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.
### 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, CNSC**  
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**
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\textsuperscript{TM}. 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 2022

**October 22, 2022**

Application for Enrollment (Please Print)

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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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