Metabolic Health and Nutrition Across the Life Span

Friday & Saturday, June 15-16, 2018

Renaissance Seattle Hotel
515 Madison Street
Seattle, WA 98104
Course Description
This conference will illuminate the connection between nutrition and its metabolic consequences over the lifespan. Outstanding faculty who are nationally and internationally known will present didactic lectures on how nutrition impacts various systems, metabolic “canaries in the coal mine”, the microbiome, how the American mind has been “hacked” by the food industry, and ways to disrupt harmful nutritional practices that are detrimental to public health. Each lecture will be followed by a dynamic question and answer session. To support dietary changes, well known chefs and cookbook authors will demonstrate how to cook your way to better health by preparing delicious, healthy dishes at home. A round table discussion with distinguished faculty entitled “Practical Applications You Can Use” will be a conference highlight.

The agenda is jam-packed with informative lectures by prominent speakers. Those who attend will have the opportunity to interact with faculty who are at the top of their field in metabolic disorders. Don’t miss it!

Intended Audience
Physicians and all allied health professionals who care for patients in the Western United States, specifically in the following specialties: family medicine, internal and pediatric medicine and their sub-specialties including cardiology, endocrinology, gastroenterology, gerontology, neurology and obesity medicine/bariatric medicine will benefit from attending this conference.

Course Objectives
At the conclusion of this symposium, the participant will provide better patient care through an increased ability to:
- Discuss the impact of metabolic disease on patients and their families, communities and the health care system; describe the societal cost of metabolic disorders
- Name systems in the body that can help health care professionals predict the potential development of metabolic disease and take steps to prevent it
- Educate patients on the connection between diet and metabolic disease
- Encourage patients to prepare and consume foods that promote metabolic health

Location
Renaissance Seattle Hotel is located at 515 Madison Street in downtown Seattle, WA. From the south, take I-5 N and take Madison St/Convention Center exit. Merge onto 7th Ave, then turn left onto Madison St.

From the north, take I-5 S and to exit 165/James Street. Turn left onto Cherry Street. Turn left onto 7th Ave, and then turn left onto Madison St.

Parking
Limited, on-site, valet parking will be available for conference participants for $32/day. Public parking lots are located near the hotel at 5th Ave between Madison St. and Marion St., or on 4th Ave between Spring St. and Madison St. The Sound Transit Light Rail Pioneer Square Station is 0.2 miles from hotel.

Hotel Accommodations
A block of rooms has been reserved for conference participants at the Renaissance Seattle Hotel at a discounted rate of $289/night plus tax. To reserve, call 206-583-0300 and reference “Swedish Medical Center metabolism conference” or book online at: https://resweb.passkey.com/Resweb.do?mode=welcome_ei_new&eventID=15573244

Faculty

Wolfram Alderson, MS
CEO
Hypoglycemia Support Foundation
San Francisco, California

Dale Bredesen, M.D.
Co-chairman and Chief Medical Officer
Buck Institute
San Francisco, CA

Eran Elinav, M.D., Ph.D.
Principal Investigator
The Weizmann Institute
Tel Aviv, Israel

Sarah Hallberg, D.O., MS, DABOM
Medical Director
Medically Supervised Weight Loss Program
Indiana University Health
Lafayette, Indiana

Philippe Hujoel, Ph.D., DDS, MSD, MS
Dental Public Health Sciences
University of Washington
Seattle, Washington

Cynthia Lair, CHN
Curriculum Director
Bachelor of Science in Nutrition and Culinary Arts
Bastyr University
Seattle, Washington

Leslie Lee, MS, RD, CNSC
Nutrition Educator
Swedish Medical Center
Seattle, WA

John LaPuma, M.D.
Internist, Chef, Author
Founder, Chef MD
San Francisco, California

David Ludwig, M.D., Ph.D.
Professor
Department of Nutrition
Harvard T.H. Chan
School of Public Health
Cambridge, Massachusetts

Dawn Ludwig
Chef and Author
Cambridge, Massachusetts

Robert Lustig, M.D. MSL
Emeritus Professor of Pediatrics
Institute for Health Policy Studies
University of California San Francisco
San Francisco, California

Eran Segal, Ph.D.
Professor
Department of Computer Science and Applied Math
Weizmann Institute of Science
Tel Aviv, Israel

Tanmeet Sethi, M.D.
Integrative Medicine
Family Medicine with OB
Swedish Medical Center
Seattle, Washington

Leslie P. Stone, M.D.
Family Medicine, Women’s Health and Obstetrics
Stone Medical, PC
Ashland, Oregon

P. Michael Stone, M.D., MS
Functional Medicine, Primary Care
and Nutrition
Stone Medical, PC
Ashland, Oregon

Planning Committee
Uma Pisharody, M.D., FAAP, Course Chair
Wolfram Alderson, MS
Nwando Anyaoku, M.D.
Frances Broyles, M.D.
Arti Chandra, M.D., MPH
Daniel Labriola, N.D.
Leslie Lee, MS, RD, CNSC
Rochard Lindquist, M.D.
Nicole Roehrig, MSN, RN
Nicole Yurchak
Gaye Boosalis, MEd, CME Manager
Rose Mullins, CME Specialist, Sr.
Friday, June 15, 2018

