LMW 2026

LIFESTYLE MEDICINE AND WELLBEING

INTERNATIONAL CONFERENCE

From Lifestyle Medicine to Whole Person Health:
Integrating Care for People, Communities and the Planet

16-18 OCTOBER 2026

INTERNATIONAL BOARD OF LIFESTYLE MEDICINE

Lifestyle Medicine GLOBAL ALLIANCE

โรงแรมเดอะ เซ็นจูรี่ พาร์ค กรุงเทพฯ
The Century Park Hotel, Bangkok

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President, Thai Lifestyle Medicine and Wellbeing Association

The 3rd Lifestyle Medicine and Wellbeing International Conference Bangkok 2026

Welcome Note

Dear Distinguished Guests, Speakers, Colleagues, and Friends,
On behalf of the Thai Lifestyle Medicine and Wellbeing Association (TLWA), it is my great pleasure to warmly welcome all our Thai and international participants to the 3rd Lifestyle Medicine and Wellbeing International Conference Bangkok 2026, held under the theme:
"From Lifestyle Medicine to Whole Person Health: Integrating Care for People, Communities and the Planet."
This theme reflects an important evolution in the way we understand health. Lifestyle Medicine has provided us with an evidence-based framework for preventing, treating, and managing non-communicable diseases through healthy lifestyle behaviours. Whole Person Health takes this perspective further by recognising the broader dimensions that shape human wellbeing – physical and mental health, relationships, purpose and meaning, community, environment, and the world in which we live.
Over these three days, we are privileged to welcome distinguished speakers and experts from Thailand and abroad who will share their knowledge and experience across a wide range of important areas.
Our Keynote Addresses include "The Fight Against NCDs with Lifestyle Medicine," "From Lifestyle Medicine to Whole Person Health: Wholeness is Health for People, Communities and Planet," and "Re-imagining Health and Planetary Care: From Disease Care to Human Flourishing." Together, these presentations invite us to consider not only how Lifestyle Medicine can address disease, but also how it can contribute to human flourishing, healthier communities, and a more sustainable future.

The conference programme also features a series of multidisciplinary Panel Discussions, addressing topics such as The Six Musketeers of Lifestyle Medicine; Lifestyle Medicine and Individual Health Prevention; One Health and Environmental Lifestyle Medicine; Lifestyle Medicine and Omics Sciences; Leadership and Professional Wellbeing; and The Future of Whole Person Health and Lifestyle Medicine, including education, health systems, technology, and planetary responsibility. These discussions reflect our belief that the future of health requires collaboration across professions, institutions, disciplines, and national boundaries.
We are also taking an important step in strengthening the academic dimension of this conference through the establishment of an Editorial Board. The Board will provide academic review of selected articles and manuscripts submitted in connection with the conference, with the aim of supporting high-quality scholarly publication and creating a lasting academic contribution beyond the conference itself.
This meeting is therefore more than an opportunity to exchange information. It is a platform for building partnerships, generating new ideas, strengthening professional networks, and translating knowledge into meaningful action for patients, communities, and society.
I would like to express my sincere appreciation to our distinguished speakers, moderators, panelists, partner organisations, sponsors, organising committee, and everyone whose dedication has made this conference possible.
To our international guests, welcome to Bangkok and to Thailand. To our Thai colleagues, thank you for joining us in welcoming friends and partners from around the world.
I hope that these three days will bring all of us not only new knowledge, but also new friendships, new collaborations, and renewed inspiration to advance Lifestyle Medicine and Whole Person Health for people, communities, and the planet.

Welcome to LMW Bangkok 2026.
Capt.(Ret.) Dr. Yongyuth Mayalarp, MD. PhD.
President
Thai Lifestyle Medicine and Wellbeing Association (TLWA)
Vice Chair, International Board of Lifestyle Medicine and Representative for Asia

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.

Board of TLWA



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

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

- Elected Member of the Thai Medical Council.
- Former Government Spokesman (2006, 2014).
- 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. Ph.D. in Modern Organizational Management, Krirk University.
- Diplomas certifying proficiency in medical practice in the specialties 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.

Keynote Address 3 : - Re-imagining Health and Planetary Care : From Disease Care to Human Flourishing ; Artistic Tools of Lifestyle Medicine ; Panel Discussion: The Future of Whole Person Health and LM

Board of TLWA

Asst.Prof. Patana Teng-umnuay MD, PhD

Vice President of Thai Lifestyle Medicine and Wellbeing Association



- Dr. Patana Tengumnuay received his medical degree with firstclass honors from Chulalongkorn University, Thailand, in 1986. He completed board certification in Internal Medicine in 1990 and in Nephrology in 1992. He then pursued a PhD in Molecular Cell Biology at the University of Florida, which he was awarded in 1998.
- Dr. Tengumnuay is a leading lecturer on nutraceutical supplements, stemcell biology, and antiaging medicine. He currently serves as a consulting physician at Phyathai 2 Hospital and Celmed Clinic in Bangkok. His academic and professional roles include faculty member in the AntiAging and Regenerative Medicine program at Dhurakij Pundit University, vice president of the Thai Lifestyle Medicine and Wellbeing Association, and committee member of both the Thai Chelation Society and the Thai Integrative Medicine Society.
- In the private sector, Dr. Tengumnuay is CEO of Celtac Ltd., major shareholder of WURX (a compounding pharmacy in Thailand), and president of HEAT Academy, which organizes the annual HEAT Congress for Wellness Management (www.heatantiaging.com), one of Thailand's most successful academic medical events.
- In 2023, Dr. Patana was honored as "A Quality Person in Medical Business" 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 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 "Phuen pen mor" GreenWave
- Awards: Named Outstanding National Youth (2010) and honored with the Grateful Child Award (2012)

Board of TLWA



Asst.Prof. Pansak Sugkraroek MD

Executive Board Member of 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

Executive Board Member of
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



Assis. Prof. Akkarach Bamrungphuet PhD

Executive Board Member of
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 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
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

Board of TLWA



Tanita Watprasong PhD, DipIBLM

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

- Dr. Tanita Watprasong is a counseling psychologist (Ph.D.) specializing in Mindfulness-Based Cognitive Therapy (MBCT). She is a trained MBCT teacher through Oxford Mindfulness, in collaboration with the University of Oxford, United Kingdom.
- Dr. Watprasong holds a doctor of philosophy in counseling psychology and a master's degree in anti-aging and regenerative science. She is currently pursuing a master's degree in Psychology and Neuroscience for Mental Health at King's College, London. Additionally, she is certified in lifestyle medicine (DipIBLM) by the American College of Lifestyle Medicine and has completed diplomas in clinical sexology and sex therapy.
- Dr. Watprasong serves as an executive board director of the Thai Lifestyle Medicine and Wellbeing Association (TLWA) and is an active speaker at national and international conferences focused on mental health, Lifestyle Medicine, mindfulness, and well-being. With over a decade of experience as a yoga and mindfulness instructor and Mindfulness Based Cognitive therapist, she integrates evidence-based psychology, mindfulness practices, and lifestyle medicine to promote sustainable health outcomes.
- Currently, Dr. Watprasong practices as a counseling psychologist, provides private therapeutic sessions for corporate and general clients. Her professional focus is on the integration of psychology, mindfulness, and lifestyle medicine into practical applications that enhance resilience, emotional well-being, and quality of life across diverse populations.

Memorandum of Understanding MOU

MOU2024 (1)
July 8, 2025

Mahidol University Faculty of Public Health
มหาวิทยาลัยมหิดล วิทยาลัยวิทยาศาสตร์และเทคโนโลยีการกีฬา
DPU มหาวิทยาลัยธุรกิจบัณฑิตย์
MedCMU
เปาโล PAOLO
พญาไท PHYATHAI
H·E·A·T
Aroka GO

MOU2025 (2)
February 21, 2025

KMITL สถาบันเทคโนโลยีพระจอมเกล้าเจ้าคุณทหารลาดกระบัง
CUTI สถาบันการขนส่ง จุฬาลงกรณ์มหาวิทยาลัย
บัณฑิตวิทยาลัย GRADUATE SCHOOL Chulalongkorn University
วิทยาลัยประชากรศาสตร์ COLLEGE OF POPULATION STUDIES Chulalongkorn University
AHSCU
มหาวิทยาลัยมหิดล สถาบันแห่งชาติเพื่อการเจริญเติบโตของเด็กและครอบครัว
กรมสนับสนุนบริการสุขภาพ Department of Health Service Support
UNFPA
Sasin School of Management
BUU BURAPHA UNIVERSITY WISDOM OF THE EAST
สภากาชาดไทย
สถาบันการสร้างชาติ Nation-Building Institute
เสถียรธรรมสถาน
ONE LOVE FOUNDATION
SPIRITUAL HEALTH FOUNDATION
TASM
โรงพยาบาลวิมุต เทพธารินทร์
ViMUT
โรงพยาบาลพิยะเวช PIYAVATE HOSPITAL
สมิติเวช SAMITIVEJ สุขุมวิท SUKHUMVIT
Bumrungrad International Services
INTERNATIONAL

Memorandum of Understanding MOU

MOU2024 (3)
June 6, 2025

Oxford Mindfulness
UDDC
THAI WELLNESS ASSOCIATION
Green STANDARD GREEN STANDARD CO., LTD.
GFGL The Great Foresight The Global Leader
PCA Prompt Care Academy

MOU2025 (4)
October 17, 2025

คณะแพทยศาสตร์ จุฬาลงกรณ์มหาวิทยาลัย
กรมการแพทย์แผนไทยและการแพทย์ทางเลือก Department of Thai Traditional and Alternative Medicine
สสส สำนักงานกองทุนสนับสนุนการสร้างเสริมสุขภาพ
FACULTY OF PHARMACEUTICAL SCIENCES BURAPHA UNIVERSITY
SIAM UNIVERSITY
SYNPHAET RAMINTRA HOSPITAL
TASP THAI ASSOCIATION for SUICIDE PREVENTION
LIONS INTERNATIONAL
TCMI THAI CULINARY MEDICINE INSTITUTE
ประสานมิตร
Daisy
โรงเรียนในโรงงาน
APCO
CELFIX
modgut
natural RX by Max MaxLife
wincell STRONG IMMUNITY HEALTHY LIFE
ICELANDIC GLACIAL
GONR
invitrace
AJT WELLITY
AG BIOMED
NEC NEC Corporation (Thailand) Ltd.
ShaeGroup PRECISION HUMAN INTELLIGENCE
PHA PRECISION HEALTH ALLIANCE

Memorandum of Understanding MOU

MOU2026 (5)
March 3, 2026

Thai Cancer Society
โดย มูลนิธิเครือข่ายมะเร็ง

itd
International Institute for Trade and Development

GENFOSIS

IWH ACADEMY

Health

WMC
WISDOM WELLNESS CENTER

MOU2026 (6)
October 17, 2026

SPU
SRIPATUM UNIVERSITY

โรงพยาบาลรวมใจรักษ์
RUAMJAIRAK HOSPITAL
@Sukhumvit62

ONE VELA
International Hospital

Lions of Bangkok Charoen Krung
District 310 D
สโมสรไลออนส์ เจริญกรุง กรุงเทพ ภาค 310 D

SHDM
FOUNDATION

BNI
EXCELLENCE

SAPIENS

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PEAK SKILL

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Elderlife

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THE THIRD LIFESTYLE MEDICINE AND WELLBEING INTERNATIONAL CONFERENCE, BANGKOK 2026

การประชุมนานาชาติ เวชศาสตร์วิถีชีวิตและสุขภาวะ ครั้งที่ 3 กรุงเทพ ฯ 2026

(LMW - Life Mind Wellbeing International Conference)

"From Lifestyle Medicine to Whole Person Health: Integrating Care for People, Communities and the Planet"

16-18 October 2026

At Century Park Hotel Bangkok,
9 Ratchaprarop Road, Makkasan, Ratchathewi, Bangkok 10400, Thailand.

Day 1 - October 16, 2026 วันศุกร์ที่ 16 ตุลาคม 2569		
Moderators : Rear Admiral Surasant Kongsiri		
08.00 – 08.05	**Welcome Address**	**Capt.(Ret.) Yongyuth Mayalarp, MD PhD DipIBLM, President of TLWA, Vice Chair IBLM and Representative for Asia**
08.05 – 08.30	**What "reversal" and "remission" mean – evidence and limits – Online Presentation from Mexico**	**Marcela Sandoval Gaza, MD DipIBLM, Lifestyle Medicine Intensivist**
The 6th MOU Signing Ceremony and the Opening Ceremony of the 3rd LMW International Conference, Bangkok 2026		
08.30 – 09.15	**Chairperson of the Ceremony : His Excellency Air Chief Marshal Chalit Pukphasuk, Privy Councillor**	

09.15-09.30	**Coffee Break**	
World of Foods		
09.30 – 10.00	Keynote Address 1 : The Fight Against NCDs with Lifestyle Medicine	Professor Emeritus Thep Himathongkam, M.D, FACP, FACE Internal Medicine, Diabetes And Thyroid,ViMUT-Theptarin Hospital.
10.00-10.10	Remarks from the Honorary Distinguished Guest: Prof.Dr.Myo Khin, MD, President, Myanmar Medical Council ; Professor, Center for Global Partnerships Project, Okayama University.	Chair - Patnapa Srichomchey, Ph.D., DipIBLM, President of the Thai Dietetics Association
10.10 – 10.35	Healthy Food, Healthy People, Healthy Planet - Mr. Sridhar Dharmapuri, Senior Food Safety and Nutrition Officer, FAO Regional Office for Asia and the Pacific	
10.35 – 11.05	Alkaline Diet - Asst. Prof. Patana Teng-umnuay, MD., PhD., Vice President of TLWA, Lecturer, The College of Integrative Medicine, Dhurakij Pundit University, Thailand.	
Introduction to Whole Person Health		
11.05 – 11.45	Keynote Address 2 : From Lifestyle Medicine to Whole Person Health: Wholeness is Health for People, Communities and Planet	Marc Braman, MD, MPH, FACLM, FACPM, International Board of Lifestyle Medicine
11.45 - 12.10	Evidence-based LM and WPH - The Thai Context	Assoc.Prof.Sakda Arj-Ong Vallibhakara, MD DipIBLM, Faculty of Public Health, Mahidol University

12.10 - 13.00	**LUNCH SYMPOSIUM**	
Moderators : Paramee Sangsuwan		
13.00 – 13.45	**Whole Person Health : Mental Health and Mindfulness** **Mindfulness-based interventions** **Mindfulness-Based Interventions: Cultivating Inner Capacities for Whole Person Health –** Claire Kelly **Integrating Mindfulness-Based Interventions into Whole Person Health and Lifestyle Medicine –** Tanita Watprasong**, PhD DipIBLM**	**Claire Kelly, Oxford Mindfulness Foundation – On Line, and Tanita Watprasong, PhD DipIBLM – On Site**
13.45 – 15.25	**Panel Discussion : The Six Musketeers of LM** **Nutrition as Medicine –** Pijika Watcharapichat**, MD, PhD, DipIBLM** **Physical Activity as Medicine –** Kobkullaya Chuengprasertsri**, MD DipIBLM, Vice President and Treasurer of TLWA** **Sleep and Circadian Health – Prof.**Naricha Chirakalwasan**, MD, President, Sleep Society of Thailand** **Stress, Mindfulness and Emotional Regulation –** Jinhatha Panyasorn**, DDS, CHCQM, DipIBLM**	**Chair – Kobkullaya Chuengprasertsri, MD DipIBLM, Vice President and Treasurer of TLWA**
15.25 – 15.40	**Coffee Break**	

15.40 – 16.05	LM and the UAE's Experience	Abeer AlTeneiji, MD DipIBLM, Public Health Medicine Consultant; President, Emirates Lifestyle and Longevity Medicine Society (ELLMS)
16.05 – 16.30	From Patient Transformation to System Change: Making Lifestyle Medicine Work in Clinical Practice – The Swiss Experience	Denis Pfeiffer, MD DipIBLM, President, Lifestyle Medicine Society Switzerland
16.30 – 18.00	Lifestyle Medicine in Clinical Practice LM in Geriatric Practice – Ornicha Thititagul, MD, DipIBLM, Department of Preventive and Social Medicine, Faculty of Medicine, Siriraj Hospital, Mahidol University LM in Ophthalmology – Adj. Asst. Prof. Duangmontree Rojdamrongratana, M.D., Department of Ophthalmology, Faculty of Medicine, Thammasat University LM in Paediatric Practice – Professor Tawima Sirirassamee, MD, Associate Dean, Faculty of Medicine, Srinakharinwirot University LM in Menopausal Practice – Asst.Prof.Orawin Vallibhakara, MD DipIBLM	Chair – Asst.Prof.Orawin Vallibhakara, MD DipIBLM
	Remarks from the Honorary Distinguished Guest: Prof.Dr.Myo Khin, MD, President, Myanmar Medical Council ; Professor, Center for Global Partnerships Project, Okayama University.	

