Meetings International

Scientic Program





4th International Conference on

LIFESTYLE DISEASES AND MEDICINE

September 22–23, 2025
Rome, Italy

https://www.meetingsint.com/conferences/lifestylediseases

08:30-08:55 | Registrations Open
08:55-09:00 | Introduction

Keynote Forum

09:00-09:45	**Title: Innovations in Hypertension Management**
	Dr. Marcus Leclerc Sorbonne University, France
09:45-10:30	**Title: Reversing Type 2 Diabetes Through Nutrition & Exercise**
	Dr. Neha Arora AIIMS, India
Session: lifestyle Diseases | Chronic Pain | Metabolic Disease | Gut Health | Hypertension Management	
11:00-11:30	**Title: Theory and practice of building a healing garden based on relieving anxiety**
	Dr. ZHANG GUANHAO, Shanghai Jiao Tong University, , China
11:30-12:00	**Title: Lifestyle Psychiatry: Mental Health and Daily Habits**
	Dr. Laura Mendes University of São Paulo, Brazil
12:00-12:30	**Title: Gut Health and Inflammation in Metabolic Disease**
	Dr. Johan Nilsson Karolinska Institute, Sweden
12:30-13:00	**Title: Wearable Technology and Lifestyle Monitoring**
	Dr. David Okeke University of Lagos, Nigeria
Lunch Break 13:00-14:00@Restuarant	
14:00-14:30	**Title: Building Effective Lifestyle Programs in Clinical Settings**
	Dr. Elena Bianchi University of Rome "La Sapienza", Italy
15:00-15:30	**Title: Making Youthing Doable**
	Dr. Patricia Cove, Lifestyle Regenerate me, Canada
15:30-16:00	**Title: How Tantra and Belly Dance Affect Hormones and Well-Being**
	Dr. Joana Macena, Global Wellness Institute, Brazil

16:00-16:30	**Title: Future of Lifestyle Medicine: Global Collaboration**
	Dr. Silvia Romero ELMS (European Lifestyle Medicine Society), Spain
15:30-16:00	**Title: Behavioral Addictions & Lifestyle Interventions**
	Dr. James Coetzee University of Cape Town, South Africa
16:00-16:30	**Title: Circadian Rhythms & Chronic Disease Risk**
	DDr. Aiko Yamazaki University of Tokyo, Japan
16:30-17:00	**Title: Lifestyle Approaches to Pediatric Obesity**
	Dr. Helen Toma University of Toronto, Canada
Closing Ceremony | Best Poster Award	

DAY 2

08:55-09:00 | Introduction	
Keynote Forum	
09:00-09:45	**Title: Public Health Policy & NCD Prevention**
	Dr. Fatima El-Sayed Dubai Health Authority, UAE
09:45-10:30	**Title: Women's Hormonal Health & Lifestyle Medicine**
	Dr. Anna Petrovna Moscow State Medical University, Russia
Networking and Refreshments Break and Group Photo 10:30-11:00@Foyer	
Session: Lifestyle Diseases | Chronic Pain | Metabolic Disease | Gut Health | Hypertension Management	
11:00-11:30	**Title: Complementary & Integrative Therapies in Chronic Illness**
	Dr. Rajiv Sinha Banaras Hindu University, India
11:30-12:00	**Title: Fireside Chat: AI & Digital Innovation in Lifestyle Medicine**
	Dr. Peter Novak Charité – Berlin University Hospital, Germany

12:00-12:30	**Title:Exploring the neurological effects of screen overuse, this session presents clinical strategies for digital hygiene to support brain health, productivity, and emotional well-being.**
	Dr. Clara Johansson, Lund University, Sweden
12:30-13:00	**Title: A public health analysis of how food labeling influences consumer choices, and how governments and industries can collaborate to drive healthier eating behaviors at scale.**
	Dr. Sophia Bennett, University of Sydney, Australia
Lunch Break 13:00-14:00@Restuarant	
14:00-14:30	**TBA**
15:00-15:30	**TBA**
15:30-16:00	**TBA**
16:00-16:30	**TBA**
15:30-16:00	**TBA**
16:00-16:30	**TBA**
16:30-17:00	**TBA**
17:00-17:15	**TBA**
17:15-17:30	**TBA**
Closing Ceremony | Best Poster Award	