

# Metabolic Health Symposium: Catalyzing Science to Action for Transformation and Resilience Across the Lifespan

Thursday, June 9 – Saturday, June 11, 2022

Live, Virtual and In-Person Event at the Renaissance Seattle Hotel - Seattle, WA



**View the Agenda and Register Online:**

<https://cvent.me/LboMYm>



*On-Demand lecture access is included with registration.  
Advanced registration required, fees may be applicable.*

## Course Description

This 3-day in-person and virtual medical education symposium will explore and apply the science of metabolic health and nutrition over the lifespan. It will feature *30 hours* of live and on-demand education from international faculty.

Now, more than ever, health care professionals must realize the link between diet, lifestyle, and most chronic diseases that plague modern society. From pediatrics to geriatrics, there is no systems-wide approach. Researchers increasingly recognize that obesity is a disease state that is driven not by a lack of willpower, but a dysfunctional food system. The food and beverage industry encourages overeating of toxic calories, which is compounded by increasing levels of stress, poor sleep hygiene, and lack of exercise, setting millions on the path to poor health outcomes and chronic disease.

Join your colleagues and respected leaders as we educate ourselves into a more promising future by exploring the 3 pillars of metabolic health (shown above). The agenda contains expert-driven content, panel discussions, breakout sessions with internationally recognized experts and thought leaders in the fields of metabolic health and nutrition, and rich networking opportunities.

## Course Objectives

By attending this course, the participant will provide better patient care through an increased ability to:

- Name systems in the body that can assist health care professionals in predicting the potential development of metabolic disease and taking steps to prevent it
- Discuss the impact of metabolic disease on patients, families, communities, and health care systems; and the societal cost of metabolic disorders
- Educate patients on the connection between diet and metabolic disease
- Encourage patients to prepare and consume foods that promote metabolic health
- Advocate for better nutrition and nutrition education to improve community health related to diet and lifestyle-driven diseases

## Accreditation with Commendation

Swedish Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

### AMA PRA Category 1 Credits™

Swedish Medical Center designates this Other (Live and Internet Enduring Material) activity for a maximum of 30 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

*Please view the course website for additional CE availability.*

# Metabolic Health Symposium: Catalyzing Science to Action for Transformation and Resilience Across the Lifespan

Thursday, June 9 – Saturday, June 11, 2022

Live, In-Person and Virtual Broadcast from Seattle, WA, USA

Agenda

## Thursday, June 9<sup>th</sup> – Day One: Protect the Liver

7 a.m. PT In-Person: Registration, Check-in, and Breakfast

7:20 a.m. Virtual Attendee Portal Open for Check-In

7:45 a.m. **Welcome & Opening Remarks**  
Uma Pisharody, M.D., *Course Director*

### Session I: The Problems

8 a.m. *Moderator: Uma Pisharody, M.D.*  
**Keynote: The BIG Picture: NAFLD – Debunking Myths, Liver Toxins, Fructose & Other Toxins**  
Robert Lustig, M.D., MSL

8:45 a.m. **Q&A Discussion**  
Robert Lustig, M.D., MSL

9:15 a.m. **The Impact of Nutrition and Inflammation and Chronic Illness**  
Monica Aggarwal, M.D.

9:45 a.m. Break

10 a.m. **Featured Topic Lectures & Dialogue Panels**  
*Topics may include: Fructose, supplements, GB, pancreas, lymphatics, non-caloric sweeteners, blood sugar*  
*Lecturers*

- Miriam Vos, M.D. : *Sugars and the Liver: A Not-So-Sweet Story*
- Thomas Flass, M.D., MS: *The modern diet in the First Thousand Days- A recipe for disaster?*
- Kimber Stanhope, Ph.D., RD

*Panelists*

- Robert Lustig M.D., MSL
- Monica Aggarwal, M.D.

11:45 a.m. Lunch Break

Noon **Lunch & Learn Demonstration - Healthy School Meals for All and Why it's so Important for Our Children's Future**  
Chef Ann Cooper, CEC

1 p.m. Transition to Breakouts Sessions

*Session II: The Solutions – Bias to Action*

- 1:05 p.m.      **Breakout Options (Tracks: *Pediatrics*, *Policy & Advocacy*, *Specialty Topics*):**
- **Feeding Infants and Children: NAFLD (nonalcoholic fatty liver disease) Epidemic and Opportunity**  
Miriam Vos, M.D. and Thomas Flass, M.D., MS  
*Moderators: Leslie Lee, RD and Sherri Zorn, M.D.*
  - **Farming Practices**  
Jeff Tkach and Local Farmer  
*Moderators: Uma Pisharody, M.D. and Arti Chandra, M.D.*
  - **Evidenced Based Hydration for Sports Medicine**  
Tim Noakes, M.D., DSc and Adam C. Cady, PA-C, NHS, ATC, CSCS  
*Moderators: Wolfram Alderson, MS and Kristen Shane, RN, BSN*
  - **Oral/Hepatic Health**  
Kevin Boyd, DDS  
*Moderators: Nicole Roehrig, MSN and Elizabeth Meade, M.D.*
- 2:05 p.m.      Break
- Moderator: Arti Chandra, M.D.*
- 2:15 p.m.      **Dental and Hepatic Decay: The Common Carbohydrate Connection**  
Kevin Boyd, DDS
- 2:55 p.m.      **The Power of the Plate: The Soil x Human Health Connection**  
Jeff Tkach, BS
- 3:35 p.m.      **Dialogue Panel: Changing Health from the Ground Up**  
Jeff Tkach, BS and Chef Ann Cooper, CEC
- 4:20 p.m.      **Closing Remarks and Bias to Action Summary**  
Arti Chandra, M.D.
- 4:35 p.m.      Adjourn