Day 2 – October 17, 2026 วันเสาร์ที่ 17 ตุลาคม 2569		
Moderator : Sinthu Kosasih, MD DipIBLM		
LIFESTYLE MEDICINE AND INDIVIDUAL HEALTH PREVENTION		
08.00 – 08.20	Artistic Tools of Lifestyle Medicine	Capt.(Ret.) Yongyuth Mayalarp, MD PhD DipIBLM, President of TLWA, Vice Chair IBLM and Representative for Asia
08.20 – 09.20	Panel Discussion : LM and Individual Health Prevention **Dermatologist's LM Approach –** Ichkal Bhudisaksang, **MD DipIBLM** **Fight against Obesity –** Chutiya Kirdsiri, **MD DipIBLM** **LM and Allergy –** Asst. Prof. Siriporn Hiranniramol, **MD DipIBLM**	Chair: Sinthu Kosasih, MD DipIBLM
09.20 – 09.50	Woman's Health – Preventive Approach	Professor Emeritus Sarikapan Wilailak, MD, President, Royal College of Obstetrics and Gynaecology
09.50 - 10.30	Lifestyle Modification in Lao PDR	Bounpheng Philavong, MD, MPH, PhD, Vice-Chair of Medical Professional Board, Health Professional Council of Lao PDR
	Myanmar's Approach to LM	Tin Maung Htwe, MD, EC member of People's Health Foundation, (Doc.Htwe, Health Journalist), The Republic of the Union of Myanmar
10.30 - 10.45	Coffee Break	

10.45 – 12.15	Panel Discussion : One Health and Environmental LM Environment and Health issues – Pakpilai Thavisin, MD, College of Integrative Medicine, Dhurakij Pundit University Contamination of Heavy Metals in LM Pillars – Bancha Daengneam, MD DipIBLM, Member of the Academic Committee, Department of Medical Services, Ministry of Public Health of Thailand Health and Climate Change Nexus – Kong Suriye, PhD, CEO of GRD GROUP One Health: Human-Animal-Environment Nexus – Asst.Prof.Waraphon Phimpraphai, PhD, Dean, Faculty of Veterinary Medicine, Kasetsart University	Chair: Bancha Daengneam, MD DipIBLM, Member of the Academic Committee, Department of Medical Services, Ministry of Public Health of Thailand
12.15 - 13.00	**LUNCH SYMPOSIUM**	
Moderator : Poonyanuch Chongjaroenjai, MD, DipIBLM.		
PRECISION HEALTH AND WELLBEING		
13.00 – 13.30	Mechanisms of Action Across the Six Pillars	Miina Öhman, MD PhD DipIBLM, President of the Singaporean LM Society

13.30 – 15.00	Panel Discussion : Lifestyle Medicine and Omics Sciences Genetics – Kanin Teerawatanapong, MD, Senior Manager, Business Advancement (Clinical & Molecular & Genetics), N Health Epigenetics – Asst. Prof.Amornpun Sereemaspun, MD PhD, Chulalongkorn University Gut Microbe - Kobkul Sudsuansri, PhD, CelFix Clinic and Lab Proteomics – Waga Iwao, PhD, Senior Fellow of NEC Solution Innovator, Chief Technology Officer of FonesLife, Visiting Professor at Tohoku University, School of Medicine	Chair : Poowadol Thammarat, PhD, Director, Business Advancement (Wellness & Occupational Health), N Health
15.00 – 15.15	**Coffee Break**	
15.15 – 17.15	Prevention Economics and Productive Populations WPH in the Population's Context - Marc Braman, MD, MPH, FACLM, FACPM, International Board of Lifestyle Medicine LM and Productive Populations - Abeer AlTeneiji, MD DipIBLM, Public Health Medicine Consultant; President, Emirates Lifestyle and Longevity Medicine Society (ELLMS) Health Leadership for Advancing Lifestyle Medicine in Lao PDR - Bounpheng Philavong, MD, MPH, PhD, Vice-Chair of Medical Professional Board, Health Professional Council of Lao PDR Suicide : The Modern World's Dilemma - Prakarn Thomyangkoon, MD, President, Thai Association for Suicide Prevention Population Quality and Policy – Wimonrat Wanpen, MD, Advisory, Division of Mental Promotion and Development, Department of Mental Health	Chair : Suphalerk Wijaranayan, B.Sc. MD ABAARM, DipIBLM, Rajavithi Hospital

Day 3 - October 18, 2026 วันอาทิตย์ที่ 18 ตุลาคม 2569		
Moderators : Sarisa Klomchitcharoen, MD DipIBLM / Pongkasem Wintakorn, MD DipIBLM		
08.00 – 08.40	Keynote Address 3 : Re-imagining Health and Planetary Care : From Disease Care to Human Flourishing	Capt.(Ret.) Yongyuth Mayalarp, MD PhD DipIBLM, President of TLWA, Vice Chair IBLM and Representative for Asia
08.40 - 09.10	LM and Critical Care	Ratapum Champunot, MD DipIBLM Critical Care, Bangkok Phitsanuloke Hospital
09.10 – 09.40	Beyond Wellness: Engineering the Future of Longevity Medicine	Asst.Prof.Mart Maiprasert, MD, Dean of the College of Integrative Medicine, Dhurakij Pandit University, TLWA Advisor
9.40 – 11.00	Panel Discussion: Leadership and Professional Wellbeing Medical Leadership - Wonchat Subhachaturas, MD, Former President of The Thai Medical Association, under Royal Patronage, and Former President of The World Medical Association Values-based leadership – Denis Pfeiffer, MD DipIBLM, President, Lifestyle Medicine Society of Switzerland Preventing Burnout in Healthcare Professionals – Prakitpunthu Tomtitchong, MD, MSc, PhD, FRCST, Department of Surgery, Faculty of Medicine, Thammasat University, Former President, the Medical Association of Thailand under Royal Patronage	Chair: Saranya Ngamrassamiwong MD, DipIBLM, Diagnostic Radiologist, Director of Oncology Imaging Centre and Nuclear Medicine Clinic, Bangkok Hospital

10.40	Coffee served in the Conference Room	
11.00 – 12.15	Panel Discussion: The Future of Whole Person Health and LM (Education/ Health Systems/ Technology / Planetary Responsibility) Capt.(Ret.) Yongyuth Mayalarp, MD PhD DipIBLM, President of TLWA, Vice Chair IBLM and Representative for Asia Miina Öhman, MD PhD DipIBLM, President of the Singaporean LM Society Naravut Suvannang, PhD, Committee Member of the Medical Technology Council of Thailand	Chair: Sarisa Klomchitcharoen, MD DipIBLM / Pongkasem Wintakorn, MD DipIBLM
12.15 - 13.00	LUNCH	
13.30 – 17.30	Diploma of the International Board of Lifestyle Medicine Examination	Proctor: Marc Braman, MD, MPH, FACLM, FACPM, International Board of Lifestyle Medicine

Speaker Information



Denis Pfeiffer

MD, Dip IBLM

Denis Pfeiffer, MD, DipIBLM, is the Medical Director of the Department of Lifestyle Medicine at the Arlesheim Clinic in Switzerland, where he leads one of the country's first dedicated clinical programmes integrating lifestyle medicine into routine care. His work focuses on the development, implementation and evaluation of evidence-based interventions for chronic diseases, combining nutrition, physical activity, mental wellbeing, restorative sleep and behaviour change strategies within a structured medical framework.

He is Co-Founder and President of the Lifestyle Medicine Society Switzerland, where he drives the advancement of lifestyle medicine at a national level, with a particular focus on physician education, curriculum development and the integration of prevention into healthcare systems.

Dr. Pfeiffer is actively involved in international collaborations in lifestyle medicine and regularly speaks at global conferences. His work bridges clinical practice, medical education and system-level innovation, aiming to translate evidence-based lifestyle interventions into scalable, sustainable models of care.

ABSTRACT

Chronic diseases are largely driven by lifestyle-related factors, yet translating evidence-based knowledge into sustainable clinical practice remains a global challenge. While awareness of lifestyle medicine is increasing, implementation within healthcare systems is still limited. This session presents the Swiss experience as a real-world example of how lifestyle medicine can be successfully integrated into clinical care. Drawing on the development of a structured programme at the Arlesheim Clinic, it highlights key elements of effective implementation, including interdisciplinary collaboration, defined patient pathways, and the combination of individual consultations with scalable group-based formats.

Clinical outcomes from complex chronic patients demonstrate that meaningful improvements in metabolic, functional and mental health can be achieved when lifestyle medicine is delivered as a structured, physician-led intervention rather than isolated advice. At the same time, operational and financial aspects—such as programme design, resource allocation and long-term sustainability—are critical for successful integration.

Beyond the clinical setting, the session also explores how such models can be adapted and expanded internationally. Emerging programme formats, including immersive education and retreat-based approaches, offer new opportunities to translate lifestyle medicine into diverse cultural and healthcare contexts.

By bridging patient transformation, clinical implementation and system-level thinking, this session provides a practical framework for making lifestyle medicine scalable, sustainable and globally relevant.

Speaker Information



For more than 15 years, Dr. Marcela Sandoval Garza has dedicated her career to the prevention and reversal of chronic disease through personalized patient care. She is one of only 27 Certified Lifestyle Medicine Intensivists worldwide and one of just four Fellows of the International Board of Lifestyle Medicine. Dr. Sandoval is the best-selling author of EVIDENT, available in both English and Spanish. She is an international speaker and collaborates with the International Board of Lifestyle Medicine, the American Board of Lifestyle Medicine, the Physicians Committee for Responsible Medicine, and the T. Colin Campbell Center for Nutrition Studies.

Marcela Sandoval Garza

MD, DipIBLM, LM Intensivist

ABSTRACT

The terms remission and reversal are increasingly used in discussions of chronic disease, yet they are often misunderstood, inconsistently defined, and sometimes used interchangeably.

This presentation examines the scientific meaning of these concepts across multiple medical disciplines, including oncology, rheumatology, gastroenterology, psychiatry, and metabolic health. While remission generally refers to the reduction or disappearance of disease signs and symptoms, reversal typically describes a return toward normal physiology or a significant improvement in disease-related biomarkers and function. Neither term is necessarily synonymous with cure. Drawing from current scientific literature and clinical practice, this session explores how remission and reversal are defined, measured, and communicated in different disease states. The presentation will also discuss the role of lifestyle interventions in achieving disease improvement and, in some cases, remission. Particular attention will be given to the ethical implications of language used in healthcare. Overstating the potential for reversal may create unrealistic expectations, while underestimating the capacity for improvement may deprive patients of hope and motivation. Understanding the distinction between disease control, remission, reversal, and cure is essential for evidence-based communication and shared decision-making.

Speaker Information



Sridhar Dharmapuri

Senior Food Safety and Nutrition Officer, Regional Office for Asia and the Pacific
Food and Agriculture Organization of the United Nations (FAO)

Sridhar Dharmapuri leads the Agriculture and Food Systems team which is implementing the food system transformation agenda in the region in close collaboration with the UN Food Systems Coordination Hub. He is leading FAO's work on strengthening core elements of national food control systems and supporting countries in the Asia-Pacific region on SPS and food safety measures and food standards including Codex. In his previous position, he led the implementation of FAO's largest ever food safety project that supported the Government of Bangladesh to establish the national food safety authority. As a researcher with a leading pharmaceutical company in Italy, he led the development of vaccines against cancer. He has published peer reviewed international publications in on plant production and protection including GM crops; vaccines, drugs and pharmaceuticals; food safety and food loss and waste.
He has a doctorate in Life Sciences from the Centre for Cellular and Molecular Biology, Hyderabad, India and a Master of Business Administration from Kansas University, USA.

ABSTRACT

Healthy Diets for All

Across Asia and the Pacific, countries face the simultaneous challenges of persistent undernutrition, widespread micronutrient deficiencies, rising rates of overweight and obesity, increasing diet-related noncommunicable diseases, environmental degradation, climate change, and growing pressures on food systems. Addressing these interconnected challenges requires moving beyond nutrition-specific interventions toward integrated, multisectoral strategies that shape food production, value chains, food environments, consumer behavior, and policy frameworks. Food systems-based approaches recognize that healthy diets depend not only on individual choices but also on the availability, affordability, safety, accessibility, and sustainability of foods throughout the agrifood system. The theme Healthy Food, Healthy People, Healthy Planet is well aligned with FAO's Vision and Action for Nutrition, which envisions a world where all people consume healthy diets derived from efficient, inclusive, resilient, and sustainable agrifood systems. The presentation will examine pathways for strengthening policy coherence across agriculture, health, education, trade, social protection, environment, and food safety sectors to create enabling conditions for healthier diets. It will highlight the role of science and innovation and the use of data and statistics to promote better nutrition outcomes while supporting climate resilience and biodiversity. It will also emphasize the shared responsibility of Government, private sector, civil society and the media in enhancing nutrition. Forward-thinking solutions, combined with traditional knowledge and inclusive approaches, can help ensure that everyone has access to sufficient, diverse, safe, and nutritious foods, while safeguarding the planet for future generations.

Speaker Information



Professor Emeritus Thep Himathongkam,

MD, FACP, FACE

As the founder of Theptarin Hospital in Bangkok, Thailand-one of the region's leading diabetes centers-Professor Thep has contributed significantly to acJvancing education and clinical practice in endocrinology and metabolism, particularly in behavior modification for
diabetes control and prevention across Thailand and beyond.

Professor Thep introduced a team-based approach to diabetes management in Thailand during the 1980s. He continuously advocates for the recognition of diabetes educators, dietitians, and foot care specialists within both the medical community and the general public. He is the founder of Thailand's Association of Diabetes Educators, which currently serves as the official accreditation body for certified diabetes educators (CDEs) in the country.

Additionally, he played a pivotal role in establishing university curricula nationwide to train qualified dietitians.

The diabetes care team at Theptarin (now ViMUT-Theptarin) Hospital remains the most comprehensive and well-regarded model in the region, setting the gold standard for care in Thailand. Ultimately, his work in medicine and public health has laid a strong foundation for lifestyle medicine to prevent non-communicable diseases (NCDs) throughout the nation.

ABSTRACT

Both NCDs and Lifestyle Medicine are relatively new terms in Thailand, however the practice of Lifestyle Medicine had started more than 4 decades ago. The heart of lifestyle medicine is to be able to integrate the 6 lifestyle medicine pillars and have the stream of teams to provide such services.

Lifestyle medicine service in Thailand started as secondary prevention of diabetes with the purpose of preventing diabetic complications which will lead to microvascular disabilities through patient education to enable patients to care for themselves. Later observations and knowledge make diabetes relate to macrovascular complications and several related diseases are grouped and became NCDs. In early 2000 research proved that diabetes itself can be prevented through lifestyle modification.

Theptarin Hospital was founded in 1985 with the mission to introduce to Thailand multidisciplinary diabetes care team which compose of diabetes educator, dietitian, foot care specialist, exercise specialist, with physician as team leader. Throughout 4 decades, Theptarin has been actively in not only in crafting itself to be a diabetes care team model but also work tirelessly with universities, professional associations, government, non-profit organizations, and private sector to build multidisciplinary capacity and raise standard of team care. Theptarin work is the key enabling Thailand today to be ready to take the challenge of lifestyle medicine practice.

Speaker Information



Asst. Prof.Patana Teng-umnuay

MD., PhD., College of Integrative Medicine,Vice President of TLWA

Dr. Patana Teng-umnuay received his medical degree with first-class honors from Chulalongkorn University, Thailand, in 1986. He completed board certification in Internal Medicine in 1990 and in Nephrology in 1992. He then pursued a PhD in Molecular Cell Biology at the University of Florida, which he was awarded in 1998.

Dr. Teng-umnuay is a leading lecturer on nutraceutical supplements, stem-cell biology, and anti-aging medicine. He currently serves as a consulting physician at Phyathai 2 Hospital and Celmed Clinic in Bangkok. His academic and professional roles include faculty member in the Anti-Aging and Regenerative Medicine program at Dhurakij Pundit University, vice president of the Thai Lifestyle Medicine and Wellbeing Association, and committee member of both the Thai Chelation Society and the Thai Integrative Medicine Society.

In the private sector, Dr. Teng-umnuay is CEO of Celtac Ltd., major shareholder of WURX (a compounding pharmacy in Thailand), and president of HEAT Academy, which organizes the annual HEAT Congress for Wellness Management (www.heatantiaging.com), one of Thailand's most successful academic medical events.

In 2023, Dr. Patana was honored as "A Quality Person in Medical Business" by the Foundation of the Scientific and Technological Council of Thailand (FSTT).

ABSTRACT

Acidosis versus Acidemia

Human blood pH is tightly regulated, normally within approximately 7.35–7.45. A blood pH below 7.35 is termed acidemia, whereas acidosis refers to a pathophysiological process that tends to increase hydrogen ion concentration and lower blood pH.

Acidosis and acidemia are therefore not synonymous. An acid-producing process may be present without acidemia when it is adequately compensated by respiratory, renal, and chemical buffering mechanisms. Conversely, acidemia represents the measurable consequence when acid-generating processes exceed the body's compensatory capacity.

Acid–base balance is maintained through several integrated mechanisms, including extracellular and intracellular chemical buffers, the bicarbonate–carbon dioxide system, hemoglobin and other proteins, bone buffering, pulmonary elimination of carbon dioxide, and renal excretion of nonvolatile acids with regeneration of bicarbonate. Carbonic anhydrase, particularly in red blood cells and renal tubular cells, facilitates the rapid interconversion of carbon dioxide, carbonic acid, and bicarbonate.

