Sexology, and Sexual Medicine from Chulalongkorn University and Thammasat University
- Professional Experience:
- Counseling psychologist and CBT therapist in hospitals, universities, and clinics
- Experience in mental health, youth counseling, sexual health, and gender health services
- Lecturer and supervisor in CBT-related academic programs
- Professional experience from 2015 to present

ABSTRACT

LGBTQ+ people experience stress in ways that differ fundamentally from the general population. This stress does not stem from sexual orientation or gender identity itself, but from social contexts shaped by stigma, marginalisation, and the ongoing need to assess safety in self-expression and interpersonal interactions. Over time, these conditions contribute to chronic stress, heightened vigilance, emotional suppression, and internalised tension, affecting mental health, relationships, and overall well-being.

This talk explores stress as uniquely experienced by LGBTQ+ individuals, drawing on perspectives from psychology and sexology while remaining sensitive to the Thai sociocultural context. It reframes “safe space” not as a physical location or symbolic label, but as a lived psychological and relational experience—one in which individuals are not required to defend, explain, or minimise their identities in order to belong.

Through real-life case examples, the presentation illustrates how the absence of safe spaces shapes cognitive patterns, emotional regulation, and coping responses. The talk concludes with practical, affirming strategies for stress management that foster internal safety, supportive relationships, and environments that reduce psychological threat and promote well-being.

Keywords ...Safe space, ...LGBTQ+, Stress management





Speaker Information

CHEWIN KACHENDECHA



- Profile: A Dietetic Chef focused on balancing nutrition, flavor, and cultural authenticity.
- Approach: Expertly designs dishes using deep knowledge of both Western and Eastern culinary traditions, grounded in food science and committed to health-conscious gastronomy.
- Education: Holds a Master of Science in Nutrition and Dietetic from Mahidol University, Thailand, and a Bachelor of Business Administration in Kitchen and Restaurant Management from Dusit Thani College, Thailand.
- Key Experience:
- CHEF INSTRUCTOR at Dusit Thani College (2017–Present), specializing in Nutrition and Dietetic, Modern Cuisine, and Food Presentation.
- Nutrition and Dietetic Research Manager at Chareon Pokphand Foods (2014–2017), consulting for the Nutrition and Dietetic business line, and developing healthy food products.
- THAILAND COOPERATE CHEF at Sodexo Support Service (2010–2013), planning Therapeutic menus for hospital sites, training staff, and performing menu engineering.

ABSTRACT

This cooking demonstration is designed to provide participants with a comprehensive understanding of the Whole-Foods, Plant-Based (WFPB) Diet by integrating foundational nutrition science with practical culinary techniques. The session begins with an overview of the conceptual framework and guiding principles of the WFPB dietary pattern, emphasizing its reliance on minimally processed plant foods—including whole grains, legumes, vegetables, fruits, nuts, and seeds—as primary sources of nutrients. Attention is given to the evidence supporting the WFPB Diet’s role in promoting metabolic health, reducing chronic disease risk, and contributing to sustainable food systems. Participants will explore criteria for ingredient selection, focusing on nutrient density, culinary versatility, seasonality, and sensory attributes that influence meal quality and consumer acceptance.

Building upon this theoretical foundation, the demonstration highlights essential cooking methods that preserve nutritional integrity while enhancing flavor, texture, and visual presentation. Techniques such as steaming, blanching, dry sautéing, roasting, and low-fat flavor development are examined in relation to their impact on nutrient retention and palatability. Practical strategies for reducing reliance on refined oils, sugars, and processed additives are presented, alongside methods for constructing balanced flavor profiles using herbs, spices, natural acids, and whole-food umami sources. The session also addresses plating principles and aesthetic considerations that support the creation of visually appealing WFPB dishes suitable for both home cooking and professional culinary settings.

Through guided preparation and demonstration of selected recipes, participants gain applied skills and confidence in translating WFPB principles into everyday practice. Overall, the session bridges nutritional science with culinary artistry, equipping attendees with the knowledge and techniques necessary to produce delicious, health-promoting, and culturally adaptable Whole-Foods, Plant-Based meals.

Keywords Whole-foods, Plant-based diet, Healthy cooking





Speaker Information

Prof. Michelle Tollefson, MD

FACOG, DipABLM, FACLM, MSCP



- Specialization: An internationally recognized Obstetrician-Gynecologist (OB-GYN), menopause expert, and Lifestyle Medicine physician.
- Academic Role: Professor at Metropolitan State University of Denver, where she has mentored students for nearly 15 years.
- Editor-in-Chief of Improving Women's Health Across the Lifespan.
- Chair of the International Competencies Committee for the American Board of Lifestyle Medicine.
- Executive Board member of PAVING the Path to Wellness.
- Lead Faculty for the Blue Zones Certification for healthcare professionals.
- Personal Background: A breast cancer survivor who uses her lived experience to bring empathy and authenticity to her clinical work.

ABSTRACT

Midlife is not a decline; it is a powerful doorway to the years when women can feel their strongest, most grounded, and most vibrant. In this engaging and uplifting session, Dr. Michelle Tollefson reframes midlife and the menopause transition as a window of opportunity, a time when small daily choices can redesign a woman's long-term health, happiness, and vitality.

Participants will explore how lifestyle behaviors in nutrition, movement, stress resilience, sleep optimization, and social connection support wellbeing during this important life stage. Through the lens of design thinking and optimal aging, Dr. Tollefson offers a fresh narrative: midlife as a period of renewal, clarity, and possibility.

Women will gain a deeper understanding of how midlife changes influence health for the decades ahead and learn how intentional daily habits can build strength, balance, and confidence. This session invites women to approach the transition with curiosity and optimism as they begin designing their healthiest years yet.





Speaker Information

Prof. Emeritus Kraisd Tontisirin, MD, PhD



- Bachelor of Medicine (2nd Class Honors), Siriraj Hospital, Mahidol University.
- Ph.D. in Nutrition from Massachusetts Institute of Technology (MIT), USA.
- Mahidol University: Served as Professor (Level 11) at Ramathibodi Hospital, Director of the Institute of Nutrition (1991–1999), and Chairman of the University Council (2018–2019).
- United Nations (FAO): Director of the Food and Nutrition Division at FAO headquarters in Rome, Italy (2000–2006).
- Public Service: Current Consultant for the Royal Projects of HRH Princess Maha Chakri Sirindhorn (since 2019) and former Senator (2019–2024).
- National: Outstanding Citizen of Thailand in Social Development (1997) and the Dushdi Mala Medal for Great Eminence (2003).
- International: Received the IUNS Lifetime Achievement Award (2013), a global honor given to only one nutritionist every four years.
- Regional: Awarded the Lifetime Achievement Award by the Federation of Asian Nutrition Societies (2023)

ABSTRACT

Nutrition is fundamental for good health and wellbeing as it is a link between food and health regarding the fulfillment of macro & micronutrients and phyto-nutrients requirements from food in human life course. Nutrition is also a pillar of planetary wellbeing since agri-food systems are major drivers of climate change and ecosystem degradation; sustainable healthy diets offer high impact, cost effective policy leverage. Globally, 673 million (8.2%) people suffer from chronic hunger; 2 b people do not consume enough micronutrients; 2.5 b adults are overweight and 890 obese; significant numbers of children under five suffer from malnutrition; and noncommunicable diseases (NCDs) are main causes of high mortality. At least 5 Sustainable Development Goals (SDGs) are related to planetary wellbeing particularly SDG 13 on climate action affecting ecosystem, food and water security and human health.

Strategies and actions include food-based approach, food and nutrition education, public health services, community-based approach, research and development. Based on population nutrient intake goals, FAO and WHO have been promoting “Healthy Diets” to protect against malnutrition in all its forms, as well as NCDs, and ensures the need for macronutrients and micronutrients are met for all individuals. Principles of healthy diet includes adequate, balanced, moderate and diverse which could be used for nutrition and health promotion in human life course. In this regard, the Food Based Dietary Guidelines (FBDGs) and Food Guides are major tools to be used in health, education and agri-food systems.

Under Thailand National Food Committee, the Management Framework has been developed covering agriculture, food systems and specific outcomes including 1) food and nutrition security, good health & wellbeing, 2) social, culture and tourism, 3) economic opportunity, and 4) environmental sustainability. It is expected that multi-stakeholders, multi-strategies and multi-levels approaches will lead to the success in implementation in a near future.

KeywordsNutrition, health, climates change, healthy diet, planetary wellbeing





Speaker Information

Prof. Yongyuth Yuthavong, PhD



- Current Affiliation: Professor and researcher at the National Science and Technology Development Agency (NSTDA).
- Expertise: Biochemistry and organic chemistry, with a long-standing career in malaria drug research and development.
- Education: Studied Chemistry at London University (First Class Honors) and earned a Ph.D. in Organic Chemistry from Oxford University.
- Former Deputy Prime Minister: Served as Thailand's Deputy Prime Minister overseeing social affairs (2014–2015).
- Awards: Recipient of the "Outstanding Scientist of Thailand" Award, the Nikkei Asia Prize for Science, Technology and Innovation, and the "Person of the Year" Award.
- Royal Medals: Honored with the Dushdi Mala Medal and Silpawitthaya Pin (Pin of Arts and Science).
- Disclosures: Has no relevant commercial relationships or conflicts of interest to disclose

ABSTRACT

Scenarios for the future are drawn, covering society, environment, livelihood, economy, health, education, commerce, politics, technology and innovation.

