

# **Personalized Nutrition in Primary Care 2021: The Essential Role of Nutrition in Immunity**



**Saturday, March 13, 2021**

***A Live Virtual Conference***

## Course Description

Nutrition is the central pillar of good health and quality of life. The global pandemics of viral infection, obesity, and malnutrition have put a spotlight on the important role that nutrition plays in supporting the immune system. The public demand for nutrition information as it relates to immunity has increased and patients regularly turn to their trusted primary care providers for information and advice.

New discoveries in nutritional science have defined the role of the microbiome in inflammation and common age-related chronic conditions including obesity through its interaction with the gut-associated immune system. Recent research has also demonstrated how various nutrients (macro, micro, and phytonutrients) play an essential role in preserving and augmenting various aspects of cellular immune function and reducing inflammatory mediators.

“Personalized Nutrition in Primary Care 2021: The Essential Role of Nutrition in Immunity” is a live virtual CME course for health care providers in the primary care setting. This event is an opportunity to learn from experts in the field about nutrition and immunity that can translate to clinical practice. Participants will learn how to formulate personalized nutrition recommendations to support optimal immunity.

## Course Objectives

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

- Understand the new science of immunonutrition
- Learn the relationship between nutrition, gut microbiome and immune response
- Tailor macronutrients, micronutrients, and phytonutrients for optimal immune response
- Evaluate food quality and dietary pattern and their effects on immune response
- Counsel patients using a personalized approach on dietary interventions to prevent and treat chronic inflammation which also underlies various common health problems including obesity, cardiovascular disease, and diabetes
- Integrate modern nutritional concepts into primary care practice for optimal immunity

## Target Audience

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

# David Geffen School of Medicine at UCLA Faculty

## COURSE DIRECTOR

**Zhaoping Li, MD, PhD**

Professor of Medicine  
Director, Center for Human Nutrition

## COURSE FACULTY

**Lydia Chau, MS, RD**

UCLA Center for Human Nutrition  
Department of Medicine

**Michael C. Garcia, MD**

Assistant Professor of Medicine  
UCLA Center for Human Nutrition  
Department of Medicine

**David Heber, MD, PhD, FACP, FASN**

Professor Emeritus of Medicine and Public Health  
Founding Director, UCLA Center for Human Nutrition

**Jonathan Jacobs, MD, PhD**

Assistant Professor of Medicine and Public Health  
Division of Digestive Diseases  
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**Lauren M. Lemieux, MD**

Assistant Clinical Professor of Medicine  
UCLA Center for Human Nutrition  
Department of Medicine

**Vijaya Surampudi, MD, MS**

Assistant Clinical Professor of Medicine  
Assistant Director, UCLA Healthier Weight Management Program  
UCLA Center for Human Nutrition  
Department of Medicine

**Joseph S. Yusin, MD**

Associate Clinical Professor of Medicine  
Division of Allergy and Immunology  
Department of Medicine  
VA Greater Los Angeles VA Health Care System

# Program

## Saturday, March 13, 2021

- 7:50     **Introduction**
- 8:00     **Immunonutrition: The New Nutrition Science**  
*David Heber, MD, PhD, FACP, FASN*
- 9:00     **Diet, Microbiome and Immunity**  
*Jonathan Jacobs, MD, PhD*
- 10:15    **Break**
- 10:30    **Dietary Protein: Building Muscles and Immunity**  
*Michael C. Garcia, MD*
- 11:30    **Supplementing the Immune System: A Review of Evidence for Dietary Supplements**  
*Lauren M. Lemieux, MD*
- 12:30    **Break**
- 1:30     **Immune Function and Obesity: The Missing Link?**  
*Vijaya Surampudi, MD, MS*
- 2:30     **Sustainable Weight Management in Primary Care**  
*Lydia Chau, MS, RD*
- 3:30     **Break**
- 3:45     **Phytonutrients and Immunity: Lesson Learned from Allergic Rhinitis**  
*Joseph S. Yusin, MD*
- 4:30     **Dietary Quality and Immune Health**  
*Zhaoping Li, MD, PhD*
- 5:30     **Adjourn**





# General Information

## Fee

\$50.00 Registration Fee

## Refunds

No refunds will be granted for this course due to the low enrollment fee. A full refund will be provided if for any reason the course must be cancelled or rescheduled.

## 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](http://www.cme.ucla.edu/courses), click on Personalized Nutrition in Primary Care 2021, 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.

## 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 8 *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.

# Personalized Nutrition in Primary Care 2021

March 13, 2021

Application for Enrollment (Please Print)

		Fee
<b>Personalized Nutrition in Primary Care 2021</b>	M201-38	\$50.00

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

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Last four digits of your Social Security Number

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Personalized Nutrition, 10920 Wilshire Blvd., Suite 1060, Los Angeles, CA 90024-6512.