Importantly, in healthy individuals, dietary changes have relatively little effect on systemic blood pH because these regulatory systems are highly effective. However, diet can substantially influence net endogenous acid production, renal acid excretion, and urinary pH

Speaker Information



Asst. Prof.Patana Teng-umnuay

MD., PhD., College of Integrative Medicine,Vice President of TLWA

ABSTRACT II

Alkaline-Forming Diet

Foods are often described as “acidic” or “alkaline-forming,” but these terms represent different concepts. The pH of a food before it is eaten does not necessarily predict the net acid or alkali load produced after digestion, absorption, and metabolism. Dietary acid load can be estimated using measures such as potential renal acid load (PRAL) and net endogenous acid production (NEAP).
Foods rich in sulfur-containing amino acids and phosphorus tend to increase endogenous acid production. These commonly include meat, processed meat, cheese, eggs, and many grain-based foods. Metabolism of sulfur-containing amino acids, particularly methionine and cysteine, generates nonvolatile acids that ultimately require renal excretion.In contrast, most fruits and vegetables provide potassium, magnesium, and metabolizable organic anions such as citrate and malate. When these organic anions are present with mineral cations and metabolized, they can provide bicarbonate equivalents and therefore generally reduce net dietary acid load.

Whole-food Plant-based Diet

A whole-food plant-based diet emphasizes foods derived predominantly from plants that remain as close as practical to their natural form. The word “whole” is important. A food does not automatically become healthy simply because it is labeled plant-based. Modern food manufacturing has created numerous plant-based products that are highly refined or ultra-processed. Plant-based burgers, sweetened plant milks, refined breakfast cereals, pastries, chips, sugary beverages, and vegan desserts may contain no animal products but can still be high in sodium, added sugars, refined carbohydrates, unfavorable fats, and food additives, while being relatively low in fiber and some micronutrients.
Therefore, a diet rich in whole fruits and vegetables generally produces a lower dietary acid load. This effect is reflected much more readily in renal net acid excretion and urinary pH than in blood pH.

Why Are Lemons and Limes Considered Alkaline-Forming?

Lemons and limes provide a useful example of the difference between the chemical acidity of a food and its metabolic acid load. Acidic taste or low food pH is not equal to acid-forming effect after metabolism. Their juice is strongly acidic because it contains citric acid, typically resulting in a pH of approximately 2–3. However, these fruits also contain citrate and other organic anions together with mineral cations, particularly potassium. After absorption, metabolizable organic anions such as citrate are oxidized. When provided as salts of mineral cations, their metabolism contributes alkali or bicarbonate equivalents. Thus, despite their sour taste and low initial pH, lemons, limes, and many other fruits can contribute to a low or negative potential renal acid load.

Potential Benefits of a Lower Dietary Acid Load

The kidney plays a central role in maintaining acid–base homeostasis by excreting hydrogen ions, principally as ammonium and titratable acids, while generating new bicarbonate. A high dietary acid load therefore increases the amount of net acid that must be processed and excreted by the kidney. Clinical studies in selected patients with CKD have shown that increasing fruit and vegetable intake or administering alkali therapy, such as sodium bicarbonate, can increase serum bicarbonate, reduce indices of metabolic acidosis, and slow the decline in kidney function. Lower dietary acid load and greater consumption of fruits and vegetables have also been associated with favorable outcomes involving bone and skeletal muscle health. Chronic metabolic acidosis can promote bone buffering and increase muscle protein catabolism.

Speaker Information



Marc Braman

MD, MPH, FACLM, FACPM

Marc Braman, MD, MPH, FACLM, FACPM, is a preventive medicine physician, author, and internationally recognized leader in lifestyle medicine and whole person health. He played a formative role in the early development of the American College of Lifestyle Medicine, serving as its second President and first Executive Director from 2007–2013. During that period, he helped establish ACLM as the national professional home for lifestyle medicine, supporting the development of its conferences, professional education, strategic partnerships, and early standards-building efforts.Building on this foundation, Dr. Braman's work has increasingly focused on the larger frameworks needed to understand and advance health at the level of the whole person. He is currently leading the development of whole person health certification competencies with the American Board of Lifestyle Medicine and the International Board of Lifestyle Medicine. His work emphasizes that lifestyle behaviors are downstream expressions of upstream whole-person dynamics, including meaning, purpose, identity, emotion, relationships, trust, environment, culture, and time.

Dr. Braman's recent work includes serving as moderator for the clinical-practice portion of the 2025 Meaning, Purpose, and Spirituality in Lifestyle Medicine Expert Summit, lead authoring the summit-derived clinical practice paper published in the American Journal of Lifestyle Medicine, and participating in a 2026 working group on meaning, purpose, and spirituality in healthcare at the National Academies of Sciences. These efforts reflect his broader work clarifying, teaching, and applying whole-person paradigms that help healthcare move beyond fragmented, behavior-focused care toward models that support enduring health, healing, and flourishing for individuals, communities, and the planet.

ABSTRACT

Lifestyle medicine has helped re-center healthcare on the foundational role of lifestyle in the prevention, treatment, and reversal of chronic disease. Yet as the field matures, an important next question emerges: What is the larger framework within which lifestyle behaviors become meaningful, sustainable, and clinically effective?

This keynote introduces whole person health as a natural extension and deepening of lifestyle medicine. Rather than viewing lifestyle behaviors as isolated interventions, whole person health situates them within the lived experience of the person: identity, meaning, emotions, relationships, physical function, environment, culture, and time. From this perspective, health is not merely the absence of disease or the performance of healthy behaviors, but the emergent result of alignment across the domains of human life.The presentation will explore a practical framework for understanding the person as a whole, including the upstream determinants that shape behavior, resilience, adherence, healing, and flourishing. It will highlight core concepts relevant to emerging whole person health competencies, including meaning and purpose, connection, trust, emotional regulation, contextual fit, and sustainable embodied function. These universal concepts can be applied not only to patients and clinicians, but also to communities and planetary health, where fragmentation, disconnection, and misalignment produce suffering at larger scales.

By moving from a behavior-focused paradigm toward engaging intelligently with whole humans, clinicians and health systems can better understand why people do what they do, what helps them change, and how care can support healing at all levels. Wholeness is not an optional addition to health; wholeness is the very definition of health—the state of full and sustainable integration supports enduring health and flourishing for individuals, communities, and planet.

Speaker Information



Assoc.Prof.Dr.
Sakda Arj-Ong Vallibhakara
MD., Ph.D Dip.IBLM

- Associate Professor at Interdisciplinary Studies and Lifelong Education (IGRAD), Faculty of Public Health, Mahidol University.
- Director of Planetary Health and Environmental Sustainability Programs, Faculty of Public Health, Mahidol University.
- Senior Advisory Board, The Medical Association of Thailand
- Vice President, MASEAN GoJ(The Medical Association of South East Asian Nations Group of Journals), MASEAN
- Medical Degree (MD) from Faculty of Medicine, Ramathibodi Hospital, Mahidol University.
- Holds six medical board certifications, including Pediatrics, Pediatric Cardiology, Family Medicine, Emergency Medicine, and Preventive Medicine (Public Health & Epidemiology).
- Non-Clinical Degrees: Executive MBA (NIDA), Master of Science in ICT (Assumption University), and Master of Arts in Information Science (STOU).
- Emergency Medicine Pioneer: Formulated Thailand's national training curriculum for Emergency Physicians and established the Department of Emergency Medicine at Ramathibodi Hospital.
- Healthcare Innovator: Developed the "Ramathibodi ER Tracking View System" (won Best Innovation Award in 2008) and spearheaded various telemedicine, tele-pharmacy, and smart community wellness initiatives.
- Research & Publications: Published over 87–91 academic articles indexed in MedLine and SCOPUS, primarily focusing on clinical epidemiology, pediatric medicine, emergency care, and wellness/aging.

ABSTRACT

Lifestyle Medicine has established that diet, physical activity, sleep, stress, social connection and substance use are powerful therapeutic levers for chronic disease. When practiced within a disease-centered logic, however, it faces three limitations: outcomes are too narrow, the unit of care is too small, and the boundary of care ignores the planet on which health depends. This academic article argues that the next step for Lifestyle Medicine is not an additional pillar but a wider unit of care, and that Whole Person Health (WPH) provides the conceptual basis for that step. The article proposes an operational definition of Whole Person Health in Lifestyle Medicine and a Person-Community-Planet framework with a time axis. The framework rests on four propositions: health is a trajectory; health domains are interdependent; the person defines the goal; and personal health is nested within community and planetary health. Each of the six pillars is re-read at the three levels, with emphasis on co-benefits such as plant-forward diets and active travel, and Whole Person Health is distinguished from wellness, precision health, planetary health and One Health. Time is treated as a health dimension through lifespan, healthspan and the newly proposed construct of shared healthy years, offered as a transparent alternative to the industry-originated and unvalidated concept of CoupleSpan. Illustrative applications across the life course, supported by Thai research by THAM-MAI Project and colleagues and by international evidence, show how the framework changes assessment and planning. The article draws implications for clinical practice, measurement with the Whole Person Health Index, health professions education, research and policy, and it addresses criticisms concerning vagueness, evidence gaps, medicalization, equity and commercial capture. It concludes that Thailand, with its lifestyle-medicine movement and approximately one million village health volunteers, is well positioned to translate this framework into integrated care for people, communities and the planet.

Speaker Information



Claire Kelly

Director of Teaching and Learning at Oxford Mindfulness Foundation; Mindfulness teacher, trainer, and supervisor.

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

Claire Kelly will introduce the foundations of Mindfulness-Based Interventions (MBIs) and clarify what these evidence-based programs are—and are not. Drawing on decades of research and teaching experience from the Oxford Mindfulness Foundation, she will explain the core psychological mechanisms underlying MBIs, including attention regulation, emotional regulation, decentering, and self-compassion. The talk will explore how these inner capacities support Whole Person Health, strengthening resilience across physiological, psychological, social, and environmental dimensions of wellbeing.

Speaker Information



Pijika Watcharapichat
MD, PhD, DipIBLM

Dr. Wacharapichat is a physician-scientist with expertise in lifestyle medicine, nutrition, wellness, and digital health innovation. She trained as a medical doctor at Chulalongkorn University and earned her PhD from Imperial College London, and holds both International Board of Lifestyle Medicine certification and the Thai Diploma in Lifestyle Medicine. In industry, she has served as Medical Director leading the development of a nation-wide digital lifestyle medicine platform for a Ministry of Health, alongside research and novel applications in gut microbiome science. As principal investigator of a clinical trial on a Thai predominantly whole-food plant-based dietary pattern, she demonstrated reversal of major non-communicable disease risk factors, with this work published in a tier-1 medical journal and presented internationally. She is also the author of Thai Food as Medicine book, advocating authentic Thai dietary patterns that preserve traditional flavors while promoting health.

ABSTRACT

Food is more than nutrients—it is culture, comfort, pleasure, and often our time to relax and reconnect. My discussion will explore a simple idea: Thai food itself can become a practical tool for improving chronic disease risk without losing the tastes and eating experience. The approach is not to reinvent Thai food, but to gently reshape familiar dishes around predominantly whole, plant-based ingredients while keeping the seasonings that make Thai food unmistakably Thai—curry paste, fish sauce, shrimp paste, coconut milk, chili, herbs, and spices. The same familiar dishes can remain satisfying and recognizable, from phat kaphrao and noodles to som tum, curries, nam prik, and even Thai desserts. With this style of eating, people can eat to satiety without calorie counting, while everyday food choices gradually work in their favor.

The message is simple: keep the Thai taste, gently change what fills the plate, enjoy eating, and let the compound effect of everyday choices work as medicine over time. Healthier eating does not have to feel foreign, restrictive, or disconnected from culture. Sometimes the most sustainable change is simply changing the main ingredients while keeping the flavors we love.

Speaker Information



Kobkullaya Chuengprasertsri
MD. DipIBLM

Education & Certifications

- Medical Degree: M.D. (Second-class honors) from Khonkaen University (2009)
- Master's Degree: Dermatology from Chulalongkorn University (2016) International Board of Lifestyle Medicine
- Board Certifications: Certified in Nutritional Wellness (CNW) and certified by the American Board of Anti-Aging and Regenerative Medicine (ABBRM)

Academic Activities & Research

- Training & Conferences: Attended numerous international congresses and training programs in anti-aging, aesthetic medicine, and dermatology across Thailand, Japan, and the USA (including programs at Harvard Medical School)
- Publication: Published a comparative study on Melasma treatment in the Journal of Dermatological Society of Thailand

Awards & Social Contributions

- Pageant: 1st Runner up Miss Thailand 2009
- Recognitions: Received the Outstanding Youth Award (2009), Outstanding Alumni from Khonkaen University (2012), and the Grateful Child Award (2012)
- Volunteer Work: Actively serves as a volunteer doctor providing medical care to people in remote areas, and was recognized as an outstanding volunteer

ABSTRACT

Physical Activity is Medicine: From Molecular Biology to Healthy Longevity

Physical activity is increasingly recognized as one of the most effective evidence-based therapies for promoting healthy longevity. Beyond improving fitness, exercise functions as a systemic biological intervention by stimulating the release of myokines, exerkines, and other signaling molecules that regulate metabolism, immune function, brain health, and inter-organ communication. Recent multi-omics research demonstrates that exercise induces coordinated molecular adaptations across multiple organs, improving mitochondrial function, reducing chronic inflammation, enhancing metabolic resilience, and modulating several hallmarks of aging.

Exercise also plays a pivotal role in brain health by enhancing neuroplasticity through brain-derived neurotrophic factor (BDNF), preserving cognitive function, improving mental well-being, and reducing the risk of neurodegenerative diseases. In contrast, sedentary behavior has emerged as an independent biological risk factor that accelerates metabolic dysfunction, chronic inflammation, immune dysregulation, and biological aging.

This lecture will highlight the latest advances in exercise physiology, molecular medicine, and geroscience, demonstrating why physical activity should be prescribed not merely as lifestyle advice, but as molecular medicine, precision medicine, and longevity medicine to extend healthspan and optimize lifelong health.

Speaker Information



Prof.Dr.Naricha Chirakalwasan
M.D.

- Associate Dean for International Affairs and Professor of Medicine at Chulalongkorn University, Bangkok, Thailand.
- Head of the Excellence Center for Sleep Disorders at King Chulalongkorn Memorial Hospital.
- Program Director of the International Sleep Medicine Fellowship at Chulalongkorn University.
- President of the Sleep Society of Thailand (SST).
- Medical Degree: Graduated with Honors from Chulalongkorn University (1999).
- Residency & Fellowship Training: Completed her Internal Medicine Residency (including serving as Chief Resident) at Wright State University, Ohio; Pulmonary and Critical Care Fellowship at Albert Einstein College of Medicine, New York; and Sleep Fellowship at the University of Michigan.
- Licensure: Extensively certified across both American and Thai boards in Sleep Medicine, Pulmonary Medicine, Critical Care Medicine, and Internal Medicine.
- Major Awards: Recipient of the Medical Icon Award (2023) from Chulalongkorn University and the Outstanding Young Physician Award (2021) from the Royal College of Physicians of Thailand.
- Research Focus: Heavily specialized in obstructive sleep apnea (OSA) health consequences, novel OSA treatments, and insomnia management. She is a prolific researcher with dozens of peer-reviewed journal publications and international book chapters.
- Global Presence: Frequently serves as an invited keynote speaker, session chair, and scientific committee member at top-tier international respiratory and sleep medicine congresses worldwide.

Speaker Information



Jinhatha Panyasorn
PhD DipIBLM, BDMS

An accomplished **Healthcare Executive** and Board Director with 15+ years of leadership in clinical practice, medical resource management, and corporate healthcare administration. Expert in driving **digital health innovation**, AI-assisted diagnostics, and utilization review workflows within Thailand's largest private healthcare network.

- Corporate Governance: Board Directorship & Strategic Healthcare Management.
- Healthcare Tech: Digital Health Systems & AI Diagnostics Integration.
- Operations & Finance: Utilization Review, Medical Resource Management, and Cost Containment.
- Insurance Strategy: International Insurance Systems & Claims Optimization.
- Director of Medical Resource Management & Insurance System | Bangkok Dusit Medical Services (BDMS) (2020 – Present)
  - Leads network-wide utilization management and AI-assisted diagnosis integration.
  - Oversees BDMS Utilization Review Technology (BURT) and Insurance Management System (IMS).
- Board Member / Company Director | Winnergy Medical PCL (WINMED) (2022 – Present)
  - Provides corporate governance, risk assessment, and strategic growth oversight.
- Director of Medical Resource Management | Bangkok Hospital Head Office (2010 – 2020)
  - Managed healthcare asset deployment and optimized insurance partner frameworks.
- M.Sc. in International Health Management | Imperial College London, UK
- Doctor of Dental Surgery (D.D.S.) | Chulalongkorn University, Thailand

ABSTRACT

For this panel discussion, I would like to share practical experience from applying stress-management, mindfulness, and emotional-management principles to support more than 600 health insurance personnel across 60 hospitals within BDMS network.

The group includes teams working in utilization management, insurance claims and services. These roles are particularly demanding because staff regularly manage expectations and pressure from multiple stakeholders, including treating physicians, patients and families, insurance agents, and insurance companies. They must balance clinical appropriateness, insurance requirements, financial considerations, service expectations, and time-sensitive decisions within the same case.

My discussion will focus on how we have tried to integrate the stress-management pillar of Lifestyle Medicine into their everyday working environment, with the objective of helping people work more effectively while also working more happily.

I use Insurance Knowledge Management (IKM) application as the main platform for ongoing communication, learning, training, practical guidance, and reinforcement of stress-management concepts across the hospital network.

