

Body and Mind conference

March 7th, 2019

Location : Hôpital Montfort – 713 Montreal Road – Auditorium 1D211 & 1D211A – Ottawa (ON) K1K 0T2

Contact : ism-recherche@montfort.on.ca

Registration & Breakfast	
7:00 am to 8:00 am	Coffee, tea, and breakfast pastries will be served

Welcome and opening	
8 am to 8:15 am	<p>Dr. Denis Prud'homme, Associate Vice President, Scientific Director - Institut du Savoir Montfort</p> <p>Dr. André Bilodeau, CEO - Institut du Savoir Montfort</p> <p>Dr. Michael Schlossmacher, Interim Director - University of Ottawa Brain and Mind Research Institute</p>

Brain & Mind Lecture	
8:15 am to 9:00 am	<p>Chair : Dr. Michael Schlossmacher, Interim Director - University of Ottawa Brain and Mind Research Institute</p> <p>MATTERS OF THE BRAIN: Stroke is More Treatable, Dementia is More Preventable, but We Face New Challenges.</p> <p>Guest Speaker: Dr. Antoine Hakim, O.C., MD, PhD, FRCPC, Professor Emeritus, University of Ottawa Brain and Mind Research Institute Founding Director</p> <p>Educational Goals</p> <ul style="list-style-type: none"> • Review recent progress in dementia and measures we can each undertake to reduce our risk. • Emphasize that stroke is now both preventable and treatable • Review small vessel disease and its wide implications

Diabetes & Mental Health	
<p>Co-Chairs</p> <div> <div> <p>Dr. Simon Hatcher, Scientist, Clinical Epidemiology Program and Vice Chair Research, Department of Psychiatry - Ottawa Hospital Research Institute and University of Ottawa</p> </div> <div> <p>Dr. Denis Prud'homme, Associate Vice President, Scientific Director Institut du Savoir Montfort</p> </div> </div>	
<p>9 am to 9:45 am</p>	<p>Mental health, metabolic factors, and diabetes</p> <p>Guest Speaker: Dr. Norbert Schmitz, Professor, Department of Psychiatry and an Associate Member Department of Epidemiology and Biostatistics - McGill University</p> <p>Educational Goals</p> <ul style="list-style-type: none"> To better understand the longitudinal relationship between mental health, metabolic risk factors, and diabetes in the community
<p>9:45 am to 10:15 am</p>	<p>Type 2 diabetes and depression: what is the link?</p> <p>Speaker: Dr. Céline Aguer, PhD, Scientist – Institut du Savoir Montfort & Adjunct Professor, Faculty of Medicine – University of Ottawa</p> <p>Educational Goals</p> <ul style="list-style-type: none"> Give an overview of the current knowledge on the comorbidity type 2 diabetes – depression Present preliminary results from a research study aiming at better understanding the factors involved in this comorbidity
Break	
<p>10:15 am to 10:30 am</p>	<p>Healthy break and coffee</p>

Cardiovascular Diseases & Mental Health	
<p>Co-Chairs</p> <p>Dr. Peter Liu, Chief Scientific Officer and Vice President - University of Ottawa Heart Institute</p> <p>Dr. Zul Merali, President/CEO and Scientific Director – Royal Ottawa Institute of Mental Health Research</p>	
10:30 am to 11:15 am	<p>Depression, anxiety and coronary artery disease: past, present and future</p> <p>Guest Speaker: Dr. François Lespérance, Psychiatrist and researcher - Montreal Heart Institute</p> <p>Educational Goals</p> <ul style="list-style-type: none"> To discuss the pronostic impact of depression among patients with coronary artery disease To learn about possible pathophysiological links explaining the association between depression and atherosclerosis To know how to treat depressed patients with heart disease
11:15 am to 11:45 pm	<p>In sickness and in health: Linking relationship quality and cardiovascular disease</p> <p>Speaker: Dr. Heather Tulloch, PhD, Psychologist, Division of Prevention and Rehabilitation, University of Ottawa Heart Institute, Scientist, University of Ottawa Heart Institute, Associate Professor, Department of Medicine, Faculty of Medicine, University of Ottawa</p> <p>Educational Goals</p> <ul style="list-style-type: none"> Review the link between couple relationships and heart health Review the plausible mechanism by which relationship quality impacts cardiovascular health, and provide an overview of couple-based interventions aimed at improving cardiovascular health
11:45 pm to 12:10 pm	<p>Posters brief presentation</p> <p>Co-Chair: Dr. Peter Liu, Chief Scientific Officer and Vice President - University of Ottawa Heart Institute and Dr. Michael Schlossmacher, Interim Director - University of Ottawa Brain and Mind Research Institute</p>

