

Metabolic Health Symposium

Catalyzing Science to Action for Transformation and Resilience Across the Lifespan

Originally Aired: Thursday, June 9 - Saturday, June 11, 2022

On-Demand Access

On demand, accredited access to the lectures are now available, bundled by topic. These four part content bundles explore and apply the science of metabolic health and nutrition organized around the pillars of metabolic health:

Introduction to Metabolic Health

Day 1: Protect the Liver

Day 2: Feed the Gut

Day 3: Support the Brain



This medical education symposium will explore and apply the science of metabolic health and nutrition over the lifespan. It features over 30 hours of accredited, educational content.

Healthcare professionals, it's time to heed the pandemic's wake-up call about the link between diet-related diseases and chronic illness. Now, more than ever, we must

realize the link between diet, lifestyle, and the majority of chronic diseases that plague modern society. The prevalence of obesity and metabolic disease in the form of prediabetes, type 2 diabetes, non-alcoholic fatty liver disease (NAFLD), and lipid disorders is a serious problem that continues to grow at an alarming rate, even among younger populations. From pediatrics to geriatrics, there is no systems-wide approach. Researchers increasingly recognize that obesity is a disease state that is driven not by a lack of willpower, but a dysfunctional food system. Our

society and environment encourages overeating of toxic calories, which is compounded by increasing levels of stress, poor sleep hygiene, and lack of exercise, setting millions on the path to poor health outcomes and chronic disease.

Join your colleagues and respected leaders as we educate ourselves into a more promising future. Swedish Medical Center's Metabolic Health and Nutrition CME Symposium is back with a powerful call to action. Building upon two previous highly acclaimed national conferences, the bar has been set high. Implementing effective nutrition intervention in metabolic disease requires unlearning previously accepted truths, taking action to prevent the development of metabolic syndrome, and managing and reversing those that are already established. It makes little sense to continue promoting the status quo. We need to reevaluate the science, the history, and re-educate ourselves on how to reverse this pandemic of diet and lifestyle driven diseases, and that is the goal this symposium aims to achieve.

Intended Audience

This course is designed for physicians and all allied health professionals who care for patients in the United States and beyond. Specifically including the following specialties: family, internal, and pediatric medicine, nutrition, cardiology, endocrinology, gastroenterology, gerontology, neurology, pharmacy, and obesity medicine/bariatric medicine.



More information and registration for each on-demand content bundle can be found via the links below. Fees will apply to purchase each bundle of accredited education. Please see the Fees tab below for more details.

[Introduction to Metabolic Health](#) (8 hours of content)

[Day 1: Protect the Liver](#) (9.25 hours)

[Day 2: Feed the Gut](#) (9.75 hours)

[Day 3: Support the Brain](#) (9.5 hours)

Details					
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The prevalence of metabolic disease in the form of pre-diabetes, type 2 diabetes, non-alcoholic fatty liver disease (NAFLD), lipid disorders and dementia is a very serious problem that continues to grow at an alarming rate. It affects people throughout their lives, from development in utero to old age. The impact on quality of life through every stage underscores the urgent need for more effective strategies to promote healthy eating and physical habits that will support robust health throughout the lifespan.

Many clinicians are not adequately prepared to discuss diet and nutrition with patients and their families. The majority of medical schools have no requirements for nutrition coursework and those that do require an average of just two credits about nutrition. Further, our understanding of nutritional science and the development of metabolic disease is evolving daily. Conventional thinking is that obesity is the central issue. Eighty percent of the population with obesity do in fact have metabolic disease (57 million). However, what typically isn't recognized is that forty percent of the population without obesity also has metabolic disease (67 million). Blind spots such as these prevent practitioners from diagnosing metabolic disease and getting to the root of the problem.

Our society has been concerned with nutrition and diet-related disease for decades, however, despite good intentions, prevailing dietary recommendations have only made matters worse. Implementing effective interventions in patients with metabolic disease requires unlearning previously myths and misunderstandings about nutrition, taking action to prevent the development of metabolic disorders, and managing and reversing that which is already established.

