



**Association of Consultant  
Physicians of Jamaica**

# 21<sup>ST</sup> ANNUAL *Symposium* **SLEEP, HEALTH and WELLNESS** Sunday, 10th September 2023

## **Sleep Physiology and Sleep Disorder Phenotypes and impact on Mental health**

**Prof. Julio Fernandez-Mendoza PhD**

*Associate Professor, Clinical Psychologist, Penn State College of Medicine*

## **Non-Drug Therapies of Sleep Disorders to aid Well-being**

**Dr. Kelly Glazer Baron PhD, MPH, DBSM**

*Clinical Psychologist, Specialty in Sleep, Associate Professor, University of Utah*

## **Sleep and Cardiovascular Health**

**Dr. Handel Emery MBBS, DM, FRCP**

*Consultant Cardiologist, UHWI & Associate Lecturer, UWI, Mona*

## **The Management of Obstructive Sleep apnea**

**Dr. Terry Baker MBBS, DM**

*Senior Medical Officer, The National Chest Hospital & Associate Lecturer, UWI, Mona*

## **Sleep, Cognitive Impairment and Dementia**

**Prof. Alberto Rafael Ramos MD**

*Professor of Clinical Neurology & Sleep Medicine, University of Miami Health System*

## **Sleep, Exercise and Mental health**

**Dr. Sharmella Roopchand-Martin DPT**

*Head of Academy, Faculty of Sport, UWI, Mona*

## **The bidirectional relationship between Sleep disorders and obesity**

**Prof. Marshall Tulloch-Reid MBBS, MPhil, DSc, FACE**

*Professor of Epidemiology and Endocrinology & Director of CAIHR*

## **Sleep and the GI Tract**

**Prof. David Johnson MD, MACG, FASGE, MACP**

*Division Chief, Gastroenterology, East Virginia Medical School*

*(Sponsored by ACG)*

**3 CMEs and 2 Mental Health CMEs requested**

**PROGRAMME STARTS at 9:00 a.m.**

**PLEASE PRE-REGISTER ONLINE**

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**Doctors \$4,000 | ACPJ Members \$3,500 | Medical Students with ID FREE**

**Residents, Nurses and other Allied Medical Professionals with ID \$3,000**

**Contact ACPJ Secretariat at [acpj-secretariat@outlook.com](mailto:acpj-secretariat@outlook.com) or 876.366.5117 for more info**

## **ACPJ EVENING OF MUSIC, ART & FASHION**

**PART PROCEEDS TOWARDS THE UWI MONA MEDICAL SCIENCES COMPUTER LAB**

**SATURDAY 9TH SEPTEMBER 2023 · 6:00 P.M. · JAMAICA PEGASUS**

**TICKETS: \$15,000 PER PERSON**

## **THE WILBERT JEFFREY-SMITH WILSON MEMORIAL LECTURE**

**Sleep and Circadian Health Equity  
to Improve Cardiovascular and  
Mental Health**



**Professor Girardin Jean-Louis Ph.D.**

*Professor of Psychiatry and Neurology,  
University of Miami*