



Weill Cornell Medicine-Qatar
Institute for Population Health

CERTIFICATE IN LIFESTYLE MEDICINE



QCHP
المجلس القطري للتخصصات الصحية
Qatar Council for Healthcare Practitioners
الإعتماد
Accreditation



CERTIFICATE IN LIFESTYLE MEDICINE



Overview

Globally, there is an ongoing epidemic of noncommunicable diseases like heart disease, high blood pressure, obesity, cancer and diabetes. These chronic diseases are currently the leading causes of morbidity and premature mortality, along with being responsible for the majority of healthcare expenditure. Additionally, chronic diseases impair quality of life and result in a great deal of pain and suffering. Scientific evidence published in peer-reviewed journals suggests that 80 percent of chronic diseases can be prevented, treated and often reversed by adopting healthy lifestyle measures like increased physical activity, healthy nutrition, managing stress, getting adequate good-quality sleep, maintaining healthy relationships and social connectedness, tobacco cessation, and avoiding use of risky substances. These behaviors form the core pillars of lifestyle medicine (LM), an emerging discipline in healthcare.

Lifestyle Medicine (LM) is defined as the “evidence-based practice of helping individuals and families adopt and sustain healthy behaviors that affect health and quality of life” (American College of Lifestyle Medicine). LM can effectively prevent, treat or even reverse many chronic diseases such as hypertension, heart diseases, diabetes, obesity, depression/anxiety and musculoskeletal conditions. Despite valid research findings supporting the benefits of LM, numerous healthcare providers, including physicians, remain unfamiliar with the usefulness of lifestyle medicine in the treatment and prevention of chronic diseases.

The Certificate in Lifestyle Medicine (CLM) is a 60-hour certificate program, administered by the Institute for Population Health at Weill Cornell Medicine-Qatar, which will provide healthcare practitioners with lifestyle medicine education and competencies to aid in the evaluation, prevention and management of lifestyle-related chronic health conditions to reduce chronic disease morbidity and the suffering associated with it. Additionally, the course will enable healthcare practitioners to engage in dialogue and meaningful discussions with their patients about the potential for lifestyle medicine ultimately leading to improved overall quality of life and patient outcomes.

The course will be delivered by means of didactic lectures, small group interactive discussions, review of clinical cases, and distance online learning. There are two components to the course, which must be successfully completed to meet the course requirements in order to receive the Certificate in Lifestyle Medicine. The two components are: a) attendance and participation in the live webinar 30-hour unit comprising lectures and interactive discussions, and b) a 30-hour self-study/online unit, which requires completion of the “Foundations of Lifestyle Medicine Board Review Course 2nd Edition” (<https://www.lifestylemedicine.org/boardreview>), an evidence-based course designed to provide an overview of essential elements of lifestyle medicine. The course participants are evaluated on attendance, participation, and meeting the course requirements.



Identified Practice Gaps/Educational Needs

Despite valid research findings supporting the benefits of LM, numerous healthcare providers, including physicians, remain unfamiliar and/or skeptical about the usefulness of lifestyle medicine in the treatment and prevention of chronic diseases. Doctors and other health practitioners who utilize LM in their practice report benefits both for their patients and themselves. Additionally, studies have repeatedly confirmed that patient satisfaction with LM is very high. Gaps related to lifestyle medicine in healthcare are evident and must be addressed to improve patient care and overall patient outcomes.

Overall Learning Objectives

At the end of the workshop, participants will be able to:

- Define and discuss lifestyle medicine and its competencies.
- Discuss and examine the evidence of lifestyle medicine interventions in the prevention and management of chronic disease.
- Review relevant lifestyle medicine-specific topics such as clinical processes, emotional and mental wellbeing, nutrition science, physical activity, social relationships and connectedness, sleep hygiene, managing tobacco and other addictions, and behavior change.
- Summarize lifestyle medicine prescriptions for various chronic diseases.

Target Audience

This course is intended for healthcare professionals including physicians, nurses, dentists, pharmacists, allied health professionals, educators, researchers.

The course is open to all healthcare professionals and the content is not necessarily aimed at any specific healthcare professional group for example nutritionists, doctors etc. Please note that no single course can do justice to the breadth of a medical specialty and that it is up to the participant to ensure that their knowledge and skills are in line with the current standards of care.