**Friday, June 10<sup>th</sup> – Day Two: Feed the Gut**

- 7 a.m. PT      In-Person: Registration, Check-in, and Breakfast
- 7:20 a.m.      Virtual Attendee Portal Open for Check-In
- 7:45 a.m.      **Welcome & Opening Remarks**  
Leslie Lee, RD

*Session I: The Problems*

- Moderator: Leslie Lee, RD*
- 8 a.m.      **Keynote: The Carbohydrate-Insulin Model: Addressing Biological Drivers of Obesity**  
David Ludwig, M.D., Ph.D.
- 8:45 a.m.      **Q&A Discussion**  
David Ludwig, M.D., Ph.D.

- 9:15 a.m.      **Microbiome**  
Emeran Mayer, M.D.
- 10 a.m.        Break
- 10:15 a.m.    **Featured Topic Lectures & Dialogue Panels**  
*Topics may include: Lipid labs, sat fat, lymphatics, cholesterol, GRAS, food labels, supplements, food sensitivities, "canaries in the coal mine"*  
*Lecturers*
- Susan Maples, DDS: Diabetes Detection in the Mouth
  - Christopher Gardner, Ph.D.: TBD
- Panelists*
- David Ludwig, M.D., Ph.D.
  - Emeran Mayer, M.D.
- 11:45 a.m.    Lunch Break
- Noon           **Lunch & Learn Demonstration - How Cooking Can Help us Love the Food that will Love us Back for a Lifetime**  
Maya Adam, M.D. and Christopher Gardner, Ph.D.
- 1 p.m.         Transition to Breakouts Sessions
- Session II: The Solutions – Bias to Action*
- 1:05 p.m.      **Breakout Options (Tracks: Pediatrics, Policy & Advocacy, Specialty Topics):**
- **Kids in the Kitchen: Rebuilding our Relationship with Food**  
Maya Adam, M.D.  
*Moderators: Uma Pisharody, M.D. and Kristen Shane, RN, BSN*
  - **Food Policy**  
Nina Teicholz, MPhil  
*Moderators: Elizabeth Meade, M.D. and Nicole Roehrig, MSN*
  - **Canaries in the Coal Mine**  
Susan Maples, DDS  
*Moderators: Leslie Lee, RD and Sherri Zorn, M.D.*
  - **Metabolic Matrix**  
Andreas Kornstadt, M.D.  
*Moderators: Wolfram Alderson, MS, and Roberta Ruggiero*
- 2:05 p.m.      Break
- 2:15 p.m.      *Moderator: Wolfram Alderson, MS*  
**Ultra-processed Foods and Metabolical Health: Evidence and Policy Implications**  
Carlos Monteiro, M.D, Ph.D. and Vicki Alexander, M.D.
- 3 p.m.         **Q&A Discussion**  
Carlos Monteiro, M.D, Ph.D. and Vicki Alexander, M.D.
- 3:30 p.m.      **Policy**  
Aseem Malhotra, M.D.
- 4:15 p.m.      **Q&A Discussion - Aseem Malhotra, M.D.**

- 4:30 p.m.      **Patient Panel & Q&A**  
Team Resilience at Swedish Medical Center
- 5 p.m.        **Closing Remarks & Bias to Action Summary**  
Wolfram Alderson, MS
- 5:15 p.m.      Adjourn

## Saturday, June 11 – Day Three: Support the Brain

- 7 a.m. PT      In-Person: Registration, Check-in, and Breakfast  
7:20 a.m.      Virtual Attendee Portal Open for Check-In

- 7:45 a.m.      **Welcome & Opening Remarks**  
Elizabeth Meade, M.D.

### *Session I: The Problems*

- 8 a.m.        *Moderator: Elizabeth Meade, M.D.*  
**Keynote: Bidirectional Effects of Insulin Resistance: Diet, Stress/Depression, and Sugar Addiction and Implications for Interventions**  
Elissa Epel, Ph.D.
- 8:45 a.m.      **Q&A Discussion**  
Elissa Epel, Ph.D.
- 9:15 a.m.      **Stone Age Body, Space Age Diet: Diet, Metabolism and Mental Health**  
Ann Marie Childers, M.D., FAPA
- 9:45 a.m.      Break
- 10 a.m.        **Featured Topic Lectures & Dialogue Panels**  
*Topics may include: Neuroscience, psychology, and nutrition*  
*Lecturers:*
  - Rachel Gow, Ph.D.
  - Joan Iffland, Ph.D., MBA*Panelists:*
  - Elissa Epel, Ph.D.
  - Ann Marie Childers, M.D., FAPA
- 11:30 a.m.      Lunch Break
- 11:45 a.m.      **Lunch & Learn Demonstration: It's a No-Brainer: Quick and Delicious Food You, Your Patients, and Their Families Will Love!**  
Cindy Thompson, MS, EMT-P, MVLCE; and Local Farmers
- 12:45 p.m.      Transition to Breakouts Sessions