Rather than treating stress management as a separate wellness activity, our approach is to incorporate it into the way people learn, communicate, collaborate, and perform their daily responsibilities

Through this experience, I hope to contribute a practical organizational perspective on how the Stress Management pillar of Lifestyle Medicine can support not only individual well-being, but also teamwork, service quality, resilience, and sustainable performance within complex healthcare environments.

Speaker Information



Abeer AlTeneiji

MBBS, MPH, DipIBLM

Dr. Abeer AlTeneiji is a Consultant Physician in Public Health Medicine and Lifestyle Medicine and a senior healthcare executive with 22 years of experience, including over 13 years inleadership roles across the UAE's most prominent health institutions. She holds an MPH with Distinction from Johns Hopkins University, an MBBS with Distinction, the International Board of Lifestyle Medicine Diploma, and completed the Executive Leadership Program in Artificial Intelligence at MBZUAI. She is widely recognized as a leading national figure in lifestyle, precision and longevity medicine.

Dr. AlTeneiji is the Founder and President of the Emirates Lifestyle and Longevity Medicine Society (ELLMS), established under the Emirates Medical Association, and the driving force behind the formal recognition of Lifestyle Medicine as a clinical specialty by the Department of Health Abu Dhabi. She designed and established the UAE's first Lifestyle Medicine Fellowship through the National Institute of Health Sciences (NIHS), and has played a central role in shaping national and emirate-level health policies and guidelines in longevity and preventive medicine.

She is a Board Member of the World Lifestyle Medicine Organization (WLMO), UAE Representative to the Lifestyle Medicine Global Alliance (LMGA), and International Editorial Board Member of Lifestyle Medicine Advances, a peer-reviewed BMJ Group journal. Previously Executive Director of Clinical Excellence at Cleveland Clinic Abu Dhabi and a senior medical leader at ADNOC, Dr. AlTeneiji remains an active researcher, serving as co-author and expert reviewer on ongoing international peer-reviewed studies in lifestyle and longevity medicine, and is a certified Blue Zone Physician.

ABSTRACT

The United Arab Emirates has emerged as a regional and global exemplar in the institutionalization of Lifestyle Medicine as a recognized clinical specialty and the foundation for healthy living. This presentation traces the strategic and policy architecture that has driven this transformation. Beginning with institutional advocacy within the Emirates Medical Association, it charts the pathway that led to the formal establishment of the Emirates Lifestyle and Longevity Medicine Society (ELLMS), the first dedicated Lifestyle Medicine professional body in the Gulf region.

The presentation outlines the stepwise blueprint that secured Lifestyle Medicine's inclusion in the DOH Abu Dhabi Professional Qualification Requirements, the development of a structured Fellowship pathway through the National Institute of Health Sciences, and the alignment of national standards with international frameworks through formal collaboration with the International Board of Lifestyle Medicine (IBLM).

It examines how evidence-based lifestyle interventions, anchored in the six pillars of Lifestyle Medicine, are being integrated into UAE health system design, population health strategy, and longevity science frameworks. The role of international partnerships in accelerating credentialing, knowledge exchange, and the global positioning of the UAE as a center of excellence in preventive and lifestyle medicine is further explored.

The UAE experience offers a replicable model for health systems seeking to embed Lifestyle Medicine within regulatory, academic, and clinical infrastructure, moving the specialty from aspiration to institution.

Speaker Information



Ornicha Thititagul
MD, DipIBLM
Assistant Director Siriraj Hospital

- Academic Role: Lecturer in the Geriatric Medicine Division, Department of Preventive and Social Medicine at the Faculty of Medicine Siriraj Hospital, Mahidol University.
- Clinical Role: Geriatrician at the Siriraj Academic Center of Geriatric Medicine
- Medical Degree: Doctor of Medicine (Second class honor) from Srinakharinwirot University in 2017.
- Board Certifications: Diplomate of the Thai Board of Internal Medicine (2021) and Diplomate in Geriatric Medicine (2023).
- Specialized Training: Certified Lifestyle Medicine Physician (2024) and WHO Master Trainer of Primary Care Physicians for Integrated Care of Older People (2021).
- Clinical Experience: Worked as an internal medicine physician and geriatrician at various institutions, including Siriraj Piyamaharajkarun Hospital, Samitivej Srinakarin Hospital, and PYONG rehabilitation clinic.Thonburi Hospital
- International Exposure: Completed a geriatric medicine observership at Concord Repatriation General Hospital in Sydney, Australia, and a training program at NCGG in Nagoya, Japan.
- Speaking: Served as a guest lecturer and invited speaker for the Department of Older Persons, hospitals, academic conferences, and professional training programs, including SICMPH 2026; and moderator for the 10th Asian Conference of Frailty and Sarcopenia (ACFS) in 2024.

ABSTRACT

Lifestyle Medicine in Geriatric Practice: A Function-Centered Approach to Healthy Aging

Population aging is accompanied by multimorbidity, frailty, cognitive and functional decline, shifting the goals of care beyond disease prevention toward preserving functional ability, independence, and quality of life.

Lifestyle medicine provides an evidence-based framework through its six pillars. However, applying these principles to older adults requires a geriatric approach, with interventions adapted to functional and cognitive status, nutritional risk, multimorbidity, polypharmacy, social circumstances, and individual goals.

This talk explores how lifestyle medicine can be integrated with multidomain geriatric assessment to identify priorities and tailor interventions to an older person's intrinsic capacity and functional needs. Rather than applying uniform lifestyle prescriptions, a person-centered, function-focused approach aims to support mobility, cognition, resilience, and independence—helping older adults maintain the ability to live the life that matters to them.

Speaker Information



Professor Tawima Sirirassamee
MD,

- Affiliation: Faculty of Medicine, Srinakharinwirote University.
- Doctor of Medicine.
- Thai Board of Pediatrics.
- Thai Board of Family Medicine.
- Certificate in Child Development.
- Current Employment
- Role: Associate Professor.
- Institution: Faculty of Medicine, Srinakharinwirote University.
- Professional & Administrative Experience
- Leadership Role: Deputy Dean for Quality Assurance.
- Assessor Roles: Serves as an assessor for the Thailand Quality Award, Education Criteria for Performance Excellence, and the World Federation for Medical Education.
- Committee Memberships: Serves on the Academic Council Committee for both Srinakharinwirot University and the Praboromarajchanok Institute.
- Professional Membership: Member of The Medical Council of Thailand.

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



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

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

Elected Member of the Thai Medical Council. Former Government Spokesman (2006, 2014).
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.
Ph.D. in Modern Organizational Management, Krirk University.
Diplomas certifying proficiency in medical practice in the specialties 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.

ABSTRACT

Keynote Address 3: Re-imagining Health and Planetary Care: From Disease Care to Human Flourishing

Modern healthcare has achieved remarkable advances in the diagnosis and treatment of disease, yet the growing burden of non-communicable diseases, mental health challenges, social disconnection, environmental degradation, and climate-related threats demonstrates the limitations of a predominantly disease-centred model of care.
Lifestyle Medicine offers an evidence-based approach that addresses many of the behavioural and social determinants underlying chronic disease through its core pillars of nutrition, physical activity, restorative sleep, stress management, avoidance of harmful substances, and positive social connection. However, the future of health requires an even broader perspective—one that moves beyond disease prevention and risk reduction toward Whole Person Health and human flourishing.
This keynote explores how healthcare can be re-imagined around the interconnected wellbeing of the individual, the community, and the planet. Human health is shaped not only by biological factors and personal behaviour, but also by relationships, purpose and meaning, social conditions, the built environment, food systems, air and water quality, and the wider ecological systems upon which life depends.
The transition from disease care to human flourishing therefore requires collaboration across medicine, public health, education, communities, policy, and environmental sectors. It also calls for health systems that empower individuals while simultaneously creating environments that make healthy and sustainable choices more accessible.
Ultimately, the goal is not merely to extend lifespan or reduce disease burden, but to enable people to live healthier, more meaningful, resilient, and connected lives within communities and ecosystems that can thrive across generations.

Speaker Information



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

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

ABSTRACT II

Artistic Tools of Lifestyle Medicine

Lifestyle Medicine is grounded in evidence-based interventions addressing nutrition, physical activity, restorative sleep, stress management, avoidance of harmful substances, and positive social connection. Yet one of its continuing challenges is translating knowledge into meaningful, engaging, and sustainable behaviour change.

This presentation explores the role of the arts as cross-cutting tools that may support the established pillars of Lifestyle Medicine. Music, dance, visual arts, storytelling, creative writing, and other forms of artistic expression can influence attention, emotion, movement, social connection, and personal meaning. Rather than replacing evidence-based clinical care, these approaches may help make healthy behaviours more accessible, enjoyable, and personally relevant.

The presentation will examine how music may support stress regulation and social connection; how dance can combine physical activity, coordination, enjoyment, and participation; how visual and creative arts may facilitate focused attention and reflection; and how storytelling can help connect health behaviour with identity, purpose, and personal values. Particular emphasis will be placed on the role of artistic participation in supporting social connection and whole-person wellbeing.

The session will also introduce a practical clinical perspective: shifting from simply asking patients what they “should do” toward exploring what they enjoy, value, and are willing to continue doing. In this framework, artistic engagement becomes a potential behavioural asset that can help bridge the gap between health knowledge and daily life.

Ultimately, the concept of Artistic Tools of Lifestyle Medicine highlights the complementary relationship between science and human experience. Science provides the evidence for healthy living; the arts may help give that living greater meaning, engagement, connection, and joy.

Speaker Information



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

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

ABSTRACT III

The Future of Whole Person Health and Lifestyle Medicine: Education, Health Systems, Technology and Planetary Responsibility

The future of Lifestyle Medicine will depend on its ability to move beyond individual behaviour change and become integrated into education, healthcare systems, technology, community environments, and planetary responsibility. Whole Person Health provides a broader framework by recognising that health is shaped not only by personal lifestyle behaviours, but also by mental wellbeing, relationships, purpose, social conditions, healthcare structures, technology, and the environment.

This presentation explores four interconnected areas. First, Lifestyle Medicine should be integrated more systematically into undergraduate, postgraduate, and continuing professional education, with greater emphasis on interprofessional learning and behaviour-change skills. Second, healthcare systems should move further upstream—from episodic disease treatment toward prevention, multidisciplinary care, continuity, and health creation. Third, digital health, artificial intelligence, wearable technologies, and omics sciences offer important opportunities for measurement, personalisation, and follow-up, but should remain clinically relevant, evidence-based, equitable, and supportive of—not substitutes for—the therapeutic human relationship. Finally, human health must increasingly be considered within the context of planetary health, recognising the interdependence of health, food systems, urban environments, climate, and ecological sustainability.

The presentation also emphasises the need to move from individual responsibility alone toward shared responsibility for health, involving professionals, institutions, communities, governments, and society. The future of Whole Person Health and Lifestyle Medicine will therefore require convergence across education, systems, technology, and environmental stewardship, with the ultimate goal of helping people not merely live longer, but live healthier, more meaningful, connected, and sustainable lives.

Speaker Information



Asst.Prof.Orawin Vallibhakara
MD, DipIBLM

- Roles: Head of the Menopause Unit and Deputy Head for Undergraduate Medical Education at the Faculty of Medicine, Ramathibodi Hospital, Mahidol University.
- Medical Degree: M.D. (1st degree honors) from Mahidol University (2008).
- Board Diplomas: Certified in Obstetrics and Gynecology (2012), Reproductive Medicine (2014), and Preventive Medicine (2019).
- Additional Certifications: Holds diplomas in Sexual Medicine (2023) and from the International Board of Lifestyle Medicine (2025).
- Further Education: Earned an Executive MBA from NIDA (2025) and is a Senior Fellow (SFHEA) of Advance HE, United Kingdom (2025).
- Societies: Member of the Royal Thai College of Obstetrics and Gynecology and the International Menopause Society.
- Committees: Serves on the Committee of the Thai Menopause Society and subcommittees for Reproductive Medicine.
- Women's Health: Menopause, healthy aging, sexual medicine, and reproductive health across the lifespan.
- Integrative & Lifestyle Medicine: Nutrition, obesity management, dietary supplements, and complementary approaches in women's health.
- Education & Well-being: Medical education innovation, healthcare workforce well-being, and health systems design.

ABSTRACT

Lifestyle Medicine in Clinical Practice: LM in Menopausal Practice

Menopause is a critical transition in women's lives, characterized by hormonal, metabolic, physical, and psychosocial changes that influence both immediate well-being and long-term health outcomes. As life expectancy increases, women may spend more than one-third of their lives after menopause. Consequently, menopause care must evolve beyond symptom relief toward preventive, personalized, and sustainable healthcare that promotes healthy longevity.
Lifestyle medicine provides an evidence-based foundation for comprehensive menopausal care through six interconnected pillars: healthy nutrition, regular physical activity, restorative sleep, stress management, positive social connections, and avoidance of risky substances. These interventions address key health challenges during midlife, including central adiposity, cardiometabolic risk, declining muscle and bone health, sleep disturbances, and psychological well-being.
This presentation explores how to integrate lifestyle medicine into routine menopausal care, emphasizing dietary patterns, aerobic and resistance exercise, sleep optimization, and stress resilience. It will highlight strategies for overcoming behavioral barriers, supporting sustainable lifestyle changes, and incorporating individualized counseling into clinical consultations. Lifestyle interventions should complement, rather than replace, indicated hormonal and non-hormonal therapies within a shared decision-making framework.
By integrating lifestyle medicine into menopause clinics, healthcare professionals can shift from symptom-oriented treatment toward proactive risk reduction, functional preservation, and improved quality of life. Menopause is not merely a reproductive milestone, but an opportunity to empower women to build sustainable health behaviors and optimize their healthspan throughout later life.

Speaker Information



Prof.Dr.Myo Khin
MBBS, DCH,
MD(NSW)

Dr. Myo Khin studied at the University of Medicine 2, Yangon, where he earned his MBBS degree. In 1978, he began his career as a Research Medical Officer at the Department of Medical Research in Yangon, Myanmar. He later specialized in pediatrics and conducted several research studies in gastroenterology and infectious diseases. In 1989, he was awarded a postdoctoral fellowship at the Johns Hopkins University School of Public Health. In 1997, he worked as a Research Fellow in Gastroenterology at the Prince of Wales Hospital in Sydney, subsequently earning his Doctor of Medicine degree from the University of New South Wales, Australia, in 1998. In 2000, he was recognized as a Fellow of the Royal College of Physicians of Edinburgh.
He also attended the Intensive Ethics Courses at the Johns Hopkins Berman Institute of Bioethics in 2012. He retired from the Department of Medical Research in 2013 after serving as the Director General. Over the course of his career, he has authored more than 130 publications in national and international journals. Following his retirement from government service in 2013, he served as a Member of the Ethics Review Committee at the Department of Medical Research until 2018, and subsequently chaired Institutional Review Board No. 1 of the Ministry of Health and Sports from 2018 to 2020. He was elected as an executive member of the Myanmar Medical Council in February 2021 and was elected President of the Council in 2025.

His collaboration with Japan began in 1999, when he worked alongside scientists from Okayama University on a key project that introduced and established hepatitis C control in Myanmar. Dr. Myo Khin has since been involved in several Human Resources Development and Research projects with Okayama University, leading to the establishment of the Myanmar–Japan Cooperation Project (MJCP)—a non-profit organization supported by members in Okayama and across Japan. Over the past 25 years, more than 100 trainees have been sent to Okayama, and numerous expert visits from Okayama University have been organized. Since 2014, Dr. Myo Khin has served as an Honorary Professor at the Center for Global Partnerships, Okayama University, Japan.

Speaker Information



Prof.Dr.Myo Khin
MD
President, Myanmar Medical Council

ABSTRACT

Evidence-Based Lifestyle Interventions in NCD Care: An Exemplary Model

Among the vast spectrum of non-communicable diseases (NCDs), Type 2 Diabetes Mellitus (T2DM) stands out as the definitive model for the efficacy of Lifestyle Medicine. T2DM has long been framed as an irreversible, progressive chronic disease managed primarily through escalating pharmacotherapy. However, modern clinical insights demonstrate that T2DM is largely a condition of metabolic capacity and environmental overload, driven fundamentally by ectopic lipid accumulation. When systemic energy intake exceeds storage capacity, excess lipids overflow into non-adipose organs. This causes hepatic steatosis and pancreatic lipotoxicity, which directly drive insulin resistance and progressive β-cell dysfunction. Lifestyle Medicine (LM) shifts this treatment paradigm by utilizing evidence-based behavioral interventions to address these root pathophysiological mechanisms.
The therapeutic efficacy of LM rests upon six core pillars. Whole-food, plant-predominant nutrition decreases intracellular lipotoxicity, improves peripheral insulin sensitivity, and lowers HbA1c by up to 1.5% through dietary models such as plant-based, Mediterranean, or very-low-calorie diets. Exercise acts as a non-pharmacological hypoglycemic agent by moving glucose into cells through activation of glucose transporter type 4 (GLUT4). Furthermore, restorative sleep and targeted stress management modulate the hypothalamic-pituitary-adrenal axis, reducing nocturnal cortisol surges and sympathetic activity that otherwise fuel unsuppressed hepatic gluconeogenesis. When combined with substance avoidance and strong social support systems, these interventions create a sustainable framework for long-term health behavior retention.
Landmark clinical trials validate LM as both a preventive and restorative intervention. The Diabetes Prevention Program proved that structured lifestyle changes reduce T2DM incidence by 58%, outperforming standard pharmacotherapy. Crucially, the DiRECT trial established that intensive weight management can reverse T2DM entirely, achieving complete remission (HbA1c < 6.5% off medication) in 86% of individuals who lost ⩾ 15 kg by depleting intra-organ fat stores. Ultimately, LM serves as the foundational baseline alongside modern therapeutics (such as GLP-1 RAs), leveraging interprofessional care teams and continuous glucose monitoring to transition clinical care from reactive disease management to proactive disease reversal.

