

# Metabolic Health Symposium: Catalyzing Science to Action for Transformation and Resilience Across the Lifespan

Thursday, June 9 – Saturday, June 11, 2022

Live, In-Person and Virtual Broadcast from Seattle, WA, USA

Agenda Draft

## Thursday, June 9<sup>th</sup> – Day One: Protect the Liver

7 a.m. PT In-Person: Registration, Check-in, and Breakfast

7:20 a.m. Virtual Attendee Portal Open for Check-In

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

8:45 a.m. **Q&A Discussion**  
Robert Lustig, M.D., MSL

9:15 a.m. **The Impact of Nutrition and Inflammation and Chronic Illness**  
Monica Aggarwal, M.D.

9:45 a.m. Break

10 a.m. **Featured Topic Lectures & Dialogue Panels**  
*Topics: Fructose, supplements, GB, pancreas, lymphatics, non-caloric sweeteners, blood sugar*  
*Lecturers*

- Miriam Vos, M.D.
- Thomas Flass, M.D., MS
- Kimber Stanhope, M.D.

*Panelists*

- Robert Lustig M.D., MSL
- Monica Aggarwal, M.D.

11:45 a.m. Lunch Break

Noon **Lunch & Learn Demonstration**  
Chef Ann Cooper, CEC

1 p.m. Transition to Breakouts Sessions

*Session II: The Solutions – Bias to Action*

- 1:05 p.m.      **Breakout Options (Tracks: **Pediatrics**, **Policy & Advocacy**, **Specialty Topics**):**
- **Feeding Infants and Children: NAFLD (nonalcoholic fatty liver disease)**  
Miriam Vos, M.D. and Thomas Flass, M.D., MS  
*Moderators: Leslie Lee, RD and Sherri Zorn, M.D.*
  - **Farming Practices**  
Jeff Tkach and Local Farmer  
*Moderators: Uma Pisharody, M.D. and Arti Chandra, M.D.*
  - **Sports Drinks**  
Tim Noakes, M.D., DSc and Adam Cady, PA  
*Moderators: Wolfram Alderson, MS and Kristen Shane, RN, BSN*
  - **Oral/Hepatic Health**  
Kevin Boyd, DDS  
*Moderators: Nicole Roehrig, MSN and Elizabeth Meade, M.D.*

2:05 p.m.      Break

*Moderator: Arti Chandra, M.D.*

2:15 p.m.      **Dental and Hepatic Decay: The Common Carbohydrate Connection**  
Kevin Boyd, DDS

2:55 p.m.      **The Link Between Human Health and Regenerative, Organic Agriculture**  
Jeff Tkach

3:35 p.m.      **Dialogue Panel: Changing Health from the Ground Up - Healthy School Meals for All and Why It's So Important for Our Children's Future**  
Jeff Tkach and Chef Ann Cooper, CEC

4:20 p.m.      **Closing Remarks and Bias to Action Summary**  
Arti Chandra, M.D.

4:35 p.m.      Adjourn

**Friday, June 10<sup>th</sup> – Day Two: Feed the Gut**

7 a.m. PT      In-Person: Registration, Check-in, and Breakfast

7:20 a.m.      Virtual Attendee Portal Open for Check-In

7:45 a.m.      **Welcome & Opening Remarks**  
Leslie Lee, RD

*Session I: The Problems*

*Moderator: Leslie Lee, RD*

8 a.m.      **Keynote: The Carbohydrate-Insulin Model: Addressing Biological Drivers of Obesity**  
David Ludwig, M.D., Ph.D.

8:45 a.m.      **Q&A Discussion**  
David Ludwig, M.D., Ph.D.

