

Metabolic Health and Nutrition Across the Life Span



Friday & Saturday, June 15-16, 2018

Renaissance Seattle Hotel
515 Madison Street
Seattle, WA 98104

Course Description

This conference will illuminate the connection between nutrition and its metabolic consequences over the lifespan. Outstanding faculty who are nationally and internationally known will present didactic lectures on how nutrition impacts various systems, metabolic “canaries in the coal mine”, the microbiome, how the American mind has been “hacked” by the food industry, and ways to disrupt harmful nutritional practices that are detrimental to public health. Each lecture will be followed by a dynamic question and answer session. To support dietary changes, well known chefs and cookbook authors will demonstrate how to cook your way to better health by preparing delicious, healthy dishes at home. A round table discussion with distinguished faculty entitled “Practical Applications You Can Use” will be a conference highlight.

The agenda is jam-packed with informative lectures by prominent speakers. Those who attend will have the opportunity to interact with faculty who are at the top of their field in metabolic disorders. Don't miss it!

Intended Audience

Physicians and all allied health professionals who care for patients in the Western United States, specifically in the following specialties: family medicine, internal and pediatric medicine and their sub-specialties including cardiology, endocrinology, gastroenterology, gerontology, neurology and obesity medicine/bariatric medicine will benefit from attending this conference.

Course Objectives

At the conclusion of this symposium, the participant will provide better patient care through an increased ability to:

- Discuss the impact of metabolic disease on patients and their families, communities and the health care system; describe the societal cost of metabolic disorders
- Name systems in the body that can help health care professionals predict the potential development of metabolic disease and take steps to prevent it
- Educate patients on the connection between diet and metabolic disease
- Encourage patients to prepare and consume foods that promote metabolic health

Faculty

Wolfram Alderson, MS

CEO
Hypoglycemia Support Foundation
San Francisco, California

Dale Bredesen, M.D.

Co-chairman and Chief Medical Officer
Buck Institute
San Francisco, CA

Eran Elinav, M.D., Ph.D.

Principal Investigator
The Weizmann Institute
Tel Aviv, Israel

Sarah Hallberg, D.O., MS, DABOM

Medical Director
Medically Supervised Weight Loss Program
Indiana University Health
Lafayette, Indiana

Philippe Hujoel, Ph.D., DDS, MSD, MS

Dental Public Health Sciences
University of Washington
Seattle, Washington

Cynthia Lair, CHN

Curriculum Director
Bachelor of Science in
Nutrition and Culinary Arts
Bastyr University
Seattle, Washington

Leslie Lee, MS, RD, CNSC

Nutrition Educator
Swedish Medical Center
Seattle, WA

John LaPuma, M.D.

Internist, Chef, Author
Founder, Chef MD
San Francisco, California

David Ludwig, M.D., Ph.D.

Professor
Department of Nutrition
Harvard T.H. Chan
School of Public Health
Cambridge, Massachusetts

Dawn Ludwig

Chef and Author
Cambridge, Massachusetts

Robert Lustig, M.D. MSL

Emeritus Professor of Pediatrics
Institute for Health Policy Studies
University of California San Francisco
San Francisco, California

Eran Segal, Ph.D.

Professor
Department of Computer Science
and Applied Math
Weizmann Institute of Science
Tel Aviv, Israel

Tanmeet Sethi, M.D.

Integrative Medicine
Family Medicine with OB
Swedish Medical Center
Seattle, Washington

Leslie P. Stone, M.D.

Family Medicine, Women's
Health and Obstetrics
Stone Medical, PC
Ashland, Oregon

P. Michael Stone, M.D., MS

Functional Medicine, Primary Care
and Nutrition
Stone Medical, PC
Ashland, Oregon

Planning Committee

Uma Pisharody, M.D., FAAP, *Course Chair*
Wolfram Alderson, MS
Nwando Anyaoku, M.D.
Frances Broyles, M.D.
Arti Chandra, M.D., MPH
Daniel Labriola, N.D.
Leslie Lee, MS, RD, CNSC
Rocjard Lindquist, M.D.
Nicole Roehrig, MSN, RN
Nicole Yurchak
Caye Boosalis, MEd, *CME Manager*
Rose Mullins, *CME Specialist, Sr.*

Location

Renaissance Seattle Hotel is located at 515 Madison Street in downtown Seattle, WA. From the south, take I-5 N and take Madison St/Convention Center exit. Merge onto 7th Ave, then turn left onto Madison St.

From the north, take I-5 S and to exit 165/James Street. Turn left onto Cherry Street. Turn left onto 7th Ave, and then turn left onto Madison St.

Parking

Limited, on-site, valet parking will be available for conference participants for \$32/day. Public parking lots are located near the hotel at 5th Ave between Madison St. and Marion St., or on 4th Ave between Spring St. and Madison St. The Sound Transit Light Rail Pioneer Square Station is 0.2 miles from hotel.

