May 9-11, 2011

8th Annual Nutrition & Health Conference

State of the Science and Clinical Applications

San Francisco, CA at the Hyatt Regency at Embarcadero Center

Nutrition&Health

CONFERENCE-2011

Course Directors

Andrew Weil, MD
Arizona Center for Integrative Medicine,
The University of Arizona College of Medicine

Fredi Kronenberg, PhD
Stanford University School of Medicine
Arizona Center for Integrative Medicine,
The University of Arizona College of Medicine

THE UNIVERSITY OF ARIZONA
Arizona Health Sciences Center

ARIZONA CENTER FOR
Integrative Medicine

Sponsored for CME by the University of Arizona College of Medicine at the Arizona Health Sciences Center. Presented by the Arizona Center for Integrative Medicine.

Why You Should Attend

Your patients increasingly call on your advice for diet and nutrition to promote good health and treat specific conditions. Proper diet is a fundamental building block to good health, yet many practitioners lack the basic expertise in nutrition to recommend dietary strategies to their patients.

To meet this growing need, this course will provide you with essential information on:

- *Practical strategies for incorporating nutrition into your clinical practice*
- *Using diet to prevent illness*
- *Nutritional recommendations for management of specific conditions*
- *Tools to evaluate the latest nutrition research findings*
- *Social and political aspects of diet and health*

The conference provides an overview and practical summary of the latest information on nutrition and health presented by leaders in scientific research, clinicians skilled in nutritional medicine, experts on food and agricultural policy, and innovative chefs.

What You Will Learn

Upon conclusion of this conference, you will be able to:

- *Evaluate the risks and benefits of nutritional recommendations for specific health conditions through an analysis of the existing scientific and clinical evidence*
- *Incorporate nutritional information into clinical practice and advise patients about eating for optimum health, using dietary change as a therapeutic intervention, and evaluating dietary supplements*
- *Identify the nutritional values of macronutrients, micronutrients, and protective phytochemicals*
- *Describe the interaction between genes and diet and the health implications for different types of patients*
- *Describe some of the current research on nutrition and cancer relative to prevention of and health maintenance after a cancer diagnosis*

Acknowledgment

Thanks to the following donor for their unrestricted educational grant:

CALIFORNIA WALNUT COMMISSION

Educational Format

The conference format includes lectures with question-and-answer periods, panel discussions, and a variety of concurrent sessions. There are two major types of concurrent sessions: (1) those that address the nutritional needs of particular types of patients, designated by age, gender, or condition, and (2) those that discuss the health benefits or drawbacks of particular types of foods or nutrients.

What would a nutrition conference be without great food?

Exceptional meals and tasting breaks are included in the registration fee. Everything served will be designed for participants to experience and taste a unique selection of organic and healthy foods that complement the health and nutrition themes of the conference.

Practice Gap & Needs Assessment

Nutrition is one of the major influences on health and longevity, but physicians and other health professionals are rarely educated in this area. They are often unaware of the latest scientific findings on diet and health and are therefore poorly prepared to advise their patients about designing a diet for optimal well being or using dietary change for management of disease.

This conference will provide an overview of the latest information on nutrition and health, including practical strategies for incorporating nutrition into clinical practice, using diet to prevent illness, nutritional recommendations for management of specific conditions, and tools to evaluate the latest nutrition research findings. The conference is designed for physicians, dietitians, nutritionists, nurses, personal chefs, pharmacists, naturopaths, and other professionals who make nutritional recommendations as part of their professional practices.

The topic and program for this conference were developed by an advisory group based on feedback from participants in the 2004-2010 Nutrition & Health conferences, data collected from clinicians who have taken part in Arizona Center for Integrative Medicine nutrition modules, literature fostering effective nutrition counseling by practitioners, and documentation of increased demand for nutrition education for health care professionals, as clearly demonstrated by the overwhelming success of the previous seven conferences.

