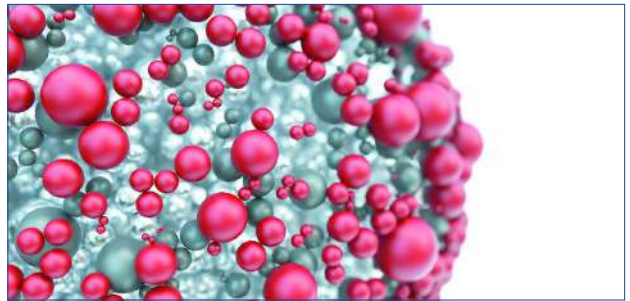


Keynote Forum

April 28, 2022

Pharmaceutical Science 2022



6th International Conference on
Pharmaceutical Science and
Advanced Drug Delivery Systems

April 28, 2022 | Webinar

Pharmaceutical Science and Advanced Drug Delivery Systems

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Ignacio Quiles Lara

WBY Ventures, USA


Precision Medicine: The pharma's new role in healthcare

Launching new pharmaceutical products in today's market can be challenging. In this demanding environment, yesterday's product launch strategies can no longer be relied upon to yield the expected patient, digital, or business outcomes. To address this, the future generation of go-to-launch leaders will need to be business growth strategists, multi-channel experts, and not simply execution tacticians. We are on a journey of a thousand miles. Let's start taking some steps towards this session. We will review, among other things, lead with evidence-based solutions, precision medicine, digital transformation, winning with data, unique pain-points, stand with multichannel, working to bridge gaps, empower patients, providers, and payers, harness the power of the agile way of working, and unlock new levels of value to get a winning launch-readiness strategy.

Speaker Biography

Ignacio Quiles MSc, MBA, Ph.D., has 19+ years of managerial biopharmaceutical experience, including 6+ years at the biomedicine research level. My international experience covers the whole value chain from early discovery strategies through clinical development, go-to-market to commercialization, and reimbursement for cancer solutions. I have proudly led strategic businesses in Europe, North America, Canada, Japan, and Latin America. It seriously scaled my apprenticeship from talented and diverse people. These multicultural shocks and the executive trainings were capital in defining my learning agility and strategic thinking. Thanks to all of them, I can drive a better understanding of complex ecosystems, adequate outcome approaches and pursue innovative next-level collaborative solutions that aim to serve patients in urgent needs.

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Pharmaceutical Science and Advanced Drug Delivery Systems

April 28, 2022 | Webinar



Alan Goldhamer

TrueNorth Health Center, USA

The effects of prolonged water-only fasting and refeeding on markers of cardiometabolic risk

Background: Cardiometabolic disease, including insulin resistance, hyperlipidemia and hypertension, are major contributors to adverse health outcomes. Fasting has gained interest as a nonpharmacological therapeutic adjunct for these disorders.

Methods: We conducted a prospective, single-center study on the effects of prolonged water-only fasting followed by an exclusively whole-plant-food refeeding diet on accepted measures of cardiovascular risk and metabolic health. Participants were recruited from patients who had voluntarily elected to complete a water-only fast in order to improve their overall health according to an established protocol at an independent, residential medical center. Median fasting and refeed lengths were 17 and 8 days, respectively. The primary endpoint was to describe the mean glucose tolerance as indicated by Homeostatic Model Assessment of Insulin Resistance (HOMA-IR) scores at baseline, end-of-fast (EOF), and end-of-refeed (EOR) visits. Secondary endpoints were to describe the mean weight, body mass index (BMI), abdominal circumference (AC), systolic blood pressure (SBP), diastolic blood pressure (DBP), lipid panel and high-sensitivity C-reactive protein (hsCRP) at the same time points. (3) Results: The study enrolled 48 overweight/obese non-diabetic participants, of which 26 completed the full study protocol. At the EOF visit, the median SBP, AC, low-density lipoprotein (LDL), and hsCRP were decreased

and triglycerides (TG) and HOMA-IR scores were increased.

Conclusion: Prolonged water-only fasting and whole-plant-food refeeding holds potential as a clinical therapy for cardiometabolic disease but increased TG and HOMA-IR values after refeeding necessitate further inquiry.

Speaker Biography

Alan Goldhamer is the founder of TrueNorth Health Center, a state-of-the-art facility that provides medical and chiropractic services, psychotherapy and counseling, as well as massage and body work. He is also director of the Center's groundbreaking residential health education program. Articulate, inspiring and energetic. He is one of the most pioneering and dedicated visionaries in health today. An outspoken professional who doesn't shy away from spirited debate, he is deeply committed to helping people stuck in self-destructive cycles reclaim their ability to change their lives. He has supervised the fasts of thousands of patients. Under his guidance, the Centre has become one of the premier training facilities for doctors wishing to gain certification in the supervision of therapeutic fasting. Currently, he is directing a team that is developing a prospective study, incorporating random assignment and long-term follow-up on the cost and clinical outcomes in the treatment of diabetes and high blood pressure with fasting and a health-promoting diet. After completing his chiropractic education at Western States Chiropractic College in Portland, Oregon. He traveled to Australia, where he became licensed as an osteopathic physician. He is the author of *The Health Promoting Cookbook* and co-author of *The Pleasure Trap: Mastering The Hidden Force That Undermines Health and Happiness*.

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