Preparation for the future is important, especially since our generation will have longer life span than in the past. Will we still attend schools as before? Will there still be cinema theatres and department stores? What will buildings and houses look like? In politics and government, will we still be involved in trying to find the most suitable system of governance? How will the countries of the world be aligned? What will the state of the environment be? How far will humans venture into space – the moon, Mars and beyond? Will there be a beginning of transhumans from technological interventions? Will the world become a single society for rich people across the continents, leaving the rest in pockets of poverty? Will global warming intensify to the extent that many more places in the world are inhabitable, or inundated by perpetual floods? Will education, with new tools enabling distance learning, be accessible to the hungry masses of the world? In looking at the future, we should try to find the answers to these questions and not just be overawed by new happenings.





Speaker Information

Capt. (Ret.) Yongyuth Mayalarp, MD, DiplBLM

President, The Thai Lifestyle Medicine and Wellbeing Association (TLWA)

Deputy Chair, The International Board of Lifestyle Medicine (IBLM), and Representative for Asia



- CEO Wellness Business, Piyavate-Tria Group
- Former Government Spokesman (2006, 2014)
, Former Elected Member of the Thai Medical Council , Bachelor of Medicine and Bachelor of Surgery, University of London, Master of Science in Clinical Tropical Medicine, University of London, Master of Science in Anti-Aging and Regenerative Medicine, Dhurakij Pundit University, American Board of Anti-Aging and Regenerative Medicine, Diploma certifying proficiency in medical practice in the specialty of Preventive Medicine - Public Health and Lifestyle Medicine, the Medical Council of Thailand
- Diploma of the International Board of Lifestyle Medicine and the Korean College of Lifestyle Medicine , English-language Narrator for Live Telecasts of Television Pool of Thailand and Advisor to the Board of Television Pool of Thailand
- Awarded with multiple national honours





Speaker Information

Ms. Siriluck Chienwong

Head of Office of UNFPA Thailand



Ms. Siriluck Chienwong is a highly accomplished professional with over 17 years of experience with the United Nations, specializing in strategic planning, program management, and resource mobilization. In her current position as the Head of Office for UNFPA Thailand, she leads programmatic and operational teams, manages partnerships, and provides advisory support to the government, civil society organizations and other related stakeholders, to promote sexual and reproductive health and rights, maternal and child health, and gender equality. Her career also includes key roles at UN Women, focusing on strategic planning and gender mainstreaming, and at UNDP, where she managed large-scale projects in governance, climate change finance, and development effectiveness in Afghanistan and the Asia-Pacific region. Her expertise spans results-based management, communications, and building strong partnerships with government officials, CSOs, UN agencies, and the private sector. She holds a Master of Science in Public Policy and Management from the University of London and a Master of Arts in European Studies from Chulalongkorn University.





Speaker Information

Prof. Sathirakorn Pongpanich, PhD



Sathirakorn Pongpanich is a professor in Health Economics and currently, is an assistant to the President of Chulalongkorn University. He was a former Dean at the College of Public Health Sciences, Chulalongkorn University. He is regularly invited to be a visiting professor at many universities and School of Public Health around the world and has served as thesis external examiner since 2010. He is the author and editor of 3 books, as well as numerous research articles. He conducted many researches in Public Health for Thailand Ministry of Public Health, Thai Health Promotion Foundation, World Health Organization (WHO) and others. His areas of interest include Sciences, Technologies and Innovations in Public Health, Cost of Treatment of Diseases, National Health Account, Tobacco Reduction Campaign, Negotiation and Public Health Administrations, Free Trade Agreement on Health and etc. He is, as well, known as one of experts in negotiation who is participating in important national and international negotiation arenas and offering negotiation training to health professionals in South and Southeast Asian regions.

ABSTRACT

As urban populations rise, the importance of developing healthy cities cannot be overstated. A healthy city is defined as one that creates physical and social environments that promote the well-being of its residents. This encompasses clean air, green spaces, accessible healthcare, and opportunities for physical activity. Innovations drive the transformation of urban environments towards health-centric models.

Key advancements include smart mobility solutions, such as electric bike-sharing programs, and green infrastructure, including green roofs and vertical gardens, which enhance air quality and reduce urban heat. The integration of health data through Geographic Information Systems (GIS) enables cities to identify health disparities, while telehealth services expand access to healthcare. Successful case studies, such as Copenhagen's carbon neutrality efforts through cycling infrastructure, Barcelona's 'Superblocks' initiative promoting pedestrian spaces, and Boston's collaboration in urban planning for public health, highlight best practices. However, challenges—including health equity, funding limitations, and climate change impact—persist in the pursuit of healthier cities.

Overcoming these challenges requires collaborative efforts among policymakers, health professionals, and communities. By embracing innovative approaches and fostering an inclusive environment, cities can create sustainable, health-promoting spaces for future generations.

This abstract underscores the intersection of urban planning, public health, and innovation in constructing healthier urban landscapes.





Speaker Information

Sharon Hadley, PhD

Chief Executive Officer | Mindfulness Practitioner | Workplace Mindfulness Researcher



Sharon is the Chief Executive Officer at the Oxford Mindfulness Foundation, working with organisations and universities around the world to introduce and implement universal access to mindfulness training. She has a strong focus on workplaces across all sectors, having dedicated the last 10 years to researching the impact of mindfulness in the workplace.

With a business background, her MBA and PhD in Health Economics, Sharon is well-placed to explore and support the role of mindfulness in workplaces and communicate the benefits, whilst also sharing potential challenges and possible approaches to overcome workplace barriers to implementation.

ABSTRACT

CEO Vision: Mindfulness in the Digital World

As mindfulness continues to grow in popularity, digital platforms are increasingly shaping how programs are accessed and how mindfulness is understood and practiced. This presents both an unprecedented opportunity and a significant responsibility for those working in the field. How can mindfulness scale through technology without losing depth, integrity, and its human core?

Drawing on the work of the Oxford Mindfulness Foundation and Dr Hadley's experience, this talk explores the evolving role of mindfulness in a digital world. It reflects on the opportunities digital delivery offers for widening access, inclusion, and sustainability, while also examining the ethical and practical considerations that arise when contemplative practices move into app based and online environments.

The session considers how technology can act as an invitation into mindfulness, supporting engagement and continuity of practice rather than replacing the relational and experiential foundations that make mindfulness meaningful.

Grounded in real world organizational experience and international collaboration, this talk offers a strategic perspective on navigating digital innovation responsibly. It invites reflection on the future direction of mindfulness and the leadership required to ensure that growth serves human wellbeing, not just reach or scale.





Speaker Information

Jason Culp, ND MSc. CNS.



- Director of Research & Development at Chiva-Som International Health Resort.
- Education: Holds a Doctorate in Naturopathic Medicine from Bastyr University and a Master of Science in Nutrition and Dietetics from Central Michigan University.
- Professional Background: Over 20 years of experience in the wellness field , including more than 14 years at Chiva-Som.
- Certifications: U.S. board-certified naturopathic physician, Certified Nutrition Specialist, and certified by the American Board of Anti-Aging Health Practitioners.
- Evaluates evidence-based natural therapies and designs specialized wellness programs and training curricula for health professionals.
- Nutritional Therapy, Lifestyle Medicine, and Mental Wellness.
- Metabolic health optimization, chronic disease prevention, and sustainable wellbeing.

ABSTRACT

Social wellness, defined as the quality of an individual's social connections, relationships, and sense of belonging within a community, is a foundational pillar of lifestyle medicine and whole-person health. A growing body of evidence demonstrates that strong social relationships are associated with improved mental health, reduced cardiometabolic risk, enhanced resilience, and lower all-cause mortality, while social isolation and loneliness are linked to adverse health outcomes comparable to traditional lifestyle risk factors. Understanding social wellness as a modifiable determinant of health is therefore essential for clinicians practicing lifestyle medicine.

Current research highlights the biological and behavioral pathways through which social health influences overall wellbeing. Chronic stress and social adversity activate physiological stress responses, including dysregulation of the hypothalamic-pituitary-adrenal axis, increased systemic inflammation, and alterations in neurochemical pathways involved in mood, motivation, and social behavior. These changes can impair emotional regulation, reduce social engagement, and negatively affect health-related behaviors, contributing to a cycle of stress, disconnection, and declining health.

Integrating social wellness into clinical care requires practical, evidence-informed approaches that are feasible within healthcare settings. When incorporated alongside other lifestyle medicine pillars, social wellness offers a powerful opportunity to support whole-person health, improve patient outcomes, and enhance long-term wellbeing.





Speaker Information

Asst. Prof. Pansak Sugkraroek, MD

Executive Board Member of

The Thai Lifestyle Medicine and Wellbeing Association.



- **Medical Specialization:** He is a Reproductive Endocrinologist, Gynecologist, and a specialist in Longevity and Anti-aging medicine.
- **Academic Background:** A graduate of Mahidol University, he was a pioneer at the University of Ottawa's Reproductive Biology Unit and later served as an Assistant Professor at Ramathibodi Hospital.
- **International Leadership:** He is a founding member of the International Society for Studying Aging Male (supported by WHO) and a member of the International Menopause Society.
- **Clinical Expertise:** He was a founding team member of the Vitallife Scientific Wellness Center at Bumrungrad International Hospital and is a renowned expert in hormone therapy for menopause and andropause.
- **Past Executive Roles:** His previous leadership roles include Medical Director of Vitallife and Director of Fertility and Menopausal clinics at Bumrungrad International Hospital.
- **Educational Contribution:** He currently teaches doctoral and master's degree programs in anti-aging and regeneration at Dhurakij Pundit University.
- **Current Appointment:** He serves as the Chairman of Leadership and Entrepreneurship in Wellness for the Nation Building Institute.

ABSTRACT

Longevity Secrets combined healthy nutritious diet with optimal micronutrients, regular physical activity together with proper exercise and a quality sleep to enhance optimal function of every organs in human body. Also maintain a healthy weight, refrain from smoking and alcohol consumption, having a strong social support network and keep living with purpose lead to a healthy longevity life.