*Day 3 Continued*

*Session II: The Solutions – Bias to Action*

- 12:50 p.m.      **Breakout Options (Tracks: *Pediatrics*, *Policy & Advocacy*, *Specialty Topics*):**
- **Child Psychology**  
 Rachael Gow, Ph.D.  
*Moderators: Elizabeth Meade, M.D. and Sherri Zorn, M.D.*
  - **Lobby for Change**  
 Vicki Alexander, M.D.  
*Moderators: Kristen Shane, RN, BSN and Arti Chandra, M.D.*
  - **Identifying and Correcting the Specific Neurotransmitter Deficits that Generate Addictive Cravings for Toxic Food**  
 Julia Ross, MA, NNTS  
*Moderators: Leslie Lee, RD, and Roberta Ruggiero*
  - **COVID 19's Impact on Blood Glucose Regulation**  
 Keith Berkowitz, M.D., MBA  
*Moderator: Uma Pisharody, M.D.*
- 1:50 p.m.      Break
- 2 p.m.      *Moderator: Nicole Roehrig, MSN*  
**Nutrition Association with Cognitive and Motor Outcomes in Older Adults**  
 Puja Agarwal, Ph.D.
- 2:30 p.m.      **Prevention and Treatment of Diseases through Research: Metabolic-based Strategies for Targeting Epilepsy, Neurodegenerative Diseases, and Cancer**  
 Dominic D'Agostino, Ph.D.
- 3 p.m.      **Discussion Panel and Q&A**  
 Puja Agarwal, Ph.D., and Dominic D'Agostino, Ph.D.
- 3:30 p.m.      **Unconditional love: The Essential Nutrient**  
 Julia Mossbridge, BA, MA, Ph.D.
- 4 p.m.      **Closing Remarks and Bias to Action Summary**  
 Nicole Roehrig, MSN
- 4:15 p.m.      Adjourn

## ***On-Demand, Accredited Content Included***

*International Faculty experts below will also be providing additional accredited, on-demand content for this program. Access is included with registration. Lectures will be available the week of the event for viewing up to 60 days after the program.*

**A Discovery that Reframes the Whole of Global Healthcare in the 21st Century** - Jeffrey Bland, Ph.D., FACN, FACB

**Integrative Approach to Metabolic Disease-** Trina Seligman, ND

**Is Low Carb, Protein, or Satiety Best for Metabolic Health and Reversing Type 2 Diabetes?** - Andreas Eenfeldt, M.D.

**Mindful Eating for a Healthy Gut-Brain Connection** – Michelle Babb, MS, RDN, CD

**The Metabolic Matrix** – Robert H. Lustig, M.D.; Rachel Gow, Ph.D.; Andreas Kornstadt, M.D.; Roberta Ruggiero; Wolfram Alderson, MS

**Reactive Hypoglycemia** – Keith Berkowitz, M.D., MBA; Leslie Lee, RD; Wolfram Alderson, MS; Roberta Ruggiero

**Ultra-Processed Foods** – Robert H. Lustig, M.D.; Carlos Monteiro, M.D., Ph.D.; Andreas Kornstadt, M.D.; Joan Iffland, Ph.D., MBA

**Mindfulness Meditation**– Julia Mossbridge, BA, MA, Ph.D.

**Lifestyle Medicine the Commonsense Solution to the Chronic Disease Epidemic** – Saray Stancic, M.D.

**Metabolism, Mental Disorders, and the Ketogenic Diet** – Christopher Palmer, M.D.

### ***FOR FULL SYMPOSIUM + ON-DEMAND CONTENT***

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#### **Other Health Professionals**

Many credentialing bodies, societies and boards (such as Nurses, PAs, PTs, Social Workers) accept *AMA PRA Category 1 Credits™* as an equivalent credit hour as long as the topic is relevant to the applicant's field or discipline. If you have any doubts whether an activity will qualify for CE, please check our planned agenda and contact your board prior to registering for the course.

#### **Registered Nurses**

The American Nurses Credentialing Center (ANCC) accepts *AMA PRA Category 1 Credits™* issued by organizations accredited by the ACCME for the purpose of recertification.

#### **Nurse Practitioners**

The American Academy of Nurse Practitioners Certified Program (AANPCP) and the American Association of Nurse Practitioners (AANP) accept *AMA PRA Category 1 Credits™* from organizations accredited by the ACCME.

#### **American Academy of Physician Assistant**

AAPA accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credits™* from organizations accredited by the ACCME or a recognized state medical society. Physician Assistants may receive a maximum of 30 hours of *AMA PRA Category 1 Credits™* for completing this course.