

5TH ANNUAL
*Nutrition
and Health:*

STATE OF THE SCIENCE &
CLINICAL APPLICATIONS

April 13-16, 2008
Arizona Grand Resort
Phoenix, Arizona

(formerly Pointe South Mountain Resort)



Course Directors

Andrew Weil, MD
The University of Arizona
Program in Integrative Medicine

Fredi Kronenberg, PhD
The Columbia University College
of Physicians and Surgeons

Sponsored by
The University of Arizona College of Medicine
at the Arizona Health Sciences Center
in conjunction with The University of Arizona
Program in Integrative Medicine and Columbia
University's College of Physicians and Surgeons



THE UNIVERSITY OF ARIZONA,
PROGRAM IN
Integrative Medicine



COLUMBIA UNIVERSITY
*College of Physicians
and Surgeons*



THE UNIVERSITY
OF ARIZONA.
Arizona Health Sciences Center

GOALS

To provide health practitioners with an **understanding** of the central role of nutrition in health and healing.

To provide a scientific basis for the **integration** of nutrition and medicine in order to practice preventive and therapeutic nutritional **medicine**.

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

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

- Incorporate nutritional information into your clinical practice
- Advise patients about eating for optimum health, evaluating specific diets and dietary supplements, and using dietary change as a therapeutic intervention
- Evaluate the risks and benefits of nutritional recommendations for specific health conditions through an analysis of the existing scientific and clinical evidence
- Identify the nutritional values of macronutrients, micronutrients, dietary supplements, antioxidants, and protective phytochemicals
- Describe the interaction between genes and diet and the health implications for different types of patients
- Recognize the social, political, and behavioral aspects of diet and health, the impact on the obesity and diabetes epidemic, and implications for patient care and the nation's health care system



This conference is supported by generous unrestricted educational grants from

Campbell Soup Company
Nordic Naturals

(in order of presentation)

PUBLIC FORUM/PLENARY

Andrew Weil, MD

Director, Program in Integrative Medicine, Clinical Professor of Medicine, The University of Arizona College of Medicine

David Wallinga, MD

Director, Food & Health Program, Institute for Agriculture & Trade Policy, Minneapolis

Christopher Gardner, PhD

Assistant Professor of Medicine, Stanford Prevention Research Center, Stanford University School of Medicine

Jeffrey Blumberg, PhD

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

David Heber, MD, PhD

Professor of Medicine, Director, UCLA Center for Human Nutrition, University of California, Los Angeles

Daphne Miller, MD

Associate Clinical Professor, Family & Community Medicine, Core Faculty of Resident Elective in Integrative Medicine, Osher Center for Integrative Medicine, University of California, San Francisco

Gary Taubes, MS

Science Journalist & Author, *Good Calories, Bad Calories*

David Perlmutter, MD

Director, Perlmutter Health Center, Naples, FL

Michael Holick, MD, PhD

Professor of Medicine, Physiology & Biophysics, Boston University School of Medicine

David Alberts, MD

Director of the Arizona Cancer Center, Regents Professor of Medicine, Pharmacology and Public Health, The University of Arizona

Iman Hakim, PhD

Interim Dean & Professor, Mel & Enid Zukerman College of Public Health, The University of Arizona

Elizabeth Jacobs, PhD

Assistant Professor, Division of Epidemiology & Biostatistics, Mel & Enid Zukerman College of Public Health, The University of Arizona

Patricia Thompson, PhD

Assistant Professor, Dept. of Pathology, The University of Arizona College of Medicine

Sherry Chow, PhD

Research Associate Professor, Arizona Cancer Center, The University of Arizona

CONCURRENT SESSIONS

Victoria Maizes, MD

Executive Director, Program in Integrative Medicine, Associate Professor of Medicine, Family Medicine & Public Health, The University of Arizona College of Medicine

Russell Greenfield, MD

Clinical Assistant Professor, The University of North Carolina at Chapel Hill, Visiting Assistant Professor, The University of Arizona College of Medicine

Steven Devries, MD

Preventive Cardiologist, Associate Professor of Medicine, Division of Cardiology & Center for Integrative Medicine, Northwestern University