Optimal diet rich in micronutrients , regular exercise and quality sleep together create a well balance Hormone Triad to produce optimal hormones to enhance antiaging effects thus make body strong and all organ function well together under hormonal control. Focus on plant-based diet rich in fresh vegetable and fruit, whole grain and eat only 80% full . Regular exercise with consistent natural movement is crucial for 30 minutes a day and try to go to sleep according to circadian rhythm. Avoid exposure to tobacco, alcohol and toxins in everyday life.

Beside the above physical wellness for longevity Mental and Spiritual wellness will lead to calmness both body and mind. Mindfulness practice such as Mindful eating, Mindful living and Mindful meditation had been shown to increase health span compare to the one who live in stressful daily life. Social wellness lead to sustainable security in life which lead to calm and happiness . Positive thinking and living with the purpose to do good things to others is the best secret recipe to practice for a happy and longevity life.





Speaker Information

Prof. Emeritus

Suwanna Ruangkanasetr, MD



- Current Status: Professor Emeritus at the Department of Pediatrics, Faculty of Medicine Ramathibodi Hospital, Mahidol University.
- Specialization: Pediatrics and Clinical Epidemiology
- Medical Degrees: Earned a B.Sc. (1978) and M.D. (1977) from the Faculty of Medicine Siriraj Hospital, Mahidol University.
- International Experience: Served as a Visiting Professor at Texas Children's Hospital, Baylor College of Medicine, USA (1992)
- University Leadership: Former Deputy Rector of Mahidol University and Deputy Dean for both Quality Development and Corporate Communication at the Faculty of Medicine Ramathibodi Hospital.
- Deputy Director of the Tobacco Research Center.
- Committee member for the Independent Advisory Group regarding the Prevention and Problem Solving of Teenage Pregnancy Act in Thailand.
- Former Head of the Ambulatory Pediatric Unit at Ramathibodi Hospital.





Speaker Information

Prof. Vitharon Boon-yasidhi, MD



- Current Position: Professor at the Child Psychiatry Division, Department of Pediatrics, Faculty of Medicine Siriraj Hospital, Mahidol University. He also serves as the Vice President of the Pediatric Society of Thailand and the Royal College of Pediatricians of Thailand.
- Education & Training:
- MD with First Class Honors from Khon Kaen University.
- Thai Board Certifications in Pediatrics and Child & Adolescent Psychiatry.
- Diplomate of the American Board of Psychiatry and Neurology in both General Psychiatry and Child & Adolescent Psychiatry, following residency and fellowship at Yale University, USA.
- Professional Experience: He has been an attending physician at Siriraj Hospital since 1994. His leadership roles include serving as Secretary General (2012–2025) and Vice President (2025–present) of the Royal College of Pediatricians of Thailand.

Research & Publications: He has published extensively on topics such as ADHD, Autism Spectrum Disorder, social skills training, and the psychosocial needs of youth living with HIV

ABSTRACT

Stress is an unavoidable aspect of childhood development. At appropriate levels, stress can positively contribute to learning and adaptation; however, when severe or chronic without adequate support, it may lead to long-term adverse effects on development and health. The stress response involves multiple neurobiological mechanisms, particularly the amygdala, hippocampus, and prefrontal cortex, as well as activation of the autonomic nervous system and hormonal pathways through the hypothalamic–pituitary–adrenal (HPA) axis. Chronic activation of these systems may result in structural and functional brain changes, leading to impairments in emotional regulation, learning, memory, and executive function, along with negative impacts on mental and physical health across multiple systems.

Stressors in childhood are diverse, ranging from developmental transitions and physical illness to family problems, academic pressure, peer relationship difficulties, and adverse childhood experiences (ACEs) such as abuse, neglect, and exposure to violence.

Caregivers should focus on prevention and monitoring of risk factors, as well as early recognition of stress indicators such as emotional and behavioral changes, physical symptoms, and academic or social difficulties. When stress is identified, interventions should include fostering a sense of safety, providing emotional support, reducing stressors, enhancing adaptive coping, and referring to specialists when necessary.

The cornerstone of prevention and recovery is the promotion of resilience, achieved through supportive relationships and stable environments, helping children develop awareness of their strengths and limitations, maintain a positive self-concept, regulate emotions, solve problems, communicate needs, and seek appropriate help.





Speaker Information

Associate Prof. Tawima Sirirassamee, MD

Deputy Dean, Srinakharinwirot university



- Doctor of Medicine
- Thai Board of Pediatrics
- Thai Board of Family Medicine
- Certificate in Child Development

Current Position:

- Associate Professor, Faculty of Medicine, Srinakharinwirote University

Professional Experience:

- Deputy Dean for Quality Assurance
- Thailand Quality Award Assessor
- Education Criteria for Performance Excellence Assessor
- World Federation for Medical Education Assessor
- Academic Council Committee, Srinakharinwirote University
- Academic Council Committee, Praboromarajchanok Institute

ABSTRACT

Pediatric Lifestyle Medicine is an emerging discipline that applies evidence-based lifestyle interventions to promote health and prevent chronic disease beginning in childhood.

While lifestyle medicine is well established in adults, many chronic conditions originate early in life, making pediatric application critical for true primary prevention.

This presentation reviews current evidence supporting pediatric lifestyle interventions and outlines six foundational pillars: preventive nutrition, physical activity, adequate sleep, stress management, positive social connections, and risk prevention (including toxin avoidance, accident prevention, and screen-time reduction). Implementation requires family-centered coaching, age-appropriate strategies, and integration into routine pediatric care.

Pediatric Lifestyle Medicine offers a sustainable framework to improve children's physical and emotional well-being, foster lifelong healthy habits, and contribute to planetary health.





Speaker Information

Krisadee Bodhidatta

MPH, RD, CDE



- Credentials: Registered Dietitian (RD) certified in both the USA and Thailand, and a Certified Diabetes Educator (CDE).
- Experience: Over 25 years of experience in Medical Nutrition Therapy (MNT) providing evidence-based care.
- Current Roles: Nutrition Consultant at Vimut-Theptarin Hospital and LivWell Living, and Nutrition Coach for adidas Runners Bangkok.
- Clinical Nutrition: Provides personalized MNT for chronic conditions, diabetes management, weight concerns, and critical care.
- Sports Nutrition: Specializes in dietary plans to enhance athletic performance, endurance, and recovery.
- Holistic Wellness: Focuses on intuitive/mindful eating, positive food relationships, and meaningful behavior change.
- Education: Holds a Master of Public Health in Nutrition from Loma Linda University (1998) and a Bachelor of Science in Chemistry from Loyola Marymount University (1994).
- Teaching: Adjunct lecturer for various institutions, including Mahidol University, Chulalongkorn University, and the Thai Dietetic Association.
- USA: Registered Dietitian (Academy of Nutrition and Dietetics).
- Thailand: Registered Dietitian (กนอ.450).
- Other: ACE Certified Personal Trainer (2007) and Certified in Childhood and Adolescent Weight Management (2009).

ABSTRACT

Early childhood nutrition is shaped not only by what children eat, but by how feeding relationships are established within the family. This presentation introduces a practical, evidence-based framework to support health professionals in helping families build safe, trusting, and sustainable feeding practices that promote lifelong health.

Grounded in principles of positive parenting, lifestyle medicine, and Ellyn Satter's Division of Responsibility in Feeding, the framework emphasizes structure, responsiveness, and trust rather than control, restriction, or pressure. Key components include supporting parents in reducing mealtime stress; creating a positive and predictable eating environment; fostering children's ability to self-regulate intake; responding appropriately to hunger and satiety cues while minimizing the influence of diet culture; modeling healthy attitudes toward food, movement, and body image; and providing balanced, culturally appropriate nutrition.

The presentation also addresses real-world challenges commonly faced by families, including time and work constraints, food accessibility, the widespread availability of highly palatable foods, picky eating, temperament differences, variability in appetite regulation, and the impact of weight bias and stigma.

Participants will gain practical, family-centered tools that can be applied in clinical and community settings to support children's growth, overall well-being, and the development of a positive relationship with food across the lifespan.





Speaker Information

Clinical Prof. Vinadda Piyasil, MD



- Specializations: Pediatrics, Child & Adolescent Psychiatry, Family Medicine, and Developmental Pediatrics.
- Medical Degree: Doctor of Medicine from Siriraj Hospital, Mahidol University (1978).
- Board Certifications: Diplomate of the Thai Boards in Pediatrics (1984), Child & Adolescent Psychiatry (1993), and Family Medicine (2002).
- Fellowships: Completed a clinical fellowship in Developmental Pediatrics at The Johns Hopkins Hospital, USA (1992).
- Royal College of Psychiatry of Thailand: Currently serves as Chairman of the Board of Child & Adolescent training.
- Queen Sirikit National Institute of Child Health: Served as Deputy Director of Quality (1998–2012) and is currently a Consultant in Quality Control and Child & Adolescent Psychiatry.
- Teaching: Teaching staff for medical students at Rangsit University and for pediatric residency programs

ABSTRACT

Principle

Children develop to their fullest potential when they grow up in a safe environment surrounded by love, care, gentleness, and compassion.

Problems

Bullying is a complex problem that has become increasingly prevalent and severe over the past decade. In some cases, it has led to death (bullycide), which has been reported worldwide.

Globally, approximately 19.2% of students—nearly 1 in 5—have experienced bullying. Thailand has previously ranked second highest in the world for bullying prevalence. According to data from the Department of Health Service Support in 2025 (B.E. 2568), 65.5% of Thai children have experienced bullying, representing an average of approximately 600,000 children per year. Bullying is most commonly observed among students in upper primary school through lower secondary school.

