FACULTY OF SPORTS AND EXERCISE MEDICINE
Physical Activity is Medicine – Thursday 31st January 2019
7pm to 9pm – Venue: RCSI – No. 26 York Street – Main Auditorium (Level -1)

Schedule:

6.00pm  Registration
7.00pm  Lectures
8.00pm  Q&A with the audience
8.30pm  Close

EVENT WIFI
Select:  RCSI-Guest Network
Username:  FSEMPL19
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Twitter account:  @FSEM_IRL
Event hashtag:  #physicalactivityismedicine
Programme

Venue: RCSI – No. 26 York Street
Main Auditorium (Level -1)

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<td>7.00pm</td>
<td>Welcome Address – Dean</td>
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<td>Empowering Lifestyle Change</td>
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<td>Physical Activity and Health – A Personal Insight</td>
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<td>Physical Activity and Mental Health</td>
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<td>Promoting Physical Activity in Women</td>
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<td>Encouraging &amp; Sustaining Physical Activity</td>
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Speaker’s Biographies

Mr Cliff Beirne (Dean) FFD RCSI, FRCS Ed, FFSEM

Mr Beirne is a Consultant Oral and Maxillofacial Surgeon based mainly at the Sports Surgery Clinic in Santry. Previously he was a Consultant in The John Radcliffe Hospital Oxford and Beaumont and St James’s. He is a former International Tennis player, playing ATP Satellite Tournaments as a Medical Student, also playing under age Gaelic Football in St Vincent’s and Soccer in Home Farm. He served as the Training Programme Director in OMFS and was the RCSI Representative on the Specialist Advisory Committee in OMFS. A keen advocate on player welfare issues in Sport, as a member of the Medical Scientific and Welfare Committee of the GAA he launched the compulsory use of Faceguards and Helmets in Hurling in 2009 for the GAA and spoke to the GAA Annual Congress in 2012 proposing the successful motion on introducing compulsory Mouthguards in Gaelic Football. Formally involved with the IRFU for 20 years, he currently chairs the Care Subcommittee of the IRFU Charitable Trust. Recently he has been a Medical Advisor to Monkstown Hockey Club and is a member of the Concussion Research Group at the Sports Surgery Clinic. He is currently Dean of the Faculty of Sports and Exercise Medicine, RCPI & RCSI.
Dr Robert Kelly MD MBA FRCPI FACC FESC FFSEM

Dr Kelly is a Consultant Cardiology & Lifestyle Medicine, Beacon Hospital. He is a Consultant in Cardiology for over 10 years practicing in Ireland. Dr Kelly trained all over world with several distinctions, awards and publications. He is Ireland’s clinical lead for European Lifestyle Medicine Organization. Dr Kelly’s interest is in heart disease, from treatment to prevention. He runs a Lifestyle Medicine program to help anyone and everyone to deal with stress, sleep, activity and nutrition to prevent, treat and reverse disease and ill health.

Dr Philip Aherne MD MICGP

Dr Aherne qualified from UCD 1984, MICGP in 1991 and started his General Practice in Kill 1991 and subsequently moved into Naas in 1993. He is the Kildare GAA team doctor since Jan 2014. He has completed Wicklow 200 at least 5 times, taken part in L’étape du tour on 3 occasions (finished just once). Dr Aherne joined Naas Cycling club in 2000, and Naas TriClub in 2008. Dr Aherne finished 3 half distance Ironman races, and represented Ireland in the European Age-Group Triathlon Championships (qualified by producing his birth-cert!). He is married 31yrs with 5 grown-up children.

Prof Abbie Lane MD LRCPSI FRCPsych

Prof Lane is an Associate Professor at UCD and an Honorary Fellow of the Faculty of Sports and Exercise Medicine. She completed her medical education at The Royal College of Surgeons in Dublin and has worked as a Consultant Psychiatrist since 1996. Her specialist areas include the assessment and management of stress related illness and she is an expert on Occupational Stress and Bullying. She is known for her holistic approach to mental health and her interest in the interaction between physical and mental health. She has published extensively both nationally and internationally and collaborated with major Institutes in London, Sweden and the USA. She collaborated with Brenda O’Hanlon on the book ‘Stress the Common Sense Approach’, Gill and Macmillan and is co-editor, with Dr. Siobhan Barry, of ‘Understanding Mental Health’, Orpen Press. In 2018 she published her own book ‘The Stress Handbook: managing stress for healthy living’.

Ms Fiona Coghlan

Fiona Coghlan earned 85 caps playing on the Irish Women's Rugby Team. Fiona captained her country to the 2013 6 Nations Grand Slam as well as leading them to victory over the Black Ferns in the 2014 WRWC. Since retirement she has taken up a co-commentary & analysis role for Irish Rugby TV and RTE, covering the 6 Nations, Rio Olympics 2016 and WRWC 2017. A graduate from University of Limerick in 2005 with BSc in Physical Education and Mathematics, Fiona continues to teach in Lucan Community College, as well as being a member of the school well-being committee. Fiona also sits on the Dublin City Sport & Well-Being Partnership, IRFU Charitable Trust Committee as well as the Ladies GAA Development Committee.
Mr Bernard Dunne

Bernard is a retired Professional Boxer. He is a former WBA Super Bantamweight World Champion and also a former European Super Bantamweight Champion. Since announcing his retirement in 2010, Bernard has been a regular face on our TV screens as a popular panellist on RTÉ Sport covering everything from Boxing, Soccer and GAA to Current Affairs. Bernard is currently the High Performance Director for Irish Boxing with the Irish Athletic Boxing Association. He has also completed a Master's Degree in Sports, Exercise and Performance Psychology in the University of Limerick. Bernard has become an advocate for the Irish language and set up Bróid Club in 2012 which was an ambitious nationwide campaign which aimed to inspire 100,000 people to re-engage with the Irish language. In 2013, Bernard joined the Dublin Senior Football Team as the Sports Performance and Lifestyle coach. Under Bernard’s guidance, the Dublin Senior Football Team won 4 league titles, 4 Leinster titles and 3 all Ireland’s. They also broke the longest ever unbeaten record in GAA history held by Kerry for over eighty years by going 35 games. Twitter: @Bernard_Dunne

Plan for starting physical activity
7 Top Tips for Exercise & Keeping Fit – Dr Robert Kelly

1. Pick a day and time and start. Keep it simple, build routine (daily) and record your effort. Do it with buddy, friends, family, workmates - exercise and social connection is even better for health.

2. Pick physical activity that you like, walk, run, swim, tennis, dancing, whatever you want. Do at least 30 minutes per day, moderate pace (you can just about talk with person beside you). Enjoy.

3. Walk with your dog…. companions are great for physical and mental health.

4. Add resistance activity one hour per week- light weights, push ups, lunges, squats.

5. Get out of chair for few minutes every thirty minutes. Better still try to stand up longer. Move around. Stretch. Calm your mind and focus.

6. Above all, remember that you are never too old to start taking physical activity and believe that your body can heal by adopting a healthier lifestyle at any stage of life. Regular exercise means longer, happier and healthy life and it’s free.

7. For doctors- if you become active so will 80% of your patients.