Wendy Kohatsu, MD

Assistant Professor, Co-Director, Integrative Family Medicine, Oregon Health Sciences University, Visiting Assistant Professor, Program in Integrative Medicine, The University of Arizona

Tieraona Low Dog, MD

Education Director, Program in Integrative Medicine, Assistant Professor, Dept. of Medicine, The University of Arizona College of Medicine

David Kiefer, MD

Clinical Instructor, Dept. of Family Medicine, University of Washington, Clinical Assistant Professor of Medicine, Program in Integrative Medicine, The University of Arizona, Adjunct Faculty, Bastyr University

Pamela McDonald, NP

Integrative Medicine Fellow & Nurse Practitioner, Penscott Medical Corporation, Danville, CA

Cynthia Thomson, PhD, RD

Director of Nutritional Research, Dept. of Nutritional Sciences, The University of Arizona

Brian Shelley, MD

Director of Integrative Medicine Education, University of New Mexico Health Sciences Center

Roberta Lee, MD

Medical Director, Continuum Center for Health & Healing, Beth Israel Medical Center, New York

Kathleen Matt, PhD

Franca G. Orefice Dean's Distinguished Professorship in Kinesiology, Associate Vice President for Academic Affairs, Associate Vice President for Research Administration, Director, Office of Clinical Partnerships, Arizona State University

Dan-Mei Li, PhD

President, Qin Shan Zai China Traditional Medicine Food Restaurant, Chengdu, People's Republic of China

Robyn DeBell, MS, RD

Registered Dietician, Phoenix, AZ

Mark Tarbell

Chef & Owner, Tarbell's Restaurant, Phoenix

Gale Welter, MS, RD

Nutrition Counselor, The University of Arizona Campus Health Services

Nicole Hollis, MS, RD

Teaching/Research Associate, Dept. of Nutritional Sciences, The University of Arizona

Mindy Kurzer, PhD

Professor, Director of Graduate Studies, Nutrition, Dept. of Food Science & Nutrition, University of Minnesota

Sanford Newmark, MD

Physician & Director, Center for Pediatric Integrative Medicine, Tucson

Louise Gagné, MD

Clinical Assistant Professor, Dept. of Community Health & Epidemiology, University of Saskatchewan

Randy Horwitz, MD, PhD

Medical Director, Program in Integrative Medicine, Assistant Professor of Clinical Medicine, The University of Arizona College of Medicine



WHO SHOULD ATTEND

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.

For more information,
visit us online at
www.nutritionandhealthconf.org

To register, contact
The University of Arizona Office
of Continuing Medical Education
Phone: 520-626-7832
Fax: 520-626-2427

Email:
uofacme@email.arizona.edu

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: those that address the nutritional needs of particular types of patients, designated by age, gender, or condition, and 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 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. Delicious recipes featured at the conference and provided by Dr. Weil and his personal chef will be made available in the syllabus.

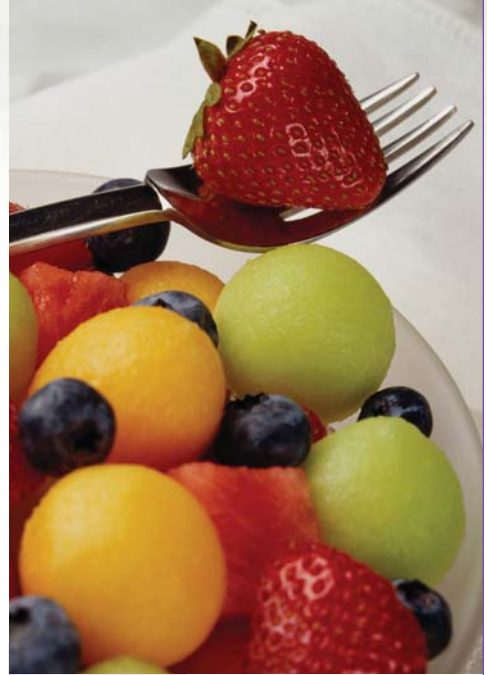
Needs Assessment

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 as a primary treatment strategy in the management of disease.

