

PROGRAMME

(A) 3rd Asian Preventive Cardiology & Rehabilitation Conference

SATURDAY, 11 DECEMBER 2010

0800-1600 REGISTRATION

0900-1030 ABSTRACT PRESENTATION (ORAL)

Chairpersons: *Dr. Eddie Siu-lin CHOW*
Dr. Steve Wai-keung LAI

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| 1. Phase I Cardiac Rehabilitation Program: Experience of a Tertiary Care Center in Taiwan | Prof. Shu-fang HSIAO |
| 2. A Randomized Controlled Trial of Effectiveness of Cardiac Rehabilitation on Functional Capacity | Dr. Arun G. MAIYA |
| 3. What can Phase II Cardiac Rehabilitation Program Achieve in Frail and Elderly Patients with Coronary Artery Disease | Ms. Winsome Y.M. MAK |
| 4. Effects of a Structured Cardiac Rehabilitation Program in Thailand | Dr. Num TANTHUWANIT |
| 5. Effect of Long-term and Hospital-based Exercise Therapy on Arterial Stiffness | Mr. Yasuhiro KASUGA |
| 6. Effect of Passive Cycling on Systemic Endothelial Function in Elderly Patients with Heart Failure: a Pilot Report | Dr. Neiko OZASA |
| 7. Body Weight-Reducing Effects of Daily Life Advice Using Combination of a Web-Based Goal Setting System for Individuals and an Automated Monitoring System | Ms. Sawako TASHIWA |
| 8. Comparison of Cardiovascular Risks Factors after 14 Years in a Worksite Heart Health Promotion Project | Dr. Suet-ting LAU |
| 9. Community-engaged Health Promotion Program for Improving the General Cardiovascular Risk Profile | Mr. Clement Kin-ming CHAN |

1030-1100 TEA BREAK
POSTER EXHIBIT

1100-1230 ABSTRACT PRESENTATION (ORAL) – BEST PAPER AWARDS

Chairpersons: *Dr. Chi-suen CHIU*
Dr. Kin-ming TAM

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| 10. Effects of Exercise Based Cardiac Rehabilitation on Quality of Life in Heart Failure with Reduced Ejection Fraction | Mr. Abraham S. BABU |
| 11. A Randomized Controlled Trial on Reduction of Blood Pressure among Hypertensive Patients Using "One Minute Qigong Exercise" | Ms. Xin-wee CHEN |
| 12. A Randomized Controlled Trial of Effectiveness of 12 weeks Cardiac Rehabilitation on Myocardial Contractility in Post-event Coronary Artery Disease Patients: A First Indian Trial | Dr. Mohammad H. HADDADZADEH |
| 13. Abnormal Vascular Function in PR Interval Prolongation: Novel Insights into Mechanisms of Adverse Cardiovascular Outcomes | Dr. Will Y.H. CHAN |
| 14. Effects of a 6-month Weight Reduction Program in Cardiac Rehabilitation | Ms. Jenny Y.Y. NG |

1230-1400	LUNCH BREAK	
1400-1430	OPENING CEREMONY	
1430-1530	SYMPOSIUM 1 – Hong Kong Heart Foundation Symposium: What are the Risks? <i>Chairpersons: Prof. Chu-pak LAU Dr. Suet-ting LAU</i>	
	1. Fitness, Fatness and Mortality	Dr. Barry A. FRANKLIN
	2. Depression and CHD: Cause, Consequence or Co-incidence?	Prof. David HARE
1530-1600	TEA BREAK POSTER EXHIBIT	
1600-1730	SYMPOSIUM 2 – When and How to Control the Risks <i>Chairpersons: Dr. Regina Cheuk-tuen CHING Dr. Patrick Tak-him KO Dr. Chiu-on PUN Prof. Kam-sang WOO Prof. Cheuk-man YU</i>	
	1. Cardiac Screening: Are We There Yet?	Dr. Jimmy LIM
	2. Monitoring and Control of Behavioral Risk Factors	Dr. Jacqueline CHOI
	3. Lifestyle and Risk Factor Management in Patients with Coronary Heart Disease in Europe – Where Have We Failed?	Dr. Kornelia KOTSEVA
	4. Secondary Prevention: Data from Cares – Thai: What Difference from Euro Heart	Dr. Visal KANTARATANAKUL

