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
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.


**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 Pfleger  
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

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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
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
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 90024-6612

Online
Go to 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.