# PROGRAM

## 53rd ANNUAL CONFERENCE

### AMERICAN COLLEGE OF NUTRITION

### *"OVERFED and UNDERNOURISHED: NUTRITIONAL INTERVENTIONS TO PREVENT AND TREAT CHRONIC DISEASE"*

### NOVEMBER 14-17, 2012

### MORRISTOWN MEDICAL CENTER, MORRISTOWN, NJ

**CONFERENCE LEARNING OBJECTIVES**

The conference will enable participants to –

1. Understand the foundational biology of obesity as an underlying factor to chronic diseases, including: metabolic syndrome, cardiovascular disease, liver disease, cognitive dysfunction, digestive diseases, and cancer

2. Recognize recent research developments in nutritional science, including evidence-based nutritional approaches to prevention and treatment of obesity-related diseases

3. Learn the relevant clinical tools for immediate application in the management of specific obesity-related diseases

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| **Wednesday Evening Public Event**<br><br>6:30 PM | The Supersize Me Experience: Diet, Exercise & the Metabolic Syndrome | Lisa Ganjhu | DO | Columbia University, College of Physicians/Surgeons, New York, NY |

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| **Thursday Morning**<br>8:00 AM – 12:30 PM<br>**Symposium I**<br>Overcoming Weight Loss<br>Resistance in Medical<br>& Surgical Therapies | Leptin, Skeletal Muscle, Autonomic,<br>And Neuroendocrine Adaptations To<br>Maintenance of Reduced Weight | Michael Rosenbaum | MD | Columbia University, College of Physicians & Surgeons, New York, NY |
| | Long-Term Persistence of Hormonal Adaptation to Weight Loss | Joseph Proietto | MBBS, PhD, FACN | Dunlop Medical Res Foundation, Heidelberg, Australia |
| | Psychosocial And Behavioral Aspects of Weight Loss Failure | David B. Sarwer | PhD | Weight and Eating Disorders Program, Philadelphia, PA |
| | Medical Therapies For Weight Loss<br>Resistance | Caroline M. Apovian | MD, FACN | Center for Nutrition & Weight Management<br>Boston, MA |
| **Thursday Afternoon**<br>1:00 – 1:55 PM | Completing the Circle of Care: Pro-Active, Predictive, Preventive Approaches to Disease Prevention | Mimi Guarneri | MD | Scripps Institute, La Jolla, CA |
| **Symposium II**<br>2:00 – 6:15 PM<br>Preventing Diabetes, Cardiovascular<br>& Liver Disease in Patients with Cardiometabolic Syndrome | Strategies for the Prevention of Type 2 Diabetes | Harry G Preuss | MD, MACN, CNS | Georgetown University, Washington, DC |
| | The Role of Insulin Resistance in Development<br>of Atherosclerotic Cardiovascular Disease | Zachary T. Bloomgarden | MD, MACE | Mount Sinai School of Medicine,<br>New York, NY |

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| | Diabetes-Mediated Impairment of Angiogenesis In Myocardial Injury | Nilanjana Maulik | PhD, FACN | University of Connecticut School of Medicine Farmington, CT |
| | Transculturalization of Nutritional Management in Diabetes | Jeffrey I. Mechanick | MD, FACN | New York, NY |
| | Panel Discussion | Lisa Ganjhu | DO | Columbia University, College of |
| **Friday Morning**<br>8:00 – 12:30 PM<br>**Symposium III**<br>Nutrition and the Brain-Gut Connection, from Autism to Alzheimer's | The Functional Medicine Fundamentals 0f Brain Health/ Disease | David Perlmutter | MD, FACN | Naples, FL |
| | **The Gut-Brain Connection** | Leo Galland | MD, FACN | New York, NY |
| | 4-A Disorders: Autism, ADHD, Asthma & Allergies Etiologic Considerations & Therapeutic Implications | Kenneth A. Bock | MD, FACN | Rhinebeck Health Center Rhinebeck, NY |
| **Session C**<br>8:00 – 12:30 PM<br>Research Update Presentations New Frontiers in Diabesity and Nutrition Research | Nutraceutical Therapeutics in the Prevention of Obesity Mechanistic And Clinical Insight | Debasis Bagchi | PhD, MACN, CNS | Univ. of Houston College of Pharmacy Houston, TX; Iovate Health Sciences Sciences Research Inc. Oakville, Ontario, Canada. |
| | A Novel Withania Somnifera Extract, Sensoril®, With Novel Anti-Stress | Sanni Ranju | PharmD, PhD | Natreon LLC, New Brunswick, NJ |