Register online (and save $10) at

www.NHConference.org

For conference questions contact:

The University of Arizona Office of
Continuing Medical Education
Ph 520.626.7832 F 520.626.2427

email us at uofacme@email.arizona.edu

Faculty

(in alphabetical order)

Donald Abrams, MD
Professor, Clinical Medicine, Osher Center for Integrative Medicine, University of California, San Francisco; Chief, Hematology-Oncology, San Francisco General Hospital

Paul Abramson, MD
Private medical practice, San Francisco, CA; Clinical Faculty, University of California, San Francisco School of Medicine

David Becker, MD
Associate Clinical Professor, Dept. of Pediatrics, Osher Center for Integrative Medicine, University of California, San Francisco

Jeffrey Blumberg, PhD
Professor, Friedman School of Nutrition Science and Policy, Director, Antioxidants Research Laboratory, Jean Mayer USDA Human Nutrition Center on Aging, Tufts University

Bette Caan, DrPH
Senior Research Scientist, Kaiser Permanente Division of Research, Oakland, CA

Faith D'Alusio
Author and editor, Napa, CA

James Dillard, MD
Private medical practice, New York, NY

Rachel Friedman, MD
Chief Resident, Santa Rosa Family Medicine Residency Program, Santa Rosa, CA

Christopher Gardner, PhD
Director of Nutrition Studies, Stanford Prevention Research Center; Associate Professor of Medicine, Stanford University School of Medicine

Michael Holick, MD, PhD
Professor of Medicine, Physiology and Biophysics, Boston University School of Medicine

Norman Hord, PhD, MPH, RD
Associate Professor, Dept. of Food Science and Human Nutrition, Michigan State University

Randy Horwitz, MD, PhD
Medical Director, Arizona Center for Integrative Medicine, Assistant Professor of Clinical Medicine, University of Arizona College of Medicine

Rebecca Katz, MS
Author and Executive Chef at Commonweal Cancer Help Program, Bolinas, CA

Mollie Katzen
Cookbook author and healthy eating consultant/teacher/speaker

Wendy Kohatsu, MD
Assistant Clinical Professor of Family Medicine, University of California, San Francisco; Director, Integrative Medicine Fellowship, Santa Rosa Family Medicine Residency Program, Santa Rosa, CA

Efrem Korngold, OMD, LAc
Co-Director, Chinese Medicine Works, San Francisco, CA

Fredi Kronenberg, PhD
Adjunct Clinical Professor, Dept. of Anesthesia, Stanford University School of Medicine; Senior Lecturer, Arizona Center for Integrative Medicine, University of Arizona College of Medicine

Naomi Lam, MD
Lead Psychiatrist, Westside Crisis Center, San Francisco, CA

Tara Lemmey
Chief Executive Officer, LENS Ventures, San Francisco, CA

Tieraona Low Dog, MD
Director of the Fellowship, Arizona Center for Integrative Medicine, Clinical Associate Professor of Medicine, University of Arizona College of Medicine

Robert Lustig, MD
Professor of Clinical Pediatrics, Division of Endocrinology, University of California, San Francisco

Victoria Maizes, MD
Executive Director, Arizona Center for Integrative Medicine, Professor of Medicine, Family Medicine and Public Health, University of Arizona College of Medicine

Preston Maring, MD
Associate Physician-in-Chief, Kaiser Permanente Medical Center, Oakland, CA

John Mark, MD
Clinical Professor of Pediatrics, Pediatric Pulmonary Medicine, Stanford University School of Medicine

Peter Menzel
Freelance journalist, Napa, CA

Daphne Miller, MD
Associate Clinical Professor, Dept. of Family and Community Medicine, University of California, San Francisco; Family Medicine Practitioner

John Milner, PhD
Chief, Nutritional Science Research Group, Division of Cancer Prevention, National Cancer Institute

Marion Nestle, PhD
Paulette Goddard Professor of Nutrition, Food Studies, and Public Health, New York University

Sanford Newmark, MD
Physician, Whole Child Wellness, Belmont, CA; Faculty, Arizona Center for Integrative Medicine, University of Arizona College of Medicine

Dean Ornish, MD
Founder and President, Preventive Medicine Research Institute, Sausalito, CA

Robert Pendergrast, MD
Associate Professor and Director, Adolescent Medicine, Medical College of Georgia

Charles Phan
Chef and owner, The Slanted Door, San Francisco, CA

Michael Pollan, MA
John S. and James L. Knight Professor of Journalism, Graduate School of Journalism, Director of the Knight Program in Science and Environmental Journalism, University of California, Berkeley

Arti Prasad, MD
Professor, Internal Medicine,
Founder and Director, Center for Life,
University of New Mexico

David Rakel, MD
Associate Professor, Dept. of Family Medicine,
Director, Integrative Medicine Program,
University of Wisconsin School of Medicine
and Public Health