7 a.m.  Registration and Continental Breakfast
7:45 a.m.  Welcome and Introductions
Uma Pisharody, M.D., FAAP
8 a.m.  iGeneration Health: Developmental Programming of Health (Preconception and Prenatal Considerations)
Leslie P. Stone, M.D.
8:45 a.m.  Question and Answer
Leslie P. Stone, M.D. and P. Michael Stone, M.D., MS
9:15 a.m.  Your Patient's Teeth: A Window to Their Medical Past, Present and Future
Philippe Hujoel, Ph.D., DDS, MSD, MS
10 a.m.  Question and Answer
Philippe Hujoel, Ph.D., DDS, MSD, MS
10:30 a.m.  Break
10:45 a.m.  Forget Everything You've Been Taught About Dieting: The Insulin Model of Metabolic Dysfunction
David Ludwig, M.D., Ph.D.
12:15 p.m.  Lunch (provided)
12:45 p.m.  Cook Your Way to Optimal Metabolic Health: Here's How
A Cooking Demonstration on Implementing a Low-Insulin Diet
Chef Dawn Ludwig
1:45 p.m.  The Hacking of the American Mind
Robert Lustig, M.D., MSL
2:30 p.m.  Question and Answer
Robert Lustig, M.D., MSL
3 p.m.  Break
3:15 p.m.  Practical Applications You Can Use!
Moderator: Leslie Lee, MS, RD, CNSC
Panelists: Philippe Hujoel, Ph.D., DDS, MSD, MS; David Ludwig, M.D., Ph.D; Robert Lustig, M.D., MSL, Leslie P. Stone, M.D. and P. Michael Stone, M.D.
4:15 p.m.  Closing Remarks
Wolfram Alderson, MS
5:00 p.m.  Adjourn

Saturday, June 16, 2018

7 a.m.  Check-in and Continental Breakfast
7:45 a.m.  Opening Remarks
8 a.m.  Waistline Too Big? Blame Your Bugs
Eran Segal Ph.D. and Eran Elinav, M.D., Ph.D.
8:45 a.m.  Question and Answer
Eran Segal Ph.D. and Eran Elinav, M.D., Ph.D.
9:15 a.m.  Food Plus Nature = Medicine: The Ecosystem of Health and Wellness
John La Puma, M.D.
10 a.m.  Question and Answer
John LaPuma, M.D.
10:30 a.m.  Break
10:45 a.m.  Food as Medicine: The Art of Listening to the Body - Fine-Tuning Diet and Lifestyle for Wellness
Tanmeet Sethi, M.D.
11:30 a.m.  Question and Answer
Tanmeet Sethi, M.D.
Noon  Lunch (provided)
12:30 p.m.  How to Love Cooking at Home: Incorporating Mindfulness Practice Into Cooking
Cynthia Lair, CHN
1:30 p.m.  Want to Reverse Diabetes? Start by Ignoring the Guidelines!
Metabolic disease: From Management to Reversal
Sarah Hallberg, D.O., MS, DABOM
2:15 p.m.  Question and Answer
Sarah Hallberg, D.O., MS, DABOM
2:45 p.m.  Break
3 p.m.  Pediatric Gerontology - No, I'm Not Kidding... Neurodegeneration is Not Inevitable: Ending Alzheimer's through Metabolic Health
Dale Bredesen, M.D.
4 p.m.  Question and Answer
Dale Bredesen, M.D.
4:30 p.m.  Closing Remarks and Highlights
Wolfram Alderson, MS
4:45 p.m.  Course Adjourns

Agenda

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™
Swedish Medical Center designates this live activity for a maximum of 15.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP Prescribed Credits
Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

For Nurses
AMA PRA Category 1 Credits™ are accepted for Washington State RN Continuing Education requirements as well as for application and renewal of specialty and advance practice certification through both ANCC and AANP (1 CNE hour is equivalent to 1 CME hour).

Acknowledgments
This symposium is financially supported in part by educational grants in accordance with ACCME's Standards for Commercial Support. At the time of this printing, a complete listing of commercial supporters was not available. Appropriate acknowledgment will be given to all supporters at the time of the symposium.

For Further Information:
Phone: 206-386-2755
Fax: 206-320-7462
E-mail: CME@swedish.org
Web: swedish.org/CME
Metabolic Health and Nutrition Across the Life Span
Friday & Saturday, June 15-16, 2018

Registration Fees

<table>
<thead>
<tr>
<th></th>
<th>Advance Registration</th>
<th>After June 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>M.D. or D.O.</td>
<td>$600</td>
<td>$630</td>
</tr>
<tr>
<td>Allied Health Professional</td>
<td>$300</td>
<td>$330</td>
</tr>
<tr>
<td>Resident or Fellow</td>
<td>Please contact the Swedish CME office to register</td>
<td></td>
</tr>
</tbody>
</table>

For further information:
206-386-2755 | cme@swedish.org | www.swedish.org/cme

To register, please visit:
www.swedish.org/CMEConferences