



Personalized Nutrition in Primary Care 2022: Nutrition in Cancer Prevention, Treatment and Survivorship

Saturday, October 22, 2022

**Tamkin Auditorium
Ronald Reagan UCLA Medical Center
Los Angeles, California**

Course Description

Nutrition is a central pillar through all phases of cancer treatment. In this interactive course, you will learn foundational information about the role of nutrition in cancer prevention, treatment, and survivorship. Healthy and early nutrition interventions are fundamental to improving outcomes for patients with cancer. When patients become malnourished, they are less likely to receive their prescribed oncology treatment which may reduce the efficacy of treatment and lead to worsened clinical and prognostic outcomes.

Numerous studies have linked nutritional factors with the risk for developing different types of cancers, risk for recurrence, and likelihood of survival. A personalized nutrition cancer plan aims to minimize side effects from cancer treatments, achieve and maintain a healthy body weight, enhance quality of life, and prevent or correct nutritional deficiencies. Recent research has also demonstrated how various nutrients (macro, micro and phytonutrients) play a key role in preserving and augmenting various aspects of cellular immune function and reducing inflammatory mediators.

“Personalized Nutrition in Primary Care 2022: Nutrition in Cancer Prevention, Treatment and Survivorship” is a live 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 oncology that can translate to clinical practice. Participants will learn how to formulate personalized nutrition recommendations to support oncology care.

Course Objectives

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

- Understand the new science of precision oncology and precision nutrition
- Learn the relationship between diet, microbiome and risks for gastrointestinal cancers
- Tailor macronutrients, micronutrients, and phytonutrients for optimal immune response
- Evaluate dietary quality, food insecurity and cancer risks
- Counsel patients on dietary interventions related to cancer using a personalized approach
- Integrate modern nutritional concepts into primary care practice to enhance the quality of life for patients with cancer

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, UCLA Center for Human Nutrition
David Geffen School of Medicine at UCLA
Interim Chair, Department of Medicine
VA Greater Los Angeles Health Care System

GUEST FACULTY

Stephen J. Pandol, MD

Professor of Medicine
Director, Basic and Translational Pancreas
Research
Director, Gastroenterology Training Program
Division of Digestive and Liver Diseases
Cedars-Sinai Medical Center
Professor in Residence
David Geffen School of Medicine at UCLA

Gillian Gresham, PhD

Assistant Professor
Department of Medicine
Division of Hematology/Oncology
Cedars-Sinai Medical Center
Los Angeles, California

DAVID GEFFEN SCHOOL OF MEDICINE AT UCLA FACULTY

Mopelola A. Adeyemo, MD, MPH

Clinical Instructor
UCLA Center for Human Nutrition

Sidharth Anand, MD, MBA

Assistant Professor
Division Quality Officer
Division of Hematology-Oncology
Department of Medicine

William Aronson, MD

Professor
Department of Urology

Michael C. Garcia, MD

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

Dave Garg, MD

Clinical Instructor
UCLA Center for Human Nutrition

David Heber, MD, PhD

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
Department of Medicine

William J. McCarthy, PhD

Professor
Department of Health Policy and
Management
UCLA Fielding School of Public Health

Vijaya Surampudi, MD, MS

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

Shelby Yaceczko, RD, MS, RDN-AP, CNCS

Lead Dietitian
UCLA Center for Human Nutrition

Program

Saturday, October 22, 2022

7:30 **Registration and Breakfast**

8:00 **Welcome and Introduction**

8:15 **Dr. Bill Go Lectureship
Connecting Pancreatic Diseases – Pancreatitis, Diabetes,
Pancreatic Cancer**

Stephen J. Pandol, MD

9:00 **Diet, Microbiome and Risks for Gastrointestinal Cancers**

Jonathan Jacobs, MD, PhD

9:40 **Dietary Quality, Food Insecurity and Cancer Risk**

William J. McCarthy, PhD

10:20 **Break**

10:30 **Diet and Prostate Cancer – What to Tell Your Patients**

William Aronson, MD

11:10 **Nutrition Interventions in Metastatic Malignancies:
Can We Find a DFS or OS benefit?**

Sidharth Anand, MD, MBA

11:50 **Panel Discussion**

12:00 **Break**

1:00 **The Obesity-Cancer Link: Current Hypotheses for Causal
Connection**

Vijaya Surampudi, MD, MS

1:40 **Wearable Technology for Monitoring and Motivating
Physical Activity Among Cancer Patients**

Gillian Gresham, PhD

2:20 **Super Foods for Enhanced Recovery After Gastrointestinal
Cancer Resection**

Shelby Yaceczko, RD, MS, RDN-AP, CNSC

3:00 **Break**

3:10 **Parenteral/Enteral Nutrition Versus Fasting for Optimal Response to Cancer Therapy**

Michael C. Garcia, MD

3:50 **Precision Oncology and Precision Nutrition: Opportunities for Integration**

David Heber, MD, PhD

4:30 **Case Study**

Mopelola A. Adeyemo, MD, MPH and Dave Garg, MD

5:00 **Adjourn**



General Information

Fee

\$100.00 Registration Fee
(In-person or Live Virtual)

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 canceled 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, click on Personalized Nutrition in Primary Care 2022, 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 (424) 842-1604

Program Location

Tamkin Auditorium
Ronald Reagan UCLA Medical Center
757 Westwood Plaza
Los Angeles, California 90095

Directions and Parking

From the 405 freeway, exit Wilshire Blvd., East toward Westwood. Turn left on Westwood Blvd., travel past Charles E. Young Dr. South and turn left onto Structure 8 driveway. Drive up the ramp to the rooftop level to park. Pay per license plate at the kiosk. All day self-parking is \$14.00.

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 7.5 *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)

		Fee
Personalized Nutrition in Primary Care 2022	M223-17	\$100.00
Please select one option only:		
<input type="checkbox"/> In-person		
<input type="checkbox"/> Live virtual		

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

Preferred Mailing Address

City/State/ZIP

(_____) _____
Area Code Daytime Phone

(_____) _____
Area Code FAX

E-mail

Specialty

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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