

SUSTAINABLE VITALITY FOR PHYSICIAN AND PATIENT: AN INTERDISCIPLINARY APPROACH TO HEALTHCARE RESILIENCE

Dakhla, Morocco | September 28th – October 2nd, 2026

Introduction

This international conference bridges the gap between cardiology, psychiatry, and lifestyle medicine. Designed for general practitioners and medical specialists, the program explores the complex pathophysiology of stress, metabolic health, and strategies for sustainable employability (medical leadership).

The central theme is the 'Double Burden': the interaction where professional pressure impacts the physician's own biological and mental health, subsequently affecting clinical decision-making and patient safety. By integrating the 2021 ESC Guidelines with cutting-edge behavioral science and neurobiology, we aim to provide actionable solutions for the most pressing challenges in modern healthcare.

Scientific Program

Monday, September 28th: Foundations of Longevity & The Science of Change (4 hrs)

Focus: Introduction to longevity medicine and the neurobiology of behavior change.

08:30 – 09:00: Opening & Introduction: The Interdisciplinary Necessity.

09:00 – 10:00: Basics of Longevity (Science & Practice): Recent insights into cellular aging, lifestyle-related disease pathophysiology, and actionable prevention. (Prof. dr. L. Hofstra)

10:00 – 10:15: *Coffee Break*

10:15 – 11:45: Driving Lasting Change (Science & Practice): Why lifestyle interventions fail. How to utilize behavioral psychology and neurobiology to ensure sustainable behavioral modification. (Drs. N. Tinga)

11:45 – 12:30: *Lunch Break*

12:30 – 13:30: Lifestyle for the Patient Starts with Lifestyle for Yourself: Putting health and self-care on the agenda for the modern physician. (Drs. J. van Kemenade)

Tuesday, September 29th: Gender Cardiology & The Metabolic Deep-Dive (4 hrs)

Focus: Cardiovascular risks in women and the management of obesity and GLP-1.

08:30 – 10:00: The Female Heart: Gender-specific differences in pathophysiology, microvascular dysfunction, and atypical clinical expression in prevention. (Prof. dr. L. Hofstra)

10:00 – 10:15: *Coffee Break*

10:15 – 11:45: Obesity Deep-Dive: Exploring the biological backgrounds, the 7 distinct categories of obesity, and modern phenotype management. (Drs. J. van Kemenade)

11:45 – 12:30: *Lunch Break*

12:30 – 13:30: The GLP-1 Craze & Nutritional Guidance: Medical realities of GLP-1 receptor agonists and essential nutritional management during treatment. (Drs. J. van Kemenade)

Wednesday, September 30th: Social Determinants & Effective Communication (4 hrs)

Focus: How social factors shape health, and the basics of Motivational Interviewing.

08:30 – 10:00: Social Determinants of Health (Science & Practice): How socioeconomic status, environment, and social networks shape cardiovascular and longevity outcomes. (Prof. dr. L. Hofstra)

10:00 – 10:15: *Coffee Break*

10:15 – 11:45: Advanced Motivational Interviewing (MI): Core principles and general communication techniques to enhance patient activation and intrinsic motivation. (Drs. N. Tinga)

11:45 – 12:30: *Lunch Break*

12:30 – 13:30: The Effective Lifestyle Consultation: Practical, time-efficient tools and strategies for implementing lifestyle medicine across various clinical settings. (Drs. J. van Kemenade)

Thursday, October 1st: The Challenging Consultation Room (4 hrs)

Focus: Managing complex patient interactions and the mentalizing frame.

08:30 – 10:00: The 'Difficult' or 'Challenging' Patient: Navigating resistance, non-compliance, and therapeutic impasses in chronic lifestyle diseases. (Drs. N. Tinga)

10:00 – 10:15: *Coffee Break*

10:15 – 11:45: The Mentalizing Frame in Clinical Practice: Enhancing the professional's capacity to understand the patient's inner world, reducing conflict, and restoring alignment. (Drs. N. Tinga)

11:45 – 12:30: *Lunch Break*

12:30 – 13:30: Interactive Case Studies: Applying the mentalizing frame and MI to complex cardiovascular and metabolic patient profiles. (Drs. N. Tinga & Drs. J. van Kemenade)

Friday, October 2nd: Sustainable Employability & Integration (4 hrs)

Focus: Physician well-being and the peer-to-peer longevity workshop.

08:30 – 10:00: Sustainable Employability (Science & Practice): Applying evidence-based psychological models to prevent burnout, manage the 'Double Burden', and promote professional well-being. (Drs. N. Tinga)

10:00 – 10:15: *Coffee Break*

10:15 – 11:45: Interdisciplinary Workshop: Creating the Personal Longevity & Employability Plan. Participants utilize the MI and mentalizing skills learned on previous days to coach one another, translating the conference insights into a personal strategy. (Drs. N. Tinga, Prof. dr. L. Hofstra & Drs. J. van Kemenade)

11:45 – 12:30: *Lunch Break*

12:30 – 13:30: Medical Leadership & Concluding Panel: Integrating sustainable practice into healthcare culture, followed by Closing Remarks & Certification. (Drs. N. Tinga & Prof. dr. L. Hofstra)

Learning Objectives

By the end of this conference, participants will be able to:

- Apply evidence-based principles of longevity medicine and social determinants of health to daily clinical practice.

- Apply the 2021 ESC Guidelines with a specific focus on gender-sensitive diagnostics, early prevention, and social determinants of health.
- Conduct an effective, time-efficient lifestyle consultation across different medical settings, applying lifestyle medicine principles to both patient care and personal well-being.
- Differentiate between the 7 categories of obesity and effectively manage patients in the era of GLP-1 receptor agonists.
- Execute advanced Motivational Interviewing (MI) techniques to drive behavioral change and improve patient compliance.
- Utilize the mentalizing frame to de-escalate and successfully manage consultations with 'difficult' or 'challenging' patients.
- Formulate an evidence-based personal longevity and sustainable employability strategy using peer-to-peer coaching.

Presenters

Prof. dr. Leonard Hofstra (MD, PhD)

Professor of Cardiology and a leading authority on cardiovascular prevention. Author of 'Hope for Heart and Brain'. His research focuses on early detection of atherosclerosis, longevity, and the profound impact of lifestyle and social determinants on heart health.

Drs. Jacqui van Kemenade (MD)

General Practitioner, lifestyle specialist, and acclaimed author on lifestyle medicine and nutrition. She is a renowned expert on metabolic health, diabetes, and obesity management, specializing in translating complex metabolic science into practical clinical tools for various healthcare settings.

Co-author of the multidisciplinary guideline on obesity for Dutch Healthcare professionals and the Dutch College of General Practitioners (NHG) Guideline on Obesity, published in October 2025.

Drs. Niels Tinga (MD, MSc)

Psychiatrist and supervisor specialized in the treatment of healthcare professionals. Expert in the 'Double Burden' of physicians and sustainable employability. He consults for national medical federations on physician well-being and medical leadership.