Approach to Solutions

Although the Ministry of Education has established clear policies and measures to address bullying and has not neglected the issue, significant challenges remain in school-level implementation across nearly the entire country. School administrators and teachers may interpret and apply anti-bullying strategies differently. Most responses focus primarily on punishment, ranging from verbal warnings to expulsion from educational institutions. These approaches largely address the problem only at its endpoint and have proven insufficient, as bullying rates continue to rise each year.

The Royal College of Pediatricians of Thailand, the Pediatric Society of Thailand, and the Child and Adolescent Psychiatric Association of Thailand recognize that bullying represents the starting point of violence and aggression in society, with profound impacts on children's physical health, mental health, social development, ethics, and justice for all parties involved.

Therefore, these organizations have accelerated efforts in prevention, early intervention, assistance, correction, and rehabilitation. They firmly believe that meaningful improvement can be achieved if all sectors develop a shared understanding and collaborate closely with the Ministry of Education. Further details of these initiatives will be presented at the meeting.





Speaker Information

Prof. Darren Morton, PhD

Director, Lifestyle Medicine & Health Research Centre,
Avondale University.



Professor Darren Morton is an internationally recognised wellbeing expert who is currently the Director of the Lifestyle Medicine & Health Research Centre at Avondale University. He is a Fellow of the Australasian Society of Lifestyle Medicine and was the inaugural recipient of the society's "Change Maker" award. Darren was also one of four people selected worldwide to write the board certification exam for the International Board of Lifestyle Medicine.

Darren is the author of four books that have collectively sold over 100,000 copies and has approximately 80 publications in scientific and medical journals. He has also made numerous media appearances and presented to hundreds of corporate, educational, community and academic audiences around the world.

Darren is the world-expert on the "runner's stitch" but his research today primarily focuses on evidence-based approaches for improving mental health and wellbeing from the disciplines of Lifestyle Medicine and Positive Psychology. This has led him to develop wellbeing programs—such as The Lift Project—that have engaged tens of thousands of participants from over 50 countries. In his spare time, Darren loves being active outdoors and spending time with family and friends.

ABSTRACT

This presentation examines the growing body of evidence supporting the role of lifestyle medicine in promoting mental health and wellbeing.

While lifestyle medicine has long been recognized for its effectiveness in managing physical conditions like diabetes and heart disease, it is increasingly clear that it also holds significant benefits for mental health promotion and treatment.

In this session, we will explore the scientific basis for these approaches, as well as the complementary role of positive psychology.

By integrating these fields, we can develop more holistic and effective strategies for addressing the mental health needs of diverse populations.





Speaker Information

Tananan Sangwanit, C.M.D.

National Institute for Child and Family Development, Mahidol University



- Assistant Lecturer and TCM Pediatrician at the National Institute for Child and Family Development (NICFD), Mahidol University.
- 2023–Present: Doctoral Student in Integrated Chinese and Western Medicine in Pediatrics, Beijing University of Chinese Medicine.
- 2017–2020: Master’s Degree in Chinese Pediatric Medicine, Nanjing University of Chinese Medicine.
- 2012–2017: Bachelor’s Degree in Chinese Medicine, Beijing University of Chinese Medicine.
- Clinical Expertise:
 - Pediatrics: Specializes in Tic disorders, ADHD, Allergic Rhinitis, and Pediatric Massage.
 - Adults: Focuses on Myofascial Pain Syndrome, Insomnia, and Digestive Disorders.
- Therapies: Acupuncture, Cupping, and Chinese Herbal Medicine.
- Key Projects & Research:
 - 2023–2025: Researching integrative health and nature-based knowledge to bridge intergenerational gaps, funded by the NRCT.

Publication: Authored research on Professor Han XinMin’s experience in treating ADHD in children.

ABSTRACT

Background:

Early childhood is a critical period for the development of emotional regulation, attention, and lifelong health behaviors. Many preschool children today experience hyperactivity, emotional difficulties, and reduced attention, while developmentally appropriate mind–body programs remain limited. Playful Qigong integrates traditional Qigong from Chinese medicine with play-based learning to provide an engaging and child-friendly approach to support holistic well-being.

Objective:

This project aims to develop and pilot a Playful Qigong program to improve emotional regulation, attention, body awareness, and overall well-being in preschool children.

Methods:

The program is implemented with 24 children aged 4–6 years in an early childhood education setting. Playful Qigong sessions are conducted twice weekly for six weeks, with each session lasting 20–30 minutes. Activities include gentle movements, breathing exercises, and imaginative storytelling inspired by animals and nature. The intervention is based on traditional Qigong principles and was adapted through an iterative design process to ensure developmental appropriateness for young children.

Evaluation Plan:

Program feasibility and preliminary outcomes are evaluated through teacher observations of engagement and enjoyment, and the Strengths and Difficulties Questionnaire (SDQ) completed by both parents and teachers before and after the intervention. The SDQ measures emotional symptoms, conduct problems, hyperactivity, peer relationship problems, and prosocial behavior.

Expected Outcomes:

Children are expected to demonstrate improved emotional regulation, reduced hyperactivity, enhanced peer relationships, and greater positive awareness of their bodies and emotions.

Significance:

The findings indicate that Playful Qigong is a feasible mind–body activity that can be implemented both in classrooms and at home. The program is low-cost, enjoyable, and well suited for preschool children aged 4–6 years. It can be integrated into early childhood classroom learning and serves as a sustainable tool to support children’s long-term well-being and learning.





Speaker Information

Outi Haggren, MD

Cardiologist, PhD Student, DipIBLM

President of the Finnish Association of Lifestyle Medicine.



- Current Positions: Cardiologist at Pihlajalinna and President of the Finnish Association of Lifestyle Medicine.
- Academic Focus: PhD Researcher at the University of Eastern Finland, focusing on cardiovascular prevention and digital secondary prevention for coronary artery disease.
- Credentials: MD, Cardiologist, and PhD Student.
- Certification: Holds the Diplomate certification of the International Board of Lifestyle Medicine (dipIBLM).
- Integration of Care: Committed to incorporating lifestyle interventions into routine cardiac care.
- Patient Empowerment: Aims to advance evidence-based strategies to support long-term cardiovascular health and empower patient recovery.
- Commercial Interests: Declared no relevant relationships with commercial interests.
- Product Discussion: Stated she will not be discussing off-label or investigational uses of commercial products or devices



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Speaker Information

Shagufta Feroz, MD

MBBS, Phd, Fellow AWCIM, DipIBLM

Founding President, The Pakistan Association of Lifestyle Medicine.



- Specialization: A specialist in Circadian Rhythm and Family Medicine.
- Academic Background: Holds two online PhDs from the USA in Holistic Nutrition and Integrative Medicine.
- Advanced Training: Earned certifications in Lifestyle Medicine, Physician Leadership, and Positive Psychology from Harvard University.
- Board Certification: A Diplomate of the International Board of Lifestyle Medicine (IBLM) and a Fellow in Integrative Medicine from the University of Arizona.
- PALM: Founding President of the Pakistan Association of Lifestyle Medicine (established 2017).
- Founder of SWIPE: Developed the "Synchronized Wellness Integrative Program of Entrainment" to research disease prevention through circadian rhythms and human behavior.
- Happiness Movement: Visionary behind Pakistan's "Happiness Movement" launched in 2020.
- De-Prescription Practice: Founder of the "De-Prescription LM Practice".
- Changemaker Award: Named a "Changemaker" by the Institute of Lifestyle Medicine at Harvard University in 2022.
- Humanitarian Award: Awarded "Doctor of Humanitarian Services" by the World Organization of Natural Medicine in 2014.

ABSTRACT

Despite unprecedented advances in biomedical science, the global burden of non-communicable diseases (NCDs), mental health disorders, and professional burnout continues to rise. This growing disconnect highlights a fundamental limitation of conventional healthcare models that emphasize disease management rather than the cultivation of wellbeing. "The Happiness Prescription: How Lifestyle Medicine Heals Body, Mind, and Soul" positions happiness as a clinically relevant, evidence-based determinant of health and a core outcome of Lifestyle Medicine practice.

A growing body of research in psychoneuroimmunology, neuroendocrinology, and behavioral medicine demonstrates that positive emotional states, sense of purpose, social connection, restorative sleep, physical activity, and nutritious dietary patterns exert measurable effects on inflammation, autonomic balance, metabolic regulation, immune resilience, and longevity. These factors are no longer peripheral to clinical care; rather, they represent powerful therapeutic targets capable of preventing, managing, and reversing chronic disease.

This presentation integrates scientific evidence with clinical experience to illustrate how the six pillars of Lifestyle Medicine—whole-food, plant-predominant nutrition; regular physical activity; sleep and circadian rhythm alignment; stress management; positive social relationships; and avoidance of risky substances—collectively function as a "happiness prescription." When applied systematically, these interventions promote holistic healing by addressing biological, psychological, and social determinants of health simultaneously. The session further explores the relevance of happiness-centered Lifestyle Medicine in low- and middle-income countries facing disproportionate NCD burdens, healthcare resource constraints, and widespread psychosocial stress. By emphasizing low-cost, culturally adaptable interventions, Lifestyle Medicine offers a sustainable framework for improving population health while enhancing patient engagement and professional fulfillment.

This presentation advocates a paradigm shift in healthcare—from disease suppression to human flourishing—recognizing happiness, purpose, and connection as essential clinical and public health outcomes.





Speaker Information

Mechelle Acero Palma, MD

Family Medicine, Lifestyle Medicine

President, The Philippin College of Lifestyle Medicine.



- BS Biology, Mountain View College
- Master of Management in Hospital Administration, Philippine Christian University
- Doctorate in Public Health (Preventive Medicine), Adventist University of the Philippines (in progress)

Professional Roles:

- President, Philippine College of Lifestyle Medicine
- Founding President, Lifestyle Medicine Solutions
- Founding Director, Asian Institute of Culinary Medicine
- Secretary, Asian Lifestyle Medicine Council
- President, Remnant Institute Inc.