The topic and program for this conference were developed by an advisory group based on feedback from participants in the 2004-2007 Nutrition & Health conferences, on data collected from clinicians who have taken part in Program in Integrative Medicine nutrition modules, on literature fostering effective nutrition counseling by practitioners, and on documentation of increased demand for nutrition education for health care professionals, as clearly demonstrated by the overwhelming success of the previous four conferences.

MONDAY, APRIL 14

7:00-8:15 am	REGISTRATION (Breakfast on your own)
8:15-8:30 am	WELCOME/OPENINGS Andrew Weil, MD & Fredi Kronenberg, PhD
8:30-9:30 am	PLENARY #1 Andrew Weil, MD An Overview of Macronutrients
9:30-10:30 am	PLENARY #2 Christopher Gardner, PhD A Whole Food Approach to Optimal Nutrition
10:30-11:15 am	TASTING OPPORTUNITY
11:15 am-12:15 pm	PLENARY #3 Jeffrey Blumberg, PhD Anti-Oxidants: An Update on Efficacy and Safety
12:15-12:45 pm	ASK THE EXPERTS Question-and-answer session
12:45-2:00 pm	LUNCH
2:15-3:15 pm	CONCURRENT SESSIONS
A.	Victoria Maizes, MD Unbreakable Bones: Can Diet Deliver?
B.	Russell Greenfield, MD Probiotic Therapy: Promise and Problems
C.	Steven Devries, MD Natural Options for Prevention of Heart Disease – an Integrative Cardiologist's Perspective
D.	Iman Hakim, PhD The Role of Tea in Health Promotion and Disease Prevention
E.	David Heber, MD, PhD Phytonutrients: Nature's Bonus from Plant Foods
F.	Wendy Kohatsu, MD Mediterranean Diet Deconstructed: Evidence-based Culinary Medicine and Practical Applications



3:30-4:30 pm	CONCURRENT SESSIONS
G.	Tieraona Low Dog, MD To Supplement or Not to Supplement: That is the Question!
H.	David Wallinga, MD Walking the Talk, Eating the Talk: Advocating for Healthier Food in Health-Care Settings
I.	David Kiefer, MD Weight-Loss Supplements: Evidence-Based Assessment
J.	Pamela McDonald, NP Diet, Cardiovascular Disease, and Beyond
K.	Cynthia Thomson, PhD, RD Nutritional Resources
L.	Brian Shelley, MD Mindful Eating and Living (MEAL)
4:45-5:45 pm	PLENARY #4 David Heber, MD, PhD Nutrigenomics. Fruits & Vegetables: Implications for Prevention
5:45-6:45 pm	MEET THE FACULTY RECEPTION

TUESDAY, APRIL 15

7:30-8:20 am	BREAKFAST/REGISTRATION
8:20-8:30 am	INTRODUCTION TO THE DAY
8:30-9:15 am	PLENARY #5 Daphne Miller, MD The Jungle Effect: Discovering the Nutritional Secrets of Indigenous Diets from Around the World
9:15-10:00 am	PLENARY #6 Gary Taubes, MS Adiposity 101
10:00-11:00 am	TASTING OPPORTUNITY
11:00 am- 12:00 pm	PLENARY #7 David Perlmutter, MD Brain Preservation & Functional Enhancement
12:00-12:30 pm	ASK THE EXPERTS Question-and-answer session
12:30-1:45 pm	LUNCH
2:00-3:00 pm	CONCURRENT SESSIONS
M.	Christopher Gardner, PhD The Battle of the Diets: Is Anyone Winning (at Losing)?
N.	Jeffrey Blumberg, PhD Evidence-Based Nutrition and the Problem of Proof
O.	Roberta Lee, MD Beverages: Drink and Be Healthy
P.	Kathleen Matt, PhD Stress, Nutrition, and Health

Q.	Dan Mei Li, PhD Chinese Traditional Medicinal Foods
R.	Robyn DeBell, MS, RD & Mark Tarbell Eat Clean and Healthy with Local Ingredients
3:15-4:15 pm	CONCURRENT SESSIONS
S.	Gale Welter, MS, RD Running on Empty: Fad Diets and Athletic Performance
T.	Nicole Hollis, MS, RD In Support of Moms and Babies: Promoting Breastfeeding in Practice
U.	Mindy Kurzer, PhD Tofu vs. Tempeh: Is Fermented Soy Better?
V.	Sanford Newmark, MD Diet and ADHD – Can Nutritional Intervention Really Make a Difference?
W.	Louise Gagné, MD Carbohydrates: Love 'm or Leave 'm? The Glycemic Index Explored
X.	Randy Horwitz, MD, PhD Is There an Ideal Auto- Immune Diet?
4:30-5:30 pm	PLENARY #8 Michael Holick, MD, PhD Vitamin D for Your Health: A D-Lightful Story



