



# Personalized Nutrition in Primary Care 2024: The Future of Nutrition in Primary Care: “Food as Medicine”

**Saturday, April 13, 2024**

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

## Course Description

For the past 5 years, the goal of this course has been to provide health care professionals in primary care with the latest evidence-based tools and knowledge needed to optimize the care of patients with personalized nutrition. Diet and lifestyle are central to preventing and treating many chronic diseases such as obesity, diabetes, heart disease, fatty liver disease, polycystic ovarian syndrome and cancer. Food as medicine, is an underutilized tool that can help treat and prevent serious chronic diseases that impact millions of people nationwide and constitute a large and disproportionate share of health care spending.

In addition, we are in a new era where novel anti-obesity medications (AOMs) are transforming the way that we are able to treat our patients with chronic disease. Diet and lifestyle considerations are essential to maximize benefits and prevent complications in relation to these AOMs that have become popular in managing chronic disease.

We understand not only that each person's genes are different and that the metabolism of foods and medications responses are 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 the growing body of evidence for food as medicine for chronic diseases and can be utilized to formulate personalized nutritional solutions and management options 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
- Counsel patients on dietary interventions to prevent and treat obesity, fatty liver disease, chronic kidney disease, cardiovascular disease, and diabetes using a personalized approach
- Utilize nutrition to complement and prevent complications related to current anti-obesity medications for management of chronic diseases
- 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

Chief of Medical Services at UCLA/VA GLA

## GUEST FACULTY

### Sean H. Adams, PhD, FTOS

Professor & Vice Chair for Basic Research, Dept. of Surgery, & Scientific Director, Center for Alimentary and Metabolic Science at UC Davis

### William Evans, PhD

Adjunct Professor of Human Nutrition, Department of Nutritional Sciences & Toxicology at UC Berkeley; Adjunct Professor of Medicine at Duke University Medical Center, Division of Geriatrics

### James Hill, PhD

Director, UAB Nutrition Obesity Research Center  
Birmingham, Alabama

## DAVID GEFFEN SCHOOL OF MEDICINE AT UCLA FACULTY

### Mopelola A. Adeyemo, MD, MPH

Assistant Professor within the Division of Clinical Nutrition at UCLA

### Sidharth Anand, MD, MBA

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

### Lydia Chau, MS, RDN, CNSC

Registered Dietitian within the Division of Clinical Nutrition at UCLA

### Courtney DeCan, MD, MPH

Clinical Instructor within the Division of Clinical Nutrition at UCLA

### Daniel Dumesic, MD

Professor of Reproductive Endocrinology and Infertility at UCLA

### Michael Garcia, MD

Assistant Professor of Medicine within the Division of Clinical Nutrition at UCLA

### Dave Garg, MD

Assistant Professor within the Division of Clinical Nutrition at UCLA

### Christine Goukasian, MS, RDN

Registered Dietitian within the Division of Clinical Nutrition at UCLA

### David Heber, MD, PhD

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

### Kam Kalantar-Zadeh, MD, MPH, PhD

Professor-in-residence of Medicine and Epidemiology at UCLA

### Andre Nel, MD, PhD

Distinguished Professor of Medicine; Chief, Division of NanoMedicine; Research Director California NanoSystems Institute; Director of UC Center for the Environmental Impact of Nanotechnology; at UCLA

### Sammy Saab, MD, AGAF, MPH

Medical Director of the UCLA Adult Liver Transplant Program; Medical Director of the Pflieger Liver Institute; Chief of Transplant Hepatology

### Rajat Singh, MD, MBBS

Professor of Medicine; Director Liver Basic Research Center at UCLA

### Wendelin Slusser, MD, MS, FAAP

Associate Vice Provost for the Semel Healthy Campus Initiative Center at UCLA; Clinical Professor in the DGSOM and FSPH

### Vijaya Surampudi, MD, MS

Associate Professor of Medicine and Clinical Chief of the Division of Clinical Nutrition at UCLA

# Program

## Saturday, April 13, 2024

8:00

### WELCOME AND INTRODUCTION

*Zhaoping Li, MD, PhD | Chief of Medical Services at UCLA/VA GLA*

### SESSION 1: FOOD IS MEDICINE – PREVENTING AND TREATING CHRONIC DISEASES WITH DIET



#### Precision Nutrition for Health

*David Heber, MD, PhD*



#### Bioreactors in Our Gut: Xenometabolites as Signals and Markers of Health and Diet

*Sean H. Adams, PhD, FTOS*



#### Teaching Kitchen Collaborative: Chronic Disease and Food Insecurity

*Wendelin Slusser, MD, MS, FAAP*

*Mopelola Adeyemo, MD, MPH*



#### Nutrition and Immunity: The Role of Diet in Managing Allergic Diseases and Inflammation

*Andre Nel, MD, PhD*



#### Questions and discussion on Nutrition Myths

Moderated by *Zhaoping Li and Vijaya Surampudi*

10:00



#### Morning Break

10:15

### SESSION 2: WEIGHT MANAGEMENT – NEW ERA OF DIET AND MEDICATIONS



#### The Past, Present and Future of Anti-Obesity Medications

*James Hill, PhD*



#### Fatty Liver: The Silent Epidemic

*Sammy Saab, MD, AGAF, MPH*



#### Timing is Everything: The Emerging Evidence of the Circadian Rhythm and Glucose Regulation

*Rajat Singh, MD, MBBS*



#### Muscle Mass, Physical Activity, and Energy Metabolism

*William Evans, PhD*



#### Questions and Discussion on Nutrition Myths

Moderated by *Zhaoping Li and Vijaya Surampudi*

# Program

12:15 **Lunch**

~~1:00~~ **SESSION 3: FOODS FOR CHRONIC DISEASE – DOES WHAT WE EAT MAKE ANY DIFFERENCE?**



**Nutrition Oncology: A New Frontier**

*Michael Garcia, MD*



**Understanding PCOS and Fertility in Obesity**

*Daniel Dumesic, MD*



**Is Nutrition a Viable Option for Cardiovascular Risk Reduction?**

*Zhaoping Li, MD, PhD*



**Plant-based Diet for Chronic Kidney Disease**

*Kam Kalantar-Zadeh, MD, MPH, PhD*



**Questions and discussion on Nutrition Myths**

Moderated by *Zhaoping Li and Vijaya Surampudi*

*Kam Kalantar-Zadeh, MD, MPH, PhD*

*Daniel Dumesic, MD*

~~3:00~~ **Break**

~~3:15~~ **SESSION 4: CASE STUDIES**



**Weight Management**

*Courtney DeCan, MD, MPH*

*Christine Goukasian, MS, RDN*



**Diabetes**

*Dave Garg, MD*

*Courtney DeCan, MD, MPH*



**Cancer**

*Vijaya Surampudi, MD, MS*

*Lydia Chau, MS, RDN, CNSC*



~~4:00~~ **CLOSING REMARKS**

*Vijaya Surampudi, MD, MS*

# 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](http://www.cme.ucla.edu/courses), click on Personalized Nutrition in Primary Care 2024, 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 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 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.