Disclosure of Relationships/Content Validity

It is the policy of Weill Cornell Medicine-Qatar to adhere to Qatar Council for Healthcare Practitioners (QCHP) and Accreditation Council for Continuing Medical Education (ACCME) Criteria, Policies, and Standards for Commercial Support and content validation in order to ensure fair balance, independence, objectivity, and scientific rigor in all its sponsored programs. All faculty participating in sponsored programs are expected to disclose relevant financial relationships pertaining to their contribution to the activity, and any discussions of off-label or investigational uses of approved commercial products or devices, or of any products or devices not yet approved in the United States and elsewhere. WCM-Q CME/CPD activities are intended to be evidence-based and free of commercial bias.

Scientific Planning Committee

Amit Abraham, Khalafalla Eltoum Babikir, Mark Dimon Santos, Rosanna Millar Barrera, Raji Anand, Ravinder Mamtani, Samaah Chalil, Sohaila Cheema, Syed A Ansari M, Yasmeen Kalverts:

- Have no relevant financial relationship to disclose.
- Will not be discussing unlabeled/unapproved use of drugs or products.

Course Director

Ravinder Mamtani, Sohaila Cheema:

- Have no relevant financial relationship to disclose
- Will not be discussing unlabeled/unapproved use of drugs or products.

Course Faculty

Ahmad Al Mulla, Benjamin Kligler, Darren Morton, Javaid I. Sheikh, Mohamud A. Verjee, Ravinder Mamtani, Shahrads Taheri, Sobia Rahman, Sohaila Cheema, Stephan Herzog:

- Have no relevant financial relationship to disclose.
- Will not be discussing unlabeled/unapproved use of drugs or products.

Wayne S. Dysinger

- Has disclosed the following relationship: Ownership interest, Lifestyle Medical.
- The relationship is not relevant.
- Will not be discussing unlabeled/unapproved use of drugs or products.

Course Administrator

Yasmeen Kalverts:

- Has no relevant financial relationships to disclose.
- Will not be discussing unlabeled/unapproved use of drugs or products.

Independent Clinical Reviewer

Sohaila Cheema:

- Has no relevant financial relationships to disclose.
- Will not be discussing unlabeled/unapproved use of drugs or products.

Evaluation

An evaluation will be conducted online post activity. All participants are required to complete the evaluation to receive a certificate. The evaluation allows us to assess the degree to which the activity met its objectives. It will also guide the planning of future activities and inform decisions about improving the educational program.

Accreditation



ACCME Accreditation Statement

The Weill Cornell Medicine-Qatar is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

ACCME Credit Designation Statement

The Weill Cornell Medicine-Qatar designates this live activity for a maximum of 30.0 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



QCHP Accreditation Statement

Weill Cornell Medicine-Qatar is accredited as a provider of Continuing Medical Education (CME) and Continuing Professional Development (CPD) by the Qatar Council for Healthcare Practitioners (QCHP) of the Ministry of Public Health.

QCHP Credit Designation Statement

This activity is an Accredited Group Learning Activity (Category 1) as defined by the Qatar Council for Healthcare Practitioners-Accreditation Department and is approved for a maximum of 30.0 hours.



SCIENTIFIC PLANNING COMMITTEE

Co-Chairs



Dr. Ravinder Mamtani

Professor of Population Health Sciences
Professor of Medicine (Center for Global Health)
Vice Dean for Student Affairs-Admissions,
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Course Directors/Faculty



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Professor of Population Health Sciences
Professor of Medicine (Center for Global Health)
Vice Dean for Student Affairs-Admissions,
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Dr. Sohaila Cheema

Assistant Professor of Population Health Sciences
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Course Faculty



Dr. Ahmad Al Mulla

Senior Consultant Public Health
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Dr. Darren Morton

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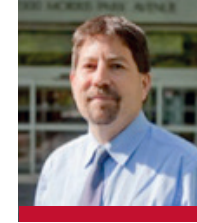
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Dr. Shahrad Taheri

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Mr. Stephan Herzog

Executive Director
American and International
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Dr. Wayne S. Dysinger

Past President
American College of
Lifestyle Medicine
Chief Executive Officer
Lifestyle Medical
California, USA



CERTIFICATE IN LIFESTYLE MEDICINE

September 25-29, 2020 | Live Webinar Schedule
(30 hours)

Overall Learning Objectives:

- Define and discuss lifestyle medicine and its competencies.
- Discuss and examine the evidence of lifestyle medicine interventions in the prevention and management of chronic disease.
- Review relevant lifestyle medicine specific topics such as clinical processes, emotional and mental wellbeing, nutrition science, physical activity, social relationships and connectedness, sleep hygiene, managing tobacco and other addictions and behavior change.
- Summarize lifestyle medicine prescriptions for various chronic diseases.

