

15<sup>th</sup> Lifestyle Medicine Summit, Taipei 2024

## 2024 生活型態功能醫學會 疫敵亦友-抗炎修復全面啟動

Friend or Foe? Immunity and Inflammation Resolution

2024. 08.24 (Sat.) 8:30 am – 5:10 pm

2024. 08.25 (Sun.) 8:30 am – 5:10 pm

地 點：香格里拉台北遠東國際大飯店，3F 遠東宴會廳

(台北市敦化南路二段 201 號)

主辦單位：中華職業醫學會

協辦單位：中華生醫科技股份有限公司、台灣基因營養功能醫學學會

### 會議簡介：

發炎反應為人體抵禦外來病原體的先天免疫機制之一，當人體受到外來物入侵時，免疫細胞、脂質介質和細胞激素之間會彼此協調作用，使體內產生適當的免疫反應，清除外來物並進行組織修復，最後恢復體內平衡。然而，飲食失衡、壓力失調、代謝失速等因素導致發炎反應失控，造成人體系統性的問題，如何調節發炎反應與促進修復是現代人重要的健康議題。本次會議從腸道功能異常著眼，探討神經發炎老化(Neuroinflammaging)與自體免疫疾病，進而研討如何透過促修復介質(SPMs)調控全身性的發炎老化(Inflammaging)與

肌肉骨骼疼痛，全面啟動人體的抗炎與修復力。

## Agenda & Abstract

2024.08.24 (Sat)	
Time	Schedule
08:30 –09:00	Registration
09:00 –10:20	<p><b>The GI Supersystem</b></p> <p><b>Speaker: Dr. Mieke Van Den Driessche</b></p> <p><b>Abstract:</b> The GI tract is a complex and interconnected system that plays a crucial role in overall health and well-being. In recent years, the concept of the 'GI supersystem' has gained significant attention, highlighting the intricate relationships between the gut and various other bodily systems. A complex communication network utilizing biochemical agents, electrical signaling, and molecular messaging throughout the digestion supersystem supports the body in optimally digesting food, absorbing and assimilating nutrients, protecting against pathogens, and detoxifying harmful substances. When one or more peripheral systems experience dysfunction, digestion suffers, and gastrointestinal disorder symptoms may present.</p> <p>This lecture focuses on the GI supersystem and its interactions with other systems, such as the brain, skin, lungs, endocrine, immune system, etc. The gut-brain axis is a bidirectional communication pathway crucial for maintaining homeostasis and regulating various physiological processes, including mood, cognition, and stress response. The gut-skin axis describes the relationship between the gastrointestinal tract and the skin. Emerging evidence suggests that gut can contribute to various skin conditions, such as acne, eczema, and psoriasis. The gut-lung axis is a relatively new concept that highlights the interplay between the gastrointestinal tract and the respiratory system. Recent studies have shown that gut dysbiosis may be associated with the development and progression of respiratory diseases, such as asthma. Hormones from the stomach, pancreas, and small intestine act on target cells in the digestive tract to modulate functions like gastric acid secretion, pancreatic enzyme release, bile production, appetite, and glucose metabolism. Dysregulation of these hormonal pathways can lead to conditions like metabolic syndrome, obesity, diabetes, and gallstone formation. The gastrointestinal tract is also home to a vast and diverse community of microorganisms, collectively known as the gut microbiome. This microbiome plays a</p>

	<p>crucial role in shaping and regulating the immune system. By recognizing the importance of the GI supersystem and its far-reaching implications, it will be possible to develop more effective and personalized treatment strategies, more targeted interventions, and better ways to improve the outcome for our patients.</p>
<b>10:20 –10:40</b>	<b>Tea Break</b>
<b>10:40 –12:00</b>	<p><b>The Gastrointestinal Supersystem: Personalized Lifestyle Medicine for Irritable Bowel Syndrome</b></p> <p><b>Speaker: Dr. Malisa Carullo</b></p> <p><b>Abstract:</b> Over the past decade, considerable progress has been made in the development of a more comprehensive understanding of this “supersystem” that regulates the processing of nutrients derived from the diet into cellular energy that controls both the structure and function of the individual. This presentation focuses on understanding how to assess alterations in the function of the gastrointestinal supersystem and develop personalized approach to managing clinical conditions associated with upper and lower gastrointestinal disorders including hypochlorhydria, pancreatic enzyme insufficiency, dysbiosis, bile acid insufficiency, and chronic irritable bowel conditions presenting as both constipation and diarrhea.</p> <p>Key objectives include understanding the digestive supersystem's structure and function, exploring the interconnections between the gut microbiome, nervous system, endocrine system, and immune system, and reviewing integrative treatment modalities for chronic irritable bowel syndrome. The presentation also highlights essential nutritional physical exam findings indicative of functional gastrointestinal disorders and examines patient cases managed through a personalized lifestyle medicine approach.</p>
<b>12:00 –13:20</b>	<b>Lunch</b>
<b>13:20 –14:40</b>	<p><b>Gut-Brain Axis: Neuroinflammation</b></p> <p><b>Speaker: Dr. Jennifer Stagg</b></p> <p><b>Abstract:</b> Recent advances in neuroscience and microbiology have highlighted the crucial role of the gut-brain axis in regulating neuroinflammatory processes. This complex bidirectional communication system, comprising the central nervous system (CNS), enteric nervous system (ENS), and gut microbiota, is vital for maintaining neural homeostasis and influencing brain health. Disruptions in this axis have been linked to several neurological</p>

