



CASEM MEDICINE THROUGH MOVEMENT

THURSDAYS AT 8PM ET
FOUR SESSIONS
8, 15, 22, 29 OF APRIL 2021





About the Series

The World Physical Activity Day is celebrated every year on April 6 – come join us virtually for this 4 week webinar series on the health benefits of physical activity across a spectrum of chronic diseases.

Our goal, with the help of our specialty medical colleagues, will be to profile through a purely evidence based lens the role exercise/physical activity/movement could play in the prevention, treatment and management of a number of chronic diseases.

Target Audience

The target audience is the physician, regardless of specialty, who work with patients with chronic diseases – the course will also be of interest to the health care field including Physiotherapists, Sport Chiropractors, Sport Massage Therapists, Occupational Therapists, nurses, psychologists and social workers.

Course Objective

This course will provide, through an evidence based lens, the rationale for the use of activity and movement as medicine, practical guidance on how to implement and monitor appropriate exercise modalities in clinical practice and what clinical outcomes can be expected when these evidence based, safe and healthy techniques are employed.

Planning Committee

(Chair) Tatiana Jevremovic,

MD, CCFP (EM)(SEM), Dip. Sport Med (CASEM)

Margaret Burghardt

MD, CCFP (SEM), Dip. Sport Med (CASEM)

Laura Cruz,

MSc, MD, CCFP (SEM), Dip Sport Med. (CASEM)

Elisabeth Hobden

MD, FRCP (EM), Dip. Sport Med. (CASEM)

Cassandra Stiller-Moldovan

MD, CCFP

Jane Thornton,

MD, PhD, CCFP (SEM), Dip. Sport Physician (IOC)

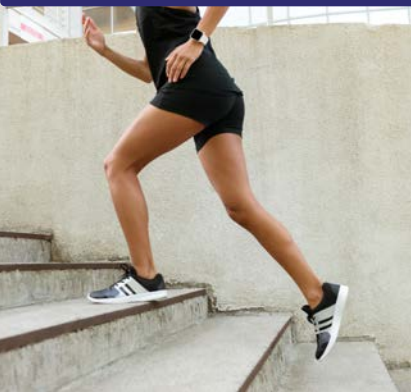
Accreditation

This one-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada and the Ontario Chapter for up to 6 Mainpro+® credits.



SESSION 1

Thursday, April 8th, 2021
8pm EST / 5pm PST - 90mins



Exercise and the Immune System

Moderator: Tatiana Jevremovic, MD, CCFP (EM) (SEM), Dip. Sport Med

1. **Can we prime our immune system with regular exercise?**
- Alex Wadley, PhD
2. **The Other Side of the Coin: Sedentary behaviour physiology, immunology, epidemiology and treatment**
- Mark Tremblay, PhD
3. **Question Period**

SESSION 2

Thursday, April 15th, 2021
8pm EST / 5pm PST - 90mins



Exercising in the Golden Years

Moderator: Jane Thornton, MD, PhD, CCFP (SEM), Dip. Sport Physician (IOC)

1. **(Re)habilitation of dementia with exercise: Why, What, and How ?**
- Laura Middleton, PhD
2. **Is There a Role for Physical Activity in Palliative Care?**
- Cassandra Stiller Moldovan, MD
3. **Question Period**

SESSION 3

Thursday, April 22nd, 2021
8pm EST / 5pm PST - 90mins



Just a Spoon Full of Exercise Helps the Medicine Go Down

Moderator: Elisabeth Hobden, MD, FRCP (EM), Dip. Sport Med.

1. **Diabetes and Exercise in Type 1 Diabetes and the Challenges of Keeping Children and Adolescents Active**
- Richard Goudie, MD, Dip. Sport Med. (CASEM)
2. **The Role of Exercise Prescription in Paediatrics**
- Barbara Cifra, MD
3. **Question Period**

SESSION 4

Thursday, April 29th, 2021
8pm EST / 5pm PST - 90mins



The Adaptive Athlete and Exercise

Moderator: Laura Cruz, MSc, MD, CCFP (SEM), Dip Sport Med.

1. **Impact of Physical Activity on the Quality of Life of the Adaptive Patient**
- Kim Coros, MD, Dip. Sport Med. (CASEM)
2. **Inclusive Movement: Medicine for those with Mobility Limitations**
- Lindsay Bradley, MD, Dip. Sport Med. (CASEM)
- Question Period**