Achievements & Publications:

- Lifestyle Medicine Physician of the Year (2020), Philippine College of Lifestyle Medicine
- Contributor to expert consensus statements and articles published in the American Journal of Lifestyle Medicine and The Filipino Family Physician Journal





Speaker Information

Moyosore Taiwo Makinde, MD

Family Medicine, Lifestyle Medicine

President, The Society of Lifestyle Medicine. of Nigeria



- Moyosore Taiwo Makinde is a distinguished Consultant Family Physician. She graduated with an MBBS from the University of Ibadan in 2002. She holds international board certification in Lifestyle Medicine and fellowships in Family Medicine.
- Current Roles: She serves as a Consultant and Head of Family Medicine Department at the Lagos State University Teaching Hospital, Ikeja. She is the founder and leader of the hospital's Lifestyle and Wellness Unit.
- Organizational Leadership: She is the visionary founder of the non-profit Lifestyle Champions International Foundation. She is the current National President of the Society of Lifestyle Medicine of Nigeria (SOLONg). She also served as the immediate past General Secretary for the WONCA Working Party for Women in Family Medicine (WWPWF) Africa Region from 2022-2023.
- Key Interests: Her interests focus on women's health, chronic disease management, and mental wellness, with a strong emphasis on Sleep health within Lifestyle Medicine principles.
- Publications & Arts: Dr. Makinde is the author of 'Ultimate Sleep Coaching Guide' and co-authored 'Living Boldly'. She has also released music albums, including 'Unchanging Changer' and 'Not Alone'.





Speaker Information

Assoc.Prof. Naricha Chirakalwasan, MD

President, Sleep Society of Thailand



Dr. Naricha Chirakalwasan is an Associate Professor of Medicine at the Division of Pulmonary and Critical Care Medicine, Department of Medicine, and Associate Dean for International Affairs at Faculty of Medicine, Chulalongkorn University. She is a current President of Sleep Society of Thailand. She also holds several international society positions including Secretary-General for Federation of Southeast Asian Sleep Medicine (FSSM) and appointed for the position of Head-Elect for Respiratory Neurobiology and Sleep Assembly of Asian Pacific Society of Respirology.

Dr. Naricha Chirakalwasan is a quadruple American Boards certified in Internal Medicine, Pulmonary Medicine, Critical Care Medicine, and Sleep Medicine. She has published extensively over 70 original articles as well as review articles in well-recognized journals in Scopus/PubMed and authored 6 book chapters in international textbooks. She received several awards including “Outstanding Young Physician” in 2021 by the Royal College of Physicians of Thailand.

ABSTRACT

Traffic accidents remain a leading cause of morbidity and mortality worldwide, and Thailand continues to face a disproportionately high burden despite recent declines in accident-related deaths. In addition to established risk factors such as alcohol consumption, speeding, lack of helmet use, and reckless driving, excessive daytime sleepiness and unrecognized sleep disorders—particularly obstructive sleep apnea (OSA)—are increasingly recognized as major yet underappreciated contributors to accident risk. Evidence from Thai population-based and occupational studies underscores this concern.

Among young physicians, 40.4% screened positive for OSA, 44% reported sleep deprivation, and 15% experienced excessive daytime sleepiness. Similarly, two-thirds of intercity bus drivers were poor sleepers, and 18% were at high risk for OSA. A large survey of more than 4,000 commercial drivers revealed that 75% had driven while drowsy, 28% reported microsleeps, and nearly half met criteria for excessive daytime sleepiness. Alarming, 69% reported prior accidents, with one-third directly attributed to drowsiness. Contributing factors included sleep deprivation, sedating medications, alcohol use, and chronic snoring—with or without obesity. Notably, many Asian patients with OSA present without obesity, highlighting the need for screening strategies that extend beyond body mass index. Despite this evidence, sleep disorders are not currently listed among the medical conditions that disqualify drivers from licensure in Thailand.

While polysomnography (PSG), the gold-standard diagnostic test for OSA, and continuous positive airway pressure (CPAP), the gold-standard treatment, are now reimbursable under most health coverage schemes, limited accessibility to PSG remains a major barrier. In conclusion, sleep disorders and excessive daytime sleepiness represent critical, modifiable risk factors for road traffic accidents. Incorporating OSA screening into driver evaluations and expanding access to treatment could significantly reduce accident rates and improve road safety in Thailand.





Speaker Information

Assoc. Prof. Sarawut Thepanondh, PhD

Exclusive Board Member of
The Thai Lifestyle Medicine and Wellbeing Association.



- Dr. Sarawut Thepanondh is an Associate Professor and the Faculty Dean at the Faculty of Public Health, Mahidol University, Thailand.
- He received a Ph.D. in Atmospheric Science from Monash University, Australia.
- His current research focuses on emission inventory and air pollution modeling.
- He has conducted numerous research related to air pollution management, as well as supervised postgraduate students at his university.
- He has been published in many international scientific journals.
- At present, he also serves as a technical advisor on various air pollution issues for the House





Speaker Information

Assoc. Prof. Somporn Chantara, PhD

Affiliation: Department of Chemistry, Faculty of Science,
Chiang Mai University, Thailand



Assoc. Prof. Dr. Somporn Chantara is an atmospheric scientist specializing in air pollution monitoring and assessment. She holds a B.Sc. in Chemistry and an M.Sc. in Environmental Risk Assessment for Tropical Ecosystems from Chiang Mai University, and a Ph.D. in Biogeography from Trier University, Germany.

She serves as Head of the Environmental Science Research Center, Faculty of Science, and Chair of the Academic Working Group for Air Pollution in Northern Thailand. Her research focuses on atmospheric chemistry, source apportionment, health risk assessment of air pollutants, emissions, aerosol aging, secondary aerosol formation, and transboundary haze pollution.

She has published more than 100 papers in international scientific journals, with research contributions on biomass burning emissions, fine particulate matter, air pollution management, and sustainable air quality improvement strategies in Northern Thailand and Southeast Asia.

ABSTRACT

Seasonal smoke haze remains a persistent public health and environmental challenge in Northern Thailand, where emissions from open burning, including forest fires, agricultural residue burning, and transboundary transport, drive episodic elevations in ambient particulate matter. Chemical analyses of size-fractionated particles reveal high concentrations of polycyclic aromatic hydrocarbons (PAHs) in fine and submicron fractions, yielding elevated toxicity equivalent values and medium-to-high inhalation cancer risks during peak burning periods.

These exposures could pose long-term carcinogenic hazards to affected populations. To address these health burdens, this work advances an integrated management framework grounded in atmospheric science, high-resolution monitoring, and multi-scale policy coordination. Key components include big-data analytics for hotspot detection, satellite-based air-mass trajectory assessments, and source-specific PM_{2.5} reduction scenarios targeting forest-fire, agricultural burning, transboundary pollution and traffic emission.

Policy implementation is further strengthened through participatory governance and incentive-based ecosystem service mechanisms that enhance community engagement and adaptive capacity. Collectively, these science-driven and community-centered interventions provide a strategic pathway for reducing PM_{2.5} and improving long-term public health outcomes across Northern Thailand.





Speaker Information

Wayne S. Dysinger, MD, MPH

Chief Medical Officer, Blue Zones Health, Riverside and Redlands, CA



- **Current Role:** Serves as the Chief Medical Officer of Blue Zones Health, leading the expansion of lifestyle-based primary care globally.
- **Academic Roots:** Formerly chaired the Preventive Medicine Department at Loma Linda University, where he was inspired by original longevity research.
- **Leadership in the Field:** Held prestigious roles as President of the American College of Lifestyle Medicine (ACLM) and founding Board Chair of the American Board of Lifestyle Medicine.
- **Focus on Chronic Disease:** Dedicated his career to using lifestyle medicine not just for prevention, but for the treatment and reversal of chronic diseases.
- **Economic Innovation:** Left academia in 2015 to develop a value-based economic model for primary care designed to benefit employers and government payers.
- **Large-Scale Impact:** Since 2023, he has led over 200 primary care physicians in Southern California toward adopting lifestyle-driven medical practices.
- **Ultimate Goal:** To transform healthcare systems and ensure universal access to lifestyle medicine for all populations.

ABSTRACT

Lifestyle Medicine approaches health from a new paradigm. Original lifestyle medicine theories focused more on treatment protocols and disease reversal opportunities. For disease to be fully prevented, treated, and/or reversed, however, the new paradigm must include perspectives on assessment and understanding of the patient. Successful health behavior change requires a deep understanding of who the patient is, and the components of their life journey that are most challenging.

Collection of this data and calculation around how it can be applied to a particular patient health journey requires both robust general guidelines as well as specific customization approaches for individual patients. In this session we will review the philosophy behind the lifestyle medicine assessment, and discuss specific tools and resources that can make that assessment most effective.

The dialogue will focus on three specific components: 1) what it means to understand the patient and the importance of that in the lifestyle medicine treatment, 2) determinants of health including relational, social and environmental factors, and 3) available tools that have been specifically designed to assist in the lifestyle medicine assessment and calculation.





Speaker Information

Anthony Jude Tan

Founder & Managing Director, AJT Wellity Asia Co.,Ltd.,
TLWA Advisor



- Vast Experience: A visionary leader with over 40 years of expertise in healthcare, wellness, hospitality, and sustainable real estate across Asia.
- Founder of AJT Wellity Asia: Has spearheaded 30+ integrated projects and secured over USD 100 million in investments for large-scale wellness developments.
- Key Executive Roles: * Unik Holdings Group (Vietnam): Vice Chairman leading a massive 85-hectare medical wellness city.
- AG BioMed: CEO driving innovation in mushroom therapeutics and lifestyle medicine.
- VitalLife (Bumrungrad Hospital): Former CEO of the renowned wellness facility.
- Strategic Advisor: Serves as Chief Advisor to the iRETREAT Wellness Meditation Group and founded The Wellity Institute to advance clinical education.
- Educator & Mentor: Lectures at Thammasat University and advises the Thai Lifestyle and Wellbeing Association, with a focus on supporting women entrepreneurs.
- Recognized Excellence: Awarded the Outstanding Leadership Award (Health 2.0, 2022) and recognized among the Top 50 Healthcare Companies (iFAH, 2019).
- Academic Foundation: Holds an MBA from IES Strasbourg and a Diploma in Hotel Management from Cornell University.

