



American College of Nutrition®
uncompromising science

54th Annual Conference

Controversies in Nutrition: Navigating Uncharted Waters

In Partnership with Scripps Health

Preliminary Program

November 13-16, 2013

The Hilton San Diego Resort & Spa
1775 East Mission Bay Drive, San Diego, CA

ACN WEBSITE: www.americancollegeofnutrition.org

PROGRAM CHAIRS: Beverly Teter, PhD, CNS, MACN and Robert A. Bonakdar, MD

PROGRAM COORDINATOR: Santa Henriquez

Meeting Learning Objectives:

As a result of participating in this conference, clinicians will be better able to evaluate and recommend nutritional therapies based on the clinical impact of the following controversies:

1. How changes in the food supply affect our genes, immune system, metabolism, and eating behavior
2. The pathologic and therapeutic role of the microbiome
3. The role of diet, drugs and supplements in cardiovascular disease prevention, inflammation and overall health
4. The connection between nutrition and pain management
5. The bias in scientific dogma, economics and politics on nutrition research

Who Should Attend?

- Physicians
- Other healthcare practitioners including: nutritionists, dietitians, chiropractic physicians, nurses, physicians assistants, pharmacists, medical students
- Researchers and industry consultants

CONTINUING EDUCATION CREDITS

MDs and DOs: The American College of Nutrition (ACN) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. ACN designates this educational activity for a maximum of 19 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.



CNS® and RD: The Certification Board for Nutrition Specialists authorizes up to 19 CNE credit hours for Certified Nutrition Specialists™. Continuing education (CE) credit hours, up to 19 hours, will be authorized by the Commission on Dietetic Registration for Registered Dietitians.

EDUCATIONAL DISCLAIMER

The primary purpose of this conference is education. Information, research, publications, technologies, products and/or services discussed, are intended to inform the attendees about the knowledge, techniques, research and experiences of speakers who are willing to share such information with their colleagues. The faculty’s views neither represent those of the American College of Nutrition nor constitute endorsement by the organization. The American College of Nutrition denies any and all liability for damages to any individual attending this conference and for all claims, which may result from the use of information, publications, technologies, products, and/or services of the meeting. Faculty disclosure statements are required from the speakers and will be presented in the conference materials.

AMERICAN COLLEGE OF NUTRITION CME MISSION STATEMENT

The mission of the American College of Nutrition (ACN) is to improve the quality of nutrition care by enhancing nutrition education for physicians. An integral part of ACN’s education activities is providing opportunities to fill in the gaps in the current medical school curriculum as well as ongoing post-graduate training. The goal of this training is to enhance nutrition and metabolism knowledge and to promote the application of such knowledge in clinical practice for the prevention and treatment of disease.

The program’s scope includes, but is not limited to the following types of activities:

- Educational conferences, webinars, and other related activities
- Forums for the exchange of views, professional and educational experiences, and research results in the general field of nutrition
- Work with educators to encourage the incorporation of a strong, clearly defined nutrition teaching module in the curriculum of all medical schools

The target audience for these activities includes physicians, medical students, nutritionists, nutrition researchers, and nutrition educators.

The desired result of these activities is improvement in physician understanding, knowledge, and competence in the practice of nutrition in the treatment and prevention of disease.

EVENTS PRIOR TO SCIENTIFIC SYMPOSIA

Wednesday, November 13, 2013

Abstracts #

2:00 pm	On Site Meeting Registration - East Glass Windows Viewing of Scientific Posters and Exhibits – Pavilion Room
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6:30 -7:30 pm		<p>Opening Reception - South Poolside Wine and Hor d'oeuvres</p> <p>President's Convocation and Program Chair Welcome Harry G. Preuss, MD, MACN, CNS and Beverly Teter, PhD, CNS, MACN</p>	
7:30-9:00 pm		<p>Opening Reception Lecture - StTroMonRiviera Room</p> <p>MEDIA AWARD Why We Get Fat Gary Taubes, MS Oakland, California.</p>	1

