



Thursday, Aug. 15, 2024

8:40-9 a.m.: Welcome

Neal Barnard, MD, FACC, Physicians Committee
Richard Horton, OBE, Editor-in-Chief and Publisher, *The Lancet*
Representative Adam Schiff, U.S. Congress (virtual remarks)

9-9:45 a.m.: Can Lifestyle Changes Reverse Mild Cognitive Impairment Due to Alzheimer's Disease?

Dean Ornish, MD, Preventive Medicine Research Institute

9:45-10:30 a.m.: Nutrition and Parkinson's Disease

John Duda, MD, Veteran's Administration Medical Center

10:30-10:45 a.m.: Break

10:45-11:30 a.m.: The Impact of Physical Activity on Neurocognitive Function in Late Adulthood

Kirk Erickson, PhD, AdventHealth Research Institute

11:30 a.m.-12:15 p.m.: A Clinical and Culinary Guide to Hospital Food

Anna Herby, DHSc, RD, CDE, Physicians Committee
Dustin Harder, Physicians Committee

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

1:30-2:15 p.m.: Hormone Therapy and Risk of Dementia—What the Evidence Tells Us So Far

Amani Meaidi, MD, Danish Cancer Institute

2:15-3 p.m.: An Unexpected Role for Routine Vaccinations in Reducing the Risk for Developing Alzheimer's Disease

Paul E. Schulz, MD, The McGovern Medical School of UTHealth Houston

3-3:15 p.m.: Break**3:15-4 p.m.: How Can You Avoid Burnout and Help Your Patients Thrive? The Six Health Habits You Need to Know**

Gemma Newman, MBBCh, DRCOG, DFSRH, MRCGP

4-4:45 p.m.: Key Concepts in Gut Health: IBS, SIBO, BAM, and Beyond

Alan Desmond, MBBCh, BMedSc, FRCP, Devon Gut Clinic

5-6 p.m.: White House Photo Op**6:30-8 p.m.: Healthy Hospital Chef Challenge**

Dustin Harder, Physicians Committee
Lilian Correa, RD, MPH, CDN, DipACLM, NYC Health + Hospitals

Friday, Aug. 16, 2024**9-10 a.m.: Evolution and Interpretation of Lipid and Lipoprotein Biomarkers Related to Atherosclerotic Cardiovascular Disease**

Thomas Dayspring, MD, Fellow of the American College of Physicians and the National Lipid Association

10-10:45 a.m.: What Do We Really Know About the Clinical Benefit of Statins?

John Abramson, MD, MSc

10:45-11 a.m.: Break**11-11:45 a.m.: Food Choices That Facilitate Weight Loss**

Neal Barnard, MD, FACC, Physicians Committee

Power Foods in Practice

Dustin Harder, Physicians Committee

11:45 a.m.-12:15 p.m.: Product Showcase

Roxanne Becker, MBChB, DipIBLM, Physicians Committee

Robyn Engman, RD, Physicians Committee

Dustin Harder, Physicians Committee

Stephanie McBurnett, RD, Physicians Committee

Kristi Funk, MD, Pink Lotus Breast Center

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

Nurses Nutrition Network Lunch

Dietitian Networking Lunch

1:30-2:15 p.m.: Top 18 Breast Superfoods

Kristi Funk, MD, Pink Lotus Breast Center

2:15-3:15 p.m.: How Big Pharma Broke American Health Care and How We Can Repair It

John Abramson, MD, MSc

3:15-3:30 p.m.: Break

3:30-4:15 p.m.: Processed Food and Plant-Based Diets

Hana Kahleova, MD, PhD, Physicians Committee

Neal Barnard, MD, FACC, Physicians Committee

4:15-5 p.m.: Finding More Consensus in Health Science Communication about Plant-Based Diets

Christopher Gardner, PhD, Stanford University

7-8:30 p.m.: Educational Dinner Program

Food Sovereignty as an Approach to Indigenous Health Equity

Roselyn Tso, Director of the Indian Health Service

Valarie Blue Bird Jernigan, DrPH, MPH, Center for Indigenous Health Research and Policy

Former President and First Lady of the Navajo Nation, Jonathan and Phefelina Nez

Saturday, Aug. 17, 2024

9-9:45 a.m.: Weight Management: Nutrition vs. Drugs vs. Surgery

Vanita Rahman, MD, Barnard Medical Center

9:45-10:30 a.m.: The Cardiovascular Effects of a Plant-based Diet

Allen Solomon, MD, George Washington University

10:30-10:45 a.m.: Break

10:45-11:30 a.m.: Long Term Effectiveness of a Lifestyle Intervention With Plant Based Diet on Rheumatoid Arthritis and Osteoarthritis: The “Plants For Joints” Trial

Dirkjan van Schaardenburg, MD, PhD, Amsterdam University Medical Centers

11:30 a.m.–12:15 p.m.: Novel Findings From Plant-Based Intervention Trials

Thomas Campbell, MD, University of Rochester

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

Student Networking Lunch

1:30-2:45 p.m.: The Tough Cases: Handling Clinical Challenges

James Loomis, MD, MBA, FACLM, Barnard Medical Center

Thomas Campbell, MD, University of Rochester

Allen Solomon, MD, George Washington University

Alan Desmond, MBBCh, BMedSc, FRCP, Devon Gut Clinic

Hana Kahleova, MD, PhD, Physicians Committee

2:45-3 p.m.: Government Update: Nutrition Education, Dietary Guidelines, and More

Andrew Binovi, MPP, Physicians Committee

3-3:15 p.m.: Break

3:15-3:45 p.m.: Research Ethics Update

Neal Barnard, MD, FACC, Physicians Committee

Janine McCarthy, MPH, Physicians Committee

3:45-4:30 p.m.: A Comparison of Two Variants of an Educational Nutrition Program: In Person vs. Remote

Ted Barnett, MD, FACLM, DipABLM, Rochester Lifestyle Medicine Institute

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