- 9:15 a.m.      **Microbiome**  
Emeran Mayer, M.D.
- 10 a.m.        Break
- 10:15 a.m.    **Featured Topic Lectures & Dialogue Panels**  
*Topics: Lipid labs, sat fat, lymphatics, cholesterol, quackery, GRAS, food labels, supplements, food sensitivities, “canaries in the coal mine”*  
*Lecturers*
- Susan Maples, DDS: Diabetes Detection in the Mouth
  - Christopher Gardner, Ph.D.
- Panelists*
- David Ludwig, M.D., Ph.D.
  - Emeran Mayer, M.D.
- 11:45 a.m.    Lunch Break
- Noon           **Lunch & Learn Demonstration**  
Maya Adam, M.D. and Christopher Gardner, Ph.D.
- 1 p.m.         Transition to Breakouts Sessions
- Session II: The Solutions – Bias to Action*
- 1:05 p.m.     **Breakout Options (Tracks: Pediatrics, Policy & Advocacy, Specialty Topics):**
- **Kids in the Kitchen**  
Maya Adam, M.D.  
*Moderators: Uma Pisharody, M.D. and Kristen Shane, RN, BSN*
  - **Food Policy**  
Nina Teicholz, MPhil  
*Moderators: Elizabeth Meade, M.D. and Nicole Roehrig, MSN*
  - **Canaries in the Coal Mine**  
Susan Maples, DDS  
*Moderators: Leslie Lee, RD and Sherri Zorn, M.D.*
  - **Metabolic Matrix**  
Andreas Kornstadt, M.D.  
*Moderators: Wolfram Alderson, MS, and Roberta Ruggiero*
- 2:05 p.m.     Break
- 2:15 p.m.     *Moderator: Wolfram Alderson, MS*  
**Food Policy**  
Carlos Monteiro, M.D, Ph.D. and Vicki Alexander, M.D.
- 3 p.m.         **Q&A Discussion**  
Carlos Monteiro, M.D, Ph.D. and Vicki Alexander, M.D.
- 3:30 p.m.    **Policy**  
Aseem Malhotra, M.D.
- 4:15 p.m.    **Q&A Discussion**  
Aseem Malhotra, M.D.

- 4:30 p.m.      **Patient Panel & Q&A**  
Team Resilience at Swedish
- 5 p.m.          **Closing Remarks & Bias to Action Summary**  
Wolfram Alderson, MS
- 5:15 p.m.      Adjourn

## Saturday, June 11 – Day Three: Support the Brain

- 7 a.m. PT      In-Person: Registration, Check-in, and Breakfast  
7:20 a.m.      Virtual Attendee Portal Open for Check-In

- 7:45 a.m.      **Welcome & Opening Remarks**  
Elizabeth Meade, M.D.

### *Session I: The Problems*

- 8 a.m.          *Moderator: Elizabeth Meade, M.D.*  
**Keynote: Bidirectional Effects of Insulin Resistance: Diet, stress/depression, and sugar addiction and implications for interventions**  
Elissa Epel, M.D.
- 8:45 a.m.      **Q&A with Elissa Epel, M.D.**
- 9:15 a.m.      **Nutrition & Mental Health**  
Ann Marie Childers, M.D., FAPA
- 9:45 a.m.      Break
- 10 a.m.        **Featured Topic Lectures & Dialogue Panels**  
*Topics: Neuroscience and Nutrition*  
*Lecturers:*
- Rachel Gow, Ph.D.
  - Joan Iffland, Ph.D., MBA
- Panelists:*
- Elissa Epel, M.D.
  - Ann Marie Childers, M.D., FAPA
- 11:30 a.m.      Lunch Break
- 11:45 a.m.      **Lunch & Learn Demonstration**  
Cindy Thompson, MS, EMT-P, MVLCE and Local Farmers
- 12:45 p.m.      Transition to Breakouts Sessions

*Session II: The Solutions – Bias to Action*

- 12:50 p.m.      **Breakout Options (Tracks: **Pediatrics**, **Policy & Advocacy**, **Specialty Topics**):**
- **Child Psychology**  
Rachael Gow, Ph.D.  
*Moderators: Elizabeth Meade, M.D. and Sherri Zorn, M.D.*
  - **Lobby for Change**  
Vicki Alexander, M.D.  
*Moderators: Kristen Shane, RN, BSN and Arti Chandra, M.D.*
  - **Identifying and Correcting the Specific Neurotransmitter Deficits that Generate Addictive Cravings for Toxic Food**  
Julia Ross  
*Moderators: Leslie Lee, RD, and Roberta Ruggiero*
  - **Resilience: COVID-19**  
Keith Berkowitz, M.D., MBA  
*Moderator: Uma Pisharody, M.D.*
- 1:50 p.m.      Break
- 2 p.m.            *Moderator: Nicole Roehrig, MSN*  
**Modifiable Lifestyle Risk Factors for Healthy Aging and Prevention of Neuropsychiatric Illness (MIND diet)**  
Puja Agarwal, Ph.D.
- 2:30 p.m.      **Prevention and Treatment of Diseases through Research: Metabolic-based Strategies for Targeting Epilepsy, Neurodegenerative Diseases, and Cancer**  
Dominic D'Agostino, Ph.D.
- 3 p.m.            **Discussion Panel and Q&A**  
Puja Agarwal, Ph.D., and Dominic D'Agostino, Ph.D.
- 3:30 p.m.      **Unconditional love: The Essential Nutrient**  
Julia Mossbridge, BA, MA, Ph.D.
- 4 p.m.            **Closing Remarks and Bias to Action Summary**  
Nicole Roehrig, MSN
- 4:15 p.m.      Adjourn

### **8-10 Pre-Recorded Sessions**

***International Faculty experts will also be providing additional accredited, on-demand content for this program.***