

Metabolic Health Symposium: Catalyzing Science to Action for Transformation and Resilience Across the Lifespan

Thursday, June 9 – Saturday, June 11, 2022

Live, In-Person and Virtual Broadcast from Seattle, WA, USA

Agenda

Thursday, June 9th – Day One: Protect the Liver

7 a.m. PT In-Person: Registration, Check-in, and Breakfast

7:20 a.m. Virtual Attendee Portal Open for Check-In

7:45 a.m. **Welcome & Opening Remarks**
Uma Pisharody, M.D., *Course Director*

Session I: The Problems

8 a.m. *Moderator: Uma Pisharody, M.D.*
Keynote: The BIG Picture: NAFLD – Debunking Myths, Liver Toxins, Fructose & Other Toxins
Robert Lustig, M.D., MSL

8:45 a.m. **Q&A Discussion**
Robert Lustig, M.D., MSL

9:15 a.m. **The Impact of Nutrition and Inflammation and Chronic Illness**
Monica Aggarwal, M.D. (*presenting virtual*)

9:45 a.m. Break

10 a.m. **Featured Topic Lectures & Dialogue Panels**
Lecturers

- Miriam Vos, M.D. : *Sugars and the Liver: A Not-So-Sweet Story*
- Thomas Flass, M.D., MS: *The Modern Diet in the First Thousand Days- A Recipe for Disaster?*
- Kimber Stanhope, Ph.D., RD: *Implicating Added Sugar in the Development of Cardiometabolic Disease: The Strong, the Not so Strong, and the Missing Research Evidence*

Panelists

- Robert Lustig M.D., MSL
- Monica Aggarwal, M.D.

11:45 a.m. Lunch Break

Noon **Lunch & Learn Demonstration - Healthy School Meals for All and Why it's so Important for Our Children's Future**
Chef Ann Cooper, CEC

1 p.m. Transition to Breakouts Sessions

Session II: The Solutions – Bias to Action

- 1:05 p.m. **Breakout Options (Tracks: **Pediatrics**, **Policy & Advocacy**, **Specialty Topics**):**
- **Feeding Infants and Children: NAFLD (nonalcoholic fatty liver disease) Epidemic and Opportunity**
Miriam Vos, M.D. and Thomas Flass, M.D., MS
Moderators: Leslie Lee, RD and Sherri Zorn, M.D.
 - **Evidenced Based Hydration for Sports Medicine (Virtually presented)**
Tim Noakes, M.D., DSc, PhD (hc), MBChB, OMS and Adam C. Cady, PA-C, NHS, ATC, CSCS *(presenting virtual)*
Moderators: Wolfram Alderson, MS and Kristen Shane, RN, BSN
 - **Oral/Hepatic Health**
Kevin Boyd, DDS
Moderators: Nicole Roehrig, MSN and Elizabeth Meade, M.D.
- 2:05 p.m. Break
- Moderator: Arti Chandra, M.D.*
- 2:15 p.m. **Dental and Hepatic Decay: The Common Carbohydrate Connection**
Kevin Boyd, DDS
- 2:55 p.m. **The Power of the Plate: The Soil x Human Health Connection**
Jeff Tkach, BS *(presenting virtual)*
- 3:35 p.m. **Dialogue Panel: Changing Health from the Ground Up**
Jeff Tkach, BS and Chef Ann Cooper, CEC
- 4:20 p.m. **Closing Remarks and Bias to Action Summary**
Arti Chandra, M.D.
- 4:35 p.m. Adjourn

Friday, June 10th – Day Two: Feed the Gut

- 7 a.m. PT In-Person: Registration, Check-in, and Breakfast
- 7:20 a.m. Virtual Attendee Portal Open for Check-In
- 7:45 a.m. **Welcome & Opening Remarks**
Leslie Lee, RD

Session I: The Problems

- Moderator: Leslie Lee, RD*
- 8 a.m. **Keynote: The Carbohydrate-Insulin Model: Addressing Biological Drivers of Obesity**
David Ludwig, M.D., Ph.D.
- 8:45 a.m. **Q&A Discussion**
David Ludwig, M.D., Ph.D.

