

<b>15<sup>th</sup> Annual Nutrition and Wellness in Health and Disease Program Schedule</b>	
<b>Friday, September 25, 2015</b>	
6:30 a.m.	Registration and Breakfast
8:00 a.m.	<b>Welcome</b>
<b>OBESITY, GETTING STARTED</b>	
8:00 a.m.	Intro and Overview M. Molly McMahon, M.D.
8:10 a.m.	Office Assessment of Obesity Maria L. Collazo-Clavell, M.D.
8:30 a.m.	Psychological weight assessment in office setting Matthew M. Clark, Ph.D., L.P.
8:50 a.m.	Are Patients Ready to Lose Weight? How to motivate patients for weight loss Karen Grothe, Ph.D, L.P.
9:10 a.m.	Helping Little Ones Manage Weight Seema Kumar, M.D.
9:30 a.m.	Panel
10:00 a.m.	Break
<b>OBESITY, APPLICATION</b>	
10:20 a.m.	What's new in Appetite Regulation Michael D. Jensen, M.D.
10:40 a.m.	Dietary Treatment for Weight Loss, the Essentials Kristen R. Perrizo, RDN, L.D.
11:00 a.m.	Benefits of Physical Activity Randal J. Thomas, M.D.
11:20 a.m.	Pharmacotherapy for Weight Loss, How to Get Started Daniel L. Hurley, M.D.
11:40 a.m.	Panel
12:00 p.m.	Lunch
<b>LIFESTYLE AND HEALTH 1</b>	
1:30 p.m.	Intro
1:40 p.m.	Top 10 Articles in Nutrition and Wellness Warren G. Thompson, M.D.
2:00 p.m.	Cancer and Health Katharine A. Price, M.D.
2:20 p.m.	Diabetes Cases Manpreet S. Mundi, M.D.
2:40 p.m.	Lipid Cases Vinaya Simha, MBBS, M.D.
3:00 p.m.	Panel
3:20 p.m.	Break
<b>BARIATRIC MEDICINE</b>	
3:40 p.m.	Bariatric Surgery – Which Procedure? Todd A. Kellogg, M.D.
4:00 p.m.	Managing Patients After Bariatric Surgery Maria L. Collazo-Clavell, M.D.
4:20 p.m.	Endoscopic Approach for Weight Loss Todd A. Kellogg, M.D.
4:40 p.m.	Panel
5:00 p.m.	Adjourn

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**Saturday, September 26, 2015**

6:30 a.m.	Breakfast
8:00 a.m.	<b>Welcome</b>
<b>DIETARY APPROACHES</b>	
8:10 a.m.	Answering Patient Questions on Popular Diets: <ul style="list-style-type: none"> <li>• Mediterranean Diet – Daniel L. Hurley, M.D.</li> <li>• Vegetarian Diet – M. Molly McMahon, M.D.</li> <li>• Intermittent Fasting – Manpreet S. Mundi, M.D.</li> </ul>
9:10 a.m.	What's New in Dietary Guidelines? M. Molly McMahon, M.D.
9:30 a.m.	Panel
9:50 a.m.	Break
<b>HEART HEALTH</b>	
10:10 a.m.	Coconuts, Good or Bad? Jessica R. Holst, RDN, L.D.
10:30 a.m.	Dietary Cholesterol Vinaya Simha, MBBS, M.D.
10:50 a.m.	Health Nuts Donald D. Hensrud, M.D., M.P.H.
11:10 a.m.	Lifestyle Technology Update Paul A. Lorentz, R.N.
11:30 a.m.	Panel
12:00 p.m.	Lunch
<b>LIFESTYLE AND HEALTH 2</b>	
1:30 p.m.	Intro
1:40p.m.	A National Perspective on Lifestyle Medicine David L. Katz, M.D., M.P.H.
2:20 p.m.	Individualizing Wellness in Primary Care Donald D. Hensrud, M.D., M.P.H.
2:40 p.m.	Wellness Coaching Raegan K. Froelich, B.S., ACSM-CEP
3:00 pm	Burnout in Clinicians Edward T. Creagan, M.D.
3:20 p.m.	Lifestyle and Bone Health Kurt A. Kennel, M.D.
3:40 p.m.	Panel & Stretch
4:10 p.m.	Cooking With a Wellness Chef Jennifer A. Welper, C.E.C.
5:00 p.m.	Adjourn