Agenda

Content for on-demand is divided per day with the original pre-recorded lecture bundle as the "Introduction to Metabolic Health" on-demand option. See pages 8-10 for this content bundle's agenda.

Objectives

By attending this course, the participant will provide better patient care through an increased ability to:
Name systems in the body that can assist health care professionals predict the potential development of metabolic disease and take steps to prevent it

Discuss the impact of metabolic disease on patients, families, communities and health care systems; and describe the societal cost of metabolic disorders

Educate patients on the connection between diet and metabolic disease

Encourage patients to prepare and consume foods that promote metabolic health

Advocate for better nutrition and nutrition education to improve community health related to diet and lifestyle-driven diseases

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 enduring activity for a maximum of 36.5 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Credits by on-demand content bundle options:

Introduction to Metabolic Health: 8 *AMA PRA Category 1 Credits™*

Metabolic Health Symposium: Day 1 Protect the Liver - 9.25 *AMA PRA Category 1 Credits™*

Metabolic Health Symposium: Day 2 Feed the Gut - 9.75 *AMA PRA Category 1 Credits™*

Metabolic Health Symposium: Day 3 Support the Brain - 9.5 *AMA PRA Category 1 Credits™*

Other Health Professionals

Many credentialing bodies, societies and boards (such as Nurses, PAs, PTs, Social Workers) accept *AMA PRA Category 1 Credits™* as an equivalent credit hour as long as the topic is relevant to the applicant's field or discipline. If you have any doubts whether an activity will qualify for CE, please check our planned agenda and contact your board prior to registering for the course.

Registered Nurses

The American Nurses Credentialing Center (ANCC) accepts *AMA PRA Category 1 Credits™* issued by organizations accredited by the ACCME for the purpose of recertification.

Nurse Practitioners

The American Academy of Nurse Practitioners Certified Program (AANPCP) and the American Association of Nurse Practitioners (AANP) accept *AMA PRA Category 1 Credits™* from organizations accredited by the ACCME.

American Academy of Physician Assistant

AAPA accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credits™* from organizations accredited by the ACCME or a recognized state medical society.

Faculty

Maya Adam, M.D.

Puja Agarwal, Ph.D.

Monica Aggarwal, M.D.

Faculty

Vicki Alexander, M.D.

Michelle Babb, MS, RDN, CD

Keith Berkowitz, M.D.

Jeffrey Bland, M.D.

Kevin Boyd, DDS

Adam Cady, PA-C, NHS, ATC, CSCS

Ann Marie Childers, M.D., FAPA

Ann Cooper, Chef, CEC

Dominic D'Agostino, Ph.D

Andreas Eenfeldt, M.D.

Elisa Epel, Ph.D.

Thomas Flass, M.D., MS

Christopher Gardner, Ph.D

Rachel Gow, Ph.D

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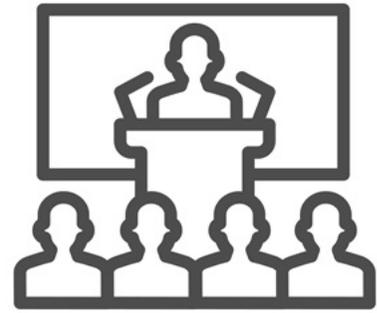
Susan Maples, DDS

Carlos Monteiro, M.D., Ph.D.

Julia Mossbridge, MA, Ph.D.

Tim Noakes, M.D.

Christopher Palmer, M.D.



Julia Ross

Trina Seligman, ND

Saray Stancic, M.D.

Kimber Stanhope, M.D.

Nina Teicholz, MPhil

Cindy Thompson, MS, EMT-P, MVLCE

Jeff Tkach

Miriam Voss, M.D.

Swedish CME maintains full control of the content of every course we provide. It is our policy to identify and mitigate all speaker and planner conflicts of interest with any ineligible companies. Each speaker is required to give a balanced, evidence-based presentation that is free of commercial bias.