- 9:15 a.m. **Microbiome**
Rob Knight, Ph.D. (*presenting virtual*)
- 10 a.m. Break
- 10:15 a.m. **Featured Topic Lectures & Dialogue Panels**
Topics may include: Lipid labs, sat fat, lymphatics, cholesterol, GRAS, food labels, supplements, food sensitivities, “canaries in the coal mine”
Lecturers
- Susan Maples, DDS: Diabetes Detection in the Mouth
 - Christopher Gardner, Ph.D.: TBD
- Panelists*
- David Ludwig, M.D., Ph.D.
 - Rob Knight, Ph.D.
- 11:45 a.m. Lunch Break
- Noon **Lunch & Learn Demonstration - How Cooking Can Help us Love the Food that will Love us Back for a Lifetime**
Maya Adam, M.D. and Christopher Gardner, Ph.D.
- 1 p.m. Transition to Breakouts Sessions
- Session II: The Solutions – Bias to Action*
- 1:05 p.m. **Breakout Options (Tracks: Pediatrics, Policy & Advocacy, Specialty Topics):**
- **Kids in the Kitchen: Rebuilding our Relationship with Food**
Maya Adam, M.D. (*presenting virtual*)
Moderators: Uma Pisharody, M.D. and Kristen Shane, RN, BSN
 - **Food Policy**
Nina Teicholz, MPhil
Moderators: Elizabeth Meade, M.D. and Nicole Roehrig, MSN
 - **Metabolic Matrix**
Andreas Kornstadt, Ph.D.
Moderators: Wolfram Alderson, MS, and Roberta Ruggiero
- 2:05 p.m. Break
- Moderator: Wolfram Alderson, MS*
- 2:15 p.m. **Ultra Processed Foods and Lobbying For Change**
Vicki Alexander M.D.
- 2:40 p.m. **Ultra-processed Foods and Metabolical Health: Evidence and Policy Implications**
Carlos Monteiro, M.D, Ph.D. (*presenting virtual*)
- 3:10 p.m. **Q&A Discussion**
Carlos Monteiro, M.D, Ph.D. and Vicki Alexander, M.D.
- 3:30 p.m. **Policy**
Aseem Malhotra, M.D.
- 4:15 p.m. **Q&A Discussion - Aseem Malhotra, M.D.**
- 4:30 p.m. **Patient Panel & Q&A**
Team Resilience at Swedish Medical Center

5 p.m. **Closing Remarks & Bias to Action Summary**
Wolfram Alderson, MS

5:15 p.m. Adjourn

Saturday, June 11 – Day Three: Support the Brain

7 a.m. PT In-Person: Registration, Check-in, and Breakfast
7:20 a.m. Virtual Attendee Portal Open for Check-In

7:45 a.m. **Welcome & Opening Remarks**
Elizabeth Meade, M.D.

Session I: The Problems

8 a.m. *Moderator: Elizabeth Meade, M.D.*
Keynote: Bidirectional Effects of Insulin Resistance: Diet, Stress/Depression, and Sugar Addiction and Implications for Interventions
Elissa Epel, Ph.D. (*presenting virtual*)

8:45 a.m. **Q&A Discussion**
Elissa Epel, Ph.D.

9:15 a.m. **Stone Age Body, Space Age Diet: Diet, Metabolism and Mental Health**
Ann Marie Childers, M.D., FAPA

9:45 a.m. Break

10 a.m. **Featured Topic Lectures & Dialogue Panels**
Topics may include: Neuroscience, psychology, and nutrition
Lecturers:

- Rachel Gow, Ph.D. (*presenting virtual*)
- Joan Iffland, Ph.D., MBA

Panelists:

- Elissa Epel, Ph.D.
- Ann Marie Childers, M.D., FAPA

11:30 a.m. Lunch Break

11:45 a.m. **Lunch & Learn Demonstration: It's a No-Brainer: Quick and Delicious Food You, Your Patients, and Their Families Will Love!**
Cindy Thompson, MS, EMT-P, MVLCE; and Local Farmers

12:45 p.m. Transition to Breakouts Sessions

Day 3 Continued

Session II: The Solutions – Bias to Action

12:50 p.m. **Breakout Options (Tracks: [Pediatrics](#), [Policy & Advocacy](#), [Specialty Topics](#)):**

- **Child Psychology**
Rachael Gow, Ph.D. (*presenting virtual*)
Moderators: Elizabeth Meade, M.D. and Sherri Zorn, M.D.

