Course Description

Nutrition is the cornerstone of health and maintaining quality of life. Diet and lifestyle are central to preventing and treating many common conditions such as obesity, diabetes, heart disease, cancer and dementia. Recent research has demonstrated that more than 80% of patients with dementia also have cardiovascular disease or diabetes and excess body fat. We understand not only that each person’s genes are different, but that the metabolism of foods is also 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 how genes, metabolic biomarkers of disease risk, microbiome, physical activity, and body composition can be utilized to formulate personalized nutritional solutions 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
- Employ behavior modification techniques including social support, self-monitoring, stimulus control, and stress reduction to promote a healthy lifestyle
- Counsel patients on dietary interventions to prevent and treat obesity, cardiovascular disease, and diabetes using a personalized approach
- Utilize nutrition to complement or reduce dependence on pharmacotherapy to manage common diseases such as diabetes and fatty liver disease
- 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
Professor of Medicine
Director, Center for Human Nutrition
David Geffen School of Medicine at UCLA

COURSE FACULTY

Dina Ben-Nissan, MS, RDN
Registered Dietitian
Department of Clinical Nutrition
UCLA Center for Human Nutrition
David Geffen School of Medicine at UCLA

Roger Clemens, DrPH, FIFT, CFS, FASN, FACN, CNS, FIAFST
USC School of Pharmacy, International Center for Regulatory Science
Adjunct Professor, Pharmacology & Pharmaceutical Sciences
Adjunct Assistant Professor, Regulatory and Quality Science
Los Angeles, CA

William J. Evans, PhD
Adjunct Professor of Human Nutrition
Department of Nutritional Sciences & Toxicology
University of California, Berkeley

Michael C. Garcia, MD
Clinical Instructor of Medicine
Division of Clinical Nutrition
Department of Medicine
David Geffen School of Medicine at UCLA

Vay Liang W. (Bill) Go, MD
Distinguished Professor of Medicine
Co-Director UCLA Agi Hirshberg Center for Pancreatic Diseases
David Geffen School of Medicine at UCLA

David Heber, MD, PhD, FACP, FASN
Professor Emeritus of Medicine and Public Health
Public Health Founding Director,
UCLA Center for Human Nutrition
Department of Medicine
David Geffen School of Medicine at UCLA

Nancee Jaffe, MS, RDN
Registered Dietitian
UCLA Digestive Health & Nutrition Clinic
UCLA Vatche and Tamar Manoukian Division of Digestive Diseases
David Geffen School of Medicine at UCLA

Donald K. Layman, PhD
Professor Emeritus
Department of Food Science & Human Nutrition
University of Illinois at Urbana-Champaign
Champaign, IL

Lauren M. Lemieux, MD
Clinical Instructor of Medicine
Division of Clinical Nutrition
Department of Medicine
David Geffen School of Medicine at UCLA

Berkeley N. Limketkai, MD, PhD
Associate Clinical Professor
UCLA Vatche and Tamar Manoukian Division of Digestive Diseases
Director, Clinical Research
Center for Inflammatory Bowel Diseases
David Geffen School of Medicine at UCLA

Vijaya Surampudi, MD, MS
Assistant Clinical Professor of Medicine
Assistant Director, UCLA Healthier Weight Management Program
UCLA Center for Human Nutrition
David Geffen School of Medicine at UCLA

Felicia C. Yu, MD
Assistant Clinical Professor of Health Sciences
David Geffen School of Medicine at UCLA
Certified Culinary Medicine Specialist
Saturday, December 7, 2019

8:00  Registration and Continental Breakfast

8:30  Introduction: Integrative View of Obesity and Type 2 Diabetes  
      David Heber, MD, PhD, FACP, FASN

9:00  Optimizing Protein in a Carbohydrate World  
      Donald K. Layman, PhD

9:30  Sarcopenia and Frailty: Essential Role of Protein Intake  
      William J. Evans, PhD

10:00 Break

10:45  Role of Dietary Supplements in Primary Care Nutrition  
       Roger Clemens, DrPH, FIFT, CFS, FASN, FACN, CNS, FIAFST

11:15  Individualized Meal Plans for Success  
       Dina Ben-Nissan, MS, RDN

11:45  The Elderly Patient with Involuntary Weight Loss  
       Michael C. Garcia, MD

12:15 Lunch

1:00  The Central Role of the Pancreas in Metabolism and Diabetes  
      Vay Liang W. (Bill) Go, MD

1:30  Nutrition Therapy for IBD  
      Berkeley N. Limketkai, MD, PhD

2:00  “Doctor, What Should I Eat?” Nutrition Advice for GI Health  
      Nancee Jaffe, MS, RDN

2:30 Break

2:45  Remission of Type 2 Diabetes Mellitus with Weight Loss  
      Vijaya Surampudi, MD, MS

3:15  Patient-Centered Counseling for Weight Management  
      Lauren M. Lemieux, MD

3:45  Culinary Medicine: A Holistic Approach to Making Dietary Changes  
      Felicia C. Yu, MD

4:15  Personalized Nutrition, Microbiome and Glucose Control in  
      Type 2 Diabetes Mellitus  
      Zhaoping Li, MD, PhD

4:45 Panel Discussion

5:15 Adjourn
**General Information**

**Registration Fee**

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<tr>
<td>Physicians, Nurses, Dietitians, and Other Allied Health Professionals</td>
<td>$125</td>
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**Refunds**

Cancellations must be received in writing by Friday, November 1, 2019 and will be subject to a $50 processing fee. No refunds will be granted after that date. If, for any reason, the course must be cancelled, discontinued, or rescheduled by the Office of Continuing Medical Education, a full refund will be provided.

**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 2019, 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 (310) 794-2624.

**Program Location**

Iris Cantor Auditorium
Geffen Hall, UCLA Campus
885 Tiverton Drive
Los Angeles, CA 90095

**Directions and Parking**

From the 405 freeway, exit Wilshire Blvd., East toward Westwood. Turn left on Westwood Blvd. and turn right on Le Conte Ave. Then, turn left on Tiverton Ave. Parking structure Lot 18 will be on your left around the circle. Parking attendants will be selling permits from 7:00 AM – 9:00 AM for Lot 18. If you arrive outside of this time frame, please visit the parking kiosk on Westwood Plaza (between Charles E. Young Dr. and Strathmore Pl.) to pay for your parking permit. Participants are responsible for their own parking charges at a rate of $13 per vehicle, cash only. The Geffen Hall Auditorium is located at the intersection of Le Conte Ave. and Tiverton Ave.

**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 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 theAMA 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.
Application for Enrollment (Please Print)

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<td><strong>Personalized Nutrition in Primary Care 2019</strong></td>
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**REGISTRATION FEES:**

- $125  Physicians, Nurses, Dietitians, and Other Allied Health Professionals
- $90   Fellows and Residents

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.
Personalized Nutrition in Primary Care 2019

December 7, 2019
Iris Cantor Auditorium
Geffen Hall, UCLA Campus
Los Angeles, California