Planning Committee

Uma Pisharody, MD, FAAP, *Course Chair*

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FEES

Registration fees for the on-demand access of each of the lecture bundles are listed below.

Those that do not need educational credits and wish to view the content only can purchase access at \$50 per bundle.

Fees by on-demand content bundle options:

Introduction to Metabolic Health: 8 *AMA PRA Category 1 Credits™*

MD/DO - \$200, Allied Health Professionals - \$100, No credit/viewing only - \$50

Metabolic Health Symposium: Day 1 Protect the Liver - 9.25 *AMA PRA Category 1 Credits™*

MD/DO - \$230, Allied Health Professionals - \$115, No credit/viewing only - \$50

Metabolic Health Symposium: Day 2 Feed the Gut - 9.75 *AMA PRA Category 1 Credits™*

MD/DO - \$240, Allied Health Professionals - \$125, No credit/viewing only - \$50

Metabolic Health Symposium: Day 3 Support the Brain - 9.5 *AMA PRA Category 1 Credits™*

MD/DO - \$235, Allied Health Professionals - \$120, No credit/viewing only - \$50

Access to the recorded lecture playlist for each will be provided via email after registration.

Metabolic Health Symposium: Catalyzing Science to Action for Transformation and Resilience Across the Lifespan **Recorded Live on Thursday, June 9 – Saturday, June 11, 2022**

On-Demand Recording – Planned Agenda
(Times listed are for reference only for on-demand access)

Thursday, June 9th – Day One: Protect the Liver

7:45 a.m. **Welcome & Opening Remarks**
Uma Pisharody, M.D., *Course Director*

Session I: The Problems

- 8 a.m. *Moderator: Uma Pisharody, M.D.*
Keynote: The BIG Picture: NAFLD – Debunking Myths, Liver Toxins, Fructose & Other Toxins
Robert Lustig, M.D., MSL
- Recognize the importance of liver fat in chronic disease
 - Describe the role of mitochondria in liver fat
 - Discuss the role of fructose in mitochondrial dysfunction
- 9:15 a.m. **The Impact of Nutrition and Inflammation and Chronic Illness**
Monica Aggarwal, M.D.
- Discuss the state of health in 2021
 - Recognize the role of inflammation in triggering illness
 - Discuss how we can use our lifestyle to decrease inflammation
- 10 a.m. **Featured Topic Lectures & Expert Dialogue Panels – Listed below**
- 10 a.m. **Sugars and the Liver: A Not-So-Sweet Story**
Miriam Vos, M.D.
- Discuss the role of the liver in sugar and lipid metabolism
 - Review NAFLD and its role in pediatric health
- 10:30 a.m. **The Modern Diet in the First Thousand Days- A Recipe for Disaster?**
Thomas Flass, M.D., MS
- Recognize how early life environment influences future risk of metabolic disease
 - Review the importance of a healthy microbiome in metabolic health
 - Clarify the role maternal and childhood diet play in shaping future health outcomes
- 11 a.m. **Implicating Added Sugar in the Development of Cardiometabolic Disease: The Strong, the Not so Strong, and the Missing Research Evidence**
Kimber Stanhope, Ph.D., RD
- Identify the direct and indirect pathways by which added sugar consumption may contribute to the development of cardiometabolic disease
 - Discuss the relative strength of the research evidence that implicates the direct and the indirect pathway in the development of cardiometabolic disease
 - Recognize the relative strength of the research evidence that implicates fructose, sucrose, HFCS, sugar-sweetened beverage, and sugar-sweetened solid food in the development of cardiometabolic disease

11:30 a.m. **Combined Dialogue Q&A Panel**

Panelists:

- Robert Lustig M.D., MSL
- Monica Aggarwal, M.D. (*virtual*)
- Miriam Vos, M.D.
- Thomas Flass M.D.
- Kimber Stanhope, Ph.D., RD