Note: 25% of total education time is allocated to interactive learning (cases, question & answer sessions, participant discussions etc.)

Day 1: Friday, Sep 25, 2020

Time	Session Title	Learning Objectives	Speaker
1.15pm - 1.30pm	Login to livestream	-	-
1.30pm - 2.00pm	Welcome & Introductions	-	Dr. Ravinder Mamtani & Dr. Sohaila Cheema
2.00pm - 3.30pm	Introduction to Lifestyle Medicine	1. Define Lifestyle Medicine (LM). 2. Examine the relationship between lifestyle health and non-communicable disease paradigm. 3. Examine the evidence for Lifestyle Medicine.	Dr. Ravinder Mamtani
3.30pm - 3.45pm	Coffee Break	-	-
3.45pm - 5.00pm	What is a healthy diet?	1. Explain what a healthy diet means. 2. Give examples of nutrition controversies/myths. 3. Review the emerging consensus on healthy eating.	Dr. Ravinder Mamtani
5.00pm - 6.15pm	Types of diets	1. Outline various types of diets. 2. Review evidence regarding their benefits.	Dr. Ravinder Mamtani

Day 2: Saturday, Sep 26, 2020

Time	Session Title	Learning Objectives	Speaker
8.45am - 9.00am	Login to livestream	-	-
9.00am - 10.30am	Fundamentals of health behavior change and cognitive behavioral therapy	1. Explore theories of health behavior change and their practical application. 2. Analyze the contribution of cognitive-behavioral therapy for the empowerment of lifestyle change.	Dr. Darren Morton
10.30am - 10.45am	Coffee Break	-	-
10.45am - 12.15pm	Applying motivational interviewing and positive psychology in clinical practice	1. Develop an applied understanding of the principles of Motivational Interviewing. 2. Recognize the principles of Positive Psychology and how they can be used in clinical practice.	Dr. Darren Morton
12.15pm - 1.15pm	Lunch	-	-
1.15pm - 2.15pm	Connectedness, emotional and mental well-being	1. Recognize healthy behaviors which support connectedness, mental and emotional well-being. 2. Examine the evidence for diet and emotional well-being. 3. Outline components of mental and emotional wellness management.	Dr. Sohaila Cheema
2.15pm - 3.15pm	Practical strategies for mental health and well-being	1. Define key terms in mental health and well-being. 2. Summarize and demonstrate the evidence-based mental health practical strategies to promote health.	Ms. Sobia Rahman
3.15pm - 3.30pm	Coffee Break	-	-
3.30pm - 4.30pm	Evidence for physical activity in promoting health	1. Examine the evidence for physical activity in promoting health. 2. Discuss the benefits of physical activity. 3. Appraise various forms of physical activity regimes.	Dr. Mohamud A. Verjee
4.30pm - 5.30pm	Components of physical activity and developing an exercise prescription	1. Outline components of physical activity. 2. Develop an exercise prescription. 3. Recognize the long-term benefits of exercise medicine.	Dr. Mohamud A. Verjee

Day 3: Sunday, Sep 27, 2020

Time	Session Title	Learning Objectives	Speaker
9.00am - 9.15am	Login to livestream	-	-
9.15am - 10.15am	Sleep health science	<ol style="list-style-type: none">1. Describe the physiology of sleep.2. Examine the impact of sleep on health.3. Discuss measures for sleep optimization.	Dr. Shahrad Taheri
10.15am - 11.15am	Tobacco Control: Local efforts	<ol style="list-style-type: none">1. Discuss the use of tobacco worldwide and in Qatar.2. Explain the health hazards associated with tobacco use.3. Review recommendations for tobacco cessation.	Dr. Ahmad Al-Mulla
11.15am - 11.30am	Coffee Break	-	-
11.30am - 1.00pm	Practical tips in nutrition	<ol style="list-style-type: none">1. Discuss practical tips on making healthy lifestyle choices while shopping for food, cooking and eating for optimal health.2. Identify foods that increase inflammation.Review food labels.	Dr. Sohaila Cheema
1.00pm - 2.00pm	Lunch break	-	-
2.00pm - 3.30pm	Micronutrients and nutritional supplements I	<ol style="list-style-type: none">1. Describe the evidence-based use of micronutrients and vitamins.2. Describe the evidence-based use of nutritional supplements.3. Discuss the issues of safety, labeling and quality control.	Dr. Benjamin Kligler
3.30pm - 3.45pm	Coffee Break	-	-
3.45pm - 5.15pm	Micronutrients and nutritional supplements II	<ol style="list-style-type: none">1. Discuss the use and health benefits of phytonutrients.2. Review reputable sources for herbal and nutritional supplements.	Dr. Benjamin Kligler
5.15pm - 5.30pm	Coffee Break	-	-
5.30pm - 6.00pm	Lactose intolerance, gluten sensitivity and probiotics	<ol style="list-style-type: none">1. Examine gluten sensitivity and gluten intolerance.2. Review the diagnosis and management of lactose intolerance in children and adults.3. Discuss the safe and effective evidence-based use of probiotics for management and prevention of common problems.	Dr. Benjamin Kligler