Hotel Accommodations

A block of rooms has been reserved for conference participants at the Renaissance Seattle Hotel at a discounted rate of \$289/night plus tax. To reserve, call 206-583-0300 and reference “Swedish Medical Center metabolism conference” or book online at: https://resweb.passkey.com/Resweb.do?mode=welcome_ei_new&eventID=15573244

Agenda

Friday, June 15, 2018

- 7 a.m. **Registration and Continental Breakfast**
- 7:45 a.m. **Welcome and Introductions**
Uma Pisharody, M.D., FAAP
- 8 a.m. **iGeneration Health: Developmental Programming of Health**
(Preconception and Prenatal Considerations)
Leslie P. Stone, M.D.
- 8:45 a.m. **Question and Answer**
Leslie P. Stone, M.D. and
P. Michael Stone, M.D., MS
- 9:15 a.m. **Your Patient's Teeth: A Window to Their Medical Past, Present and Future**
Philippe Hujoel, Ph.D., DDS, MSD, MS
- 10 a.m. **Question and Answer**
Philippe Hujoel, Ph.D., DDS, MSD, MS
- 10:30 a.m. **Break**
- 10:45 a.m. **Forget Everything You've Been Taught About Dieting: The Insulin Model of Metabolic Dysfunction**
David Ludwig, M.D., Ph.D.
- 12:15 p.m. **Lunch** (Provided)
- 12:45 p.m. **Cook Your Way to Optimal Metabolic Health: Here's How**
A Cooking Demonstration on Implementing a Low-Insulin Diet
Chef Dawn Ludwig
- 1:45 p.m. **The Hacking of the American Mind**
Robert Lustig, M.D., MSL
- 2:30 p.m. **Question and Answer**
Robert Lustig, M.D., MSL
- 3 p.m. **Break**
- 3:15 p.m. **Practical Applications You Can Use!**
Moderator: Leslie Lee, MS, RD, CNSC
Panelists: Philippe Hujoel, Ph.D., DDS, MSD, MS; David Ludwig, M.D., Ph.D.; Robert Lustig, M.D., MSL; Leslie P. Stone, M.D. and P. Michael Stone, M.D.
- 4:15 p.m. **Closing Remarks**
Wolfram Alderson, MS
- 5:00 p.m. **Adjourn**

Saturday, June 16, 2018

- 7 a.m. **Check-in and Continental Breakfast**
- 7:45 a.m. **Opening Remarks**
- 8 a.m. **Waistline Too Big? Blame Your Bugs**
Eran Segal Ph.D. and Eran Elinav, M.D., Ph.D.
- 8:45 a.m. **Question and Answer**
Eran Segal Ph.D. and Eran Elinav, M.D., Ph.D.
- 9:15 a.m. **Food Plus Nature = Medicine: The Ecosystem of Health and Wellness**
John La Puma, M.D.
- 10 a.m. **Question and Answer**
John LaPuma, M.D.
- 10:30 a.m. **Break**
- 10:45 a.m. **Food as Medicine: The Art of Listening to the Body - Fine-Tuning Diet and Lifestyle for Wellness**
Tanmeet Sethi, M.D.

- 11:30 a.m. **Question and Answer**
Tanmeet Sethi, M.D.
- Noon **Lunch** (provided)
- 12:30 p.m. **How to Love Cooking at Home: Incorporating Mindfulness Practice Into Cooking**
Cynthia Lair, CHN
- 1:30 p.m. **Want to Reverse Diabetes? Start by Ignoring the Guidelines!**
Metabolic disease:
From Management to Reversal
Sarah Hallberg, D.O., MS, DABOM
- 2:15 p.m. **Question and Answer**
Sarah Hallberg, D.O., MS, DABOM
- 2:45 p.m. **Break**
- 3p.m. **Pediatric Gerontology - No, I'm Not Kidding... Neurodegeneration is Not Inevitable: Ending Alzheimer's through Metabolic Health**
Dale Bredesen, M.D.
- 4pm. **Question and Answer**
Dale Bredesen, M.D.
- 4:30 p.m. **Closing Remarks and Highlights**
Wolfram Alderson, MS
- 4:45 p.m. **Course Adjourns**

Accreditation with Commendation

Swedish Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

AMA PRA Category 1 Credits™

Swedish Medical Center designates this live activity for a maximum of 15.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP Prescribed Credits

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

For Nurses

AMA PRA Category 1 Credits™ are accepted for Washington State RN Continuing Education requirements as well as for application and renewal of specialty and advance practice certification through both ANCC and AANP (1 CNE hour is equivalent to 1 CME hour).

Acknowledgments

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For Further Information:

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 Continuing Medical Education
 747 Broadway
 Seattle, WA 98122

REGISTRATION

Registration Information:

To register please visit: www.swedish.org/cmeconferences

Please note: Registration available online only. If you would like to pay via check instead of online payment please call our office at 206-386-2755.

Pre-registration is required as space is limited. Participants who register by the “Advance Registration” deadline will receive a confirmation postcard after Tuesday, June 5, 2018. Registrations will only be processed when accompanied by full payment.

Cancellation: To receive a refund, notice of cancellation must be received no later than Friday, June 8, 2018

If you have special needs or food restrictions, please contact the CME office at 206-386-2755.

Registration Fees: The fee for this course includes catering, all instruction materials, online syllabus access and a certificate of *AMA PRA Category 1 Credits™*.



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Registration Fees

	Advance Registration	After June 5
M.D. or D.O.	\$600	\$630
Allied Health Professional	\$300	\$330
Resident or Fellow	Please contact the Swedish CME office to register	

For further information:

206-386-2755 | cme@swedish.org | www.swedish.org/cme

To register, please visit:
www.swedish.org/CMEConferences