

Workshop on Lifestyle Management

Chairperson: G Munroe

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To the Heights of Machu Picchu: With Psychoactive Plants

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Machu Picchu is a sacred Incan archaeological site located at an altitude of 8000 feet in Andean Peru. We will undertake an 18-day expedition to explore and experience Peru, its history, landscape, features, people and its psychoactive plants. Though many will be encountered, two are the most prominent. The use of coca leaves, with their energy boosting properties, is most commonly used for physical, mental and social purposes. Ayahuasca, a combination of the *Banisteriopsis caapi* vine and the leaves of the *Psychotria viridis* plant, with its visual and auditory hallucinations, is used mainly for religious and healing purposes. The psychoactive alkaloids in coca are minimal (0.3 to 1.5%) with the most active ingredient being benzoylmethylecgonine. The monoamine oxidase (MAO) inhibiting harmala alkaloids (betacarbolines) of the vine work synergistically to allow full expression of dimethyltryptamine (DMT) in the leaves of *Psychotria viridis*. Some 15 other plants of the same species can also be used. Many international references and results of the Hoasca Project of 1993 confirm the purpose, use and effects of psychoactive plants as evidence-based. Despite international attempts to discredit and destroy the use of psychoactive plants, they are legal and an integral part of the cultural activities of the Andean Peruvian people.

Sight for Sore Eyes

M McIntosh

St Joseph Medical Centre and Hospital, 22 Deanery Road, Kingston, Jamaica

Caring for patients in the field of ophthalmology must be approached in a holistic way. Chronic diseases like dyslip-

idaemias, diabetes and hypertension are largely responsible for irreversible blindness in our Caribbean population. According to the maxim, “we must be the change we want to see,” our lifestyles should reflect a regard for wellness. Regular exercise, proper diet, good grooming and a healthy mind are some of the key ingredients to achieve this. My personal motto has been: “if you want to look like it, train like it.” I have lived the lifestyle of an ophthalmologist dedicated to patient care and sight preservation, and an elite master athlete with a training regimen not unlike any other younger athlete. My short presentation will outline my approach to staying fit and competitive on the field, and being the kind of doctor patients would want to pattern in order to better their overall wellbeing.

Five Things I Enjoy Most In My Practice Life

H Shillingford-Ricketts

Brenda Strafford Foundation Eye Centre

Princess Margaret Hospital

Goodwill, Commonwealth of Dominica

The five things I enjoy the most in my practice life can be characterized as the pillars of my success as an ophthalmologist: patient care, education, advocacy, collaboration and my family. It is a privilege to participate in the care of patients to prevent loss of vision, restore their vision or guide them to rehabilitative care for independent living as visually impaired persons. Opportunities to educate are embraced, as informed patients are empowered to participate in their care successfully. Continued medical education, not only for me but also for the staff, is a must. This is essential to keep abreast of the best practices as much as our resources will support to optimize patient care. Advocacy is employed to enact positive change in behaviours, drawing on interventions across sectors in the community. Collaboration with colleagues and organizations locally, regionally and internationally serves as a valuable resource when help is needed. The passion that fires my enthusiasm to work tirelessly in my practice life comes from the unwavering support of my loving family.

Five Things in My Professional Life I Wish I had Done Differently

D Singh

Caribbean Eye Institute, 5 Ignier Road, Valsayn South, Trinidad and Tobago

- Develop a love for reading, travel more, worry less and acquire less “stuff”.
- Introduce PMS and EMS into practice early.
- Avoid time consuming, less-productive pursuits.
- Attend culinary classes, start gardening and golfing earlier.
- Spend more time with people that are important

If I knew then what I know now

I'd have found the way

To make things work out (differently) somehow

I'd have held you (youth) tight

I'd have treated you right

If I knew then what I know now.”

(I would've surrendered to life without a fight.)

Kenny Rogers – If I Knew Then What I Know Now

Seven Best Career Decisions

AL Anduze

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The seven best practice decisions I have made in my career, spanning 1978 to 2013, are:

- Open practice... in the Caribbean
- Purchase/lease equipment...and maintain with upgrades
- Learn new techniques, write journal articles and textbooks
- Hire good staff and maintain good patient communication and education
- Seek and maintain international connections
- Expansion by adding other medical doctors to staff, practice in other offices, do missions
- Close practice in the Caribbean

Seven Deadly Sins of Investing in the Caribbean, for the Medical Practitioner

G Munroe

Freeport Laser and Vision Centre, Montego Bay, St James, Jamaica, West Indies

Medical practitioners in the Caribbean will continue to seek avenues to grow their income both inside and outside of medicine, in order to provide that extra cushion needed for retirement or to satisfy the desire to fully realize their dreams. The normal training that is provided the physician does not fully equip him or her to deal with many of the pitfalls and challenges they are likely to encounter. Many of the guidebooks and seminars are sometimes not geared toward addressing the peculiarities of the Caribbean situation and it is sometimes helpful to get the opinions of experienced local colleagues.