	<p>disorders, including Alzheimer’s disease, Parkinson’s disease, multiple sclerosis, and depression.</p> <p>In this presentation, Dr. Jennifer Stagg will explore key drivers of neuroinflammation, with a focus on research into the effects of diet, probiotics, and antibiotics on gut microbiota composition and the subsequent impact on neuroinflammatory pathways. Additionally, she will examine the interplay between inflammation and oxidative stress and their association with brain aging. Dr. Stagg will discuss how clinicians can apply these insights to develop novel treatments for neuroinflammatory conditions, offering strategies to translate current research into clinical practice for improved patient outcomes.</p>
<b>14:40 –15:10</b>	<b>Tea Break</b>
<b>15:10 –16:30</b>	<p><b>Autoimmune Diseases</b></p> <p><b>Speaker: Dr. Jennifer Stagg</b></p> <p><b>Abstract:</b> Emerging research in integrative medicine has revealed a profound connection between autoimmune diseases, chronic inflammation, and gut health. This presentation will explore the intricate mechanisms linking the gut microbiota, immune system, and systemic inflammation, and their implications for the development and management of autoimmune disorders such as rheumatoid arthritis, Hashimoto’s thyroiditis, and inflammatory bowel disease.</p> <p>Dr. Jennifer Stagg will highlight recent findings on the gut-immune axis, focusing on how dysbiosis, intestinal permeability, and microbial metabolites contribute to immune dysregulation and chronic inflammation. Dr. Stagg will discuss dietary interventions and nutritional supplements aimed at enhancing gut health and modulating the immune system, presenting evidence-based strategies for optimizing patient outcomes. The presentation will review innovative treatment options and personalized medicine approaches for modulating inflammation, integrating current research with clinical practice to offer advanced strategies for managing autoimmune conditions.</p>
<b>16:30 – 17:10</b>	<b>Discussion/Q&amp;A</b>

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## Agenda & Abstract

2024.08.25 (Sun)	
Time	Schedule
08:30 –09:00	Registration
09:00 –10:30	<p><b>Specialized Pro-Resolving Mediators : A Breakthrough in Resolving Inflammation</b></p> <p><b>Speaker: Dr. Mieke Van Den Driessche</b></p> <p><b>Abstract:</b> Specialized pro-resolving mediators (SPMs) are bioactive lipids that play a crucial role in managing chronic diseases by promoting the resolution of inflammation. This is a process that is essential for maintaining homeostasis. SPMs are derived from essential fatty acids and function as immune resolvers, limiting excessive neutrophil infiltration, stimulate macrophage phagocytosis, decrease pro-inflammatory mediator production and enhance tissue regeneration. They promote the resolution of inflammation, which is essential for preventing chronic inflammation and its associated health issues. SPMs have therapeutic potential in various chronic diseases, including osteoarthritis, asthma, atherosclerosis, cognitive decline, skin health, eye health, chronic pain, lung conditions, etc. Due to a better understanding of the role of SPMs in resolving inflammation, it was possible to develop targeted interventions to enhance the production of these mediators. This lecture aims to provide an in-depth understanding of the latest advancements and research in the field of SPMs as well as the research done and ongoing by Metagenics in Europe.</p>
10:30 –10:50	Tea Break
10:50 –12:00	<p><b>Research on SPMs (NAM)</b></p> <p><b>Speaker: Dr. Jennifer Stagg</b></p> <p><b>Abstract:</b> At the core of most chronic diseases lies the underlying process of inflammation. Clinicians are keenly aware of the need to balance the inflammatory response, and this presentation will delve into the advanced understanding of the inflammatory system, particularly focusing on the resolution pathway—a critical aspect often overlooked in chronic disease management. The clinical utility of specialized pro-resolving mediators (SPMs) will be explored, emphasizing their role in actively resolving inflammation and restoring tissue homeostasis. Dr. Jennifer Stagg will explain how SPMs</p>

