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Dr. Els is a qualified and registered psychiatrist, addiction specialist, medical review officer (MRO), and a Diplomat of the American Board of Addiction Medicine. He completed undergraduate training in medicine and post-graduate training in psychiatry (cum laude) in South Africa and further completed two fellowships in Addiction Medicine and Addiction Psychiatry at the University of Toronto and the Centre for Addiction and Mental Health. Since 1999, he has acted in the following capacities: clinical service delivery, advocacy research, teaching, policy work, volunteering and expert witness testimony before the Court of Queens Bench and the College of Physicians and Surgeons of Alberta and British Columbia.

Dr. Els serves as the President of the Addiction Medicine Section of the Canadian Psychiatric Association, the Alberta Director of Physicians for a Smoke-Free Canada, completed a term on the National Board of the Canadian Society of Addiction Medicine, functions as an affiliate of the Ontario Tobacco Research Unit, and has been appointed as an honorary director of Action on Smoking and Health (ASH). He is the author of numerous journal publications and chapters and has presented his peer-reviewed work in several countries over the last few years.

Keynote Address

By

Dr. Charl Els

Nicotine Dependence: Tackling it as a Chronic Condition

Description

Nicotine from cigarettes leads to a strong addiction, a chronic disease, and the leading preventable cause of death and disease. It affects about 1 in 5 of the population and its typical onset during adolescence. Like other chronic medical conditions, it can be successfully treated using the right interventions.

This session will focus on the evidence-based treatment for tobacco addiction, including the safety considerations in cardiovascular populations and the neuropsychiatric considerations in cessation. It aims to help the participant understand tobacco in the context of a chronic disease paradigm, and to increase the participant's skills and confidence in successfully treating this medical condition.