



## Pre-Conference Institute: Clinical Symposium

Date: **Sunday, June 20, 2010**

Venue: **Room G1205 A B C  
Kwantlen Polytechnic University  
12666 72nd Avenue  
Surrey, B.C. V3W 2M8**

8:15 AM Welcome  
**Arun Chockalingam**, Co-Chair, Canada-India Networking Initiative  
**Arun K. Garg**, Co-Chair, Canada-India Networking Initiative  
**Amrik Virk**, Board Member, Kwantlen Polytechnic University  
**Hilda Stanger**, President, Physicians with an Interest in South Asia

8:30 AM Welcome address  
**Honourable Moira Stilwell**, Minister of Advanced Education and Labour  
Market Development, Government of British Columbia  
Introduced by **Amrik Virk**, Board Member, Kwantlen Polytechnic University

9:00 AM **Session 1 HYPERTENSION in the Context of CVD**

Chairs: **Scott Lear and Arden Krystal**

- Epidemiology of Hypertension Among South Asians – **Arun Chockalingam**
- Management of Hypertension – **George Fodor**
- Hypertension and Cardiovascular Diseases Among South Asians –  
**Milan Gupta**
- Discussion

10:00 AM Nutrition Break

10:30 AM **Session 2 DIABETES and Other Cardiovascular Risk Factors**

Chairs: **Amandah Hoogbruin and David Harper**

- Growing Epidemic of Diabetes and Hypercholesterolemia Among South Asians –  
**David Lau**
- Growing Epidemic of Obesity and its Management – **Arya Sharma**
- Atrial Fibrillation-Increasing Prevalence, Evolving Therapies – **John Cairns**
- Discussion

12:00 Noon Lunch Break

- 1:00 PM **Session 3 GUIDELINES for the Management of CVD in South Asians**
- Chairs: ***Dan MacCarthy and Bakul Dalal***
- A Consensus – **Hetesh Ranchod, Krish Ramanathan and Milan Gupta**
- 1:30 PM **Session 4 AYURVEDA and Cardiovascular Health**
- Chairs: ***Gopinath Hirekatur and Parmjit Sohal***
- Ayurveda: A Distinctive Approach to Health and Disease – **Rama Jayasundar**
  - Prevention of Cardiac Ailments through Ayurveda – **M.R. Vasudevan Nampoothiri**
- 3:00 PM Coffee break
- 3:30 PM **Session 5 LIFESTYLE, BEHAVIOUR and YOGA, PRANAYAM and AYURVEDIC MEDICINE to Control CVD**
- Chairs: ***Amandah Hoogbruin and Arun K. Garg***
- Yoga and Pranayam in the Prevention and Control of CVD – **P.P. Acharya Balkrishna Maharaj, Shirley Telles and Gagan Bhalla**
- 4:30 PM Special Session
- 5:00 PM Closing Remarks and Next Steps
- **Arun Chockalingam and Arun K. Garg**