

Teaching and Learning Experience Sharing (TALES) Workshop

Why Does “Brain Health” Matter to This Techno-Generation?



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France: MD, CEA/PhD Neurosciences, BCP Naval Medicine, CES Aerospace Medicine, CES Sports Medicine, Univ. Dipl. Chinese Medicine,

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Vancouver, BC, Canada



Date

**14 March 2019
(Thursday)**

Time

12:45 to 2:15 p.m.
(light lunch from 12:30 – 12:45 p.m.)

Venue

ACC209
2/F, Jockey Club Academic
Community Centre, Baptist
University Road Campus, HKBU

Biography

A “Blue Planet Citizen” at heart, Dr. Philippe Souvestre is a passionate multidisciplinary physician, scientist, airman, explorer, innovator who, for over three decades, pioneers effective neurobiomedical approaches towards shifting mainstream Medicine paradigms to benefit severely incapacitated chronic trauma patients lingering without relief and solution. An internationally peer-recognized mentor in Aerospace, Western and Eastern Medicines, Neurosciences, Bioengineering, and Human Factors Investigation, his leadership leads to achieve ground-breaking brain-focused advances enhancing Human Performance, Traumatology, and Aerospace Medicine.

Abstract

“Brain Health” is fundamental for everyone not only to achieve good health and wellness but also to perform well physically and mentally at once, hence enabling us off to happiness, safety, and success. This presentation explains how human brain performs and works from a unique multidisciplinary scientific point of view. It is generally believed that significant poor habits and traumatic impacts adversely affect brain controls governing all necessary physical, cognitive, and mental functions.

Dr. Souvestre’s comprehensive training and expertise in brain performance-focused Life Sciences, and Sports, Aerospace, and Outer Space exploration medical operations, combined with first-hand interactions with challenging man/technology interfaces in various hostile environment, clearly demonstrate via describing situational mishaps, why key brain mechanisms’ complex nature and associated positive values are relevant to the “Six Pillars of Brain Health” model.

Effective tips will be provided regarding how to utilize our brain make up to optimize physical and mental health and performance.

Emerging eHealth paradigm and concepts for application rapidly increase worldwide popularity of using social media and virtual reality in our daily life. Impact of man-technology interface on Health and Performance is reviewed towards discriminating risk from harmlessness.

Last but not least, mentorship and leadership are reflected upon regarding how to build ourselves up in order to empower others in navigating the Present towards making the World a better place.