Day 4: Monday, Sep 28, 2020

Time	Session Title	Learning Objectives	Speaker
2.45pm - 3.00pm	Login to livestream	-	-
3.00pm - 4.00pm	Establishing therapeutic relationships with patients	<ol style="list-style-type: none">1. Summarize concepts of healing, cure, placebo, and context and meaning effects.2. Discuss factors that influence context and meaning effects.3. Summarize a practical approach on how best to establish a therapeutic alliance with patients.	Dr. Ravinder Mamtani
4.00pm - 5.00pm	Clinical aspects of nutrition	<ol style="list-style-type: none">1. Recognize the three key clinical nutrition guidelines for what you eat, and the two key guidelines for how you eat.2. Apply nutrition prescriptions to improve macro and micro nutrient balance, decrease disease risk, and reverse certain non-communicable diseases.	Dr. Wayne S. Dysinger
5.00pm - 5.15pm	Coffee Break	-	-
5.15pm - 6.45pm	Key clinical processes in Lifestyle Medicine I – Clinical assessment and evaluation	<ol style="list-style-type: none">1. Apply the use of Lifestyle Medicine vital signs in clinical practice.2. Demonstrate detailed clinical assessments for nourishment, movement, resilience and connectedness.3. Appraise potential Lifestyle Medicine related laboratory and physiologic testing.	Dr. Wayne S. Dysinger
6.45pm - 7.00pm	Coffee Break	-	-
7.00pm - 8.30pm	Key clinical processes in Lifestyle Medicine II – Collaborative and chronic case models in Lifestyle Medicine	<ol style="list-style-type: none">1. State the benefits and procedures for starting a Lifestyle Medicine group.2. Demonstrate various group types, personnel used and economic models for group sessions.3. Apply leadership skills in for group healing, recovery and behavior change.	Dr. Wayne S. Dysinger

Day 5: Tuesday, Sep 29, 2020

Time	Session Title	Learning Objectives	Speaker
11.00am - 11.15am	Login to livestream	-	-
11.15am - 1.15pm	Lifestyle Medicine approach for chronic disease management I	<ol style="list-style-type: none">1. Outline and discuss a practical approach to lifestyle evaluation and management.2. Summarize common lifestyle strategies/approaches for disease prevention and chronic disease management.	Dr. Ravinder Mamtani
1.15pm - 2.15pm	Lunch Break		
2.15pm - 3.45pm	Building resilience	<ol style="list-style-type: none">1. Recognize why resilience is increasingly important in modern life.2. Outline the major attributes of a resilient person.3. Discuss how resilience can be enhanced by all individuals.	Dr. Javaid I. Sheikh
3.45pm - 4.00pm	Coffee Break	-	-
4.00pm - 6.00pm	Lifestyle Medicine approach for chronic disease management II	<ol style="list-style-type: none">1. Explain the difference between therapeutic lifestyle change (TLC) and intensive therapeutic lifestyle change (ITLC).2. Analyze the personnel and other resource components required to successfully implement ITLC programs.3. Classify specific ITLC programs that work well in a typical practice.	Dr. Wayne S. Dysinger
6.00pm - 6.15pm	Coffee Break	-	-
6.15pm - 6.45pm	Obtaining proficiency in Lifestyle Medicine	<ol style="list-style-type: none">1. Outline Lifestyle Medicine core competencies.2. Distinguish between chronic disease prevention, arrest and reversal in the Lifestyle Medicine context.3. Recognize the benefits of Lifestyle Medicine proficiency.	Mr. Stephan Herzog
6.45pm - 7.15pm	Course Wrap-Up	<ol style="list-style-type: none">1. List the key elements learned from the course.2. Discuss course evaluation.	Dr. Ravinder Mamtani & Dr. Sohaila Cheema





CERTIFICATE IN LIFESTYLE MEDICINE

Self-Study/Online Unit Schedule (30 hours)

Course Title

Foundations of Lifestyle Medicine Board Review Course, 2nd Edition Online Course.

