

Register online
<https://pisabc.org/6th-annual-sahc/>

Cohosted By Canada India Network Society And Physicians
 With Interest in South Asia. Supported By South Asian
 Health Inst Fraser Health



CINS
 Canada India
 Network Society



The Program will equip participants to identify, evaluate and treat South Asian patients with focus on Geriatrics.

6th Annual South Asian Health Conference 2023
 Saturday September 16th, 2023 7:30 am – 1:00pm

**Organized by West Coast
 Cardiology & Co-hosted with
 C-PISA-BC, CINS, ACC**

CO-CHAIRS

Kapil Bhagirath MD, FRCPC,
 FASE Cardiology

Arun Garg PhD, MD, FRCPC
 Medical Biochemist, Clinical Lead,
 South Asian Health Institute SAHI

PLANNING COMMITTEE

Saroj Kumar MD
 Family Physician, Surrey, BC

Rajesh Hiralal, MD, FRCPC
 Cardiology, Surrey, BC

Pawan Ram MD
 Family Physician, Surrey, BC

Kumud Verma MD
 Family Physician, Surrey, BC

Rahul Bhagirath BSc(pharma)
 RPH Pharmacist, Surrey, BC

Roshima Kumar BSc, BSN, MN
 Nurse Practitioner, Surrey, BC

This group learning program has been reviewed by the College of Family Physicians of Canada and is awaiting final certification by the College's British Columbia Chapter.

AGENDA




7:30 am	Breakfast	
8:00 am	Welcome & Setting the Agenda	Dr. Bhagirath & Dr. Garg
8:30 am	Life, Illness and Death: It matters where you are born and who your parents are:	Dr. Simon Sutcliffe
9:00 am	Approach to Dementia	Dr. Vincent Choong
9:30 am	Q&A	
9:40 am	Insomnia	Dr. A Krishnamoorthy
10:10 am	Q&A	Break to follow
10:40 am	Type 2 Diabetes-Remission is possible -	Dr. B. Byrne & Dr. A Garg
11:10 am	Management of Heart Failure in Elderly -	Dr. Tarun Sharma
11:40 am	Polypharmacy in the elderly	Dr. Arden Barry
12:10 pm	Q&A	Lunch to follow
1:00 pm	Annual General Meeting of C-PISA	



UBC Auditorium Critical Care Tower, Surrey Memorial Hospital

Under the guidance of the IMC code of conduct this event is for healthcare professionals only.





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AGENDA with Learning Objectives:

1. Dr. Simon Sutcliffe:

- *Longevity: mortality: why and when we die.*
- *Health and well-being: how do they relate to longevity?*
- *Global health outcome disparities.*
- *Individual & societal responsibility for health.*
- *Global collaboration to improve health and cancer control: Two Worlds Cancer Collaboration.*

2. Dr. Vincent Choong:

- *Ability to differentiate between minor vs major neurocognitive disorder.*
- *Identify key aspects of history, investigations for diagnosis.*
- *Aware of strengths and weaknesses of cognitive screening tools.*
- *Therapeutic options available and their limitations.*
- *Aware of the cultural considerations of dementia diagnosis.*

3. Dr. Krishnamoorthy:

- *To highlight essential etiological factors causing insomnia in Geriatric Population.*
- *Assessment of Insomnia in older adults.*
- *Pharmacological and non-pharmacological management of insomnia in seniors.*

4. Dr. Garg and Brendan Byrne:

- *Understanding prevalence of Diabetes¹¹ amongst South Asians*
- *Lifestyle and its link to prevention and culturally safe management*

5. Dr. Tarun Sharma:

- *HF management based on guidelines.*
- *Burden of HF in elderly (and in South Asians).*
- *Factors influencing medicine use in elderly.*
- *Prognosis and goals of care.*

6. Arden Barry:

- *Identify medications commonly associated with prescribing cascads.*
- *Describe an approach to assessing polypharmacy and mitigating polypharmacy through deprescribing.*
- *Recognize resources to assist with deprescribing.*