



David Geffen
School of Medicine

Personalized Nutrition in Primary Care 2019



December 7, 2019
Iris Cantor Auditorium
Geffen Hall, UCLA Campus
Los Angeles, California

In cooperation with the
American Society for Nutrition

CME OFFICE OF
CONTINUING
MEDICAL
EDUCATION

DAVID GEFFEN SCHOOL OF MEDICINE at **UCLA**

Course Description

Nutrition is the cornerstone of health and maintaining quality of life. Diet and lifestyle are central to preventing and treating many common conditions such as obesity, diabetes, heart disease, cancer and dementia. Recent research has demonstrated that more than 80% of patients with dementia also have cardiovascular disease or diabetes and excess body fat. We understand not only that each person's genes are different, but that the metabolism of foods is also highly variable. This observation has given rise to the concept of personalized nutrition and the development of tools to optimize individual dietary recommendations. "Personalized Nutrition in Primary Care" is a one-day CME course that offers providers of varying backgrounds a chance to understand how genes, metabolic biomarkers of disease risk, 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 to address the global epidemic of obesity and nutrition-related diseases
- Evaluate food quality using the nutrient-rich density concept
- Employ behavior modification techniques including social support, self-monitoring, stimulus control, and stress reduction to promote a healthy lifestyle
- Counsel patients on dietary interventions to prevent and treat obesity, cardiovascular disease, and diabetes using a personalized approach
- Utilize nutrition to complement or reduce dependence on pharmacotherapy to manage common diseases such as diabetes and fatty liver disease
- Develop skills to deliver personalized nutrition recommendations, individualized activity plans and customized programs for patients

Target Audience

This course is designed for physicians, dietitians, nurse practitioners, physician assistants, and other healthcare providers in 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

Dina Ben-Nissan, MS, RDN

Registered Dietitian
Department of Clinical Nutrition
UCLA Center for Human Nutrition
David Geffen School of Medicine at UCLA

Roger Clemens, DrPH, FIFT, CFS, FASN, FACN, CNS, FIAFST

USC School of Pharmacy, International Center for Regulatory Science
Adjunct Professor, Pharmacology & Pharmaceutical Sciences
Adjunct Assistant Professor, Regulatory and Quality Science
Los Angeles, CA

William J. Evans, PhD

Adjunct Professor of Human Nutrition
Department of Nutritional Sciences & Toxicology
University of California, Berkeley
Adjunct Professor of Medicine
Department of Medicine, Division of Geriatrics
Duke University Medical Center
Durham, NC

Michael C. Garcia, MD

Clinical Instructor of Medicine
Division of Clinical Nutrition
Department of Medicine
David Geffen School of Medicine at UCLA

Vay Liang W. (Bill) Go, MD

Distinguished Professor of Medicine
Co-Director UCLA Agi Hirshberg Center for Pancreatic Diseases
David Geffen School of Medicine at UCLA

David Heber, MD, PhD, FACP, FASN

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

Nancee Jaffe, MS, RDN

Registered Dietitian
UCLA Digestive Health & Nutrition Clinic
UCLA Vatche and Tamar Manoukian Division of Digestive Diseases
David Geffen School of Medicine at UCLA

Donald K. Layman, PhD

Professor Emeritus
Department of Food Science & Human Nutrition
University of Illinois at Urbana-Champaign
Champaign, IL

Lauren M. Lemieux, MD

Clinical Instructor of Medicine
Division of Clinical Nutrition
Department of Medicine
David Geffen School of Medicine at UCLA

Berkeley N. Limketkai, MD, PhD

Associate Clinical Professor
UCLA Vatche and Tamar Manoukian Division of Digestive Diseases
Director, Clinical Research
Center for Inflammatory Bowel Diseases
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

Felicia C. Yu, MD

Assistant Clinical Professor of Health Sciences
David Geffen School of Medicine at UCLA
Certified Culinary Medicine Specialist