Website

https://lifestylemedicine.org/ACLM/Education/Board_Review/ACLM/Education/LifeMed/Board_Review.aspx?hkey=e7fa0f87-57d3-46dc-8dd8-9ac79880716d

Course Description

The American College of Lifestyle Medicine is pleased to offer the Foundations of Lifestyle Medicine Board Review Course, 2nd Edition. This course is developed by co-authors and faculty John Kelly, MD, MPH, DipABLM and Jeni Shull, MD, MPH, DipABLM, with active feedback from an editorial Advisory Panel that includes experts in the field of Lifestyle Medicine.

Learning Objectives

1. Review the pillars of evidence-based Lifestyle Medicine and how it can prevent, treat and reverse disease.
2. Review evidence-based Lifestyle Medicine prescriptions and their clinical application.
3. Review evidence-based Lifestyle Medicine content that will be tested on the Lifestyle Medicine Board Certification Exam.

Course Format

The Foundations of Lifestyle Medicine Board Review Course, 2nd Edition is hosted online via the ACLM Learning Management System and consists of three main components: a board review course manual (provided in print and accessible online within the learning management system) with over 130 review questions, 13 key Lifestyle Medicine article summaries with review questions, and six main review lectures with corresponding review questions. Details and descriptions of the components are provided below.

Component 1

Board Review Course Manual Sections and Quiz Questions (20 hours):

The Board Review Course Manual is available in printed form and online within the ACLM learning management system. The manual consists of 10 sections, an index, a Lifestyle Medicine article appendix, detailed graphics, tables and figures, and over 130 quiz questions. Each of the 10 sections have corresponding quiz questions available to complete in the paper copy of the book and online via the ACLM LMS. Enrollees seeking CME/CE credits will be required to read the material and complete the quiz questions online via the LMS to receive their CME/CE Certificate. This course component will account for 20 hours. In order to receive credit, you must complete the entire course. The manual content includes the following ten (10) topic sections:

1. Introduction to Lifestyle Medicine
2. Fundamentals of Health Behavior Changes
3. Key Clinical Processes in Lifestyle Medicine
4. The Role of Physician Health and the Physician's Personal Health
5. Nutrition Science, Assessment and Prescription
6. Physical Activity Science and Prescription
7. Emotional and Mental Well-Being, Assessment and Interventions
8. Sleep Health Science and Interventions
9. Fundamentals of Tobacco Cessation and Managing Risky Alcohol Use
10. The Role of Connectedness and Positive Psychology

Component 2

Articles and Quiz Questions (4 hours):

The manual also includes 13 Key Lifestyle Medicine Article Summaries with two corresponding review questions. Enrollees seeking CME/CE credits must read the article summaries and complete the questions via the online course to receive their CME/CE Certificate. This course component will account for 4 hours.

Component 3

Online Review Lectures (6 hours):

There are six review lectures with corresponding questions, provided by John Kelly, MD, MPH, DipABLM and Jeni Shull, MD, MPH, DipABLM. Enrollees seeking CME credits for the course will be required to complete the review lectures and corresponding questions via the online course to receive their CME/CE Certificate. This course component will account for 6 hours. Review lectures include:

1. **The What and the Why for Lifestyle Medicine** by John Kelly, MD, MPH, DipABLM
2. **Health Behavior Change** by Jeni Shull, MD, MPH, DipABLM
3. **Chronic Diseases, Insulin Resistance, Epigenetics, Sleep and Labs** by John Kelly, MD, MPH, DipABLM
4. **Emotional Well-being, Obesity, Action and Relapse Plans** by Jeni Shull, MD, MPH, DipABLM
5. **Nutrition and Key Lifestyle Medicine Studies** by John Kelly MD, MPH, DipABLM
6. **Physical Activity and Implementing Lifestyle Medicine into Practice** by Jeni Shull, MD, MPH, DipABLM

Source: American College of Lifestyle Medicine

SPEAKERS BIOGRAPHY



Ahmad Al Mulla, MD, MPH, DrPH
Senior Consultant Public Health and Disease Control
Advisor to HE Minister of Public Health
Ministry of Public Health
Doha, Qatar