	<p>can be effectively integrated into protocols for managing a wide range of conditions, including metabolic disease, cardiovascular disease, and osteoarthritis. This discussion will include detailed protocols and practical guidelines for incorporating SPMs into clinical practice.</p> <p>Dr. Stagg's clinic served as a key data collection site for the pioneering NAM SPM study conducted by Metagenics. She will present the study design, methodology, and original data, offering a comprehensive review of the findings. Detailed case studies from her practice will illustrate the real-world application and benefits of SPMs in managing inflammation-related conditions.</p> <p>In addition to presenting the study results, Dr. Stagg will share her extensive clinical experience and insights gained from her work with a diverse patient base. She will offer valuable clinical pearls and practical tips for managing inflammation, providing actionable strategies for clinicians to enhance patient care and outcomes in the context of chronic inflammatory diseases.</p>
<b>12:00 –13:20</b>	<b>Lunch</b>
<b>13:20 –14:40</b>	<p><b>Inflammaging</b></p> <p><b>Speaker: Dr. Jennifer Stagg</b></p> <p><b>Abstract:</b> The aging process typically involves a mild inflammatory state in most individuals, known as inflammaging. This phenomenon arises from an imbalance between pro-inflammatory and anti-inflammatory responses to various external stressors encountered throughout life. Beyond cosmetic concerns like facial aging, chronic inflammation significantly increases the risk of morbidity and mortality among older adults. Moreover, it is a critical factor influencing overall aging and longevity.</p> <p>In this lecture, Dr. Jennifer Stagg will delve into the concept of inflammaging, examining both exogenous and endogenous factors that drive this chronic inflammatory state. She will explore how environmental triggers, lifestyle factors, and internal metabolic processes contribute to the development and progression of inflammaging. Dr. Stagg will elucidate the interplay between oxidative stress and inflammation, emphasizing that oxidative stress is not only a consequence but also a driver of inflammation in aging.</p> <p>Furthermore, Dr. Stagg will discuss potential strategies to mitigate inflammaging through lifestyle interventions, dietary modifications, and targeted therapies aimed at restoring the balance to improve</p>

	health outcomes and promote healthy aging. This presentation aims to equip clinicians with practical knowledge and strategies to better manage the inflammatory aspects of aging, ultimately contributing to enhanced quality of life and longevity for their patients.
<b>14:40 –15:10</b>	<b>Tea Break</b>
<b>15:10 –16:20</b>	<p><b>Pain, Inflammation, and the Immune System: Personalized Lifestyle Medicine for Musculoskeletal Pain</b></p> <p><b>Speaker: Dr. Malisa Carullo</b></p> <p><b>Abstract:</b> Living with pain can unfortunately impact both physical health and mental well-being, significantly reducing quality of life in some cases. Our bodies are designed to repair and recover, but this process can fail in chronic inflammatory diseases, leading to a self-perpetuating pathology. This presentation will discuss integrative treatment modalities and strategies to manage common pain conditions such as neuralgia, back, muscle, and joint pain, as well as degenerative joint diseases.</p> <p>The objectives of this presentation are multifaceted, aiming to provide a comprehensive understanding of the intricate relationships between pain, inflammation, and the immune system. Attendees will explore the various factors that drive both acute and chronic pain, gaining insight into the complex mechanisms underlying these conditions. The presentation will also review a range of integrative treatment modalities and management strategies specifically tailored for acute and chronic musculoskeletal pain. Additionally, it will highlight patient cases that have been successfully managed using a personalized lifestyle medicine approach, demonstrating the practical application of these concepts in clinical practice.</p>
<b>16:20 – 17:10</b>	<b>Discussion/Q&amp;A</b>

## 講師介紹

### **Mieke Van Den Driessche, PhD**

VP Global Science, R&D at Metagenics



Dr. Van Den Driessche 擁有生物醫學博士和營養碩士的背景，目前擔任 Metagenics 全球科學及研發副總裁，曾任國際知名食品營養大廠科學顧問，對於配方研究與創新、產品開發及臨床試驗有超過 20 年的經驗。

### **Malisa Carullo, MSc, ND**

Manager of Medical Information at Metagenics

Naturopathic Doctor and Clinic Owner of Naturally Nurtured Integrative Health



Dr. Carullo 是 Naturally Nurtured Integrative Health 的負責人，擁有自然醫學博士和生物學碩士背景，長期致力於慢性病治療和推廣健康老化。臨床專業領域包括內分泌學、慢性感染以及自然醫學與運動醫學的整合。目前也在 Metagenics 從事臨床服務，持續為整合醫學做出貢獻。

### **Jennifer Stagg, ND**



Founder and medical director of Whole Health Wellness Center

Dr. Stagg 是 Whole Health Wellness Center 的創辦人 and 醫療總監。臨床專業領域包括消化道健康、減重管理、健康老化，以及代謝和自體免疫疾病。Dr. Stagg 曾在 Mountain State University 擔任美國農業部藥用植物研究計畫的主任，並擔任《草藥、香料和藥用植物雜誌》的編輯。此外，她還有兩本著作《The Bitter Prescription》、《Unzip Your Genes》，並經常以專家的身分出現在各媒體上。