Speaker Information

ABSTRACT II



Prof.Dr.Myo Khin
MD
President, Myanmar Medical Council

The Asymmetric Burden: Comparing Non-Communicable Disease Inequities Between the Global North and Global South

Non-communicable diseases (NCDs)—primarily cardiovascular diseases, neoplasms, chronic respiratory diseases, and diabetes mellitus—represent the leading cause of global mortality, posing a direct threat to Sustainable Development Goal 3.4. Once viewed as "diseases of affluence" concentrated in high-income nations, NCDs now disproportionately impact low- and middle-income countries (LMICs) in the Global South. While NCDs account for nearly 75% of total global deaths annually, over 73% of these fatalities and 82% of premature deaths before age 70 occur within LMICs.

The structural, economic, and institutional mechanisms drive this widening mortality disparity between the Global North and Global South. Unlike the Global North, which experienced a gradual epidemiological transition over a century, the Global South faces a rapid, compressed transition. Consequently, health systems in LMICs endure a crippling "double burden of disease," simultaneously battling persistent and emerging infectious pathogens alongside accelerating chronic conditions.

This crisis is further exacerbated by structural risk factors, including unplanned urbanization, severe environmental air pollution, and aggressive expansion by transnational corporations exploiting weak regulatory frameworks to market tobacco, alcohol, and ultra-processed foods. Crucially, healthcare infrastructure determines survival outcomes. In the Global North, robust primary care, reliable pharmaceutical supply chains, and universal health coverage facilitate early diagnosis and continuous disease management. Conversely, healthcare systems in the Global South suffer from limited screening capacity, severe shortages of essential medicines like insulin and antihypertensives, and high out-of-pocket costs that force late-stage disease presentation and catastrophic financial hardship.

To bridge this global survival gap, international health strategies must treat NCD prevention as an urgent development priority. Key intervention pathways include enforcing regulatory policies on commercial health determinants, leveraging existing infectious disease infrastructure for integrated primary NCD screening, and reallocating global health financing to ensure equitable access to essential medicines in LMICs.

Speaker Information



Ichkal Bhudisaksang
MD DipIBLM

Dermatologist and lifestyle medicine physician
Currently practicing at the Dermatology and Aesthetic Department, Phyathai Nawamin Hospital Holds a Master of Science in Dermatology and Dermatosurgery from the Institute of Dermatology, Thailand Certified as Diplomate of the International Board of Lifestyle Medicine: dipIBLM, 2025 Special interests include Aesthetic Dermatology, Regenerative Aesthetics, Skin Longevity, Preventive Aesthetic Medicine, and Longevity Science Focuses on evidence-based, safe, natural-looking, and sustainable aesthetic outcomes Integrates dermatology, aesthetic medicine, lifestyle medicine, and longevity science to promote long-term skin health and healthy aging.

ABSTRACT

Skin aging is a complex biological process influenced by intrinsic mechanisms, environmental exposures, and modifiable lifestyle factors. While aesthetic medicine traditionally focuses on correcting visible signs of aging through procedural interventions, growing interest in preventive healthcare highlights the importance of addressing the underlying determinants of skin health. Integrating lifestyle medicine into dermatological practice offers an opportunity to shift from reactive aesthetic correction toward personalized, preventive, and sustainable skin longevity. This presentation explores the biological connections between lifestyle behaviors and cutaneous aging, emphasizing the roles of nutrition, physical activity, sleep, psychological stress, smoking, and ultraviolet exposure. These factors influence oxidative stress, chronic inflammation, extracellular matrix remodeling, epidermal barrier function, and cellular senescence, contributing to changes in skin quality and appearance. An evidence-based framework for skin longevity will be introduced, combining comprehensive patient assessment, lifestyle modification, preventive dermatology, and individualized aesthetic interventions. Particular attention will be given to differentiating physiological aging from modifiable skin changes and identifying opportunities for early intervention without unnecessary procedural treatment. The framework emphasizes longitudinal monitoring, shared decision-making, and clinically meaningful outcomes rather than relying exclusively on short-term cosmetic improvement. The presentation will also discuss how structured digital assessments and artificial intelligence may support personalized risk identification, patient education, and long-term care planning while preserving physician oversight and clinical judgment. These technologies should complement, rather than replace, comprehensive medical evaluation.

By integrating established lifestyle medicine principles with dermatological science, clinicians can adopt a more comprehensive approach to maintaining skin health across the lifespan. This model encourages preventive behaviors, appropriate procedural selection, and realistic patient expectations while recognizing the limitations of current evidence regarding aesthetic interventions and biological aging. Ultimately, skin longevity represents a multidisciplinary approach that connects visible skin health with overall wellbeing, supporting patient-centered care and sustainable healthy aging through individualized, evidence-informed clinical practice.

Speaker Information



Chutiya Kirdsiri
MD DipIBLM

- Education: She holds a Master's degree in Anti-aging and Regenerative Medicine from Mae Fah Luang University. Additionally, she holds multiple American board certifications, including the American Board of Anti-Aging and Regenerative Medicine (ABAARM), Lifestyle Medicine, Aesthetic Medicine, and Nutrition Wellness.
- Current Position: She currently serves as the Director of the Revital Life Center, a preventive and anti-aging medicine center at Phyathai 1 Hospital.
- Certifications: She has completed numerous specialized training courses covering medical nutrition, obesity management, sleep medicine, chelation therapy, cell therapy, and lifestyle medicine.
- Professional Experience & Speaking: Her work experience includes serving as a physician at hospitals such as Rajavithi, Vejthani, Sukhumvit, and Phyathai 2. She is also a frequent guest speaker for various TV channels (e.g., Thai PBS, 3HD) and major organizations (e.g., Bank of Thailand, EGAT).
- Social Activities: She actively participates in volunteer work, including providing medical care for flood victims, COVID-19 home isolation patients, and serving as a volunteer doctor during the Royal Cremation Ceremony.

ABSTRACT

Fight against Obesity: A Lifestyle Medicine Approach to Sustainable Weight Management**

Obesity now affects one in seven people worldwide. In Thailand, nearly half of adults are overweight or living with obesity. It is linked to more than 100 chronic conditions, including type 2 diabetes, cardiovascular disease and several cancers. Many people with a normal BMI still carry excess visceral fat, a "metabolic obesity" that often goes unnoticed.

This presentation explores why weight loss is so hard to sustain. Regain is driven by biology, not a lack of willpower: hormonal adaptation, poor sleep, chronic stress, genetics and the food environment. Practical assessment beyond BMI is emphasized, including waist circumference, waist-to-height ratio and body composition analysis.

A modest weight loss of 3–10% brings meaningful metabolic benefits, including up to a 30% reduction in visceral fat. Even in the era of GLP-1-based medications and bariatric surgery, lifestyle remains the foundation of every stage of treatment. It protects muscle mass and prevents weight regain.

Ultimately, sustainable weight management means getting healthy first. That means applying the six pillars of Lifestyle Medicine: healthy eating, physical activity, restorative sleep, stress management, social connection and avoidance of risky substances. It also needs a team-based, person-centered approach that turns small daily choices into lasting health

Speaker Information



Asst. Prof. Siriporn Hiranniramol
MD DipIBLM

M.D(Honors), Faculty of Medicine, Chulalongkorn University ,1987
Diplomate of the Thai Board of Pediatrics,1991
Head, Division of Allergy and Immunology, Prince of Songkhla University (PSU),1993-1995
Visiting Fellow at Georgetown University, Cleveland Clinic Florida, and Brown University, 1996-2000
Certificate of proficiency in Pediatric Allergy & Immunology, Siriraj Hospital,2007

Certifications:
Certified in Anti-Aging and Regenerative Medicine (DPU)
International Board Certified in Lifestyle Medicine (Dip IBLM, 2024)

Key Qualifications:
Full time pediatrician and allergy &asthma specialist consultant at Bangkok hospital headquarter(BHQ) ,2001-2022
Currently in Private Practice: Delivering bespoke allergy & holistic care

ABSTRACT

Allergic diseases are common chronic inflammatory conditions affecting all dimensions of health, yet they are often overlooked in discussions of lifestyle-related chronic disease. This presentation explores integrating Lifestyle Medicine with allergy care through a Whole-Person Care approach.

The six pillars of Lifestyle Medicine support overall health and may benefit allergic disease, but recommendations cannot be applied uniformly. Individualized assessment is essential: a plant-based diet may need modification in patients with plant-food allergy; pet companionship may be inappropriate in those with uncontrolled pet allergy. Accurate diagnosis and targeted treatment – including allergen immunotherapy – are often necessary before lifestyle strategies can be fully implemented.

Conversely, uncontrolled allergy itself hinders healthy living – impairing sleep, limiting activity, and creating dietary and psychosocial burden – showing bidirectional influence. A life-course, family-centered approach also addresses changing risks across life stages and early-life environmental influences.

Ultimately, Whole-Person Care means identifying each patient's unique needs, adapting lifestyle guidance accordingly, and combining evidence-based lifestyle practice with precise diagnosis and targeted treatment.

Speaker Information



Professor Emeritus Sarikapan Wilailak
MD

- Professional Background: Professor Emeritus Sarikapan Wilailak, M.D., is affiliated with the Department of Obstetrics and Gynecology at Ramathibodi Hospital, Mahidol University, Thailand. She currently serves as the President of the Royal Thai College of Obstetricians and Gynaecologists (RTCOG) and chairs the Ramathibodi Cancer Registry.
- Education & Training: She received her medical degree from Chulalongkorn University and holds board diplomas in Obstetrics, Gynecology, and Gynecologic Oncology. She furthered her training as a Visiting Fellow at renowned US institutions, including Johns Hopkins Hospital, Memorial Sloan Kettering Cancer Center, and MD Anderson Cancer Center.
- International Roles: Her global leadership includes serving as the immediate past chair of the FIGO Committee for Women's Cancer and as Vice President of the Asian Gynecologic Oncology Group (AGOG).
- Conference Participation: She is scheduled to present on the topic "Women's Health - Preventive Approach" at the Lifestyle Medicine and Wellbeing International Conference Bangkok 2026.
- Disclosure: In her disclosure statement for the Thai Lifestyle Medicine and Wellbeing Association (TLWA), she declared no relevant relationships with commercial interests and stated she will not be discussing off-label investigational uses of commercial products.

ABSTRACT

Prophylactic Surgery in BRCA carrier

BRCA carriers carry a higher risk of developing cancers. The lifetime risk of breast cancer approaches 45-85% for women with a BRCA mutation, and the risk of ovarian cancer is approximately 39-46% for BRCA1 and 11-27% for BRCA2 carriers. Mutations in the BRCA genes also predispose to pancreatic, and melanoma malignancies. As such, Prophylactic (risk- reducing) surgery has become a cornerstone of risk management.

Multidisciplinary assessment and patient-centred counselling are essential to guidedecision-making. Bilateral risk-reducing mastectomy and risk-reducing salpingo-oophorectomy remain the most effective interventions, with risk reductions exceeding 95% and 85%, respectively.

Timing should be individualised based on gene, family history, reproductive plans and personal values. Surgical technique and pathological examination are crucial. The impact of surgical menopause on quality of life necessitates proactive management with HRT, lifestyle modification and bone health monitoring. Decision for undergoing any risk reduction surgeries has to be made by BRCA carriers, after acknowledgement of all the benefits and disadvantages. Prophylactic surgery enhances quality of life and advances cancer prevention for BRCA carriers.

Speaker Information



Tin Maung Htwe
MD

- Education & Medical Career: He holds an MBBS degree and worked as a medical officer and surgeon for various Myanmar government ministries from 1982 to 1999. He also completed training in both military service and international journalism.
- Journalism & Publications: Transitioning to media in 1999, he has edited several magazines and currently serves as the Chief Editor of the Health Digest Journal and Consulting Editor for the Education Digest Journal. Using multiple pen names, he has published 15 books and over 7,000 articles covering health, short stories, art criticism, and travel.
- Public Health Advocacy: Since 2015, he has run dedicated anti-tobacco and anti-NCD (non-communicable disease) sections in his weekly health publications. He also shares health expertise through radio and TV programs.
- Professional Affiliations: He is an executive member of the People's Health Foundation and the Myanmar Writers' Club, and he previously held leadership roles in the Myanmar Writers' Association and the Myanmar Medical Association's Writers' Society.

ABSTRACT

Non-communicable diseases (NCDs) account for 68% of total mortality in Myanmar, posing a critical public health and economic challenge in a low-resource setting. Addressing this crisis requires shifting from sole reliance on pharmacological interventions to cost-effective, evidence-based prevention and whole-person healthcare. This presentation outlines a strategic roadmap for integrating Lifestyle Medicine (LM) into Myanmar's health landscape.

The strategy is built upon the 6 Pillars of Lifestyle Medicine: whole-food plant-predominant nutrition, physical activity, stress management, restorative sleep, social connection, and cessation of harmful substances. Crucially, it positions happiness and positive psychology as key biological and psychological drivers that motivate sustainable behavior change and cultivate overall flourishing.

Key implementation pathways include: Early Prevention & Education: Integrating lifestyle health into primary and secondary school curricula, corporate wellness programs, and community-based organizations.

Professional Capacity Building: Establishing structured LM certification and training for domestic physicians through platforms like Z_waka, built on partnerships such as the recent milestone webinar with the Thai Lifestyle Medicine and Wellbeing Association (TLMWA).

Culturally Anchored Solutions: Utilizing Myanmar's established network of meditation centers to deliver secular mindfulness and stress reduction accessible to all citizens regardless of faith.

Public Health Integration: Embedding LM counseling into existing WHO PEN (Package of Essential NCD Interventions) protocols and leveraging primary care networks to support Universal Health Coverage (UHC).

Multi-Sectoral Collaboration & Practice Economics: Mobilizing partnerships across government, civil society, and the private sector while establishing peer health coach networks and physician consultation models. By leveraging local cultural assets, expanding healthcare workforce

Speaker Information



Pakpilai Thavisin
MD

- Dr. Pakpilai Thavisin is a certified medical professional. She is now working at VitlalLife Scientific Wellness Center, Bumrungrad Hospital.
- She has been trained, both within Thailand and Internationally, in Aesthetic Dermatology, Laser in Dermatology, Anti-Aging Medicine, Hormone Replacement Therapy, Energy Medicine, Cell therapy and Chelation Therapy and have almost 40 years' experience in helping patients.
- Since 2012 she is an Honorary Advisor and Advisory Board for Curriculum Establishment Committee and Special Lecturer at Department of Anti-Aging and Regenerative Medicine, College of Integrative Medicine, Dhurakij Pundit University, Bangkok, Thailand and she was a lecturer at Mae Fah Luang University, Master program of Anti-Aging and Regenerative Medicine (2010-2011).
- She is a regular invited speaker in many congresses such as AMWC (Anti-Aging Medicine World Congress), Aesthetic Asia, ICAD, ICAAM (Dubai) and IMCAS.
- Dr. Pakpilai was on board committee of Thai Aesthetic Dermatology and Surgery Association (2009-2012), World MediSpa Association and World Society of Anti-Aging Medicine.
- In March 2025 Dr. Pakpilai has received an Honorary degree, Department of Anti-Aging and Regenerative Medicine, College of Integrative Medicine, Dhurakij Pundit University, Bangkok, Thailand.

ABSTRACT

Environmental pollution represents an increasingly important challenge to human health, with exposure to a wide range of environmental contaminants occurring through multiple pathways. These include particulate matter, heavy metals, industrial chemicals, pesticides, plastics, food additives, and other environmental and household pollutants. Chronic or cumulative exposure may interfere with cellular and metabolic processes, including enzyme function, hormonal regulation, immune responses, and oxidative balance, thereby contributing to a broad spectrum of adverse health effects. Particular emphasis is placed on particulate matter, especially PM10, PM2.5, and ultrafine particles, which can penetrate deeply into the respiratory system and potentially affect systemic health. The presentation also addresses emerging concerns regarding plastics and microplastics, including exposure through food, drinking water, and inhalation, and their potential associations with oxidative stress, inflammation, genotoxicity, and reproductive toxicity. In addition, electromagnetic fields and radiofrequency exposure are discussed in relation to reported biological effects and ongoing concerns regarding long-term exposure.
From a lifestyle medicine perspective, these findings underscore the importance of environmental exposure as an integral component of preventive health and wellbeing. Greater awareness of potential sources of exposure, together with practical strategies to minimize unnecessary environmental contact, may contribute to a more comprehensive approach to health promotion and long-term disease prevention.

