



**Personalized Nutrition and Primary Care:
Celebration of the 25th Anniversary of
the UCLA Center for Human Nutrition**

**NRB Auditorium
UCLA Campus
Los Angeles, California**

CME OFFICE OF
CONTINUING
MEDICAL
EDUCATION

DAVID GEFEN SCHOOL OF MEDICINE at UCLA

Course Description

Nutrition is the cornerstone of health and maintaining quality of life. Diet and lifestyle are central to reducing the risks of many common conditions as well as age-related chronic diseases including cancer, diabetes, heart disease, and dementia. Many of these diseases and conditions overlap. Recent research has demonstrated that more than 80% of patients with dementia also have cardiovascular disease or diabetes and excess body fat. While we understand that each person's genes are different, their metabolism of foods is also highly individual. This observation has given rise to the concept of personalized nutrition and the development of tools to optimize individual diets. "Personalized Nutrition and Primary Care" is a one-day CME course that offers providers of varying backgrounds a chance to understand how genetics, metabolic biomarkers of disease risk, the microbiome, physical activity, and body composition can be utilized to formulate personalized nutritional solutions for disease prevention and treatment. Experts in the field will review current evidence and best practices.

Course Objectives

At the completion of this program, participants should be better able to:

- Integrate modern nutritional concepts into primary care practice with the information and the tools to address the global epidemic of obesity and nutrition-related diseases
- Evaluate food quality using the nutrient-rich density concept
- Utilize concepts of behavior modification including social support, self-monitoring, stimulus control, and stress reduction in developing health lifestyle behaviors
- Counsel patients on cardiovascular disease, diabetes, and dementia using a personalized approach
- Utilize nutrition to complement or reduce dependence on pharmacological approaches in the management of diabetes and fatty liver disease
- Deliver personalized nutrition, individualized activity plans and customized programs for patients

Target Audience

This course is designed for physicians, dietitians, nurse practitioners, physician assistants, and other healthcare practitioners who practice primary care.

Faculty

COURSE DIRECTOR

Zhaoping Li, MD, PhD

Professor of Medicine
Director, Center for Human Nutrition
David Geffen School of Medicine at UCLA

COURSE FACULTY

George Bray, MD

Boyd Professor Emeritus
Pennington Biomedical Research Center
Louisiana State University
Baton Rouge, Louisiana

John P. Foreyt, PhD

Professor
Department of Medicine
Director, Behavioral Medicine Research Center
Baylor College of Medicine
Houston, Texas

David Heber, MD, PhD, FACP, FASN

Professor Emeritus of Medicine
Public Health Founding Director, UCLA Center for Human Nutrition
David Geffen School of Medicine at UCLA

David JA Jenkins, OC, MD, PhD, DSc, FRCP, FRCPC, FRSC

University Professor and Canada Research Chair in Nutrition, Metabolism and Vascular Biology
Departments of Nutritional Sciences and Medicine, Faculty of Medicine, University of Toronto
Director, Clinical Nutrition and Risk Factor Modification Centre, St. Michael's Hospital
Staff Physician, Division of Endocrinology, Department of Medicine, St. Michael's Hospital
Scientist, Li Ka Shing Knowledge Institute, St. Michael's Hospital
Toronto, Canada

Mohamad Navab, PhD

Co-Project Leader, NIH Program Project Grant
Cardiology Medicine, Atherosclerosis Research Unit
David Geffen School of Medicine at UCLA

Joseph R. Pisegna, MD

Chief, Division of Gastroenterology, Hepatology and Parenteral Nutrition
Department of Veterans Affairs, VAGLAHS (691/111C)
Professor of Medicine and Human Genetics
Molecular, Cellular and Integrative Physiology Programs
David Geffen School of Medicine at UCLA

Vijaya Surampudi, MD, MS

Assistant Clinical Professor of Medicine
Assistant Director, UCLA Healthier Weight Management Program
UCLA Center for Human Nutrition
David Geffen School of Medicine at UCLA