- **Identifying and Correcting the Specific Neurotransmitter Deficits that Generate Addictive Cravings for Toxic Food**
Julia Ross, MA, NNTS
Moderators: Leslie Lee, RD, and Roberta Ruggiero
- **COVID 19's Impact on Blood Glucose Regulation**
Keith Berkowitz, M.D., MBA
Moderator: Uma Pisharody, M.D.

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| 1:50 p.m. | Break |
| 2 p.m. | <i>Moderator: Nicole Roehrig, MSN</i> Nutrition Association with Cognitive and Motor Outcomes in Older Adults Puja Agarwal, Ph.D. |
| 2:30 p.m. | Prevention and Treatment of Diseases through Research: Metabolic-based Strategies for Targeting Epilepsy, Neurodegenerative Diseases, and Cancer Dominic D'Agostino, Ph.D. |
| 3 p.m. | Discussion Panel and Q&A Puja Agarwal, Ph.D., and Dominic D'Agostino, Ph.D. |
| 3:30 p.m. | Unconditional love: The Essential Nutrient Julia Mossbridge, BA, MA, Ph.D. |
| 4 p.m. | Closing Remarks and Bias to Action Summary Nicole Roehrig, MSN |
| 4:15 p.m. | Adjourn |

On-Demand, Accredited Content Included

International Faculty experts below will also be providing additional accredited, on-demand content for this program. Access is included with registration. Lectures will be available the week of the event for viewing up to 60 days after the program.

A Discovery that Reframes the Whole of Global Healthcare in the 21st Century - Jeffrey Bland, Ph.D., FACN, FACB

Integrative Approach to Metabolic Syndrome- Trina Seligman, ND

Is Low Carb, Protein, or Satiety Best for Metabolic Health and Reversing Type 2 Diabetes? - Andreas Eenfeldt, M.D.

Mindful Eating for a Healthy Gut-Brain Connection – Michelle Babb, MS, RDN, CD

The Metabolic Matrix – Robert H. Lustig, M.D.; Rachel Gow, Ph.D.; Andreas Kornstadt, M.D.; Roberta Ruggiero; Wolfram Alderson, MS

Reactive Hypoglycemia – Keith Berkowitz, M.D., MBA; Leslie Lee, RD; Wolfram Alderson, MS; Roberta Ruggiero

Ultra-Processed Foods – Robert H. Lustig, M.D.; Carlos Monteiro, M.D., Ph.D.; Andreas Kornstadt, M.D.; Joan Iffland, Ph.D., MBA

Mindfulness Meditation– Julia Mossbridge. BA, MA, Ph.D.

Lifestyle Medicine the Commonsense Solution to the Chronic Disease Epidemic – Saray Stancic, M.D.

Metabolism, Mental Disorders, and the Ketogenic Diet – Christopher Palmer, M.D.

FOR FULL SYMPOSIUM + ON-DEMAND CONTENT

Accreditation with Commendation

Swedish Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

AMA PRA Category 1 Credits™

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22 live, 8 on demand

Other Health Professionals

Many credentialing bodies, societies and boards (such as Nurses, PAs, PTs, Social Workers) accept *AMA PRA Category 1 Credits™* as an equivalent credit hour as long as the topic is relevant to the applicant's field or discipline. If you have any doubts whether an activity will qualify for CE, please check our planned agenda and contact your board prior to registering for the course.

Registered Nurses

The American Nurses Credentialing Center (ANCC) accepts *AMA PRA Category 1 Credits™* issued by organizations accredited by the ACCME for the purpose of recertification.

Nurse Practitioners

The American Academy of Nurse Practitioners Certified Program (AANPCP) and the American Association of Nurse Practitioners (AANP) accept *AMA PRA Category 1 Credits™* from organizations accredited by the ACCME.

American Academy of Physician Assistant

AAPA accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credits™* from organizations accredited by the ACCME or a recognized state medical society. Physician Assistants may receive a maximum of 30 hours of *AMA PRA Category 1 Credits™* for completing this course.