SUNDAY, 12 DECEMBER 2010

0830-0900	REGISTRATION	
0900-1030	SYMPOSIUM 3 – Perspectives in Cardiac Rehabilitation <i>Chairpersons: Dr. Chung-seung CHIANG Dr. Barry A. FRANKLIN Dr. Shu-keung KWONG Dr. Kei-pui LEUNG Dr. Leonard Sheung-wai LI</i>	
	1. Cardiac Rehabilitation outside the Hospital – a Way to Control and Prevent Cardiovascular Diseases in Africa	Dr. Flavio BURGARELLA
	2. What else Should We Do for the Patients after PCI?	Dr. Lan GUO
	3. Primary and Secondary Cardiovascular Disease Prevention Program: Malaysian Perspective	Dr. M.Y. SAARI
	4. Development of Cardiac Rehabilitation in Thailand	Dr. Visal KANTARATANAKUL
	5. Cardiovascular Prevention and Rehabilitation – not a luxury: The Lessons from EUROACTION Study	Dr. Kornelia KOTSEVA
1030-1100	TEA BREAK POSTER EXHIBIT	

- 1100-1230 SYMPOSIUM 4 – Risk Control I
Chairpersons: *Dr. Charles Kau-chung HO*
Prof. Yat-yin LAM
Dr. Kathy Lai-fun LEE
Ms. Nancy Houston MILLER
1. Risk Factor Control in Women Ms. Kathy BERRA
 2. Prevention of Coronary Heart Disease in Diabetes – Prof. Juliana CHAN
 Insights from Megatrials
 3. Smoking Cessation Program for Women Prof. Sophia CHAN
- 1230-1400 LUNCH BREAK
- 1400-1530 SYMPOSIUM 5 – Risk Control II (Case-based)
Chairpersons: *Dr. Wai-kwong CHAN*
Dr. Chun-ho CHENG
Dr. Albert Wai-suen LEUNG
Dr. Chi-ming WONG
Dr. Chris Kwok-yiu WONG
1. Anti Thrombotic Treatment in Acute Coronary Syndrome Dr. Ping-tim TSUI
 2. Stroke Prevention in Atrial Fibrillation Prof. Yat-yin LAM
 3. Lipid Management Update Dr. Sunny Chiu-sun YUE
 4. Hypertension Management in the Clinic Setting Dr. David SIU
- 1530-1600 TEA BREAK
 POSTER EXHIBIT
- 1600-1730 SYMPOSIUM 6 – Exercise
Chairpersons: *Dr. Kam-tim CHAN*
Dr. Yutaka KIMURA
Dr. Yuk-kong LAU
Dr. Shu-kin LI
1. Interpretation of Exercise Test Responses: Recent Advances Dr. Barry A. FRANKLIN
 2. Exercise in Heart Failure Patients Prof. David HARE
 3. Benefits of Exercise-based Phase 2 Cardiac Rehabilitation Prof. Ssu-yuan CHEN
 Program in Patients with Myocardial Infarction



(B) 8th Certificate Course in Cardiac Rehabilitation

MONDAY, 13 DECEMBER 2010

- 0900-1030 WORKSHOP 1 – Special Issues I
Chairpersons: *Dr. Kai-fat TSE*
Dr. Thomas Wai-cheong YIP
1. Top 10 Medical Advances (geared towards cardiology, Ms. Kathy BERRA
 risk factors and cardiac rehabilitation)
 2. Benefits of Exercise-based Phase 2 Cardiac Rehabilitation Prof. Ssu-yuan CHEN
 Program in Heart Transplantation Recipients
 3. Self-management Programs for Managing Angina Ms. Nancy Houston MILLER

