

18th Annual Nutrition and Wellness in Health and Disease September 27-28, 2018 Post-Course: September 29, 2018 Program Schedule	
Thursday, September 27, 2018	
Obesity: Getting Started	
6:30 a.m.	Registration and Continental Breakfast
8:00 a.m.	Introduction and Course Overview M. Molly McMahon, M.D.
8:10 a.m.	Office Assessment of Obesity Maria L. Collazo-Clavell, M.D.
8:30 a.m.	Dietitian Approach to Obesity Kristen R. Blixt, RDN, LD
8:50 a.m.	Prevention of Obesity Seema Kumar, M.D.
9:10 a.m.	Behavior Change Karen Grothe, Ph.D., L.P.
9:30 a.m.	Panel
9:50 a.m.	Break
10:10 a.m.	Management of Pediatric Obesity Seema Kumar, M.D.
10:30 a.m.	Physical Activity?? Helping Large People Move Jill M. Henderzahn-Mason, P.T., D.P.T.
10:50 a.m.	Sleep Disturbances Eric Olson, M.D.
11:10 a.m.	Vitamin D Kurt A. Kennel, M.D.
11:30 a.m.	Panel
11:50 a.m.	Lunch on your own
Nutrition	
1:20 p.m.	Bariatric Surgery Todd A. Kellogg, M.D.
1:40 p.m.	Post Bariatric Surgery Management -case Maria L. Collazo-Clavell, M.D.
2:00 p.m.	ENERGY BURST
2:10 p.m.	Weight Regain after Bariatric surgery Manpreet S. Mundi, M.D.
2:30 p.m.	Post-surgery psychological pitfalls Karen Grothe, Ph.D., L.P.
2:50 p.m.	Panel
3:10 p.m.	Break
3:30 p.m.	Management of Dyslipidemia Vinaya Simha, M.B.B.S., M.D.
3:50 p.m.	Eating for Heart Health Kristen Frie, R.D., L.D.
4:10 p.m.	ENERGY BURST
4:20 p.m.	Novel Lipid Lowering Drugs Vinaya Simha, MBB.S., M.D.
4:40 p.m.	Osteoporosis Care in Older Adults Kurt A. Kennel, M.D.
5:00 p.m.	Panel
5:20 p.m.	Adjourn
Friday, September 28, 2018	
Nutrition and Activity in the Elderly	
7:00 a.m.	Registration and Breakfast with the Faculty
8:00 a.m.	Course Overview for Day 2
8:10 a.m.	Diet for the Elderly Kristen R. Blixt, RDN, LD

8:30 a.m.	Sarcopenia in the Elderly Ryan T. Hurt, M.D., Ph.D.
8:55 a.m.	ENERGY BURST
9:05 a.m.	Cardiovascular Health Stephen L. Kopecky, M.D.
9:30 a.m.	Coffee – What’s the Buzz? Donald D. Hensrud, M.D., M.P.H.
9:50 a.m.	Panel
10:10 a.m.	Break
10:30 a.m.	Physical Activity for the Elderly Danielle P. Johnson, M.S., P.T.
10:50 a.m.	Intermittent Fasting Manpreet S. Mundi, M.D.
11:15 a.m.	Panel
11:35 a.m.	Lunch on your own
Wellness	
1:00 p.m.	Office Wellness in 10 Minutes Donald D. Hensrud, M.D., M.P.H.
1:20 p.m.	Physical Activity <i>in</i> the Office Danielle P. Johnson, M.S., P.T.
1:40 p.m.	ENERGY BURST
1:50 p.m.	Tools & Tracking Kristen Frie, R.D., L.D.
2:10 p.m.	Case Studies in Medical Wellness Jill M. Henderzahn-Mason, P.T., D.P.T.
2:30 p.m.	Panel
2:50 p.m.	Break
3:10 p.m.	Probiotics Ryan T. Hurt, M.D., Ph.D.
3:35 p.m.	ENERGY BURST
3:45 p.m.	Top Articles in Nutrition & Wellness Warren G. Thompson, M.D.
4:10 p.m.	Panel
4:30 p.m.	Adjourn

Saturday, September 29, 2018

Post-Course: ABFM Knowledge Self-Assessment – Health Behavior (Additional Fee Applies)

7:00 a.m.	Registration
7:30 a.m.	Health Behavior Module Donald D. Hensrud, M.D., M.P.H. (Content Expert) John M. Wilkinson, M.D. (Moderator)
11:30 a.m.	Adjourn