Speaker Information



Bancha Daengneam

MD DipIBLM, Member of the Academic Committee, Department of Medical Services, Ministry of Public Health of Thailand

- Education and Core Medical Training: Dr. Bancha Daengneam holds a Doctor of Medicine from Prince of Songkla University and a Doctor of Industrial Education (Innovation and Research for Learning) from KMITL. The Thai Medical Council certifies him as a specialist in Preventive Medicine and Lifestyle Medicine.
- International Certifications: He has acquired extensive international training and board certifications across several countries, including Germany, Australia, the Netherlands, and the USA. His specialized areas of expertise include fresh cell transplantation, nutritional and environmental medicine, chelation therapy, clinical metal toxicology, injectable nutrient therapies, and digestive health.
- Leadership and Committee Roles: He serves as the Vice-President of the Thai Chelation Medical Association and the Secretary General of the Thai Association of Cell Therapy. Additionally, he is a committee member for the Ministry of Public Health, focusing on alternative medicine, cancer patient management, and chelation therapy.
- Academic Positions: Dr. Daengneam is an invited professor teaching master's and doctoral students in anti-aging, integrative medicine, and related fields at Mae Fah Luang University, Dhurakij Pandit University, and Thammasat University's Chulabhorn International College of Medicine.

ABSTRACT

One of the six pillars of Lifestyle Medicine is avoiding the risky substances that always focused to stop smoking and stop alcohol drinking. But the toxic substances that stay around the people's daily life are the heavy metals. Heavy metals toxicity is a worldwide challenge contributing to increases in a wide variety of Sicknesses, NCDs, Disorders, Syndromes, Birth Defects, Developmental Abnormalities and Premature Aging. Toxic Heavy Metals, including Lead, Mercury, Cadmium, Aluminum and Arsenic are generally overlooked in medicine, perhaps because they affect every cell and organ in the body either direct or indirect by destroy blood circulation system often subtly and also affect many bodies in a population. By the free radical theory, these products are short lived, but they alter and damage cell membranes, DNA and Proteins. Free radicals implicated in several conditions seen in Aging, Atherosclerosis, Parkinson's disease, Alzheimer's, disease Immune Deficiency of Aging and Cancer. Certainly, heavy metals are identified as the high potency free radical. Even though, we have bodies free radical scavengers such as Superoxide Dismutase, Catalase, Peroxidases, other proteins like Albumin, Ceruloplasmin, Vit E, Vit C and Glutathione, but not enough. However, there is the way to take the heavy metals out of the body called Chelation Therapy that included the lifestyle modification furthermore avoidance. We should to promote the awareness of heavy metals chronic toxicity to the people and provide the knowledge of self-care to reduce NCDs and promote well-being in populations.

Speaker Information



Kong Suriye

Ph.D. Chemical Engineering

- Dr. Kongkiat Suriye is a chemical engineer who holds a Ph.D. in Chemical Engineering from Chulalongkorn University and a Bachelor of Engineering (1st Class Honors) from King Mongkut's University of Technology Thonburi.
- Business Leadership: He is the CEO of the GRD GROUP, which encompasses companies specializing in innovation (GRD Co., Ltd), engineering (GRD-TECH Co., Ltd), catalyst and adsorbent production (GRD CATALYST Co., Ltd), and sustainable solutions (GREEN STANDARD Co., Ltd). Furthermore, he co-founded Circular Plas+ Co., Ltd. in Rayong—a joint venture with SCGC Co., Ltd. that converts waste plastic into petrochemical feedstock.
- Research & Academics: He serves as an adjunct lecturer at Chulalongkorn University's Petroleum and Petrochemical College. His core research areas include chemical engineering processes, catalytic reactions, herb extraction, pyrolysis, and net-zero sustainable solutions, resulting in over 50 international publications and 30 international patents.
- Government Roles: Dr. Suriye acts as an advisor and subcommittee member for the Thailand Parliament. His parliamentary work focuses on environmental initiatives, including greenhouse gas management, solar roof installation projects, and implementing the green Thailand Parliament master plan

ABSTRACT

Impact of Climate Change on Lifestyle Medicine and Wellbeing

Currently, climate change remains one of the most pressing global challenges, exerting profound impacts on human activities, economic systems, and natural ecosystems. The primary driver of this crisis is the rising level of green house gas (GHG) emissions. Under the Paris Agreement, global efforts aim to limit temperature rise to well below 2 °C, and ideally 1.5 °C, compared to pre-industrial levels. This goal requires achieving net-zero CO_2 emissions from energy and land-use systems between 2050 and 2070, with potential for net-negative emissions thereafter. In this context, Thailand reported CO_2 emissions of 247,841.66 thousand tons in 2024—an increase from 243,291.35 thousand tons in 2023. Thailand has pledged to become net-zero emissions by 2055. To support this ambitious transition, a circular economy approach offers a strategic pathway to decarbonization. This presentation highlights the impact of climate change on 6 pillars of lifestyle medicine and wellbeing including sleep health, physical activity, food, nutrition, stress management, avoidance of risky substances, and social connection. Moreover, the innovative commercial decarbonization technologies are presented also, including: chemical recycling of plastic waste into petrochemical feedstocks via catalytic pyrolysis; production of catalysts and absorbents from natural feedstocks to reduce heavy metal usage and intensive treatment processes; green fuel derived from waste oil; green electricity from agricultural waste converted into black pellets via torrefaction; green fertilizer from food waste through biochemical processes; and green medical products from Thai herbs. These technologies not only reduce reliance on fossil resources but also cut emissions across sectors. Integrating cross-disciplinary innovations from all fields of engineering is essential to optimizing these technologies and minimizing carbon dioxide emissions. This comprehensive approach aligns with Thailand's roadmap toward a sustainable, low-carbon future.

Speaker Information



Asst.Prof.Waraphon Phimpraphai
Ph.D.

Assistant Professor Dr. Waraphon Phimpraphai is a Lecturer and Assistant Professor in the Department of Veterinary Public Health, Faculty of Veterinary Medicine at Kasetsart University, Thailand.

- Doctor of Veterinary Medicine (DVM): Kasetsart University (1999).
- Doctor of Philosophy (Ph.D. in Tropical Medicine): Mahidol University (2007).
- Special Interests: Participatory epidemiology, One Health, social network analysis, and value chain analysis.
- Subjects Taught: Veterinary Epidemiology, Veterinary Biostatistics, Research Methods in Veterinary Medicine, and Special Clinics in Epidemiology and One Health.

She is an active researcher with an extensive publication record spanning from 2003 to 2026. Her research primarily focuses on transboundary animal diseases, zoonoses, and public health issues under the One Health framework. Key research areas include:

- Malaria transmission and heritability in Karen populations.
- Rabies knowledge, prevention, and canine vaccination campaigns (in Thailand, Cambodia, and Bhutan).
- Food safety and parasite transmission (e.g., liver fluke and Toxoplasma gondii) using social network analysis.
- Spatial epidemiology and containment of livestock diseases such as Avian Influenza and Lumpy Skin Disease (LSD).

Speaker Information



Miina Öhman
MD PhD DipIBLM

Dr. Miina Öhman is a physician-scientist with over two decades of research and clinical experience in cardiometabolic diseases. She obtained her MD (1999) and PhD (2001) degrees at the University of Helsinki, Finland. After working in emergency medicine and primary care in Finland, she conducted her postdoctoral research at the University of Michigan (2001-2011) in the US, and later at the Duke–National University of Singapore (2012-2022). Her studies on obesity, diabetes, and cardiovascular disease have been published in leading peer-reviewed journals. She became board certified in Lifestyle Medicine in 2022, and established her lifestyle medicine education and consultation company Karelia Health in 2023. She is the co-founder the Singaporean Society of Lifestyle Medicine (SGLM), a non-profit registered in 2023.

Dr. Öhman's career bridges academic medicine, clinical practice, and health systems transformation. With her current work as the president of the Singaporean Society of Lifestyle Medicine and director of Karelia Health, she is dedicated to advance evidence-based lifestyle medicine as foundational part of healthcare and medical education. With a uniquely integrative background spanning molecular genetics, cardiometabolic disease, and lifestyle medicine, Dr. Öhman advices and works with individuals, start-ups, organizations, and healthcare leaders to prevent, manage, and reverse chronic disease by addressing its root causes. She is an internationally invited speaker and educator known for translating cutting-edge science into practical strategies to improve long-term health and resilience.

Speaker Information



Miina Öhman
MD PhD DipIBLM

ABSTRACT

Mechanisms of Action Across the Six Pillars

Lifestyle Medicine (LM) is increasingly recognized as a foundational approach to the prevention, treatment, and even reversal of chronic disease. While its clinical efficacy is well documented, a deeper understanding of the underlying biological mechanisms strengthens its integration into mainstream healthcare. This presentation explores the cellular and molecular pathways through which the six pillars of LM—nutrition, physical activity, sleep, stress management, social connection, and avoidance of harmful substances—exert their effects.
Chronic diseases share a set of common pathophysiological mechanisms, including chronic low-grade inflammation, insulin resistance, oxidative stress, mitochondrial dysfunction, autonomic imbalance, and dysregulated immune signalling. Emerging evidence demonstrates that LM interventions directly target these pathways. For example, whole-food, plant-predominant nutrition modulates inflammatory signalling and gut microbiome composition; physical activity enhances mitochondrial biogenesis and insulin sensitivity; sleep restoration regulates immune system and hormonal balance; and stress management attenuates sympathetic overactivation and downstream inflammatory cascades. Social connection and positive psychosocial factors further influence gene expression and neurobiological pathways linked to health and longevity.
Importantly, these mechanisms do not operate in isolation. The six pillars act synergistically, producing additive and often multiplicative effects across behavioural, physiological, and molecular domains. This systems-level interaction amplifies therapeutic outcomes and supports sustainable health restoration.
By bridging clinical outcomes with mechanistic science, this talk provides a comprehensive framework for understanding how LM addresses root causes of disease. Such insights are essential for advancing LM as a scientifically rigorous, scalable, and integrative model of care—one that aligns molecular biology with whole-person health.

Speaker Information



Kanin Teerawatanapong
MD

Dr. Kanin Teerawatanapong is a medical doctor and a strategic advisor for Business Advancement at National Healthcare Systems Co. Ltd. (N Health). He oversees the diagnostics product specialist team and provides clinical expertise and strategic direction in advancing precision diagnostics across clinical, biomolecular, and genomics laboratory services. His work bridges cutting-edge multi-omics technologies with scalable, preventive-care strategies that deliver measurable value to healthcare providers and patients.
Collaborating with multidisciplinary leaders and healthcare stakeholders, Dr. Kanin drives the adoption of evidence-based diagnostic innovation across the healthcare ecosystem.

As a speaker, he examines the role of genomics in lifestyle medicine, demonstrating how genomics information can serve as a lifelong “health blueprint” - enabling early risk stratification, personalized screening pathways, and data-driven lifestyle and family-planning decisions grounded in robust genomic science.

ABSTRACT

Lifestyle medicine rests on a simple premise: what we do every day shapes our health. Genetics adds an underlying layer. It helps explain why the exact same lifestyle produces different outcomes in different people, and why some people start from a higher baseline risk. This presentation reframes genetics not as a prediction of your health, but as direction for lifestyle medicine practice.Genetic predisposition defines a starting point rather than a fixed outcome. Most common chronic diseases, including coronary artery disease, type 2 diabetes, obesity and dementia, are polygenic, arising from many variants of modest effect that interact with diet, physical activity, sleep, stress and the environment. Lifestyle therefore modulates how inherited susceptibility is expressed, and individuals with the greatest genetic burden may derive the greatest benefit from sustained intervention. Genetic tests, however, differ in clinical validity and utility. Monogenic testing for high-penetrance conditions, such as familial hypercholesterolemia and hereditary cancer syndromes, and pharmacogenomic testing directly inform management. Polygenic risk scores remain an evolving tool whose predictive performance depends on reference-population ancestry, a limitation of relevance to Asian populations. Genotype-based nutrition and fitness recommendations largely rest on small-effect variants and an immature evidence base. Each test must therefore be interpreted according to the strength of its evidence. The value of a genetic result lies in its capacity to alter clinical decisions. Risk disclosure alone rarely changes behavior; its effect depends on translation into specific, measurable and monitored lifestyle goals. Responsible integration also requires pre- and post-test counselling, informed consent and data governance, although protections against genetic discrimination vary across jurisdictions.
As the foundational layer of multi-omics, genetics frames the panel's discussion of epigenetics, the gut microbiome and proteomics, through which gene–lifestyle interactions are expressed and measured.

Speaker Information



Prof. Amornpun Sereemaspun
MD., PhD.,

Dr. Amornpun Sereemaspun graduated as a medical doctor from the Faculty of Medicine at Siriraj Hospital, Mahidol University, Thailand.
He continued studying in the field of human molecular biology at Jichi Medical University, Japan, and graduated with a PhD degree in 2006.
He is now working as the director of the Center of Excellence in Nanomedicine as well as the director of the Chula Medical Innovation Center (CMIC), Faculty of Medicine, Chulalongkorn University. Moreover, he is one of Chulalongkorn team members who launched a lot of innovative medical products from the research bench onto the commercial marketplace.
He also successfully founded many spin-off and start-up companies in Thailand.
His research interests are molecular biology and epigenetic regulation in cellular aging, as well as nanomedicine.

Speaker Information



Kobkul Sudsuansri

PhD.,

Dr. Kobkul Sudsuansri obtained her MSc from Mahidol University Thailand and went on to earn her PhD in Chemistry from the prestigious University of Cincinnati in the USA. Building on her academic achievements, she also completed an industrial Post-doctoral degree from the University of Rouen and Elf-Atochem in France.

With over 25 years of experience in the field, Dr. Sudsuansri has made significant contributions to Regenerative and Anti-aging Medicine.

She started her career as a communication director for the esteemed Regenerative and Antiaging Laboratory in Paris, where she played a vital role in advancing research and treatment strategies. Afterward, she decided to bring her expertise back to Thailand and joined N-Health Asia as a consultant for their Regenerative and Anti-aging Laboratory.

Her dedication to education led her to also serve as a lecturer in Regenerative and Anti-aging medicine at Mae Fah Luang University and Dhurakij Pundit University in Thailand. Dr. Sudsuansri's passion for her field is evident in her various roles and accomplishments. She also holds the position of founding member and managing director at Thai Cell Fix Co. Ltd.. In these capacities, she oversees the distribution of cutting-edge technologies from renowned institutions like the Institute of Research Development and Human Pathology in France, as well as Genova and Metametrix Clinical Laboratory in the USA. With a special interest in Regenerative and Anti-aging Medicine, Dr. Sudsuansri focuses on understanding the intricate connections between genetics, nutrition, gut health, oxidative stress, impaired detoxification, and chronic diseases.She delves into important areas such as neurodevelopmental and neuropsychiatric disorders, neurodegenerative diseases, and

ABSTRACT

Gut Microbe

Gut Microbe refers to the trillions of microorganisms – including bacteria, fungi, and viruses. These microbes play an essential role in maintaining overall health and supporting a healthy lifestyle.

Why the Microbe Matters

A balanced gut microbes may help support:

- Digestive health
- Immune system function
- Nutrient absorption
- Energy metabolism
- Brain and mood balance
- Skin health
- Hormonal balance
- Healthy aging

Summary

A healthy lifestyle supports a healthy microbes, and a healthy microbes support overall well-being. Small daily habits – including balanced nutrition, exercise, sleep, and stress management – can help maintain microbial balance and long-term health.

Speaker Information



Dr.Waga Iwao

MBA, Ph.D

- Senior Fellow of NEC Solution Innovator
- Chief Technology Officer of FonesLife
- Visiting Professor at Tohoku University, School of Medicine
- R&D Supervisor and Program officer JST Mirai Program at Japan Science and Technology Agency

Dr. Waga has been engaged in research and business development of NEC's healthcare, biotechnology, and artificial intelligence projects, after a successful IPO and business development at a US startup. With his research at North Carolina University and University of Tokyo's School of Medicine he made contributions to DNA design, omics big data analysis, plant biology, molecular biology, and biochemistry. He won the Design Award and teaches at the Department of Design, Tokyo University of the Arts.

ABSTRACT

Proteomics has become a central pillar within the expanding field of omics sciences, offering a direct view into the functional molecules that drive human physiology and disease. In lifestyle medicine, where early detection and personalized prevention are essential, proteomic profiling provides unique advantages by capturing dynamic biological changes that often precede clinical symptoms. This presentation focuses on the prognostic value of large-scale proteomic data and its integration into lifestyle-based preventive healthcare.

FonesVisuas, developed by Fornes Life within the NEC Group, is a next-generation platform that measures thousands of circulating proteins and applies advanced AI-driven analytics to predict individual health risks. Protein signatures can shift in response to lifestyle behaviors, environmental exposures, and metabolic stress long before disease becomes clinically apparent. By analyzing these subtle molecular deviations, FonesVisuas enables early prognosis and supports timely lifestyle interventions tailored to each person's biological state.

The platform integrates proteomic data with behavioral and environmental information, creating a comprehensive model of health trajectories. This approach enhances the precision of lifestyle medicine by identifying which individuals are most likely to benefit from specific interventions, and by monitoring how their molecular profiles evolve over time. Such personalized insights can improve adherence, optimize preventive strategies, and reduce the burden of chronic disease.

