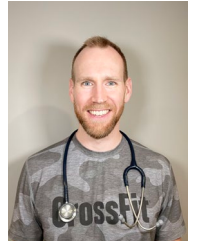


Medicine Grand Rounds

Friday April 19 @ 12:00 – 1:00 pm

Dr. Andrew Appleton

Andrew Appleton is an Associate Professor in the Division of General Internal Medicine. He has carved out a clinical niche in Cardiometabolic Health. As a recently certified Lifestyle Medicine Physician, he is passionate about emphasizing a Lifestyle-first approach to prevention, treatment, and reversal of chronic diseases. He will talk endlessly to anyone who will listen about the six pillars of Lifestyle Medicine: nutrition, physical activity, sleep, stress-management, positive connection, and substance use. He even co-hosts a podcast called Metabolic Edge, covering topics relevant to patients and providers alike.



Bringing Lifestyle Medicine to the Clinic & Classroom

Objectives:

1. Become aware of the six pillars of Lifestyle Medicine and supporting evidence.
2. Learn how Lifestyle Medicine can treat and reverse chronic disease.
3. Consider ways to integrate a Lifestyle Medicine approach in local clinical workflows.

University Hospital: Auditorium A

Victoria Hospital: Sumner Auditorium

Zoom Link: [Join Zoom Meeting](#) (Meeting ID: 998 0730 4248)

Unable to attend or want to revisit previous talks? Find the recordings [here!](#)

The Medical Grand Rounds at University Hospital is a self-approved group learning activity (Section 1) as defined by the Maintenance of Certification program of the Royal College of Physicians and Surgeons of Canada.

Evaluations will be sent out and your attendance calculated automatically through One45.