Lunch & Poster Session	
12:10 pm to 1:30 pm	<p>Posters:</p> <ul style="list-style-type: none"> Alexandra Bodnaruc and all. The type 2 diabetes and depression comorbidity: do dietary fats play a role? Preliminary analyses from a cross-sectional study Karen Bouchard and all. Healing Hearts Together (HHT): A Qualitative Assessment of Participant

	<p>Satisfaction</p> <ul style="list-style-type: none"> Paul S. Greenman and all. Distance Makes the Heart Grow Weaker: An Analysis of Insecure Romantic Attachment, Relationship Satisfaction, and Heart Disease Jean Grenier and all. The Mind The Heart Study : Prevention, Early Identification, and Treatment of Mood, Anxiety, Trauma and Stress-related Disorders in Men with Heart Disease Eva Guérin and all. Intervention Strategies for the Prevention of Comorbid Depression among Individuals with Type 2 Diabetes: A Scoping Review Mysa Saad and all Using heart rate profiles during sleep as a biomarker of depression
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Mental Health & Chronic Diseases	
<p>Co-Chairs</p> <div> <div> Dr. Denis Prud'homme, Associate Vice President, Scientific Director Institut du Savoir Montfort </div> <div> Dr. Simon Hatcher, Scientist, Clinical Epidemiology Program and Vice Chair Research, Department of Psychiatry - Ottawa Hospital Research Institute and University of Ottawa </div> </div>	
1:30 pm to 2:15 pm	<p>Psychosocial Interventions for Anxiety and Depression in Parkinson's disease Patients</p> <p>Guest Speaker: Dr. Diana Koszycki, PhD C.Psych., Montfort Research Chair in Mental Health, Full professor, Faculty of Education & Faculty of Medicine – University of Ottawa</p> <p>Educational Goals</p> <ul style="list-style-type: none"> Discuss the prevalence of anxiety and depression in patients with Parkinson's disease Learn about different evidence-based psychosocial interventions for anxiety and depression in the context of Parkinson's disease
2:15 pm to 2:45 pm	<p>What can the sleeping heart and other biological rhythms tell us about mood disorders?</p> <ul style="list-style-type: none"> Speaker: Dr. Rebecca Robillard, PhD, Assistant Professor, Psychology, Faculty of Social Sciences – University of Ottawa

	<p>Educational Goals</p> <ul style="list-style-type: none"> • Review the nature of sleep and chronobiological disruptions linked to mood disorders • Understand importance of sleep and biological rhythms for cardiovascular health • Discuss the possible role of sleep disruptions for the increased rates of cardiometabolic dysfunctions in people with mood disorder • Compare sleep-based heart rate profiles of healthy people and people with mood disorders
2:45 pm to 3:15 pm	<p>Brain and Heart - Tango à deux?</p> <p>Speaker: Dr. Georg Northoff, PhD, FRCPC, Full Professor, University of Ottawa Brain and Mind Research Institute</p> <p>Educational Goals</p> <ul style="list-style-type: none"> • Understand brain-heart connection, understand methods to test, understand disorders of brain-heart connection in psychiatry and cardiology
Closure & Networking	
3:15 pm to 4:00 pm	<p>Dr. Michael Schlossmacher, Interim Director - University of Ottawa Brain and Mind Research Institute and Dr. Denis Prud'homme, Associate Vice President, Scientific Director - Institut du Savoir Montfort</p>