- 1100-1230 WORKSHOP 2 – Quality of Life
Chairpersons: *Ms. Stella CHENG*
Ms. Nancy Houston MILLER
 Sexual Intimacy, Rehabilitation and Cardiac Diseases
 Dr. Eddie Siu-lun CHOW
 Mr. Jonathan WONG
- 1400-1530 WORKSHOP 3 – Exercise
Chairpersons: *Dr. Polly Mo-yee LAU*
Prof. Doris Sau-fung YU
 Exercise is Medicine™: Prescribing Exercise for the
 Prevention and Rehabilitation of Cardiovascular Disease
 Mr. Clement Kin-ming CHAN
- 1600-1730 WORKSHOP 4 – Diet
Chairpersons: *Ms. Winnie HUNG*
Dr. Flavio BURGARELLA
 Dietary Management to Control Cardiovascular Risk Factors:
 "the DASH Diet & the TLC Diet"
 Mr. Terry TING

TUESDAY, 14 DECEMBER 2010

- 0900-1030 WORKSHOP 5 – Special Issues II
Chairpersons: *Dr. Ngai-yin CHAN*
Prof. Sek-ying CHAIR
Dr. Lan GUO
 1. Telehealth and the Medical Spiritual Dimension: Relationship
 among Science and Faith How to Improve Compassion in the
 Relationship between Doctors, Nurses and Patients
 2. Psychological Characters and Exercise in Patients with AICD
 3. "Cardiac Rehabilitation with Hospital-Community
 Transformation" Can Work?
 Dr. Flavio BURGARELLA
 Dr. Visal KANTARATANAKUL
 Dr. Eddie Siu-lun CHOW
- 1030-1100 TEA BREAK
 POSTER EXHIBIT
- 1100-1230 WORKSHOP 6 – Behavioral Modification
Chairpersons: *Dr. Kai-chi LEUNG*
Prof. Cecilia Lai-wan CHAN
 1. Type A Behavioral Pattern
 2. Behavioral Interventions to Improve Exercise Adherence
 Dr. Kwok-keung LEUNG
 Ms. Nancy Houston MILLER
- 1400-1530 WORKSHOP 7 – Self Management
Chairpersons: *Ms. Mabel CHAU*
Dr. Kei-pui LEUNG
 From Concept to Practice – the Essential Ingredients of
 "Self-Management"
 Mr. Peter POON
- 1530-1600 TEA BREAK
 POSTER EXHIBIT
- 1600-1730 PROGRAM IN PRACTICE
Chairpersons: *Dr. Suet-ting LAU*
Dr. Leonard Sheung-wai LI
 Exercise – A High Yielding Investment for a Healthier Future
 Mr. Jacky CHOW
 Ms. Snowball IP



(C) 跳繩強心公眾研討會暨工作坊「心臟病發危險因素控制妙法」

SUNDAY, 12 DECEMBER 2010

09:30-10:00	Opening Remark	劉雪婷醫生 (心臟科專科醫生)
10:00-11:30	心臟病研究及治療新趨勢	
	冠心病	甄秉言醫生 (心臟科專科醫生) (中文大學內科及藥物治療學系助理教授)
	心律不正	譚樂忍醫生 (心臟科專科醫生) (伊利沙伯醫院)
	心瓣疾病	蔡致中醫生 (心臟科專科醫生) (瑪嘉烈醫院內科及老人科)
11:30-11:45	BREAK	
11:45-13:00	護心有法	
	心臟猝死之預防及處理	蔡文俊醫生 (心臟科專科醫生) (東區尤德夫人那打素醫院)
	體重控制	何紫筠醫生 (東華醫院內科康復部副顧問醫生) (香港大學醫學院內科系榮譽臨床助理教授)
	中醫護心妙法	崔紹漢博士 (香港浸會大學中醫學博士)
13:00-14:30	LUNCH BREAK	
14:30-17:00	護心工作坊	
	護心飲食	黃義枝小姐 (屯門醫院營養師) 區思敏小姐 (屯門醫院營養師) 陳潔薇小姐 (香港復康會社區復康網絡註冊社工)
	護心運動	李建華先生 (伊利沙伯醫院物理治療師) 黃潔怡小姐 (香港復康會社區復康網絡物理治療師)
	護心心法	陳麗雲教授 (香港大學行為健康教研中心總監) 梁佩如博士 (香港大學社會工作及社會行政學系助理教授)