

2008 Vario Health Conference



**Physical and Mental Wellness - Integrative Approaches to Health
1st and 2nd December 2008, Perth, Western Australia.**

CALL FOR PAPERS: Abstracts by 31st August, 2008

Full Papers 31st October 2008

The purpose of the conference is to showcase the latest research and clinical practice addressing the epidemic of chronic disease. During the past three decades we have experienced a spiralling increase in chronic diseases, which are predominantly a result of our lifestyle choices exacerbated by an ageing population demographic. Health problems such as cardiovascular disease, type 2 diabetes, obesity, cancer and mental illness continue to plague our population despite the remarkable advances of medical science. Today, non-communicable diseases cause almost three quarters of global deaths, and this figure continues to rise dramatically with the ageing population, increasing levels of obesity, declining rates of physical activity, inappropriate nutrition and substance abuse.

Governments are unable to meet the growing social and economic demands for support and care. Collaborative research focused on the development of more effective preventative health promotion

and wellness management strategies has become an issue of considerable contemporary significance. The conference will seek to address some of the above issues. The sub-themes offer delegates considerable scope within the overall purpose of the conference. The sub-themes are:

- Nutrition and how it relates to physical and mental wellbeing
- Exercise and how it relates to physical and mental wellbeing
- The interaction of physical and mental health
- The role of the Professional in the holistic management of health
- Strategies for prevention and management of depression
- Strategies for prevention and management of dementia

Further information is available at the
www.varioinstitute.org/conference/2008





Keynote Speakers

Professor Kerryn Phelps

Professor Kerryn Phelps is Adjunct Professor at the University of Sydney in the Faculty of Medicine.

Professor Phelps has been a familiar face to many Australians over the last twenty five years during which time she has appeared regularly on television, radio and in the print media informing the Australian public on health issues. She is extremely involved in integrative health and is on the Advisory Board of the Australian Integrative Medicine Association. Aside from practising as a General Practitioner in Sydney, Professor Phelps also lectures at the University of Sydney, is a consultant to various corporations and associations and sits on several boards. She has recently established a state of the art multi disciplinary health clinic in Sydney's Surry Hills called the Uclinic.

In May 2000, after a year in the position of President of the AMA in NSW, Professor Phelps was elected Federal President of the Australian Medical Association, becoming the first woman to head this organisation and serving a maximum term of three years.

During her time as AMA President she worked with Federal and State governments to find a resolution to the Medical Indemnity crisis that was threatening the medical profession and was instrumental in changing the government's approach to the Australian medical workforce.

She is currently the health writer for the Australian Women's Weekly and writes political commentary for the Medical Observer magazine.

She is a regular commentator on general practice, public health, medical politics and human rights issues.

In 2003 she was awarded the Centenary Medal for services to Health and Medicine.



Associate Professor David Dunstan

Associate Professor David Dunstan is the Manager of Physical Activity Research at the International Diabetes Institute in Melbourne. He is a leading researcher on the role of physical activity in the prevention and management of type 2 diabetes. In 1999 his contribution to this field of research was acknowledged with the award of an NHMRC Public Health Post-Doctoral Fellowship to study the efficacy and feasibility of resistance exercise for the treatment of type 2 diabetes. In the 10 years following his PhD award his physical activity research work has attracted considerable external funding from the NHMRC, VicHealth and the National Heart Foundation. In 2006 he was awarded a VicHealth Public Health Fellowship to further consolidate his physical activity research program into the role of sedentary behaviour. Another significant achievement has been his involvement as a co-investigator and the National Project Manager on the landmark diabetes prevalence study (Australian Diabetes, Obesity and Lifestyle Study – AusDiab) from 1997-2000 involving 11,247 participants. This study is the largest national diabetes prevalence study undertaken in a developed country to have used an oral glucose tolerance test. In addition to having the responsibility for the planning and day to day management of this large project, A/Professor Dunstan led and coordinated a collaboration consisting of key researchers in the field of physical activity, sedentary behaviour and health to analyse the lifestyle data collected from this study. In 2007, he was awarded a prestigious young Tall Poppy Science award (Victoria) from the Australian Institute of Policy and Science which recognizes the achievements of Australia's outstanding young scientific researchers.



Registration

Regular	\$550
Early Bird (registration received before 31 August 2008)	\$500
5 or more from the same institution	\$450
Student (student number and institution required)	\$250
On-Line/Flexilecture	\$100

Contact Details

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