



International Conference on
NUTRITION IN MEDICINE

August 14-16, 2025, Washington, DC

Thursday, Aug. 14, 2025

Welcome Greetings

Neal Barnard, MD, FACC – The George Washington University School of Medicine
Mitchell Katz, MD – Deputy Editor, *JAMA Internal Medicine*, and CEO, NYC Health and Hospitals

Morning Sessions

9 a.m. – I'm Doing Everything Right, but My Cholesterol's Still High. What Now?

Speaker: Kim Williams, MD, MACC, FAHA, MASNC, FESC

10 a.m. – What Supplements Do Your Patients Really Need?

Speaker: Gemma Newman, MBBCh, DRCOG, DFSRH, MRCP

10:45 a.m. – Break

11 a.m. – An Amazing Food Demonstration

Speakers: Jill Erickson and Joel Erickson

Community Wellness Initiatives: Promoting Health and Sustainability in Africatown and South Alabama

Angelia Dickinson, MS, ALC, ADC, DipACLM

12 p.m. – Lunch and Tasting

Afternoon Sessions

1:15 p.m. – The Women's Health Initiative (WHI) Randomized Clinical Trials and Breast Cancer Prevention

Speaker: Rowan Chlebowski, MD, PhD

2 p.m. – Getting Serious About Breast Cancer

Speaker: Kristi Funk, MD

2:45 p.m. – Break

3 p.m. – Menopause and Hormone Therapy – What Does the Evidence Show?

Speaker: Vanita Rahman, MD

3:45 p.m. – The Menopause Myth

Speaker: Anthony Scialli, MD

5:00 p.m. – White House Photo Opp

Friday, Aug. 15, 2025

Welcome Remarks

Bobby Mukkamala, MD – American Medical Association President

Morning Sessions

9 a.m. – Prostate Cancer Screening, Treatment Planning, and Prevention

Speaker: Peter Carroll, MD, MPH

9:45 a.m. – What Role Does Nutrition Play in Prostate Cancer?

Speaker: Edward Giovannucci, MD, ScD

10:30 a.m. – Associations of Plasma Omega-6 and Omega-3 Fatty Acids with Overall and 19 Site-Specific Cancers: A Population-Based Cohort Study in UK Biobank

Speaker: Kaixiong Ye, PhD

11 a.m. – Break

11:15 a.m. – Can Lifestyle Changes Slow, Stop, or Reverse the Progression of Low-Grade Prostate Cancer?

Speaker: Dean Ornish, MD

12:15 p.m. – Lunch

Afternoon Sessions

1:30 p.m. – Dietary Evidence in Cancer

Speaker: Urvi Shah, MD, MS

2:15 p.m. – Can Lifestyle Changes Reverse the Progression of Early-Stage Alzheimer's Disease?

Speaker: Dean Ornish, MD

3 p.m. – Break

3:15 p.m. – Plant-Based Diets and “Healthy” and “Unhealthy” Foods

Speakers: Hana Kahleova, MD, PhD; Neal Barnard, MD, FACC

4:00 p.m. – Ultra-Processed Foods – Overview of Recent AHA Scientific Advisory

Speaker: Christopher Gardner, PhD

4:45 p.m. – Government Update: Nutrition in Public Policy

Speaker: Andrew Binovi, MPP

7:00 p.m. Evening Dinner Program

The Dietary Guidelines for Americans

Speaker: Christopher Gardner, PhD

Saturday, Aug. 16, 2025

Morning Sessions

8:40 a.m. Jumpstart and Lifestyle Medicine Grand Rounds

Speaker: Ted Barnett, MD, FACLM

9 a.m. – GLP-1 Agonists and Weight Loss – Where Are We Now?

Speaker: Vanita Rahman, MD

9:45 a.m. – Real-World Evidence for GLP-1 Obesity Treatment among Patients without Diabetes: Persistence, Clinical Outcomes, and Medical Cost Offsets

Speaker: Ben Urick, PharmD, PhD

10:00 a.m. – Panel on GLP-1s

Panelists: Vanita Rahman, MD; Ben Urick, PharmD, PhD; Ted Barnett, MD, FACLM

10:30 a.m. – Break

10:45 a.m. – Nutrition and Skin Health

Speaker: Jessica Krant, MD, MPH, FAAD, FACLM

11:30 a.m. – The Wrinkle Effect: How Habits Age Your Skin

Speaker: Roxanne Becker, MBChB, DipIBLM

12:15 p.m. – Lunch

Afternoon Sessions

1:30 p.m. – The Tough Cases: Renal Involvement, Thyroid, Kidney, Liver, Persistent High LDL

Expert Panel: James Loomis, MD; Michael Greger, MD, FACLM; Hana Kahleova, MD, PhD; Vanita Rahman, MD; Ted Barnett, MD, FACLM

2:45 p.m. – Product Showcase

3:15 p.m. – Break

3:30 p.m. – Ethical Considerations in Human Nutrition Research

Speakers: Neal Barnard, MD, FACC; Janine McCarthy, MPH

4:15 p.m. – Are Ultra-Processed Plant-Based Meat Alternatives Healthier Than the Alternative?

Speaker: Michael Greger, MD, FACLM