Gulshan Sethi, MD
Professor of Surgery and Medicine,
Medical Director of Circulatory Sciences,
Director of Clinical Services, Arizona Center
for Integrative Medicine, University of Arizona
College of Medicine

Jeffrey Smith, MBA
Executive Director, Institute for Responsible
Technology, Fairfield, IA

Marcia Stefanick, PhD
Professor of Medicine, Stanford Prevention
Research Center; Professor of Obstetrics
and Gynecology, Stanford University School
of Medicine

Cynthia Thomson, PhD, RD
Associate Professor, Nutrition Sciences,
Medicine and Public Health, Arizona Cancer
Center, University of Arizona

Kirsten Tobey, MBA
Co-Founder and Chief Innovation Officer,
Revolution Foods, Oakland, CA

Andrew Weil, MD
Founder and Director, Arizona Center for
Integrative Medicine, Clinical Professor of
Medicine and Public Health, Jones/Lovell
Chair in Integrative Rheumatology,
University of Arizona College of Medicine

SUNDAY
May 8, 2011
(Early Registration) 5 - 7 pm

Conference Advisory Group
The advisory group for the 2011 conference:

Andrew Weil, MD
The University of Arizona

Fredi Kronenberg, PhD
Stanford University, The University of Arizona

Victoria Maizes, MD
The University of Arizona

Jeffrey Blumberg, PhD
Tufts University

Cynthia Thomson, PhD, RD
The University of Arizona

Pamela McDonald, NP
Penscott Medical Corporation

Wendy Kohatsu, MD
Santa Rosa (CA) Family Medicine Residency

MONDAY
May 9, 2011

7:00-8:15 a.m.
Registration/(Breakfast on Your Own)

8:15-8:30 a.m.
Welcome and Openings
Andrew Weil, MD and
Fredi Kronenberg, PhD

8:30-9:30 a.m.
Plenary #1
Andrew Weil, MD
Nutrition 101: Macronutrients and
the Anti-Inflammatory Diet

9:30-10:15 a.m.
Plenary #2
Marion Nestle, PhD
What to Eat: Personal Choice vs.
Social Responsibility

10:15-11:00 a.m.
Tasting Opportunity

11:00-11:45 a.m.
Plenary #3
Dean Ornish, MD
Your Genes Are Not Your Fate

11:45 a.m-12:15 p.m.
Ask the Experts
Weil, Nestle, Ornish

12:15-1:30 p.m.
Lunch

1:30-2:30 p.m.
Concurrent Sessions

a. Victoria Maizes, MD
Preparing for Pregnancy:
Pre-Conception Nutritional Advice

b. Norman Hord, PhD, MPH, RD
Dietary Nitrates and Nitrites:
Physiological Contexts of Health
Benefits and Risks

c. Naomi Lam, MD
Depression, Anxiety and Diet: Can Food
Influence Mood?

d. Gulshan Sethi, MD
Nutrition and Surgical Patients

e. Sanford Newmark, MD
Do 2.5 Million Children Really Need Ritalin? An Integrative Approach to ADHD

f. Wendy Kohatsu, MD, and Chef Charles Phan
Gateway to Asian Cuisine – Exploring One of the Healthiest Diets in the World

2:45-3:45 p.m.
Concurrent Sessions

g. James Dillard, MD
Nutrition and Pain

h. John Mark, MD
Nutrition and Asthma in Children

i. Christopher Gardner, PhD
A New Twist on the Low Carb vs. Low Fat Debate for Weight Loss: Genotype Patterns Predict Success

j. Cynthia Thomson, PhD, RD
Salt and Your Health: New Guidelines Shaking Things Up

k. Arti Prasad, MD
Food as Medicine: The Ayurvedic Thali

l. David Rakel, MD
The Gut-Immune Interface: Optimizing Gut Ecology to Reduce Systemic Disease

4:00-4:45 p.m.
Plenary #4
Robert Lustig, MD
Sugar: The Bitter Truth

5:00-6:15 p.m.
Meet the Faculty Reception

TUESDAY
May 10, 2011

7:00-8:15 a.m.
Registration/Breakfast

8:15-8:30 a.m.
Introduction to the Day
Cancer Topics
Fredi Kronenberg, PhD, moderator

8:30-9:15 a.m.
Plenary #5
John Milner, PhD
Personalizing One's Diet for Cancer Prevention

9:15-9:45 a.m.
Plenary #6
Donald Abrams, MD
Dairy, Sugar and Red Meat – What if Macrobiotics Was Right All Along?

