

FSEM 17th ANNUAL SCIENTIFIC CONFERENCE - EXERCISE IS MEDICINE
17th September, 2021
PROGRAMME OUTLINE

Time	FSEM & EIM Welcome	Speaker
0830-0840	<i>FSEM Ireland</i>	Dr Philip Carolan
0840-0850	<i>EIM Ireland</i>	Dr Matt Herring Dr Brian Carson
Population Health		Chair: Dr Matt Herring
0850-0905	<i>Sport for Health</i>	Dr Una May
0905-0920	<i>Physical Activity in Healthcare : the Irish Get up Get dressed Get moving network</i>	Ms Deirdre Lang
0920-0940	<i>What's new and what can I do to promote physical activity?</i>	Prof Charlie Foster
0940-1000	Panel Discussion	
1000-1010	Break	
Obesity & Diabetes 1		Chair: Dr Brian Carson
1010-1025	<i>Exercise in child and adolescent obesity treatment</i>	Dr Grace O'Malley
1025-1040	<i>Why exercise in pregnancy?</i>	Dr Fionnuala McAuliffe
1040-1055	<i>Exercise, Physical Activity and Severe Obesity</i>	Dr Francis Finucane
1055-1110	Panel Discussion	
Obesity & Diabetes 2		Chair: Dr Grainne O'Donoghue
1110-1115	Active Break	
1115-1135	<i>Exercise in the Prevention and Treatment of Hypertension and Associated Cardiovascular Risk</i>	Dr Henner Hanssen
1135-1155	<i>Exercise and Weight Loss and the long term impact on adults with type 2 diabetes: Lessons from the Look AHEAD Study?</i>	Dr Edward Gregg
1155-1215	Discussion	
1215-1300	Lunch	

Exercise, Brain Health & Pain Management		Chair: Dr Helen French
1300-1315	<i>Exercise Training for Anxiety</i>	Dr Matt Herring
1315-1330	<i>Managing LBP and promoting health: the role of physical activity</i>	Prof Suzanne McDonough
1330-1350	<i>Exercise for Brain Health in Older Adults</i>	Prof J Carson Smith
1350-1410	<i>Functional Neural Consequences of Post-Exertional Malaise</i>	Prof Dane Cook
1410-1430	Panel Discussion	
1430-1440	Break	
Cancer & Exercise		Chair: Prof Suzanne McDonough
1440-1445	Active Break	
1445-1500	<i>Siel Bleu Ireland - The Empower Programme</i>	Mr Thomas McCabe
1500-1520	<i>Exploring Exercise Prehabilitation and Rehabilitation in Cancer Care</i>	Dr Emer Guinan
1520-1540	<i>Exercise Oncology: Past, guidelines and future</i>	Prof Kristin Campbell
1540-1600	Panel Discussion	
1600-1635	Break	
Heart & Vascular Health		Chair: Dr Matt Herring
1635-1655	<i>The "Sweet Spot" of Exercise Dose to Prevent or Reverse Cardiovascular Aging (and Optimize Cardiovascular Health)</i>	Dr Benjamin Levine
1655-1715	<i>Optimal exercise programs for peripheral artery disease</i>	Dr Mary McDermott
1715-1735	<i>TILDA: Metabolic Syndrome Physical Activity</i>	Prof Rose Anne Kenny
1735-1755	Panel Discussion	
1755-1800	Close	Dr Matt Herring

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