ABSTRACT

Lifestyle Medicine Practice: Key to Achievement

Lifestyle medicine is gaining recognition as a transformative model of healthcare, shifting the focus from treating symptoms to addressing root causes of chronic disease. But the real challenge is: how can lifestyle medicine clinics survive and thrive in a highly competitive, profit-driven healthcare and wellness market? The answer depends on both how these practices are positioned as businesses and how well they are understood and received by the people they serve.

From a market perspective, awareness of the importance of diet, stress management, exercise, and sleep is growing. Yet awareness alone is not enough, patients and communities must also believe in and adopt lifestyle medicine. Clinics that translate scientific evidence into clear, relatable benefits, such as weight loss, reduced medication use, better productivity, or enhanced quality of life, are the ones that capture trust and loyalty. Financial sustainability also requires creative business models. Lifestyle medicine cannot rely solely on consultations; it must evolve into memberships, corporate wellness partnerships, insurance collaborations, or integration with hospitality and real estate ecosystems. These approaches not only diversify revenue but also normalize lifestyle medicine as part of everyday living. Ultimately, clinics that demonstrate measurable outcomes, while making services affordable and culturally relevant, will position themselves as essential—not optional—healthcare providers.

This panel brings together leading experts who will provide deep insights and practical strategies on how to achieve this balance. Together, they will share real-world experiences, discuss innovative models, and highlight how lifestyle medicine can be both a patient-centered solution and a sustainable business. By exploring lessons learned from across healthcare and wellness sectors, this discussion will add tremendous value for anyone seeking to understand how lifestyle medicine can survive, scale, and redefine success in modern healthcare.





Speaker Information

Yuthana Udomphorn, MD, FRCAT



- Dean, College of Sports Science and Technology, Mahidol University :
 - Doctor of Medicine (M.D.), Mahidol University (1991–1997)
 - Diplomat Thai Board of Anesthesiology, Mahidol University (2000–2003)
 - Certificate in Anesthesia Fellowship, University of Washington, Seattle, USA (2006–2007)
- Academic Experience: Assistant Professor of Anesthesiology, Mahidol University (2006–present)
- Selected Professional Experience (Recent/Key):
 - Team Physician for the National Olympic Committee of Thailand at the 19th Asian Games (Sep–Oct 2023) and 32nd SEA Games (May 2023)
 - Head of Team Physician for the 31st FISU World University Games (Jul–Aug 2023)
 - Vice Chairman/Subcommittee roles in Medical/Sport Science for National Olympic Committee of Thailand and The University Sports Board of Thailand (various periods, 2016–2025)
 - Assistant Director of Clinical & Procurement Services, Siriraj Piyamaharajkarun Hospital (2019–2024)
- Publications: Includes 14 publications, with recent works focusing on:
 - Competitive Sport and Quality of Life in Older Adults (Published online: 02 Apr 2025)
 - Metabolic and genetic risk factors for pre-diabetes and type 2 diabetes in Thai healthcare employees (2024)
 - Effects of exercise on physical fitness and quality of life (2022)





Speaker Information

Assistant Prof. Areekul Amornsriwatanakul, PhD



- Lecturer at the College of Sports Science and Technology, Mahidol University (2019–Present).
- Project Manager for the Assessment on Effectiveness of Physical Education Intervention to Increase Physical Activity in Thai Children (PEPA) (2023–Present).
- Research Interests: Physical activity in children and youth, health promotion, public health, and health policy.
- Civil Society Contributions:
- Editorial Board Member of Inquiry Journal (2024–Present).
- Grant reviewer for the Thai Health Promotion Foundation (2021–Present).
- Member of a sub-committee on research and policy for the National Physical Activity Plan (2019–Present).
- Publications: Includes work published in 2024, 2023, and 2022, focusing on movement behaviors, sedentary behavior, health-risk behaviors, mental well-being, and physical activity among Thai preschoolers, youth, and ASEAN university students.
- Training: Completed training such as the CITY program for Human Subjects Research and various short courses in Bio-statistics and Advanced Statistics.

ABSTRACT

Physical Activity Challenges for Thai Youth
Current research indicates that Thai children and youth consistently fail to meet recommended physical activity levels. Key insights include:
Early Childhood (3-6 years): Only 14.6% meet the combined guidelines for activity, sleep, and limited screen time.

Adolescents: "Family" and "Peers" are the primary drivers in the decision to exercise.
The School Gap: Implementation is often hindered by academic pressure and budget constraints.
The Strategy: Beyond the Individual
The EMPACT strategy (Education, Ménage, Policy, Augmenting research, Community, Technology) under the National Plan (2023–2030) emphasizes that the child is not the only factor.

To achieve sustainable change, we must transform the entire ecosystem—home, school, and community—using evidence-based policies to bridge the gap between research and reality.





Speaker Information

Associate Prof. Piyawat Katewongsa



- Director of the Thailand Physical Activity Knowledge Development Centre (TPAK).
- Co-leader for the Thailand Report Card.
- Co-leader for the Active Healthy Kids Global Alliance.
- Academic & Professional Background
- Title: Associate Professor specializing in population and social research.
- Former Role: Previously served as the Deputy Director at the Institute for Population and Social Research (IPSR), Mahidol University.
- Research Contributions: Extensively published in reputable academic journals.
- Research Specializations
- Physical Activity & Health: Focuses on physical activity patterns, sedentary behavior, and health promotion.
- Population Dynamics: Studies the impact of physical activity on population trends and behaviors.
- Environment: Examines the relationship between physical activity and environmental changes.





Speaker Information

Assoc. Prof. Niramom Serisakul



- **Walkability & Decarbonization:** Focuses on solving structural issues like "Superblocks" and dead-end alleys to improve transit access. It proposes shaded walkways and "Climate Shields" to encourage physical activity during extreme heat.
- **Cooling Districts (Urban Acupuncture):** Utilizes micro-interventions such as pocket parks, cool-roof technologies, and urban wind corridor management. Research indicates these designs can reduce surface temperatures by 3–5 degrees Celsius.
- **Design for Equity:** Prioritizes "Captive Walkers" or vulnerable groups like the elderly and children who must navigate the city on foot.
- **Healthy District Innovation:** Strategic Urban Design to Mitigate Urban Heat Crises and Create Walkable Infrastructure.
- **Core Objective:** To transform Bangkok from a "heat trap" into a comfortable, walkable, and healthy environment using urban design as a public health tool.

ABSTRACT

In an era of escalating climate change and the Urban Heat Island (UHI) effect, urban design has emerged as a critical strategic public health tool for disease prevention and wellbeing promotion. This presentation unveils a blueprint for transforming Bangkok from a "heat trap" into a comfortable, walkable, and healthy environment through three core strategies:

1. **Walking as the Heart of Decarbonization and Wellbeing:** Addressing the structural challenges of "Superblocks" and dead-end alleys (Sois) that hinder transit accessibility. The session proposes shaded walkways and "Climate Shields" as essential infrastructure to drive behavioral change, encouraging physical activity even in extreme heat.
2. **"Cooling Districts" through Urban Acupuncture:** Showcasing innovative case studies that utilize micro-interventions, such as pocket parks, cool-roof technologies, and urban wind corridor management in high-density areas. Empirical evidence demonstrates that proactive design can reduce surface temperatures by 3–5 degrees Celsius.
3. **Design for Equity:** Prioritizing "Captive Walkers" and vulnerable groups—including the elderly and children—who rely on walking as their primary mode of mobility. In this context, providing shade and heat mitigation is not merely a matter of comfort but a fundamental issue of social justice.

The conclusion highlights "The Power of Partnership" in scaling impacts from pilot projects to city-wide strategic policies, ultimately creating an urban ecosystem that heals both people and the planet.





Speaker Information

Pairoj Saonuam, MD, PhD



- Doctor of Medicine (M.D.): Chiang Mai University.
- Ph.D. in Community Medicine: Chulalongkorn University.
- Bachelor of Laws: Sukhothai Thammathirat Open University.
- Barrister-at-Law: The Thai Bar Under the Royal Patronage.
- Diplomas of the Thai Board: Specialized in Preventive Medicine (Epidemiology and Clinical Preventive Medicine)
- Thai Health Promotion Foundation (ThaiHealth):
 - Deputy Manager: June 2024 – Present.
 - Assistant Manager: May 2020 – January 2024.
 - Acting Director: Held various leadership roles in sections including Health Risk Control, Policy and Strategy, Healthy Lifestyle Promotion, and Media Ecosystem.
 - Director: Previously served as Director of Healthy Lifestyle Promotion and Evaluation sections.
- World Health Organization (WHO): Member of the Strategic and Technical Advisory Group (STAG) on Noncommunicable Diseases (NCDs).
- Special Instructor: Faculty of Medicine, Chulalongkorn University.
- Medical Physician: National AIDS Management Center, Department of Disease Control





Speaker Information

Associate Prof. Sonthaya Sriramatr, PhD



- Academic Expertise: A faculty member at Srinakharinwirot University specializing in sport training science, athletic performance, and physical activity promotion.
- Education: Holds a Ph.D. in Physical Education and Recreation (Health Psychology and Behavioral Medicine) from the University of Alberta, Canada.
- Leadership Roles: Former Dean of the Faculty of Physical Education, Sports, and Health, and has served as Assistant to the President for student development.
- Professional Recognition: A Senior Fellow of the UK Professional Standards Framework (SFHEA).
- Research & Publications: Extensive contributor to Q1-Q4 indexed journals and scholarly books focusing on sport science and health promotion.
- Coaching Excellence: Recognized for his role as a track and field coach and his contribution to developing Thai national athletes.
- Global Influence: Actively serves as an international expert reviewer, committee member, and speaker, bridging the gap between sport science and population health.