- Discuss the role of added sugars in metabolic health syndromes and patient diets

11:45 a.m. Lunch Break – Courtyard Ballroom Foyer

Noon **Lunch & Learn Demonstration - Healthy School Meals for All and Why it's so Important for Our Children's Future**

Chef Ann Cooper, CEC

- Review USDA Guidelines for K12 School Meals
- Discuss the importance of scratch cooking to the health of our Nation's children
- Recognize that healthy scratch cooked school meals are possible in every school district in our country

Breakouts

1:05 p.m. **Breakout Options (Tracks: [Pediatrics](#), [Policy & Advocacy](#), [Specialty Topics](#)):**

- **Feeding Infants and Children: NAFLD (nonalcoholic fatty liver disease) Epidemic and Opportunity**

Miriam Vos, M.D. and Thomas Flass, M.D., MS

Moderators: Leslie Lee, RD and Sherri Zorn, M.D.

- Review the global NAFLD data
- Understand the pathophysiology of NAFLD
- Understand role of diet in NAFLD

- **Evidenced Based Hydration for Sports Medicine (*Live, Virtual Presentation*)**

Tim Noakes, M.D., DSc, PhD (hc), MBChB, OMS and Adam C. Cady, PA-C, NHS, ATC, CSCS

Moderators: Wolfram Alderson, MS and Kristen Shane, RN, BSN

- Make evidenced based recommendations regarding appropriate fluid replacement.
- Recognize literature that is confounded within the space of hydration.
- Recommend a general approach/plan for fluid replacement in relation to peak performance.
- Discuss how the hydration guidelines were developed over the past 50 years and the effects of these guidelines on patient health
- Describe evidence-based hydration guidelines

Oral Health and General Health: An Evolutionary Perspective

Kevin Boyd, DDS

Moderators: Nicole Roehrig, MSN and Elizabeth Meade, M.D.

- Explain that optimal oral health consists not only of freedom from tooth decay and gum disease, but also requires well developed hard and soft tissues of the intimately interconnected craniofacial and respiratory complexes (CFRC).
- Discuss how oral health in early childhood (under 72 months) is conducive to optimizing not only general health and quality of life, but also increasing lifespan and health span potential.

Session II: *The Solutions – Bias to Action*: Moderator: Arti Chandra, M.D.

2:15 p.m.

Dental and Hepatic Decay: The Fiberless-Carbohydrate Connection

Kevin Boyd, DDS

- Review what most commercially-processed foods actually contain, such as unhealthy amounts of fiberless-carbohydrates (f-CHO's);
- Describe how dietary f-CHO's are readily converted to dangerous hepatic fat and also are fermented by oral biofilms to form disease-producing dental plaque acids
- Discuss childhood risk factor's for development of obstructive sleep apnea (OSA) such as unhealthy overweight and obesity
- Recognize how unresolved OSA in childhood often leads to cardiovascular disease in adolescence and adulthood

2:55 p.m.

The Power of the Plate: The Soil x Human Health Connection

Jeff Tkach, BS

- Recognize (through grounded science and data) the inextricable link between soil health and human health and how this connection impacts the health of patients in a clinical setting.
- Utilize Rodale Institute's groundbreaking research to more deeply understand the challenges of our nation's food and farming systems, and how they impact human health outcomes.
- Develop clear strategies for making dietary and lifestyle enhancements by leveraging non-toxic, organic food.
- Connect Soil Health with Human Health: An Introduction to Regenerative Organic Agriculture
- Educate the Medical Community and Patients on the concept of Soil as Medicine

3:35 p.m.

Dialogue Panel: Changing Health from the Ground Up

Chef Ann Cooper, CEC and Kevin Boyd, DDS

- Discuss actions that health care providers can take to help address our nation's food and farming systems

4:20 p.m.

Closing Remarks and Bias to Action Summary

Arti Chandra, M.D.

4:35 p.m.

Adjourn