

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 9th – 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 10th – 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.