Speaker Information

Smith Arayaskul, MD

Aesthetic Physician | Board-Certified Lifestyle Medicine Specialist
| Medical Entrepreneur
Exclusive Board Member of
The Thai Lifestyle Medicine and Wellbeing Association.



- Doctor of Medicine (First-Class Honors), Faculty of Medicine, Chulalongkorn University, Thailand
- Master of Science in Dermatology, Srinakharinwirot University, Thailand
- American Board Certification in Anti-Aging and Regenerative Medicine, American Academy of Anti-Aging Medicine (A4M) , Fellowship in Anti-Aging and Regenerative Medicine, Australasian Academy of Anti-Aging Medicine (A5M) , Thai Board of Preventive Medicine (Lifestyle Medicine), Medical Council of Thailand , International Board Certification in Lifestyle Medicine (IBLM), International Board of Lifestyle Medicine
- Founder & Medical Director – Smith Prive' Aesthetique (3 branches) , Founder & CEO – Smith Skincare
- Aesthetic Physician, Dermatologist & Lifestyle Medicine Specialist – Samitivej Sukhumvit Hospital
- President – Prime Health Pharmaceutical Co., Ltd.
- Adjunct Lecturer in Dermatology – College of Integrative Medicine, Chulabhorn International College of Medicine (CICM), Thammasat University
- Founding Board Member – Thai Lifestyle Medicine And Wellbeing Association

ABSTRACT

Lifestyle medicine is becoming the defining force in the future of healthcare. As chronic disease rises and consumers shift toward prevention, longevity, and integrated wellbeing, clinics must evolve from traditional treatment models to transformative, outcomes-driven ecosystems.

This session reveals how lifestyle medicine aligns perfectly with the business models required today and those that will dominate tomorrow. It explores the shift from episodic care to programmatic transformation, the rise of personalized and AI-enabled health insights, and the strategic redesign needed for clinics to achieve sustainability, scalability, and meaningful impact.

Thailand stands at a unique crossroads to lead Asia in this movement. This presentation offers a concise, forward-looking





Speaker Information

Jirayos Chintanadilok, MD,FCCP, FASSM



- Medical Degree: MD from Chulalongkorn University, Thailand (1991).
- Post-Graduate Training: Completed residency at Albert Einstein College of Medicine and fellowships in Pulmonary and Geriatric Medicine.
- Board Certifications: Active US certifications in Sleep Medicine (thru 2030), Geriatric Medicine (thru 2032), Pulmonary Medicine (thru 2028), and Internal Medicine (thru 2026).
- Licensure: Maintains active medical licenses in Thailand and multiple US states, including Florida and California.
- Founder & Director of Thailand Sleep Wellness INC (2026–Present).
- Sleep Center Director at MedPark Hospital, Bangkok, overseeing specialized sleep facilities.
- Project Chairperson at the KMITL Smart Wellness Institute (2024–2026).
- Education Consultant for Lifestyle Medicine (Sleep Pillar) for Thailand's Ministry of Public Health.
- US Clinical Practice: Served as an Intensivist, Pulmonary Consultant, and Medical Director for various institutions in Florida and Georgia between 2004 and 2022.
- Academic Teaching: Has served as an Assistant Professor at Florida State University since 1999 and as an Assistant Professor at KMITL since 2022.
- Entrepreneurship: Founded and managed Everest Medical Care & Sleep Disorders Center in Florida for 15 years.





Speaker Information

Assoc. Prof. Narirat Jitramontree, PhD



- Current Affiliation: Associate Professor at Boromarajonani College of Nursing, Nakhon Ratchasima, under the Praboromarajchanok Institute.
- Education: Earned a Ph.D. in Gerontological Nursing from the University of Iowa, USA, in 2003.
- Experience: Taught at the Faculty of Nursing, Mahidol University, for over 35 years (1982–2018) before returning to teaching in 2025
- Research Areas: Specializes in elderly care, health promotion, fall prevention, exercise, and NCD prevention.
- Publications: Authored multiple book chapters on aging theories, elderly care systems in Thailand, and nursing ethics and laws.
- Committees: Serves as the treasurer for Thai Gerontology and Geriatric Medicine and is a working committee member for the Thai Nurse and Midwifery Council.
- Ongoing Innovation: Currently developing a project focused on sustainable hypertension control through the integration of Thai lifestyle modifications.

ABSTRACT

Thai complete aged society is well acknowledged. Factors affecting longevity and well-being of Thai older adults were promoting physical activities, prevention and control of diseases, mental health management, and Buddhist socio-Thai culture. Since Thailand has encompassed various Thai lifestyles for centuries, the benefits of these invaluable factors should be explored.

Thai lifestyle related to these factors includes Thai traditional dance, working in the rice field, folk medicine, community health volunteer support, and meditation. Thai traditional dance could be considering stretching and aerobic exercise. Thai farmers work hard though the machine available. In the rural areas, the folk medicine is still popular used.

The community health volunteers in Thailand are very helpful in supporting health services. The last factor, meditation, is nationwide practice. Culturally compatible care should be implemented to health care services.

Furthermore, to improve the life satisfaction of older adults, considering sociodemographic characteristics of these people, and nonappearance of chronic illnesses, promotion of healthy lifestyle behaviors, particularly regular physical activity and necessary fruit and vegetable consumption, must be recommended.





Speaker Information

SUWANNEE SIRIWIMALANUN, M.D.

Regenerative and Preventive Medicine Physician



- Doctor of Medicine (M.D.), Chulalongkorn University – 2012
- Master's Degree in Anti-Aging and Regenerative Medicine, Dhurakij Pundit University
- Thai Board of Preventive Medicine (Public Health) – 2021
- Ph.D. student in Stem Cell Biology and Technology (International Program), Thammasat University – 2024–present
- Chelation Therapy, Thai Chelation Medical Association – 2015
- Mini MBA, Thammasat University – 2017
- American Board of Anti-Aging and Regenerative Medicine (ABAARM) – 2020
- Mini M.M. in Health, Mahidol University – 2021
- Nutrition for Wellness, Integrative Functional Nutrition and Wellness – 2022
- Cancer Exercise Specialist, Cancer Exercise Training Institute – 2023
- Essential Knowledge on Clinical Use of Peptides, Clinical Peptide Society – 2025
- General Practitioner, Chaophraya Abhaibhubejhr Hospital (2012–2013)
- Head of Check-up and Wellness Center, Kasemrad International Rattanathibeth Hospital
- Regenerative & Preventive Medicine Physician, TRIA Medical Wellness Center

TRIA
MEDICAL WELLNESS CENTER
สถาบันสุขภาพและความงาม ตรีญา



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Host and Moderator

Capt. (Ret.) Yongyuth Mayalarp, MD, DiplBLM

President, TheThai Lifestyle Medicine and Wellbeing Association (TLWA)
Deputy Chair, The International Board of Lifestyle Medicine (IBLM), and Representative for Asia

- CEO Wellness Business, Piyavate-Tria Group
- Former Government Spokesman (2006, 2014) ,
Former Elected Member of the Thai Medical Council
, Bachelor of Medicine and Bachelor of Surgery,
University of London, Master of Science in Clinical
Tropical Medicine, University of London, Master of
Science in Anti-Aging and Regenerative Medicine,
Dhurakij Pundit University, American Board of Anti-
Aging and Regenerative Medicine, Diploma certifying
proficiency in medical practice in the specialty of
Preventive Medicine - Public Health and Lifestyle
Medicine, the Medical Council of Thailand
- Diploma of the International Board of Lifestyle
Medicine and the Korean College of Lifestyle
Medicine , English-language Narrator for Live
Telecasts of Television Pool of Thailand and Advisor
to the Board of Television Pool of Thailand
- Awarded with multiple national honours





Host and Moderator

Rear Admiral Surasant Kongsiri

Spokesperson for the Ministry of Defence

- Master of Engineering (Chemical Engineering) from Imperial College London, University of London (1993).
- Secondary Education at St. Edward's School, United Kingdom.
- Executive Education: Completed the Senior Executives in National and International Security Program at Harvard University (2017).
- Military Education (PME)
- Command and General Staff College: Royal Thai Army, Class 83 (2004).
- Marine Corps Training: Completed both Basic (1997) and Advanced (1999) courses with the Royal Thai Marine Corps.
- International Training: Attended specialized peace operations and logistics courses in the United States, Malaysia, and Bangladesh.
- Public Relations: Served as Assistant Spokesperson (2009) and Deputy Spokesperson (2018) for the Royal Thai Armed Forces Headquarters.
- Master of Ceremonies: Frequently acts as a field announcer and MC for high-level military functions and royal parades.
- Served as Director of the International Cooperation Division (2015).
- Drafted international defence policies and enhanced cooperation with global allies.
- Peace Operations: Worked at the Peace Operations Centre, preparing Thai peacekeepers for UN missions.
- Strategic Design: Seconded to the Australian Defence Force to help design the "Pirap-Jabiru" multinational exercise.