Dr. Al Mulla is advisor to HE The Minister of Public Health and Senior Consultant in Public Health and Disease Control at the Ministry of Health. He is also, the Director of the Tobacco Control Center (a WHO Collaborating Center) at the Department of Medicine of Hamad Medical Corporation (HMC). He has more than 30 years of experience in public health and community medicine particularly in tobacco control and prevention. He was the Deputy Director of the Primary Health Care Corporation and Director of the Health Department at the Ministry of Health. Additionally, Dr. Al Mulla held the positions of Chairman of Medical Research and Director of the Outpatient Department at HMC and was Director of the Arab Board Community Medicine Program. He is the founder of the non-communicable diseases section at the Ministry of Health and the Tobacco Control Center at HMC. Dr. Al Mulla's sharp vision and continuous efforts in tobacco control in Qatar and the region have established him as one of the most influential health professionals in that field. He has published more than 20 peer-reviewed articles on tobacco-related research in renowned academic journals.



Benjamin Kligler, MD, MPH
National Director, Integrative Health Coordinating Center
for the Veterans Health Administration
Professor of Family and Community Medicine
Icahn School of Medicine
Mount Sinai, New York, USA

Dr. Benjamin Kligler is National Director of the Integrative Health Coordinating Center at the Veterans Health Administration and former Vice Chair and Research Director of the Department of Integrative Medicine, Mount Sinai Beth Israel. He is a Professor of Family and Community Medicine at the Icahn School of Medicine at Mount Sinai. Dr. Kligler is the founder of the Beth Israel Fellowship Program in Integrative Medicine and also teaches in the Beth Israel Residency Program in Urban Family Practice. He is former Chair of the Academic Consortium for Integrative Health and Medicine, and is the author of *Curriculum in Complementary Therapies: A Guide for the Medical Educator*, and co-editor of *Integrative Medicine: Principles for Practice*. Dr. Kligler is also co-editor-in-chief of the peer-reviewed journal *Explore: The Journal of Science and Healing*. He is board-certified in Family Medicine and also holds certificates in Ericksonian hypnotherapy and acupuncture.

Dr. Kligler completed a five-year Academic Career Development Award from the National Center for Complementary and Alternative Medicine at NIH. He is Chair of BraveNet, a 19-center research network for integrative medicine, and is co-principal investigator on a PCORI-funded clinical trial of acupuncture treatment for chronic pain delivered in the Bronx.



Darren Morton, PhD, FASLM
Associate Professor
Postgraduate Courses in Lifestyle Medicine
Avondale College of Higher Education
New South Wales, Australia

Associate Professor Darren Morton is an internationally recognized wellbeing researcher and educator. He is the Director of the Lifestyle Medicine & Health Research Centre at Avondale University College and a Fellow of the Australasian Society of Lifestyle Medicine. He was also one of four people selected worldwide to write the board certification exam for the International Board of Lifestyle Medicine.

Darren is the author of four books and over 60 publications in scientific and medical journals. He has also made numerous media appearances and has presented to hundreds of corporate, educational, community and academic audiences around the world.

Darren is the world-expert on the "runner's stitch" but his research interest nowadays focuses more on pleasure than pain. Specifically, Darren is passionately interested in evidence-based approaches for optimizing human functioning and helping people live their best life. This has led him to develop wellbeing programs—including *The Lift Project*—that are now used in over 10 countries around the world.

In his spare time, Darren loves being active outdoors and spending time with family and friends.



Javaid I. Sheikh, MD, MBA
Dean
Professor of Psychiatry
Professor of Population Health Sciences
Weill Cornell Medicine-Qatar
Doha, Qatar

Dr. Javaid I. Sheikh is an internationally renowned medical executive and creative thought leader in global academic medicine. Since becoming Dean of Weill Cornell Medicine-Qatar (WCM-Q) in 2010, Dr. Sheikh has pioneered innovative biomedical educational and research programs, establishing WCM-Q as a leading institution preparing "global physicians" for the 21st century. Further, he has led the establishment of Sahtak Awalan - Your Health First, an innovative public health initiative that promotes healthy lifestyles across the whole community.

Most recently, Dr. Sheikh has launched a digital health program at WCM-Q, with a curricular component based on data science/machine learning, in collaboration with Carnegie Mellon University-Qatar and Qatar Computing Research Institute.

Dr. Sheikh co-founded *Innovations in Global Health Professions Education* (<https://www.innohealthed.com/>), a globally interconnected platform for profiling conceptual and technological innovations in health professions education. He also serves on the Artificial Intelligence in Health Professions Education forum of the National Academy of Medicine in the US.