Furthermore, proteomics contributes significantly when combined with other omics layers, such as genomics and metabolomics. Multi-omics integration allows for deeper understanding of complex biological networks and strengthens predictive accuracy. This presentation will outline the scientific foundations, analytical methods, and practical applications of proteomics-based prognosis, highlighting its role in shaping the future of personalized and preventive lifestyle medicine

Speaker Information



Bounpheng Philavong
MD, MPH, PhD

Dr Bounpheng Philavong has served in various leadership role within the Ministry of Health of Lao PDR, including Manager of National Immunization Programme (1985-1990), Deputy Director of Health System Reform and Malaria Control Project (2001-2024), Deputy Permanent Secretary of MOH (2010-2012), Director of National Centre for HIV/AIDS and STI (2012-2017), and Director General of Department of Hygiene and Health Promotion (2017-2019). He is currently Vice-Chair of Medical Professional Board of the Health Professional Council of Lao PDR (2019-Present). He has worked at the ASEAN Secretariat based in Jakarta, Indonesia from 2004 to 2010 in the position of Assistant Director and Head of Health and Communicable Diseases Division. He also served as lecture at the School of Public Health, School of Health Technology and Faculty of Medicine, University of Health Sciences, Ministry of Health and at the Institute of Francophone for Tropical Medicine. Dr. Bounpheng has vast experience in hygiene, epidemiology, disease control and prevention, pandemic preparedness and response, HIV/AIDS and STI, immunization, maternal and child health, nutrition, and tobacco and alcohol control among others. After retirement from the Ministry of Health, Dr. Bounpheng has served as short-term consultant for various organizations, such as UNICEF, WHO, UNAIDS, and the Global Fund. He is currently the Vice-Chair of Medical Professional Board of Health Professional Council and Focal Point of ASEAN Healthcare Services Sectoral Working Group (HSSWG) and ASEAN Joint Coordinating Committee on Medical Practitioners (AJCCM).

ABSTRACT

Lao PDR is experiencing rapid social, economic and urban transition accompanied by changing patterns of diet, physical activity, tobacco and alcohol use, and other lifestyle-related behaviours. Noncommunicable diseases (NCDs) have consequently become an increasingly important public-health challenge. WHO estimates that NCDs accounted for approximately 63% of deaths in Lao PDR in 2021. Many of the major risk factors for NCDs are modifiable through healthier lifestyles and supportive environments.

At the same time, Lao culture retains many traditional practices that can provide a strong foundation for lifestyle medicine, including consumption of locally available vegetables, herbs and fish, active daily living, family and community connectedness, and strong social relationships. The challenge is therefore not simply to introduce new lifestyle concepts, but to preserve and strengthen healthy traditions while adapting them to contemporary life.

This presentation describes a practical Lao approach to lifestyle modification based on six interconnected pillars: healthy nutrition, regular physical activity, tobacco avoidance and responsible alcohol use, adequate sleep and recovery, stress management and social connection, and healthy environments. It proposes moving beyond individual behaviour change toward a whole-of-community and whole-of-society approach involving families, schools, workplaces, primary health care, communities and government policies.

The presentation also highlights the potential of lifestyle medicine as a preventive investment. Strengthening lifestyle interventions at the primary-care and community levels can contribute to prevention and better management of diabetes, hypertension, cardiovascular disease and other NCDs, while potentially reducing avoidable health-care and household costs.

Lao PDR therefore has an opportunity to develop a culturally appropriate model of lifestyle medicine that combines traditional strengths with modern evidence-based prevention. The ultimate goal is to make healthy choices easier, more affordable and more sustainable, contributing to healthier people, healthier communities and sustainable wellbeing.

Speaker Information



Adj.Asst.Prof.Prakarn Thomyangkoon
MD

- He currently serves as the Hospital Director of Bangkok Mental Health Hospital (2026–2028).
- He holds ongoing positions as the National Representative of Thailand for the International Association for Suicide Prevention (IASP) (2005–2027) and as a Special Lecturer at the College of Medicine, Rangsit University.
- His past roles include Assistant Hospital Director at ChaoPhya Hospital (2024–2026), Medical Director at Kasemrad Hospital Ramkhamhaeng (2021–2023), and multiple director and advisory positions within the Ministry of Public Health and Rajavithi Hospital.
- He is the Founder and President of the Thai Association for Suicide Prevention (2024–2027).
- He created the "PRAKARN Model Group Psychotherapy for Survivors of Suicide Loss," which serves as Thailand's first group psychotherapy initiative designed to help people affected by the suicide of a loved one.
- He founded multiple support and advocacy groups, including the Suicide Prevention Club of Thailand and the Saengtian Song Jai Club.
- He is a frequent speaker, panelist, and organizer at major global conferences, including the IASP Asia Pacific Conferences, the World Congress of Psychiatry, and the American Association of Suicidology.
- His notable presentation topics include postvention in Thailand, the impact of patient suicide on Thai psychiatrists, and Buddhist perspectives on suicide.
- He has contributed to several international publications, notably authoring chapters in the Oxford Textbook of Suicidology and Suicide Prevention and the International Handbook of Suicide Bereavement Support.

ABSTRACT

Suicide: The Modern World's Dilemma

Background: The modern world has made remarkable advances, from AI companions and robotic surgery to genomics and renewed space exploration. Yet suicide still claims more than 700,000 lives worldwide each year. In Thailand, 5,093 people died by suicide in 2025 (7.83 per 100,000). The rate has stayed between 7.5 and 8.0 per 100,000 for five years without a sustained decline.
Objective: Why technological progress has not reduced suicide, and how the six pillars of Lifestyle Medicine can strengthen prevention.
Content: Psychiatric and physical risk factors, warning signs and the key elements of risk assessment. It frames the central dilemma of being "connected, yet alone." It then weighs emerging evidence on AI chatbots and companions. They can cause harm by missing risk, deepening isolation and showing stigma, but they can help when they are designed safely and linked to human care. Three composite cases (an adolescent, a working adult and an older widow) show how wearables and digital tools can reveal warning signs. What changes the outcome is a person who notices, asks and stays in touch. Nutrition, physical activity, restorative sleep, stress management, avoiding risky substances and social connection are presented as risk factors that can be changed, each supported by technology.
Conclusion: Technology is a bridge to relationships, not the destination. Physicians should ask, assess, adjust, connect and follow up, giving patients worth, hope and someone to help.

Speaker Information



Dr.Wimonrat Wanpen
MD

- Wimonrat Wanpen, MD currently holds an Advisory position at the Division of Mental Promotion and Development.
- This division is part of the Department of Mental Health under Thailand's Ministry of Public Health, located in Nonthaburi, Thailand.
- Education
- 1993: Graduated from the Faculty of Medicine at Chulalongkorn University in Thailand.
- 1996: Completed studies in Child and Adolescent Psychiatry at Chulalongkorn University.
- 2014: Earned a qualification in Preventive Medicine (Community Mental Health) from the Medical Council.
- Working Experience
- 2002–2004: Worked at Sakaeo Psychiatric Rajanagarindra Hospital.
- 2005: Worked at Yuwaprasart Hospital.
- 2006–2020: Specialized in Child and Adolescent Psychiatry at the Child and Adolescent Mental Health Rajanagarindra Institute.
- 2021: Served as the Director of Mental Health Center Regien 13.
- 2022–2024: Served as the Director of the Child and Adolescent Mental Health Rajanagarindra Institute.
- 2025–present: Serving in her current Advisory role for the Division of Mental Promotion and Development.

Speaker Information



Ratapum Champunot
MD DipIBLM

- Dr. Ratapum Champunot is a critical care consultant and Director of the Critical Care Unit at Bangkok Hospital Phitsanulok, Thailand. He holds board certifications in internal medicine, pulmonary and critical care medicine, preventive medicine, and lifestyle medicine. He also serves on the committee of the Thai Society of Critical Care Medicine.
- His career spans bedside critical care, hospital leadership, and provincial public health. His research and publications focus on sepsis, rapid response systems, ICU access, and the care of critically ill patients in resource-limited settings. He founded Sepsis Easy, a website that shares sepsis knowledge with healthcare professionals in Thailand, and received a Global Sepsis Award in 2016.
- In his presentation, “Lifestyle Medicine in Critical Care,” Dr. Champunot will bring together his experience in intensive care and lifestyle medicine to consider how care for critically ill patients connects with prevention, recovery, and long-term health.

ABSTRACT

Lifestyle Medicine in Critical Care: Bridging the Divide from Survival to Recovery

Over the past two decades, critical care advances have substantially improved acute in-hospital survival. Yet for many intensive care unit (ICU) survivors, discharge marks only the beginning of post-intensive care syndrome (PICS)—a prolonged trajectory of neuromuscular weakness, cognitive decline, and psychological trauma. While lifestyle medicine is conventionally relegated to outpatient chronic disease prevention, its six core pillars offer a vital, underutilized blueprint to mitigate iatrogenic harm and bolster physiological resilience directly at the bedside. This session re-evaluates acute critical care through the lens of lifestyle medicine, adapting its pillars to the physiological volatility of the critically ill. We will examine how targeted medical nutrition, early goal-directed mobility, circadian-aligned sleep architecture, protocolized delirium/sedation stewardship, and relational care can be integrated across the acute trajectory. The presentation critically differentiates guideline-backed interventions from emerging therapies where clinical equipoise remains. Drawing on real-world bedside experience, the lecture details an operational critical care model featuring round-the-clock family partnership, environmental day-night structuring, and tele-ICU augmentation that safeguards clinician workflow while prioritizing patient autonomy. Attendees will gain an actionable, evidence-informed roadmap to embed lifestyle medicine into daily interprofessional rounds—transforming acute survival into durable, restorative recovery.

Speaker Information



Asst.Prof.Mart Maiprasert
MD

Asst. Prof. Mart Maiprasert, M.D., is a distinguished medical professional and academic leader in the fields of Anti-Aging and Regenerative Medicine, Aesthetic Medicine, and Integrative Medicine. He currently serves as the Dean of the College of Integrative Medicine at Dhurakij Pundit University, where he oversees academic programs and research initiatives that advance the understanding of holistic and evidence-based medical approaches.

With extensive expertise in aesthetic and regenerative sciences, Dr. Mart Maiprasert is also the Director of the Doctor of Science and Master of Science programs in Anti-Aging and Regenerative Science, as well as Aesthetic Medicine. His leadership has contributed significantly to the development of these programs, training medical professionals to integrate cutting-edge treatments with scientific rigor and clinical excellence.

Beyond academia, Dr. Mart Maiprasert is a renowned speaker and educator, frequently invited to present at international conferences, medical congresses, and industry events. His lectures cover a wide range of topics, including collagen biostimulators, dermal fillers, consultation skills for medical practitioners, and advancements in dietary supplements such as proteins and probiotics. His research work includes IgG-mediated food intolerance and its correlation with chronic adult acne, providing valuable insights into the intersection of dermatology, nutrition, and functional medicine.

In addition to his academic and clinical pursuits, Dr. Mart Maiprasert plays an active role in fostering professional networks, mentoring students, and organizing high-profile events that bridge the gap between education and industry. His dedication to medical education, patient care, and innovation continues to make a profound impact on the future of integrative and aesthetic medicine.

Beyond academia and administration, Dr. Mart is the Medical Director of "S-Mart Clinic: Anti-Aging and Wellness Center," offering personalized anti-aging solutions. Throughout his illustrious career, he has been a trailblazer in Anti-Aging and Regenerative Medicine, dedicated to innovation and excellence, making him an inspirational figure in the global medical community.

Speaker Information



Asst.Prof.Mart Maiprasert
MD

ABSTRACT

The concept of longevity is rapidly evolving from extending lifespan to optimizing healthspan—the years lived in good health, function, and independence. This lecture explores the transition from traditional wellness paradigms to a more rigorous, evidence-based framework that integrates Lifestyle Medicine and emerging Longevity Medicine. While wellness emphasizes holistic well-being, Lifestyle Medicine provides clinically validated interventions centered on behavior change, including nutrition, physical activity, sleep, stress management, and social connection. Longevity Medicine builds upon this foundation by incorporating precision prevention, biomarker-driven risk stratification, and continuous health monitoring to personalize interventions across the lifespan.

Drawing on current research, this session highlights how dietary patterns such as Mediterranean-style eating, regular physical activity including resistance training, restorative sleep, and mindfulness-based stress reduction contribute significantly to reducing chronic disease risk and improving functional capacity. Additionally, growing evidence underscores the critical yet often underrecognized role of social connectedness in influencing morbidity and mortality outcomes. These factors collectively represent the most scalable and impactful interventions available today for promoting healthy aging.

The lecture also examines key global megatrends shaping the future of health, including population aging, the rise of the longevity economy, and the shift from reactive disease care to proactive, data-driven prevention. Advances in digital health technologies, wearable devices, and personalized health analytics are enabling a transition toward continuous, home-based, and individualized care models.

Ultimately, this talk argues that the future of Longevity Medicine lies not in replacing foundational lifestyle interventions, but in enhancing them through precision tools and systems thinking. By integrating behavioral, biological, and technological dimensions, healthcare can move beyond wellness toward a more proactive, personalized, and sustainable model of lifelong health optimization.

Speaker Information



- Retired Neurosurgeon
- Former Deputy Permanent Secretary of the Bangkok Metropolitan Administration 1997 - 2000
- Former President of the Medical Association of Thailand under Royal Patronage 2011-2012
- Former President of the World Medical Association 2010
- Office Director of the THPAAT 2012-Present
- Chair of the Smoke free University Project

Wonchat Subhachaturas
MD

Speaker Information



Dr.Prakitpunthu Tomtitchong
MD, MSc, PhD, FRCST

Professor Prakitpunthu Tomtitchong has over a decade of experience with the Medical Association of Thailand (MAT), contributing to national and international health policy and medical leadership. During the COVID-19 crisis, as the MAT Secretary General, had a role in initiatives to protect healthcare workers, including nationwide life insurance for physicians and nurses and a dedicated fund for Village Health Volunteers. These efforts received recognition from the World Health Organization (WHO).
His international work includes serving as Vice-President of the Regional Meeting in Asia on the International Code of Medical Ethics (ICoME 2022), organized with the World Medical Association (WMA), and contributing to the WMA Working Group on Organ Procurement (2023–2024). Its recommendations were presented and endorsed at the 226th WMA Council Session in Seoul in 2024.
As the President of MAT during Jan 2024-Jan 2026, he has prioritized post-COVID mental health among healthcare professionals and young people, addressing burnout, career attrition, occupational stress, and suicide prevention. MAT has worked with the Ministry of Public Health, Department of Mental Health, Chulalongkorn University and other medical schools, and other stakeholders to develop awareness campaigns, research-based communication, and digital applications for early detection and prevention. These initiatives have reached more than five million views over several platforms, with a sustained decline in suspected medical student and young physician suicide.
He has also promoted One Health for more than a decade, leading international collaboration through the One Health International Conference and preparing Thailand's role in the 2027 WMA General Assembly.
His broader international leadership includes MASEAN, CMAAO, WMA, ASEAN medical coordination, medical ethics, organ procurement, disaster management, Health Care in Danger, and tobacco/nicotine control, with a strong emphasis on empowering the next generation of healthcare leaders.

Speaker Information



Dr.Prakitpunthu Tomtitchong
MD, MSc, PhD, FRCST

ABSTRACT

MAT (Medical Association of Thailand) serves in an advisory role in several key government bodies, including the Ministry of Public Health (MoPH), the Medical Council of Thailand, and the National Health Security Office (NHSO), which oversees Universal Health Coverage (UHC), one of Thailand's proudest national achievements, ensuring that every citizen has access to essential health services without suffering financial hardship. However, sustaining and strengthening UHC amid rising healthcare costs, staff exhaustion and a stressful environment, demographic shifts, and constrained public budgets remains a serious challenge. MAT believes addressing the funding problem requires a multi-pronged, evidence-informed, and collaborative approach.

MAT also recognizes that young doctor burnout is a major systemic issue requiring urgent action. We have committed to addressing young doctor burnout with Thai policymakers by advocating for safer work hours and improved mental health support, including the use of AI applications to screen for mental health issues among Thai medical personnel. fostering a respectful training culture among all stakeholders, promoting work-life balance, doctors' autonomy, and empowering young doctors to have a voice in policy-making. Our goal is to create a healthier, more sustainable environment where young physicians can thrive both personally and professionally. We are working through our MAT Junior Doctor network, based on research our team has conducted since May 2024. We presented the results in two e-posters at AMEE 2025 Barcelona, which demonstrated that resilience is a Key protective factor against burnout among medical students.

As the Immediate Past President of the MAT and our JDN team, we conclude that understanding stakeholders and building resilience, along with promoting sleep and physical activity, can reduce burnout and foster a healthier learning environment. We are now extending our study to the postgraduate level, prioritizing resilience-building throughout the entire curriculum to support well-being and reduce burnout among young physicians in Thailand.