Host and Moderator Saisawan Khayanying

News Anchor and Television Host

- Master of Arts: Thai Performing Arts from Chulalongkorn University.
- Media & Journalism: Completed courses in news reading, film dubbing, and scriptwriting.
- International Training: Studied news production at CNN Hong Kong and broadcasting instruction with Deutsche Welle, Germany.
- Executive Programs: Graduate of several high-level leadership and security courses, including those from the Isra Institute, the Royal Thai Air Force, and the National Defence College.
- Broadcasting: Extensive career as a news reporter, anchor, and producer for major Thai networks including ITV, Channel 7, Channel 3, and Channel 5.
- Special Assignments: Served as a live commentator for the Television Pool of Thailand.
- Corporate & Academic: Former lecturer at the College of Dramatic Arts, Consultant for Thairath TV, and Director of PR at Berli Jucker (BJC).
- CEO: Lightning Production Co., Ltd.
- Content Creator: Owner of YouTube channels "เล่าเรื่องไทย ๆ กับ สายสวรรค์ ขยันยิ่ง" and "Saisawan Khayanying".
- Expert Speaker: Independent media personality and guest speaker on personality development and communication.





Host and Moderator

Anthony Jude Tan

Founder & Managing Director, AJT Wellity Asia Co.,Ltd.,
TLWA Advisor

- Vast Experience: A visionary leader with over 40 years of expertise in healthcare, wellness, hospitality, and sustainable real estate across Asia.
- Founder of AJT Wellity Asia: Has spearheaded 30+ integrated projects and secured over USD 100 million in investments for large-scale wellness developments.
- Key Executive Roles: * Unik Holdings Group (Vietnam): Vice Chairman leading a massive 85-hectare medical wellness city.
- AG BioMed: CEO driving innovation in mushroom therapeutics and lifestyle medicine.
- VitalLife (Bumrungrad Hospital): Former CEO of the renowned wellness facility.
- Strategic Advisor: Serves as Chief Advisor to the iRETREAT Wellness Meditation Group and founded The Wellity Institute to advance clinical education.
- Educator & Mentor: Lectures at Thammasat University and advises the Thai Lifestyle and Wellbeing Association, with a focus on supporting women entrepreneurs.
- Recognized Excellence: Awarded the Outstanding Leadership Award (Health 2.0, 2022) and recognized among the Top 50 Healthcare Companies (iFAH, 2019).
- Academic Foundation: Holds an MBA from IES Strasbourg and a Diploma in Hotel Management from Cornell University.





Host and Moderator

Tanita Watprasong, PhD, DiplBLM

Exclusive Board Member of
The Thai Lifestyle Medicine and Wellbeing Association.

- Psychologist, Ph.D. | MBCT Therapist | Psychology and Wellness Educator | Sexologist
- Certified in Mindfulness-Based Cognitive Therapy (Oxford Mindfulness, UK)
- Ph.D. in Counseling Psychology | MSc in Anti-Aging and Regenerative Medicine | DiplBLM | Clinical Sexology
- DPU Pride Award 2025 for academic & research excellence
- 10+ years in yoga & mindfulness teaching
- Integrates psychology, mindfulness & lifestyle medicine for holistic health
- Live Practice: 3-Step Breathing Space from MBCT to Nurture a Prosocial Mindset





Host and Moderator Ornicha Thititagul, MD

- Geriatrician, Siriraj Samut Sakhon Geriatric Healthcare Center, Siriraj Academic Center of Geriatric Medicine, Faculty of Medicine Siriraj Hospital, Mahidol University, ThailandCV_Dr ORNICHA_update2025.8.28
- Medical degree (Second class honor), Doctor of Medicine, Faculty of Medicine, Srinakharinwirot University, Bangkok, Thailand, 2017
- Medical License from the Medical Council of Thailand, 2017
- Certification in Internship Training Program from The Medical Council of Thailand, 2018
- Diplomate Thai Board of Internal Medicine, July 2021
- Certificate in Master Trainers of Primary Care Physicians Integrated Care of Older People (ICOPE) - World Health Organization South-East Asia, 2021
- Certificate in Biomedical Researchers, CITI program, 2021–2025
- Diplomate in Geriatric Medicine, Thai General Medical Council, 2023
- Working with Children Check (WWCC) Permission, NSW Office of the Children's Guardian, 2023–2028
- Certificate in Good Clinical Practice on Researcher Biological, CITI program 2023–2027
- Diplomate as Certified Lifestyle Medicine Physician, International Board of Lifestyle Medicine, 2024
- Comparison of Patient-Generated Subjective Global Assessment (PG-SGA) and Mini Nutritional Assessment (MNA) for nutritional assessment in hepatocellular carcinoma patients. Support Care Cancer 33, 116 (2025).
- Effects of a Specialized Oral Nutritional Supplement with Dietary Counseling on Nutritional Outcomes in Community-Dwelling Older Adults at Risk of Malnutrition: A Randomized Controlled Trial. Geriatrics (Switzerland), 9 (4), art. no. 104, 2024.
- Abacavir Hypersensitivity Reaction: The First Case Report in Thailand and Literature Review. J Med Assoc Thai, Jan 1, 2021.
- The Association between Teenage Pregnancy and Low Birth Weight from Her Royal Highness Princess Maha Chakri Sirindhorn Medical Center. SWU Medical Science Journal





Host and Moderator

Paramee Saengsuwan

Master of Ceremonies & International Relations Officer,
the Industrial Estate Authority of Thailand (I-EA-T)

Paramee Saengsuwan is an International Relations Officer under the International and Public Relations Division, Business Administration and International Affairs Department at the Industrial Estate Authority of Thailand (IEAT), currently serving as a bilingual MC for official ceremonies and MOU signings.

With previous experience as a mass communication officer at Radio Thailand, she worked as a DJ, voiceover talent, and English narrator for royal and national events broadcast on FM 88 MHz and 95.5 MHz.

She also engaged with health experts in a series of in-depth interviews and brought her skills as a dynamic moderator to global forums such as the 2024 Lifestyle Medicine and Wellbeing International Conference.

- Moderator : Sustainability : The Pathfinders
- Moderator : Optimal Readiness for 21st Century
- Moderator : Prosocial Lifestyle and Mindfulness





Host and Moderator Chanunchida Cheevapruik

Chanunchida Cheevapruik is a medical student at the Faculty of Medicine, Chulalongkorn University, currently in the fifth year of study. With a passion to enhance the quality of health and longevity, she has a keen interest in actively exploring various fields of medicine through academic coursework, clinical exposure, and participation in medical conferences.

She also deeply values continuous growth through the journey of learning and opportunities to engage with peers and professionals in all settings. Her involvement in the conference is a reflection of her commitment to contributing to the medical community and broadening her perspective for the greater purpose of improving healthcare.

As a conference moderator, Chanunchida Cheevapruik is dedicated to promoting meaningful dialogue, fostering productive and interdisciplinary discussions, and helping to create a welcoming environment for all attendees.

- Moderator : How to sleep well scientifically
- Moderator : In Trend with LM





Host and Moderator

Araya Suwisessak

Journalist

National Broadcasting Services of Thailand (NBT)

- Bachelor of Arts, Faculty of Humanities, Major in Thai Language and Literature Srinakharinwirot University, Prasarnmit Campus (1994)
- Master of Political Science (Politics and Government) Ramkhamhaeng University
- Master of Ceremonies for royal, religious, and state ceremonies (Government Public Relations Department)
- Live broadcast presenter for National Broadcasting Services of Thailand (NBT)
- Host for major government events
- Documentary narrator; radio and television voice-over artist
- Lecturer at the Public Relations Institute
- Guest lecturer for government and private-sector organisations
- Winner, Thai Language Excellence Award, Sri Nakhon Bank
- Second Prize, Speech Contest, Fine Arts Department
- Royal News announcer
- Special lecturer in Thai language usage at Bordindeja School (Sing Singhaseni)
- Public speaking and personality development instructor
- Presenter/producer of international documentary programmes in countries such as China, Brunei Darussalam, and Sri Lanka
- Korean drama dubbing artist, MONO29 Channel





Host and Moderator

Khaninnutch Intulak

R.N., M.S.N.



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Host and Moderator Chutiya Kirdsiri, MD, DipIBLM

- Director of Revital Life Center (Preventive and Anti-Aging Medicine Center) at Phyathai 1 Hospital.
- Board Certified: Preventive Medicine (Public Health) from the Medical Council of Thailand.
- Master's Degree: Anti-Aging and Regenerative Medicine from Mae Fah Luang University.
- International Boards (USA): * American Board of Anti-Aging and Regenerative Medicine (ABAARM).
- Diplomate of the International Board of Lifestyle Medicine.
- Diploma in Aesthetic Medicine (American Board of Aesthetic Medicine).
- American Board of Nutrition Wellness.
- Fellowship: Clinical Fellowship in Dermatology from the Institute of Dermatology.
- Dermatology and Aesthetic Physician at Vejthani and Sukhumvit Hospitals.
- Anti-Aging Physician at Premier Life Center, Phyathai 2 Hospital.
- Medical training background at Rajavithi Hospital and Buddhasothorn Hospital.
- Nutrition & Wellness: Medical supplements, IV nutrition, and lifestyle nutrition.





Host and Moderator

Suphalerk Wijaranayan, MD

B.Sc., M.D., ABAARM, DipIBLM

- Doctor of Medicine (MD): Rangsit University; General Practice, Rajavithi Hospital.
- American Board of Anti-Aging and Regenerative Medicine (ABAARM): United States.
- Fellowship in Anti-Aging and Regenerative Medicine: Dhurakij Pundit University (DPU).
- Diplomate: International Board of Lifestyle Medicine (IBLM).
- General Practitioner and Lifestyle Medicine Physician (Dip. IBLM).
- Keynote Speaker and Lecturer: Providing training for private corporations, hospitals, and government organizations nationwide for over 5 years
- Founder of "Doctor Oak DoctorSixpack": A prominent health and longevity media platform with over 3,000,000 followers across all online channels





ผู้สนับสนุน

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