9:45-10:15 a.m.
Plenary #7
Bette Caan, DrPH
Soy and Breast Cancer

10:15-10:45 a.m.
Plenary #8
Jeffrey Blumberg, PhD
Is Eating More Fruits and Vegetables Really Important to Health Promotion?

10:45-11:15 a.m.
Tasting Opportunity

11:15-11:45 a.m.
Plenary #9
Andrew Weil, MD
Mushrooms and Cancer

11:45 a.m.-12:30 p.m.
Plenary #10
Michael Holick, MD, PhD
Vitamin D: A D-lightful Solution for Cancer and Autoimmunity Disease Prevention

12:30-1:15 p.m.
Ask the Experts
Kronenberg, Milner, Abrams, Caan, Blumberg, Weil, Holick

1:15-2:30 p.m.
Lunch

2:30-3:30 p.m.
Concurrent Sessions

m. Randy Horwitz, MD, PhD
Nutritional Approaches to Rheumatologic Conditions

n. **Robert Pendergrast, MD**
Can Teenagers Save America? Tackling Adolescent Obesity as Public Health Priority Number One

o. **Daphne Miller, MD**
Our Soil, Ourselves: Nutrition from the Ground Up

p. **Marcia Stefanick, PhD**
The Role of Nutrition and Physical Activity in Aging Muscle and Physical Function

q. **Efrem Korngold, OMD, LAc**
Chinese Culinary Medicine: Herbs and Foods for Reversing Inflammation

r. **Rebecca Katz, MS and Donald Abrams, MD**
The Cancer-Fighting Kitchen: Strategies for Eating Well During Cancer Treatment and Recovery

3:45-5:00 p.m.
Plenary #11
Food Revolution!
- Making a Difference in Our Clinics and Underserved Communities Panel
Wendy Kohatsu, MD, moderator
Rachel Friedman, MD; Preston Maring, MD; Kirsten Tobey, MBA; Michael Pollan, MA

Public Forum
Tuesday, May 10

Calories and Culture: A Worldwide Photographic Journey
6:30 - 7:00 p.m.

Peter Menzel and Faith D'Alusio
Authors, *The Hungry Planet: What the World Eats* and *What I Eat: Around the World in 80 Diets*.

Food and Health: Public Policy and Personal Choice
7:00 - 9:00 p.m.

Andrew Weil, MD
Director, Arizona Center for Integrative Medicine, Clinical Professor of Medicine
The University of Arizona, College of Medicine

Michael Pollan, MA
Knight Professor of Journalism, University of California, Berkeley, Author, *In Defense of Food* and *The Omnivore's Dilemma*

Moderator
Tara Lemmey
Chief Executive Officer,
LENS Ventures, San Francisco, CA

(2 CME credit hours offered and included in tuition)

WEDNESDAY
May 11, 2011

7:00-8:20 a.m.
Registration/Breakfast

8:20-8:30 a.m.
Introduction to the Day

8:30-9:15 a.m.
Plenary #12
Tieraona Low Dog, MD
Food, Supplement and Drug Interactions: A Clinician's Guide

9:15-10:00 a.m.
Plenary #13
Jeffrey Smith, MBA
The Documented Health Risks of Genetically Modified Foods

10:00 -10:45 a.m.
Tasting Opprotunity

10:45 a.m.-12:15 p.m.
Plenary #14
Nutritional Aspects of Patient Care
Case Studies Panel:
Randy Horwitz, MD, PhD, moderator:
Paul Abramson, MD; Jeffrey Blumberg, PhD; David Becker, MD; Mollie Katzen, Healthy Eating Consultant; Cynthia Thomson, PhD, RD

12:15-12:45 p.m.
Ask the Experts:
Low Dog, Smith, Horwitz, Abramson, Blumberg, Becker, Katzen, Thomson

12:45-1:00 p.m.
Closing
Andrew Weil, MD
and Fredi Kronenberg, PhD

HOTEL INFORMATION

The course will be held at the Hyatt Regency San Francisco (5 Embarcadero Center, San Francisco, CA 94111). Situated directly on the Embarcadero waterfront overlooking San Francisco Bay, the Hyatt Regency is within easy walking distance of Union Square, Chinatown, and all that downtown San Francisco has to offer in the way of restaurants, shopping, and cultural amenities. The hotel features a 24-hour state-of-the-art fitness center and is located on the Embarcadero waterfront walking/jogging trail. Visit www.sanfranciscoregency.hyatt.com for more information.