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| | and Cognition Enhancing Activities. | | | |
| | Shaping School Wellness Policies to Address Childhood Obesity | Anastasia M. Snelling | PhD, FACN | American University Washington, DC. |
| | Novel Anti-Hyperlipidemic and Platelet-Aggregation Inhibitory Activities by Capros®, A Patented Extract from Phyllanthus Emblica | Manashi Bagchi | PhD, FACN | Dr. Herbs LLC Concord, CA |
| | Toxicity and Prevention of Arsenic Poisoning in Drinking Water | Narayan. Chakraborty | PhD | Moulana Azad College Calcutta, India |
| | Cholesterol and Human Health | Stephen Sinatra | MD, FACN, CNS | Manchester, CT |
| **Friday Afternoon**<br>1:00 – 1:45 PM | | | | |
| **Keynote Lecture** | Nutritional Approaches to Inflammatory Bowel Disease | Leo Galland | MD, FACN | New York, NY |
| **Symposium IV**<br>1:50 – 6:00 PM<br>Panel Discussion on the Role Of Overnutrition Insulin<br><br>Resistance & Inflammation in Cancer Initiation/Promotion | Cancer, Insulin, the Glycemic Index and Carbohydrate Consumption. | David Jenkins | MD, PhD, MACN | University of Toronto, Toronto,<br>Ontario, Canada |
| | Nutritional Factors In Human Cancers | Edward Giovannucci | MD, ScD | Harvard School of PH<br>Dept of Nutrition and Epidemiology<br>Boston, MA |
| | Soy and Breast Cancer | Mark Messina | PhD, FACN, CNS | Loma Linda University<br>Loma Linda, CA |

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| | Regulation of Vitamin B2 (Riboflavin) Metabolism by Hormones and Drugs | Richard Rivlin | MD, FACN | Dept of Medicine, Weill Medical College<br>Cornell University<br>New York, NY |
| | Diet and Cancer | Neal Barnard | MD | Physicians Committee for Responsible<br>Medicine |
| | Dietary Carbohydrates in the Prevention of Cancer: The Role Of The Glycemic Index | Livia Augustin | PhD | University of Toronto, Toronto Ontario, Canada |
| | Obesity and Cancer of The Female Urogenital Tract | Brian Slomovitz | MD | Morristown Medical Center<br>Morristown, NJ |
| | Food for Thought: are we in Danger of Losing the War with Cancer and Chronic Disease | T. Colin Campbell | PhD | Cornell University, Ithaca, NY |
| **Session D**<br>2:00 – 6:00 PM | Low-Glycemic-Load Dietary Food Plan and Specific Phytonutrients in Managing Health and Disease | Deanna Minich | PhD, FACN, CNS | Metagenics<br>Port Orchard, WA |
| | How to Conduct A Nutritional Assessment of an Athlete | Douglas S. Kalman | PhD, FACN | Miami Research Associates<br>Miami, FL |
| | Life Modification Treatment of Pediatric Hypertriglyceridemia | Tamas Szamosi | MD, PhD, MACN | Semmelweils Univ. Med School<br>Budapest, Hungary |

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| | Psychological Vigor is Associated With Stress Hormone Profile and Responds Favorably to Modest Lifestyle Interventions | Shawn Talbott | PhD, FACN, CNS | MoneVie, Draper, Utah |
| | Zinc: When And How To Use It. | George Brewer | MD, MACN | University of Michigan, Ann Arbor, MI |
| | | Ananda Prasad | MD, PhD, MACN | Wayne State University, Detroit, MI |
| **FRIDAY EVENING**<br>6:30 – 9:00 PM<br>**President Dinner and Awards Presentations** | **ACN Mastership Award**<br><br>**Humanitarian Award**<br>**Bieber Professional Award**<br>**JACN Best Research Paper**<br>**Best Posters Awards** | | | |
| **Saturday Morning**<br>7:30 – 7:55 AM | Obesity, Leptin, and Aging. | Eric Braverman | MD, FACN | New York, NY |
| **Symposium V**<br>8:00 – 1:00 PM<br>Micronutrient Symposium: Should Healthy People Take Multivitamins? | | | | |
| **Bieber Academic Award** | Data from the Iowa Women's Health Study: Arguments Against Healthy People Taking Multivitamins. | David R. Jacobs | PhD, FACN | University of Minnesota, Minneapolis, MN |
| **Seelig award Lecture** | Diet and Health: A Place For Multivitamins? | Walter Willett | MD, DrPH, FACN | Harvard University, Boston, MA |
| | | Taylor C. Wallace | PhD, FACN | Council for Responsible Nutrition |

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| | The Multiple Benefits of a Multivitamin | | | Washington, D.C. |
| **ACN Award** | **Multivitamins: The Problem of Proof** | Jeffrey B. Blumberg | PhD, FACN, CNS | Tufts University<br>Boston, MA |
| | Multivitamins for All? A Flawed Argument | Norman Temple | PhD | Centre for Science<br>Athabasca University<br>Athabasca, Alberta, Canada. |
| **End of Symposium** | **Panel Discussion** | George Brewer<br>Ananda S. Prasad | MD, MACN<br>MD, PhD, MACN | Ann Arbor, MI<br>Detroit. MI |
| 1:00–2:30 | **ACN BUSINESS/COMMITTEE MEETINGS** | | | |