Program

Saturday, November 3, 2018

- 8:15 **Registration and Continental Breakfast**
- 8:45 **Introduction: Primary Care Nutrition Priorities**
David Heber, MD, PhD, FACP, FASN
- 9:00 **Excess Sugar in the Diet: Implications for Obesity Management and Diabetes Prevention**
George Bray, MD
- 9:45 **The Glycemic Index: Role in Diet Design**
David JA Jenkins, OC, MD, PhD, DSc, FRCP, FRCPC, FRSC
- 10:30 **Break**
- 11:00 **Behavior Management Strategies for Weight Management in the Primary Care Office**
John P. Foreyt, PhD
- 11:45 **Introduction to the Afternoon: A Survey of Primary Care Nutrition and Common Diseases**
Zhaoping Li, MD, PhD
- 12:00 **Lunch**
- 1:00 **Fatty Liver Disease and Nutrition**
Joseph R. Pisegna, MD
- 1:45 **Nutrition in Heart Disease: Lipids and Atherosclerosis**
Mohamad Navab, PhD
- 2:30 **Break**
- 3:00 **Reversal of Prediabetes and Glycemic Control for Diabetes**
Vijaya Surampudi, MD, MS
- 3:45 **Is Dementia the New Heart Disease? Nutrition Approach for Brain Health**
David Heber, MD, PhD, FACP, FASN
- 4:30 **The Personalized Medicine Revolution: Gene-Nutrient Interaction and the Microbiome**
Zhaoping Li, MD, PhD
- 5:00 **Adjourn**



General Information

Registration Fee

- \$95 Physicians
- \$50 Nurses, Registered Dietitians, Allied Health Professionals
- \$25 Fellows, Residents

Refunds

Cancellations must be received in writing by Friday, October 19, 2018 and will be subject to a \$50 processing fee. No refunds will be granted after that date. If, for any reason, the course must be cancelled, discontinued, or rescheduled by the Office of Continuing Medical Education, a full refund will be provided.

Enrollment

By Mail

Use the form attached. Mail to the UCLA Office of Continuing Medical Education, David Geffen School of Medicine at UCLA, Personalized Nutrition, 10920 Wilshire Blvd., Ste. 1060, Los Angeles, CA 90024-6512

Online

Go to www.cme.ucla.edu/courses, click on Personalized Nutrition and Primary Care, and click on the registration information section. You may use your MasterCard, VISA, American Express or Discover card to register online.

By Phone

Use your American Express, MasterCard, VISA or Discover card.
Call (310) 794-2620.

By FAX

Send the completed enrollment form with credit card information and authorizing signature.
Fax (310) 794-2624.

Program Location

NRB Auditorium
Neuroscience Research Building
635 Charles E. Young Drive South
Los Angeles, CA 90095

Directions and Parking

From the 405 freeway, exit Wilshire Blvd., east toward Westwood. Turn left on Westwood Blvd., travel past Charles E. Young Dr. South and turn left on Structure 8 driveway. Drive up the ramp to the rooftop level to park. Pay per license plate at the kiosk and display the parking permit on your dash. All day self-parking is \$12.00.

Accreditation

The Office of Continuing Medical Education, David Geffen School of Medicine at UCLA is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Office of Continuing Medical Education, David Geffen School of Medicine at UCLA designates this live activity for a maximum of 6.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Dietitians can earn 6.5 CEUs.

Disclosure Statement

The FDA has issued a concept paper which classifies commercial support of scientific and educational programs as promotional unless it can be affirmed that the program is "truly independent" and free of commercial influence. In addition to independence, the FDA requires that nonpromotional, commercially supported education be objective, balanced, and scientifically rigorous. The policy further states that all potential conflicts of interest of the CME staff and faculty be fully disclosed to the program's participants. In addition, Accreditation Council for Continuing Medical Education policy mandates that the provider adequately manages all identified potential conflicts of interest prior to the program. We at UCLA fully endorse the letter and spirit of these concepts.

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November 3, 2018

Application for Enrollment (Please Print)

Course Title and Number	Amount
Personalized Nutrition and Primary Care: Celebration of the 25th Anniversary of the UCLA Center for Human Nutrition REGISTRATION FEES: \$95 Physicians \$50 Nurses, Registered Dietitians, Allied Health Professionals \$25 Fellows, Residents	M189-32

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