

Take Charge of Your Health: Preventing and Managing Stroke Program-at-a-Glance

Saturday, March 26, 2022

Overview: An overview of improving self-management of chronic diseases to reduce risk of stroke, management of diet, digital health

Time	Event	Talk Title
2:00 PM	Welcoming Remarks	
2:10 PM	Dr. Gulzar Cheema Family Physician	<i>Introduction to stroke and self-management</i>
2:30 PM	Dr. Sajal Jain General Internist	<i>Tips for reducing risk factors for stroke</i>
3:00 PM	Priti Suri Registered Dietitian	<i>A healthy and balanced diet at home</i>
3:20 PM	Dr. Kendall Ho Emergency Physician, Lead of UBC Digital Emergency Medicine Unit	<i>Managing health emergencies at home</i>
3:30 PM	Dr. Gulzar Cheema / iCON	<i>Q&A and closing remarks</i>

Sunday, March 27, 2022

Overview: Types of stroke, signs and symptoms, diagnosis and treatment, link with cognitive/mental health, rehabilitation and resources for support

Time	Event	Talk Title
2:00 PM	Welcoming Remarks	
2:10 PM	Dr. Preet Chahal Neurologist	<i>What is stroke and how is it managed?</i>
2:30 PM	Dr. Leena Jain Geriatrician	<i>The link between stroke and mental health</i>
2:50 PM	Dr. Rajiv Reebye Physiatrist	<i>How can I achieve my functional goals?</i>
3:10 PM	Representatives from <ul style="list-style-type: none"> • Family Caregivers of BC • Heart and Stroke Foundation of BC & Yukon 	<i>Optimizing self-management and family support</i>
3:30 PM	Dr. Gulzar Cheema / iCON	<i>Q&A and closing remarks</i>