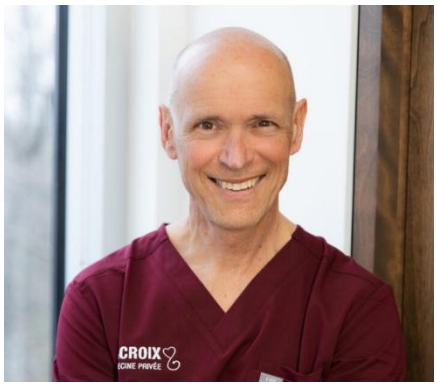
New Brunswick Medical Society / Société Médicale du Nouveau-Brunswick

2026 NBMS HEALTH SUMMIT



Dr. Michel White

Dr. Michel White is a professor of medicine and a cardiologist at the Montreal Heart Institute. He is also the holder of the Caroline and Richard Renaud Research Chair in Heart Failure. Dr. White started his career as a clinical scientist at the Montreal Heart Institute in 1993 after completing 2 and a half years of post-graduate training at the University of Utah and Colorado. Dr. White main research interest involved the comprehension of biomarkers, inflammation and the impact of exercise and nutrition on the human heart. Dr. White research also involved exercise physiology in special populations such as the elderly and patients with heart failure. Dr. White has published more than 500 papers and abstracts. He has been invited has a guest speaker in many scientific events nationally and internationally.

Dr. White is actively involved in the education and mentorship of young students. In addition, Dr. White has actively contributed to the promotion of organ donation. In fact, over the last 10 years he has completed 6 expeditions around the world accompanied by transplant patients. In April 2010, he reached the North Pole with Dale Shippam a cardiac transplant recipient from Thunder Bay. On January 13 2013, Dr. White reached the South Pole, again accompanied by Mr. Shippam. He is currently developing and launching his new biologic farm “Micro-Ferme Biophilie” in Frelighsburg, Quebec.

Soaring High: Achieving New Heights in the Prevention of Heart Disease

The modern life is associated with significant stress on our cardio-vascular system. Over the years we have appreciated that hypertension, diabetes, smoking, and high cholesterol are significant risk factors for heart disease. Nowadays we have documented that more novel risk factors such as poor cardiopulmonary fitness, sleep disorder, the consumption of ultra processed food, and social isolation and loneliness may create even more harm than the traditional risk factors! Concomitantly, environmental issues such as extreme

climatic events, air pollution, and global warming play a significant role in threatening our overall health and our cardiovascular integrity.

New challenges bring new opportunities. In fact, we have better tools to perform early diagnosis of heart disease. Also, beyond traditional pharmaceutical approach, we now have mounting evidence that heart disease can be slowed, stopped, and even reverted by some holistic approaches such as exercise, stress-reduction interventions, and optimal nutrition. This lecture proposes a state-of-the art update on these novel aspects of cardiovascular prevention.

Learning Objectives

By the end of this session, participants will be able to:

- Recognize the impacts of lifestyle, urbanization, air pollution, and mental stress on the risk of heart disease.
- Identify high risk patients for heart disease based on the classical and the more novel risk factors for cv disease.
- Optimize the use of diagnostic tools to facilitate the evaluation of high-risk individuals.
- Propose an integrative and holistic approach to better treat the patient with multiple risk factors in the community.