

14th Annual Nutrition and Wellness in Health and Disease Program Schedule

Thursday, September 18, 2014

6:30 a.m.	Registration and Breakfast
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8:00 a.m.	Welcome
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PREVENTION

8:10 a.m.	Changing the Culture M. Molly McMahon, M.D.
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8:30 a.m.	Preventing Weight Gain in Little Ones Seema Kumar, M.D.
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8:50 a.m.	Innovative Prevention of Heart Disease Stephen L. Kopecky, M.D.
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9:10 a.m.	Nutrition and Cancer Prevention Aminah Jatoi, M.D.
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9:30 a.m.	Basic Dietitian Strategies Rose J. Prissel R.D., L.D.
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9:50 a.m.	Q & A Panel
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10:20 a.m.	Break
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RESILIENCE

10:40 a.m.	Mindful Eating Rose J. Prissel, R.D., L.D.
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11:00 a.m.	Helping Your Patient Build Resilience Karen Grothe, Ph.D., L.P.
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11:20 a.m.	Addressing Clinician Burn-out Edward T. Creagan, M.D.
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11:40 a.m.	Q & A Panel
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12:00 p.m.	Lunch on Your Own
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1:30 p.m.	Welcome Back
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ACTIVITY

1:40 p.m.	NEAT Strategies Warren G. Thompson, M.D.
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2:00 p.m.	Interval Training for the Novice Jill N. Barnes, Ph.D.
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2:20 p.m.	No Gym? No Problem Ryan J. Eastman
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2:40 p.m.	Q& A Panel
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3:00 p.m.	Break
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OFFICE NUTRITION

3:30 p.m.	Diabetes Management John M. Miles, M.D.
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3:50 p.m.	Managing Dyslipidemia With the New Guidelines Vinaya Simha, MBBS, M.D.
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4:10 p.m.	Q&A Panel
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4:25 p.m.	Cooking With an Executive Wellness Chef Jen A. Welper
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5:00 p.m.	Adjourn
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14th Annual Nutrition and Wellness in Health and Disease Program Schedule	
Friday, September 19, 2014	
6:30 a.m.	Breakfast
8:00 a.m.	Welcome
OBESITY	
8:10 a.m.	What's the Skinny on Popular diets? Donald D. Hensrud, M.D.
8:30 a.m.	Community Based Obesity Programs Daniel L. Hurley, M.D.
8:50 a.m.	Mood & Food Karen Grothe, Ph.D., L.P.
9:10 a.m.	Pharmacotherapy Management of Obesity Daniel L. Hurley, M.D.
9:30 a.m.	Q& A Panel
9:50 a.m.	Break
BARIATRIC MEDICINE AND SURGERY	
10:10 a.m.	Pre Bari Case Maria L. Collazo-Clavell, M.D.
10:30 a.m.	Endo vs GI Surgery: Todd A. Kellogg, M.D. & Nayantara Coelho Prabhu, MBBS
11:10 a.m.	Post Bari Case Maria L. Collazo-Clavell, M.D.
11:30 a.m.	Q& A Panel
11:50 p.m.	Lunch on Your Own
FOOD TOPICS	
1:20 p.m.	Welcome Back
1:30 p.m.	Sports Drinks Paul A. Lorentz, R.N.
1:50 p.m.	Genetically Modified Foods, What's the Danger? Donald D. Hensrud, M.D.
2:10 p.m.	Artificial Sweeteners Manpreet S. Mundi, M.D.
2:30 p.m.	Getting the Community Moving Randal J. Thomas, MD
2:50 p.m.	Panel and Stretch Break
3:20 p.m.	Nutrition Apps M. Molly McMahon, M.D. & Manpreet S. Mundi, M.D.
3:50 p.m.	Changing a Food Culture on our Campus Carol Gorman & Lisa Larsen Hill
4:10 p.m.	Closing Panel Michael W. O'Brien Donald D. Hensrud M.D., M. Molly McMahon, M.D., and Manpreet S. Mundi, M.D.
5:00 p.m.	Adjourn