Previously, Dr. Sheikh built a distinguished career as a Professor of Psychiatry and Behavioral Sciences, Associate Dean, and Chairman of the Board at the Palo Alto Institute for Research and Education at Stanford University School of Medicine and affiliated hospitals in California.



Mohamud A. Verjee, BSc(Hons), MBChB, MBA, DRCOG, CCFP, FCFP

Assistant Dean for Student Affairs
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Dr. Verjee qualified from the University of Dundee, Scotland, UK, and worked as a family physician in Oxford until 1994 before moving to Alberta, Canada. He was appointed Clerkship Director for Family Medicine at the University of Calgary, Alberta, Canada, in 2003 before joining Weill Cornell Medicine-Qatar in 2007 to set up the Primary Care Clerkship. A practicing physician, faculty member, teacher, educator, researcher, writer, motivational speaker and multiple award recipient, his academic fields of interest are widespread. They include disruptive innovation in learning, lifestyle medicine, student health and wellbeing, exploring the metaphorical spaces of narrative medicine, and teaching empathy to students

An alum of the Harvard Macy Institute in Boston since 2009, Dr. Verjee completed his MBA in Leadership & Sustainability in 2015. He was accorded Fellowship of the College of Family Physicians of Canada in 2014 and selected as a Senior Fellow in mental health research in 2017, at Clare College, Cambridge University, England.

Dr. Verjee is Assistant Dean for Medical Student Affairs, a Co-Director of the Family Medicine Clerkship and Associate Professor of Family Medicine in Clinical Medicine at WCM-Q. He started to play the violin two years ago and added a cello to his repertoire last year. He still enjoys playing squash.



Ravinder Mamtani, MD, MSc, FACPM, FACOEM, ABoIM, Dip ABLM

Professor of Population Health Sciences
Professor of Medicine (Center for Global Health)
Vice Dean for Student Affairs-Admissions, Population Health, and Lifestyle Medicine
Weill Cornell Medicine-Qatar
Doha, Qatar

Ravinder Mamtani, MD is a Professor of Population Health Sciences, Professor of Medicine (Center for Global Health) and Vice Dean for Student Affairs-Admissions, Population Health, and Lifestyle Medicine, at Weill Cornell Medicine-Qatar (WCM-Q). He is also a Professor of Community and Family Medicine (adjunct) at New York Medical College, Valhalla, New York.

Prior to joining WCM-Q, he was a Professor of Clinical Community and Preventive Medicine and Associate Professor of Clinical Medicine at New York Medical College, and a physician in Occupational Medicine and Complementary Medicine at Westchester Medical Center in Valhalla, New York. He has many years of clinical experience utilizing lifestyle medicine to treat chronic diseases such as chronic pain, arthritis, mental health conditions, gastrointestinal problems, obesity, dyslipidemia and diabetes. He has published in peer reviewed journals and written a monthly column for a local newspaper in New York on contemporary health issues.

Dr. Mamtani serves or has served on many government, hospital and medical school committees in the US and Qatar. He is a diplomate of the American Board of Preventive Medicine in the specialties of Preventive Medicine and Occupational Medicine, and is US Board Certified in Lifestyle Medicine and Integrative Medicine.



Shahrar Taheri, BSc, MSc, MBBS, PhD, FRCP

Professor of Medicine
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Dr. Taheri is Professor of Medicine at Weill Cornell Medicine-Qatar. He graduated in Medicine from the Medical College of St. Bartholomew's Hospital, London University and obtained his PhD in neuroendocrinology from Imperial College London. He has trained in clinical medicine and research in London and Bristol in the UK and at Stanford, California, where he was a Howard Hughes research associate.

Dr. Taheri has been a member of the Clinical Care Committee at World Obesity. He is Chair for Research at the National Diabetes Strategy, Ministry of Health, Qatar, and Chair for Research at the Qatar Metabolic Institute at Hamad Medical Corporation (HMC). Dr. Taheri is Assistant Chair of Medicine at HMC and has led the medical weight management service there. He has supported the development of the National Obesity Treatment Centre at HMC and contributed to national and local guidelines on obesity in the UK and Qatar.

Dr. Taheri's research includes human intervention and population studies, and investigations into the relationship between sleep, obesity, and metabolic hormones. Dr. Taheri has published extensively and serves on the editorial board of several journals including *International Journal of Obesity* and *PLoS One*.