Special room rates will be honored the nights of May 6-12 for conference participants – $189 single or double occupancy. Attendees wishing to arrive earlier or stay later will be offered the group rate based on availability for up to 3 days before and 4 days after the conference dates above. Check-in time: 3:00 p.m. Check-out time: 12 noon. We anticipate that the hotel rooms will fill early. To secure a room, ***please make your reservations as soon as possible and prior to the cut-off date. Rooms will be held until 4/14/11*** or until the group block has filled, whichever comes first. After this date, reservations will be accepted only on a space-available basis. For reservations, please use our Passkey website at https://resweb.passkey.com/go/UANC2011. Or you may contact the Hyatt reservations system at (888) 421-1442 and ask for the " Nutrition and Health Conference" room block to qualify for the special group rate.

CANCELLATION AND REFUND POLICY

Cancellations received in writing on or before April 25, 2011, will be refunded less a $50 administrative fee. No refunds will be made after that date. Substitute participants will be accepted.

CONTINUING MEDICAL EDUCATION CREDIT

(Check our website at **www.NHConference.org** for accreditation updates.)

Medicine: The University of Arizona College of Medicine at the Arizona Health Sciences Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Arizona College of Medicine at the Arizona Health Sciences Center designates this educational activity for a maximum of 17.75 *AMA PRA Category 1 Credit(s)™* (15.75 conference and 2.0 Public Forum). Physicians should only claim credit commensurate with the extent of their participation in the activity.

Chiropractic: The State Boards of Chiropractic for Arizona, Colorado, Connecticut, Georgia, Idaho, Illinois, Indiana, Iowa, Michigan, Mississippi, Montana, Nebraska, New Mexico, Oklahoma, Oregon, Rhode Island, South Carolina, Utah, Vermont, Virginia, Washington and Washington DC Chiropractic Physicians (DC) accept *AMA PRA Category 1 Credit(s)™* from organizations accredited by the ACCME. This activity has been approved for a maximum of 17.75 *AMA PRA category 1 credit(s)™* (15.75 conference and 2.0 Public Forum).

The American Naturopathic Certification Board has approved this activity for a maximum of 17.75 CEUs.

AAPA: The American Academy of Physician Assistants accepts certificates of participation for educational activities certified for Category I credit from AOACCME, Prescribed credit from AAFP, and *AMA PRA Category 1 Credit(s)™* from organizations accredited by ACCME or a recognized state medical society. Physician assistants may receive a maximum of 17.75 hours of Category I credit for completing this program (15.75 conference and 2.0 Public Forum).

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

AOA: CME activities approved for AAFP credit are recognized by the American Osteopathic Association as equivalent to AOA Category 2 credit. Application for CME credit has been filed with the American Academy of Family Physicians. Determination is pending.

ACNP: The American College of Nurse Practitioners (ACNP) accepts *AMA PRA Category 1 Credit(s)™*. This activity has been approved for a maximum of 17.75 *AMA PRA Category 1 Credit(s)™* (15.75 conference and 2.0 Public Forum).

Dietetic: Credit approval for this activity is being sought from the Commission on Dietetic Registration and is pending.

Nursing: Contact hours for this continuing nursing education activity has been submitted to the Arizona Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. AzNA and ANCC Commission on Accreditation do not approve or endorse any commercial products displayed.

Student Scholarships

A limited number of partial registration scholarships will be awarded to health care profession students, who will be allowed to register for the conference for a fee of $325. Interested students should submit proof of student status and an essay of no more than 250 words, explaining how they would benefit from attending the conference, by March 1, 2011, to: Darlene Kerr, Administrative Associate, Arizona Center for Integrative Medicine, PO Box 245153, Tucson, AZ 85724-5153. Please include an email address with all applications. Applicants who do not receive a scholarship will still be allowed to register at the early bird rate after March 1.

Special Assistance

Persons with a disability may request a reasonable accommodation, such as a sign language interpreter, by contacting Denise Garrett, 520-626-7832 or uofacme@email.arizona.edu. Requests should be made as early as possible to allow time to arrange the accommodation.