

**22nd Annual Nutrition and Wellness in Health and Disease  
October 16<sup>th</sup> – 18<sup>th</sup>, 2022  
Coronado, CA LIVE & LIVESTREAM**

*All times are in Pacific Time Zone*

<b>Sunday, October 16th, 2022</b>	
<b>12:00 p.m.</b>	<b>Registration</b>
1:00 p.m.	Introduction and Course Overview <i>M. Molly McMahon, M.D.</i>
1:10 p.m.	How to Start the Conversation About Adult Obesity <i>Maria L. Collazo-Clavell, M.D.</i>
1:35 p.m.	A Dietitian's Approach to Obesity <i>Tara M. Schmidt, M.Ed., RDN, LD</i>
2:00 p.m.	How to Start the Conversation About Obesity: A Psychologist's Approach <i>Karen Grothe, Ph.D., L.P.</i>
2:25 p.m.	Panel
<b>2:45 p.m.</b>	<b>Refreshment Break &amp; Exhibitors</b>
3:00 p.m.	Pharmacotherapy <i>Daniel L. Hurley, M.D.</i>
3:25 p.m.	Bariatric Surgery <i>Todd A. Kellogg, M.D.</i>
3:50 p.m.	Post Bariatric follow-up for the PCP <i>Julia A. Jurgensen, APRN, C.N.P., D.N.P.</i>
<b>4:15 p.m.</b>	<b>Energy Burst</b>
4:25 p.m.	Endoscopic Approaches for Weight <i>Andrew C. Storm, M.D.</i>
4:50 p.m.	When in Doubt, Start with Gut: The Emerging Role of the Gut in Chronic Disease Development <i>Adam I. Perlman, M.D.</i>
5:15 p.m.	Panel
<b>5:35 p.m.</b>	<b>Adjourn</b>

**Monday, October 17<sup>th</sup>, 2022**

<b>7:00 a.m.</b>	<b>Registration and Breakfast with the Faculty</b>
8:00 a.m.	Day 2 Course Overview <i>Meera Shah, M.B., Ch.B.</i>
8:10 a.m.	How to Start the Conversation about Pediatric Obesity <i>Seema Kumar, M.D.</i>
8:35 a.m.	Updates on Diabetes Management 2022 <i>Pankaj Shah, M.D.</i>
9:00 a.m.	Management of Non-alcoholic Fatty Liver Disease <i>Blanca C. Lizaola-Mayo, M.D.</i>
9:25 a.m.	Can We Achieve Coronary Artery Disease Regression and If So, How? <i>Stephen Kopecky, M.D.</i>
9:50 a.m.	Panel
<b>10:10 a.m.</b>	<b>Refreshment Break &amp; Exhibitors</b>
10:25 a.m.	Mindfulness for Stress Management and Beyond <i>Adam I. Perlman, M.D.</i>
10:50 a.m.	Resilience <i>Karen Grothe, Ph.D., L.P.</i>
11:15 a.m.	Sleep, Nutrition and Weight <i>Eric J. Olson, M.D.</i>
11:40 a.m.	Panel
<b>12:00 p.m.</b>	<b>Lunch on your own</b>
1:00 p.m.	Nutrition and Cancer <i>Aminah Jatoi, M.D.</i>
1:25 p.m.	Dietitian and Common Cancer Questions <i>Kristen R. Blixt, RDN, LD</i>
1:45 p.m.	<b>Energy Burst</b>
1:55 p.m.	Ketogenic Diet <i>Manpreet S. Mundi, M.D.</i>
2:20 p.m.	Food Allergies <i>Gerald W. Volcheck, M.D.</i>
2:45 p.m.	Panel
<b>3:05 p.m.</b>	<b>Refreshment Break and Exhibitors</b>
3:20 p.m.	Lifestyle Strategies for Menopause <i>Denise M. Millstine, M.D.</i>
3:45 p.m.	PCOS <i>Alice Y. Chang, M.D.</i>

4:10 p.m.	Updates on Bone Health <i>Daniel L. Hurley, M.D.</i>
4:35 p.m.	Nutrition for Elderly <i>Tara M. Schmidt, M.Ed., RDN, LD</i>
4:55 p.m.	Panel
<b>5:15 p.m.</b>	<b>Adjourn</b>

Tuesday, October 18th, 2022	
<b>7:00 a.m.</b>	<b>Breakfast with the Faculty</b>
8:00 a.m.	Day 3 Course Overview <i>Manpreet S. Mundj, M.D.</i>
8:10 a.m.	Eating Well on a Budget <i>Kristen R. Blixt, RDN, LD</i>
8:35 a.m.	Kids and Social Media <i>Seema Kumar, M.D.</i>
<b>9:00 a.m.</b>	<b>Energy Burst</b>
9:10 a.m.	Transgender Health Pearls for the PCP <i>Alice Y. Chang, M.D.</i>
9:35 a.m.	Alcohol <i>Warren G. Thompson, M.D.</i>
10:00 a.m.	Panel
<b>10:20 a.m.</b>	<b>Refreshment Break and Exhibitors</b>
10:30 a.m.	Cardiovascular Dietary Myths <i>Stephen Kopecky, M.D.</i>
10:55 a.m.	Insights into Physiology <i>Michael J. Joyner, M.D.</i>
<b>11:20 a.m.</b>	<b>Energy Burst</b>
11:30 a.m.	Preventive Health <i>Donald D. Hensrud, M.D., M.S.</i>
11:55 a.m.	Top 10 articles in 2022 <i>Warren G. Thompson, M.D.</i>
12:20 p.m.	Panel
<b>12:35 p.m.</b>	<b>Adjourn</b>