Sobia Rahman

Psychologist/Learning Support Specialist
Wellness Counselor
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Ms. Rahman is a psychologist and learning support specialist at Weill Cornell Medicine-Qatar. She has more than 18 years of experience in providing various forms of psychotherapy, primarily cognitive behavioral therapy (CBT), interpersonal therapy, and client-focused therapy. Ms. Rahman undertook advanced clinical training at the University of Texas Health Science Center in Houston and advanced CBT training from the Beck Institute. She is also a certified trauma-informed care provider and she has taught general psychology, and human growth and development at San Jacinto College, Texas.

Ms. Rahman began her career in 1999 at Texas Department of Mental Health and Mental Retardation. She went on to work in a variety of treatment settings including large healthcare systems, private practice clinics and universities. In her previous positions she has served as director of counseling and psychological services, trained psychotherapy interns, and most recently she practiced at a trauma center.

Her therapy focuses on cognitive restructuring, behavioral activation, emotional regulation and distress tolerance. She utilizes mindfulness-based interventions for anxiety and stress reduction and also employs a holistic approach by exploring and educating clients about how mind, body, and spirit are interconnected.

Her main areas of interest are neurodiversity in executive functioning and mental health.



Sohaila Cheema, MBBS, MPH, CPH, Dip IBLM
Assistant Professor of Population Health Sciences
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Sohaila Cheema, is the Director of the Institute for Population Health (IPH) and Assistant Professor of Population Health Sciences at Weill Cornell Medicine-Qatar (WCM-Q). Dr. Cheema co-directs and teaches the pre-medical course, Health and Disease: A Global Perspective, and teaches medical students in the Health Care and Public Health Clerkship for which she also serves as the Associate Director.

Dr. Cheema is co-founder of the Lifestyle Medicine Interest Group-Middle East and collaborates with private and government institutions to promote health awareness in Qatar. Her research interests focus on non-communicable diseases and she has published articles on diabetes, smoking, migrant health, oral health, road traffic injuries and complementary medicine.

Dr. Cheema received her medical degree from Dow Medical College, Pakistan and completed her Fellowship in Integrative Medicine at the Arizona Center for Integrative Medicine, University of Arizona. She received her Master of Public Health from Johns Hopkins Bloomberg School of Public Health, and is Certified in Public Health by the National Board of Public Health Examiners, USA. She is a diplomate of the International Board of Lifestyle Medicine and is a certified lifestyle medicine physician.



Stephan Herzog, BBA
Executive Director
American and International Boards of Lifestyle Medicine
USA

Mr. Herzog is a business professional who was born and raised in Switzerland and spent most of his professional career working for large multi-nationals in Australia, Europe and the US. Most recently he orchestrated the revamping and commercialization of the Complete Health Improvement Program (CHIP), one of the world's most successful intensive therapeutic lifestyle change programs. At Lifestyle Medicine Solutions (LMS), a group of lifestyle medicine-focused primary care clinics based in California, Mr. Herzog has led the charge of reproducing the business model for expansion across the US with a view to changing the way primary care is delivered. As executive director of the American Board of Lifestyle Medicine, Mr. Herzog spearheaded the development and implementation of the first certification in lifestyle medicine for physicians and PhD/Master's level health professionals globally. As executive director of the International Board of Lifestyle Medicine, he is leading the expansion and syndication of lifestyle medicine certifications across the world. He is passionate about being a walking, talking example of optimal health and motivating others to be the best they can be.



Wayne S. Dysinger, MD, MPH
Past President
American College of Lifestyle Medicine
Chief Executive Officer
Lifestyle Medical
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Dr. Dysinger is a lifestyle, preventive and family medicine physician who currently serves as physician, chair and founder of Lifestyle Medical, a new primary care concept built around Lifestyle Medicine principles. He is Chair of the American Board of Lifestyle Medicine and the International Board of Lifestyle Medicine. He is an active faculty at Loma Linda University and consults, teaches and participates in research on Lifestyle Medicine issues around the world.

Dr. Dysinger is past President of the American College of Lifestyle Medicine and past Medical Director for the Complete Health Improvement Program. He has previously worked with the American Medical Association, the American College of Preventive Medicine and the Association for Prevention Teaching and Research. He was formerly Chair, Department of Preventive Medicine, Loma Linda University, and faculty/co-founder of the Family and the Preventive Medicine residencies at Dartmouth. He has worked in faculty, patient care and service capacities in Atlanta and Guam. Dr. Dysinger earned his MD degree from Loma Linda University School of Medicine and his MPH from Loma Linda University School of Public Health. He is a Fellow of the American College of Lifestyle Medicine, the American College of Preventive Medicine, and the American Academy of Family Physicians.

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