WEDNESDAY, APRIL 16

7:30-8:20 am	BREAKFAST/REGISTRATION
8:20-8:30 am	INTRODUCTION TO THE DAY
8:30-10:15 am	PLENARY #9 CANCER & DIET PANEL David Alberts, MD moderator Iman Hakim, PhD Green Tea and Lung Cancer Prevention Elizabeth Jacobs, PhD Vitamin D and Colorectal Cancer Patricia Thompson, PhD Metabolic Syndrome, Obesity, and Breast Cancer Sherry Chow, PhD Quantifying Exposure to Bioactive Food Constituents in Cancer Prevention Research
10:15-11:00 am	TASTING OPPORTUNITY
11:00-11:45 am	PLENARY #10 Andrew Weil, MD Anti-Inflammatory/Healthy Aging Diet
11:45 am- 12:15 pm	ASK THE EXPERTS Question-and-answer session
12:15-12:30 pm	CLOSING REMARKS Andrew Weil, MD & Fredri Kronenberg, PhD

Public Forum:

SUNDAY, APRIL 13 • 2:00-4:00 PM

EATING WELL IN AN ERA OF INDUSTRIALIZED FOOD

"The Optimum Diet"
Andrew Weil, MD
Director, Program in
Integrative Medicine
Clinical Professor of Medicine
The University of Arizona
College of Medicine

"Healthy Food in Healthcare
& Communities: Making
Change Happen"
David Wallinga, MD
Director, Food & Health
Program, Institute for
Agriculture & Trade Policy
Minneapolis, MN

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

2 CME credit hours offered
and included in tuition

Registration Information

HOTEL INFORMATION

The course will be held at the Arizona Grand Resort in Phoenix (formerly Pointe South Mountain Resort), 8000 S. Arizona Grand Parkway, Phoenix, AZ 85044. Nestled at the base of majestic South Mountain, amidst a world of saguaros and other desert vegetation, the four-diamond Arizona Grand Resort is the largest all-suite resort in the Southwest. A 10-minute drive from Sky Harbor Airport, it is home to the Phantom Horse Golf Club, six-acre Oasis water park, the Phantom Horse Athletic Club & Spa, and six in-house restaurants. Visit www.arizonagrandresort.com for more information.

April is a perfect time to visit the desert Southwest. Palo verde trees and many varieties of cactus will be in bloom, and mild spring weather encourages outdoor activities to complement your conference experience. Serving as a source of recreation and spiritual energy, the 16,000-acre South Mountain Preserve is located adjacent to the conference hotel and provides a wealth of hiking, biking, and horseback riding trails. Phoenix's Valley of the Sun is also home to world-class shopping, entertainment, sporting events, and cultural venues. Breathtaking natural marvels such as the Grand Canyon and Sedona are within easy distance for a unique add-on to your conference trip.

Special room rates will be honored the nights of April 13-16 for conference participants – \$219 single or double occupancy. Attendees wishing to arrive earlier or stay later will be offered the group rate based on availability for the extra nights. Check-in time: 4:00 p.m. Check-out time: Noon. We anticipate that the hotel rooms will fill early. To secure a room and avoid disappointment, please make your reservations as soon as possible and prior to the cut-off date. Rooms will be held until 3/13/08 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, contact the Arizona Grand Resort at (877) 800-4888 or (602) 438-9000 and ask for the "U of A Nutrition Conference" room block to qualify for the special group rate.

CANCELLATION & REFUND POLICY

Cancellations received in writing on or before April 1, 2008, 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

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)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

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

AAPA – The American Academy of Physician Assistants accepts Category 1 credit from AOAC-CME. Prescribed credit from AAFP, and AMA/PRA Category 1[™] CME credit for the PRA from organizations accredited by ACCME. This activity has been approved for a maximum of 17.75 AMA/PRA Category 1 credit(s)[™].