Saturday, December 7, 2019

8:00 **Registration and Continental Breakfast**

8:30 **Introduction: Integrative View of Obesity and Type 2 Diabetes**

David Heber, MD, PhD, FACP, FASN

9:00 **Optimizing Protein in a Carbohydrate World**

Donald K. Layman, PhD

9:30 **Sarcopenia and Frailty: Essential Role of Protein Intake**

William J. Evans, PhD

10:00 **Break**

10:45 **Role of Dietary Supplements in Primary Care Nutrition**

Roger Clemens, DrPH, FIFT, CFS, FASN, FACN, CNS, FIAFST

11:15 **Individualized Meal Plans for Success**

Dina Ben-Nissan, MS, RDN

11:45 **The Elderly Patient with Involuntary Weight Loss**

Michael C. Garcia, MD

12:15 **Lunch**

1:00 **The Central Role of the Pancreas in Metabolism and Diabetes**

Vay Liang W. (Bill) Go, MD

1:30 **Nutrition Therapy for IBD**

Berkeley N. Limketkai, MD, PhD

2:00 **“Doctor, What Should I Eat?” Nutrition Advice for GI Health**

Nancee Jaffe, MS, RDN

2:30 **Break**

2:45 **Remission of Type 2 Diabetes Mellitus with Weight Loss**

Vijaya Surampudi, MD, MS

3:15 **Patient-Centered Counseling for Weight Management**

Lauren M. Lemieux, MD

3:45 **Culinary Medicine: A Holistic Approach to Making Dietary Changes**

Felicia C. Yu, MD

4:15 **Personalized Nutrition, Microbiome and Glucose Control in Type 2 Diabetes Mellitus**

Zhaoping Li, MD, PhD

4:45 **Panel Discussion**

5:15 **Adjourn**



General Information

Registration Fee

- \$125 Physicians, Nurses, Dietitians, and Other Allied Health Professionals
- \$90 Fellows, Residents

Refunds

Cancellations must be received in writing by Friday, November 1, 2019 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., Suite 1060, Los Angeles, CA 90024-6512

Online

Go to www.cme.ucla.edu/courses, click on Personalized Nutrition in Primary Care 2019, 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

Iris Cantor Auditorium
Geffen Hall, UCLA Campus
885 Tiverton Drive
Los Angeles, CA 90095

Directions and Parking

From the 405 freeway, exit Wilshire Blvd., East toward Westwood. Turn left on Westwood Blvd. and turn right on Le Conte Ave. Then, turn left on Tiverton Ave. Parking structure Lot 18 will be on your left around the circle. Parking attendants will be selling permits from 7:00 AM – 9:00 AM for Lot 18. If you arrive outside of this time frame, please visit the parking kiosk on Westwood Plaza (between Charles E. Young Dr. and Strathmore Pl.) to pay for your parking permit. Participants are responsible for their own parking charges at a rate of \$13 per vehicle, cash only. The Geffen Hall Auditorium is located at the intersection of Le Conte Ave. and Tiverton Ave.

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 7 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The California State Board of Registered Nursing accepts courses approved by the AMA for category 1 credit as meeting the continuing education requirements for license renewal. Nurses from states other than California should inquire with their local State Board for specific continuing education policies.

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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Application for Enrollment (Please Print)

Course Title and Number	Amount
Personalized Nutrition in Primary Care 2019 M190-17	
REGISTRATION FEES:	
\$125 Physicians, Nurses, Dietitians, and Other Allied Health Professionals	
\$90 Fellows and Residents	

Please print clearly, and remember to include your credit card number and authorizing signature.

Last four digits of your Social Security Number

Name (First/Middle/Last)

Degree

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(_____) _____

Area Code

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Check enclosed payable to: **The Regents of the University of California**

Charge: MasterCard Visa Discover American Express

Name of cardholder

Authorizing Signature

Expiration (Mo/Yr)

Mail to: Office of Continuing Medical Education, David Geffen School of Medicine at UCLA,
Personalized Nutrition, 10920 Wilshire Blvd., Suite 1060, Los Angeles, CA 90024-6512.

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David Geffen School of Medicine at UCLA
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