Speaker Information



Naravut Suvannang

PhD

- Ph.D. in Medical Technology (Machine Learning for Drug Discovery) | Mahidol University
- M.Sc. in Medical Technology (Computational Drug Design) | Mahidol University
- B.Sc. in Medical Technology | Mahidol University
- Computational & Data Sciences: Programming (Python, R, SQL, Java), Cloud Computing, and Genomic Database Integration.
- Precision Medicine: Genomic data analysis (WGS, WES), variant interpretation (ACMG Guidelines), and targeted therapy design.
- Machine Learning & Drug Discovery: Deep learning applications, molecular docking, and QSAR modeling.
- Laboratory Accreditation: Certified internal auditor for ISO 15189/15190 and CAP accreditation workflows.
- Laboratory & Business Leadership: Served as Laboratory Director for Phoenix-Molecular Clinical Laboratory and MP Group, leading facilities to achieve key national and international quality standard accreditations.
- Innovation: Pioneered the first saliva pool and lollipop swab COVID-19 PCR testing protocols in Thailand, lowering diagnostic costs by 40%.
- Bioinformatics & Research: Worked as Bioinformatics Lead at CARIVA and completed postdoctoral fellowships at Mahidol University and VISTEC. He is also a university lecturer and a frequently published author in peer-reviewed scientific journals.
- Committee Roles: Appointed Chairman of the Subcommittee on Digital Innovation and Precision Medicine for the Medical Technology Council of Thailand.
- 1st Place, Regeneron ISEF 2021 (Computational Biology)
- Gold Award, AI-JAM US Competition 2020 (Silicon Valley)
- Silver Award, ASEAN Digital Award 2026 (Vietnam)

Moderators



Rear Admiral Surasant Kongsiri

Currently serves in the capacity of Spokesperson, Ministry of Defence

Rear Admiral Surasant KONGSIRI is a well-acquainted Master of Ceremonies and Moderator with a distinguished career serving in the Royal Thai Armed Forces. Admiral Surasant's sparkling personality and extensive experience in giving presentation, conducting interviews and panel discussions at both domestic and international venues, has made him a master of the art in engaging the audience – be it on live TV or in public speaking environment.

Moderators



Patnapa Srichomchey

Ph.D., DipIBLM

Dr. Patnapa Srichomchey, RD, CDE, DipIBLM, is a highly accomplished expert in nutrition and integrative medicine.
She currently serves as the Director of the Center of Lifestyle Management and Education at ViMUT-Theptarin Hospital and the Vice President of the Thai Dietetic Association.

She holds a Ph.D. in Integrative Medicine from Chulabhorn International College of Medicine, Thammasat University, and a Master's degree in Food & Nutrition for Development from Mahidol University.
Dr. Patnapa is a Registered Dietitian (RD) and a Certified Diabetes Educator (CDE). In 2025, she achieved her credential as a Diplomate of the International Board of Lifestyle Medicine (DipIBLM).

Throughout her career, she has received several prestigious recognitions, including the Mahidol University Alumni Recognition and The ICONIC of Life Award from the Department of Health, Ministry of Public Health, Thailand, in 2023.
She is also a speaker at the Lifestyle Medicine and Wellbeing World Congress Bangkok 2026.

Moderators



Miss.Paramee Sangsuwan

Paramee Saengsuwan is an international relations officer at The Industrial Estate Authority of Thailand, currently serving as the master of ceremonies for key events and signing MOUs. She has previously worked as a mass communication officer at Radio Thailand. She has experience as a Bilingual MC, DJ and voiceover artist for various radio programs, including Thailand All Around, The Ambassador programs on FM 88 MHz Radio Thailand English Service as well as Metro Magazine & Metro Lifestyle radio shows on FM 95.5 MHz. She showcased her skill as an English narrator for royal ceremonies and Red Cross fair via radio broadcasting. As the interview host, she conducted special medical interviews with a number of experts, including the executive secretary of the Action on Smoking and Health Foundation, a health minister advisor, a professor of dermatology at Chulalongkorn University, and the organizers of the 2023 H. E. A. T. International Anti-Aging Congress. She also moderated the 2024 Lifestyle Medicine and Wellbeing International Conference, which focused on "The Rise of Healthy Lifestyle and Wellbeing in Thailand."

Moderators



Kobkullaya Chuengprasertsri

Dr. Kobkullaya Chuengprasertsri, MD, MSc, ABBRM, CNW, (widely known as "Doctor Phuen") is an accomplished medical doctor specializing in dermatology and anti-aging medicine. She currently serves as the Chief of the Phyathai II Anti-Aging Center at Phyathai II International Hospital.

She graduated with Second-class honors for her Doctor of Medicine from the Faculty of Medicine, Khon Kaen University in 2009. She then completed her clerkship at Khon Kaen Hospital and pursued further specialization, earning a Master's degree in Dermatology from Chulalongkorn University in 2016.

Passionate about holistic wellness, she also holds advanced international credentials, including a certification in Nutrition Wellness (CNW) and is a diplomat of the American Board of Anti-Aging and Regenerative Medicine (ABBRM).

Beyond her medical career, Dr. Kobkullaya achieved national recognition as the First Runner-up of Miss Thailand 2009. Deeply dedicated to public service, she has multiple times volunteered as a field doctor for the Princess Mother's Medical Volunteers (PMMV / พอ.สว.), traveling to remote mountainous areas to treat underserved communities. In recognition of her social contributions, she was honored with the Outstanding Youth Award and the Grateful Child Award by the National Council on Social Welfare of Thailand.

Moderators



Asst.Prof.Orawin Vallibhakara
MD DipIBLM

Dr. Orawin Vallibhakara is a highly qualified medical professional and academic leader specializing in Obstetrics and Gynaecology, Reproductive Endocrinology, and Menopausal Medicine. She currently serves as the Head of the Menopause Unit and the Deputy Head for Undergraduate Medical Education at the Faculty of Medicine, Ramathibodi Hospital, Mahidol University.

- Doctor of Medicine (M.D.) | 1st Degree Honors, Ramathibodi Hospital, Mahidol University (2008).
- Medical Boards | Diploma Boards of Obstetrics and Gynecology (2012) and Reproductive Medicine (2014).
- Advanced Training & Degrees | Master of Business Administration (Executive MBA) from NIDA (2025), Diploma of Preventive Medicine (2019), and Diploma in Sexual Medicine (2023).
- International Fellowships | Senior Fellow (SFHEA) from Advance HE, United Kingdom (2025) and Diplomate of the International Board of Lifestyle Medicine (2025).
- Menopause & Healthy Aging: Focuses on menopausal transition, vasomotor symptoms, sexual health, hormone therapy, and midlife musculoskeletal health.
- Lifestyle & Preventive Medicine: Focuses on nutrition, obesity management, sleep, stress, and behavioral modifications for middle-aged women.
- Medical Education: Specialized in video-assisted learning, simulation education, and healthcare workforce well-being.
- Committee Roles: Active committee member of the Thai Menopause Society and the Royal Thai College of Obstetricians and Gynaecologists.
- Research & Publications: An active researcher with a prolific record of oral and poster presentations at major international conferences (such as the World Congress on Menopause). She has co-authored numerous peer-reviewed studies in reputable scientific journals covering topics like vitamin supplements, probiotics, bone health, and women's quality of life.

Moderators



Sinthu Kosasih

MD DipIBLM

Dr. Sinthu is both physician and hybrid athlete whose career bridges the worlds of medicine, sports, science, and holistic health. He is an honors graduate of Imperial College London, where he earned his Bachelor's degree, and subsequently completed his medical degree at Tongji University in Shanghai, China. Upon returning to his home country, Dr. Sinthu has dedicated his practice to advancing the health and well-being of others

With advanced certifications in Age Management Medicine, Lifestyle Medicine, and the American Board of Anti-Aging and Regenerative Medicine, Dr. Sinthu is recognized for his integrative, evidence-based approach to patient care. His clinical focus spans: Exercise and Sports Performance, Anti-Aging and Regenerative Medicine, and Preventive Care Lifestyle Optimization for Longevity

A passionate proponent of movement and exercise as the foundation of health, Dr. Sinthu emphasizes these principles not only in his medical practice but also in his personal life. As a competitive athlete, Dr. Sinthu actively participates in running and functional fitness competitions where he recently represented Thailand at the Hyrox World Championships in Stockholm this past July. His hands-on experience in sports performance and nutrition enables him to connect authentically with athletes and active individuals, offering practical guidance rooted in both science and lived experience.

Moderators



Bancha Daengneam
MD DipIBLM,

- Education and Core Medical Training: Dr. Bancha Daengneam holds a Doctor of Medicine from Prince of Songkla University and a Doctor of Industrial Education (Innovation and Research for Learning) from KMITL. The Thai Medical Council certifies him as a specialist in Preventive Medicine and Lifestyle Medicine.
- International Certifications: He has acquired extensive international training and board certifications across several countries, including Germany, Australia, the Netherlands, and the USA. His specialized areas of expertise include fresh cell transplantation, nutritional and environmental medicine, chelation therapy, clinical metal toxicology, injectable nutrient therapies, and digestive health.
- Leadership and Committee Roles: He serves as the Vice-President of the Thai Chelation Medical Association and the Secretary General of the Thai Association of Cell Therapy. Additionally, he is a committee member for the Ministry of Public Health, focusing on alternative medicine, cancer patient management, and chelation therapy.
- Academic Positions: Dr. Daengneam is an invited professor teaching master's and doctoral students in anti-aging, integrative medicine, and related fields at Mae Fah Luang University, Dhurakij Pandit University, and Thammasat University's Chulabhorn International College of Medicine.

ABSTRACT

One of the six pillars of Lifestyle Medicine is avoiding the risky substances that always focused to stop smoking and stop alcohol drinking. But the toxic substances that stay around the people's daily life are the heavy metals. Heavy metals toxicity is a worldwide challenge contributing to increases in a wide variety of Sicknesses, NCDs, Disorders, Syndromes, Birth Defects, Developmental Abnormalities and Premature Aging. Toxic Heavy Metals, including Lead, Mercury, Cadmium, Aluminum and Arsenic are generally overlooked in medicine, perhaps because they affect every cell and organ in the body either direct or indirect by destroy blood circulation system often subtly and also affect many bodies in a population. By the free radical theory, these products are short lived, but they alter and damage cell membranes, DNA and Proteins. Free radicals implicated in several conditions seen in Aging, Atherosclerosis, Parkinson's disease, Alzheimer's, disease Immune Deficiency of Aging and Cancer. Certainly, heavy metals are identified as the high potency free radical. Even though, we have bodies free radical scavengers such as Superoxide Dismutase, Catalase, Peroxidases, other proteins like Albumin, Ceruloplasmin, Vit E, Vit C and Glutathione, but not enough. However, there is the way to take the heavy metals out of the body called Chelation Therapy that included the lifestyle modification furthermore avoidance. We should to promote the awareness of heavy metals chronic toxicity to the people and provide the knowledge of self-care to reduce NCDs and promote well-being in populations.

Moderators



Dr. Poonyanuch Chongjaroenjai
MD DipIBLM,

- Dr. Poonyanuch Chongjaroenjai, MD, is a dedicated pediatrician and anti-aging medicine physician. She currently practices at the Premier Life Center, Phyathai 2 Hospital, and works part-time at Acantus Clinic. Her medical philosophy centers on expanding healthspan alongside human lifespan by encouraging sustainable lifestyle changes.
- She graduated with a Doctor of Medicine from Khon Kaen University in 2017. She then completed her internship and residency at Maharat Nakhon Ratchasima Hospital, earning a Diploma from the Thai Board of Pediatrics in 2020.
- Driven by a passion for holistic care, Dr. Poonyanuch pursued further specialization, completing a Fellowship in Anti-Aging and Regenerative Medicine from Dhurakij Pundit University. She holds prestigious international certifications, including the American Board of Anti-Aging and Regenerative Medicine (ABAARM) and is a certified professional of the International Board of Lifestyle Medicine (IBLM). Her clinical experience also includes positions at Suranaree University of Technology Hospital and wellness clinics like Panacee Wellness Clinic Khao Yai.

Moderators



Poowadol Thammarat

PhD, Director of Business Advancement (Wellness & Occupational Health)

Dr. Poowadol Thammarat is an analytical chemist and healthcare laboratory professional with more than 18 years of experience in wellness, occupational health, and advanced medical laboratory management. He currently serves as Director of Business Advancement for Wellness and Occupational Health at National Healthcare Systems Co., Ltd. (N Health). He earned a Ph.D. in Chemistry from Chulalongkorn University, an M.Sc. in Applied Analytical and Inorganic Chemistry from Mahidol University and a B.Sc. in Chemistry from Khon Kaen University. He is an expert in chromatography and mass spectrometry platforms, including HPLC, LC-MS/MS, GC-MS, and ICP-MS. His expertise includes business and product development of laboratory services for anti-aging medicine and occupational health, analytical method development and validation for biological monitoring and biomarker testing, laboratory quality control and assurance, as well as laboratory safety. He regularly contributes as a guest lecturer, professional speaker, and media expert. His work promotes the integration of advanced analytical sciences with preventive healthcare, precision medicine, wellness, longevity, and evidence-based health risk assessment.

ABSTRACT

Lifestyle medicine and omics sciences have emerged as interconnected pillars in the evolution of modern healthcare, driving the transition from reactive treatment to proactive, personalized prevention. Lifestyle medicine focuses on evidence-based behavioral interventions including nutrition, physical activity, sleep, stress management, social connection, and avoidance of harmful substances to prevent and manage chronic non-communicable diseases. Concurrently, omics sciences such as genomics, epigenomics, transcriptomics, proteomics, metabolomics, microbiomics, provide high-throughput molecular profiles of biological processes. Genomic data can identify inherited disease susceptibility and genetic variation affecting responses to lifestyle interventions. In contrast, dynamic omics layers can capture changes in gene expression, protein signaling, metabolic pathways, inflammatory activity, microbial function, and physiological adaptation over time. Potential applications include precision nutrition, personalized exercise prescription, circadian and sleep optimization, cardiometabolic risk reduction, obesity and diabetes management, stress-response assessment, and monitoring recovery after smoking or excessive alcohol exposure. Nevertheless, implementation is limited by cost, analytical variability, incomplete reference standards, population bias, complex data integration, uncertain causality, and concerns regarding privacy and equitable access. Omics-guided approaches should therefore complement conventional assessment and established lifestyle recommendations. Standardized methods, diverse longitudinal cohorts, interpretable computational models, and clinical-outcome validation are essential for responsible translation into practice. Ultimately, the integration of lifestyle medicine with omics sciences may strengthen precision healthcare, extend healthspan, and reduce the worldwide burden of chronic non-communicable diseases.

Moderators



- 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

Suphalerk Wijaranayan

B.Sc. MD ABAARM,
DipIBLM

Moderators



Sarisa Klomchitcharoen

MD, MSc, ABAARM,
ANCB, DipIBLM

- Doctor of Medicine (MD) Faculty of Medicine, Chulalongkorn University, Thailand
- Master of Science in Clinical Dermatology St John's Institute of Dermatology, Faculty of Life Sciences & Medicine, King's College London, United Kingdom
- Master of Science in Stem Cells and Regeneration Faculty of Health Sciences, University of Bristol, United Kingdom
- Diplomate in Anti-Aging and Regenerative Medicine American Academy of Anti-Aging Medicine, USA
- Diplomate, Thai Board of Preventive Medicine in Lifestyle Medicine Medical Council of Thailand, Thailand
- Board Certified in Nutrition and Wellness (CNW) American Naturopathic Certification Board (ANCB), USA
- Diplomate, International Board of Lifestyle Medicine (IBLM) With certification endorsed by the Thai Society of Lifestyle Medicine, USA

Moderators



Pongkasem Wintakorn
MD DipIBLM

Pongkasem Wintakorn, MD, is a highly qualified physician specializing in Lifestyle Medicine and Wellness. He holds a Doctor of Medicine with First-Class Honors from Mahidol University (Siriraj Hospital) and a Master of Marketing from Thammasat University.
Here is a brief summary of his professional profile based on his CV:

Medical Leadership: He currently serves as the Medical Director at PWL Health & Wellness (2026–present) and previously worked as a Hospital Director at W Medical Hospital (2022–2023).
Clinical Practice: He has extensive experience as a Lifestyle Medicine Practitioner at Meviz Clinic and Caramel Wellness Clinic (2023–2026), as well as a general physician at Banphaeo Hospital.
Innovation & Academia: He co-founded Disastra (a medical disaster simulation platform), directed a personalized nutrition platform at Memeal Co., Ltd., and served as an Assistant Instructor in Physiology at Siriraj Hospital.

Lifestyle & Preventive Medicine: Certified by the International Board of Lifestyle Medicine and holds a Diploma from the Thai Board of Preventive Medicine.
Nutritional & Functional Wellness: Certified by the American Naturopathic Certification Board and trained by The Institute for Functional Medicine (IFM).
Alternative Medicine: Certified in Traditional Chinese Medicine & Acupuncture by the Royal Thai Army Medical Department.

Moderators



Saranya Ngamrassamiwong

MD DipIBLM

I am a woman who is also a daughter, a sister, a wife, a mother, and a doctor. For over a decade, I've worked as a breast radiologist. My main role involves early diagnosis of breast cancer, evaluating disease extent and tumor response, and detecting recurrence among survivors. My job also includes performing breast biopsies and localizations for surgery. Every day, I go to work at one of the world's best hospitals. I meet patients facing difficult diagnoses, and sometimes their families. They almost always ask me how to minimize breast cancer risk factors or how to prevent recurrence. These questions highlight a remarkable commitment to achieving better wellness, and that deeply resonates with me. As a certified lifestyle medicine physician, I can now provide them with holistic care, using evidence-based facts to coach them toward their health targets.

I have a big, close-knit family. Unfortunately, cancer runs in our bloodline, and we experienced two cancer deaths in two family generations last year. These events urged me to explore the genetic era, epigenetic changes, and palliative cancer care. Through this exploration, I've learned that most of the things we are born with can be modified to fulfill our designated goal of well-being. Thirty percent is fate; seventy percent is effort.

LMW 2026

LIFESTYLE MEDICINE AND WELLBEING

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