ACNP – The American College of Nurse Practitioners (ACNP) accepts AMA/PRA category 1[™] credit from organizations accredited by the ACCME. This activity has been approved for a maximum of 17.75 AMA/PRA Category 1 credit(s)[™].

ANCC – Credit approval for this activity is being sought from AzNA and is pending.

DIETETIC – This program has been approved by the Commission on Dietetic Registration for 18.00 CEUs for CPE Level 3. The learning Needs are for Wellness and Public Health (4000).

CHIROPRACTIC – The Arizona State Board of Chiropractic accepts AMA/PRA category 1[™] credit from organizations accredited by the ACCME. This activity has been approved for a maximum of 17.75 AMA/PRA Category 1 credit(s)[™].

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 February 1, 2008, to: Darlene Kerr, Administrative Associate, Program in Integrative Medicine, PO Box 245153, Tucson, AZ 85724. (Applicants who do not receive a scholarship will still be allowed to register at the early bird rate after February 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.

Please note: Registrations will be processed on a first-come, first-served basis.

The advisory group for the 2008 conference: Andrew Weil, MD, The University of Arizona; Fredi Kronenberg, PhD, Columbia University; Victoria Maizes, MD, The University of Arizona; Jeffrey Blumberg, PhD, Tufts University; Cynthia Thomson, PhD, The University of Arizona; Pamela McDonald, NP, Penscott Medical Corporation; Wendy Kohatsu, MD, Oregon Health Sciences University; Mary Koithan, PhD, The University of Arizona.

CONFERENCE ADVISORY GROUP

Registration Form: Nutrition & Health

Please Print or Type

Name _____
Specialty Area _____
Institution _____
Address _____
City _____
Zip/Postal Code _____
Fax _____
Degree MD DO NP RD Other _____

Work Address Home Address _____
State/Country _____
Daytime Phone _____
Email _____

I heard about this conference from (circle one): email, brochure mailing, other (please specify) _____

I would prefer a vegetarian meal I would prefer a vegetarian non-fish meal

Concurrent Session Selection #1 (Monday, 2:00 pm) 1st choice _____ 2nd choice _____
(Please pick one from each) #2 (Monday, 3:15 pm) 1st choice _____ 2nd choice _____
#3 (Tuesday, 2:00 pm) 1st choice _____ 2nd choice _____
#4 (Tuesday, 3:15 pm) 1st choice _____ 2nd choice _____

I plan to attend the Public Forum on Sunday, April 13 (included in registration fee)

Early Bird Registration before February 1 \$745
Registration after February 1 \$845

- MD, DO, ND & other doctors
 Nurses, dietitians, pharmacists, allied health professionals, practitioners in training* and others
 PIM Fellows & Alumni

* Practitioners in training must include a letter of verification from training program with registration to qualify for reduced tuition fee. A limited number of medical students will be awarded partial scholarship registrations of \$325. See inside brochure for details.

Tuition includes course materials, continuing education credit, breakfast, lunch, refreshment breaks, and Public Forum.

Enclosed is a check or money order in U.S. dollars made payable to **The University of Arizona Foundation** (appears on your statement as payment made to the *University of Arizona Foundation*). Tuition paid to *The University of Arizona Foundation* is not a tax deductible gift contribution. Tuition, meals, and lodging may be tax deductible as education expenses. Check with your tax advisor.

Please charge my Visa Mastercard AMEX Amount \$ _____
Card No. _____ Exp. Date _____

Cardholder's Name _____
Cardholder's Signature _____

Complete registration form and mail with payment to: Office of Continuing Medical Education, PO Box 245121, Tucson, AZ 85724-5121. Or fax completed registration form with credit card information to: (520) 626-2427. Cancellations received in writing on or before April 1, 2008, will be refunded, less a \$50 administrative fee. No refunds will be made after that date.

DO NOT include me in the registrant list to be provided to all course attendees.

Date _____ Signature _____



Arizona Health Sciences Center

Program in Integrative Medicine
c/o Office of Continuing Medical Education
PO Box 245121
Tucson, AZ 85724-5121

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Nutrition and Health:

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Featuring

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