Thursday, November 14, 2013

7:00 am		Breakfast – Hotel Guest Only – Pavilion Room	
7:30 am		<p>On Site Meeting Registration - East Glass Windows Viewing of Scientific Posters and Exhibits – Pavilion Room</p>	
8:00 am		<p>President's Welcome - Harry G. Preuss, MD, CNS, MACN StTroMonRiviera Room</p>	
<p>StTroMonRiviera Room</p> <p>SYMPOSIUM I: How Do Changes in Our Food Supply Affect Our Genes? Moderator: Artemis Simopoulos, MD, FACN. The Center for Genetics and Nutrition and Health, Washington, DC.</p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • Evaluate and recommend nutritional therapies based on emerging data regarding the role of epigenetics • Evaluate and recommend nutritional therapies for prevention and management of cancer based on epigenetic factors • Evaluate and recommend individualized nutritional therapies for disease prevention and management based on the role of the microbiome • Recommend dietary therapies for prevention and management of cardiovascular disease based on the findings of the Mediterranean Diet study 			
8:15 am		<p>KEYNOTE PRESENTATION: Epigenetics Overview Artemis Simopoulos, MD, FACN. The Center for Genetics and Nutrition/Health, Washington, DC.</p>	2
9:00 am		<p>Epigenetics in Development Rita Raman, MD, MACN. University of Oklahoma Health Sciences Center, Oklahoma City, Oklahoma.</p>	3

9:45 am		The Role of Epigenetics in Cancer Alex Vasquez, ND, DC, FACN. Portland, Oregon.	4
10:30 am		Break and Viewing of Scientific Posters and Exhibits – Pavilion Room	
11:00 am		KEYNOTE PRESENTATION: Role of The Microbiome Jeffrey Bland, PhD, CNS, FACN. Personalized Lifestyle Medicine Institute, Seattle, Washington.	5
11:45 am		Q & A/Panel Discussion and Practical Applications	
12:15 pm		Box Lunch – South Poolside Viewing of Scientific Posters and Exhibits - Pavilion Room	
<p>StTroMonRiviera Room</p> <p>SYMPOSIUM II: Cholesterol Controversy</p> <p>Moderators: Stephen Sinatra, MD, FACN, CNS. Manchester, Connecticut and Beverly Teter, PhD, MACN, CNS. Faculty Research Associate, College Park, Maryland.</p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • Address the root causes of cardiovascular disease with nutritional therapies • Counteract the negative effects of statin medications with nutritional therapies • Utilize statins effectively in conjunction with nutraceuticals 			
1:15 pm		KEYNOTE PRESENTATION: Mediterranean Diet: Miguel Angel Martinez Gonzalez, MD. Department of Preventive Medicine, University of Navarra, Spain.	6
2:00 pm		The Great Cholesterol Myth: The Truth About Cholesterol and Cardiovascular Disease Stephen Sinatra, MD, CNS, FACN. Manchester, Connecticut and Jonathan Bowden, Ph.D., CNS. Woodland Hills, California.	7
2:45 pm		Statin Side Effects and Risk-Benefit Beatrice A. Golomb, MD, PhD. University of San Diego, La Jolla, California.	8
3:30 pm		Break and Viewing of Scientific Posters and Exhibits - Pavilion Room	
4:00 pm		Nutrition and Nutraceutical Supplements for the Treatment of Dyslipidemia and Related Vascular Disease Mark Houston, MD, FACN. Vanderbilt University School of Medicine, Hypertension Institute of Nashville, Nashville, Tennessee.	9

4:45 pm		Q & A/Panel Discussion and Practical Applications
5:15 pm		Adjourn

Friday, November 15, 2013

7:30 am		On Site Meeting Registration - East Glass Windows Viewing of Scientific Posters and Exhibits – Pavilion Room
<p>StTroMonRiviera Room</p> <p>SYMPOSIUM III: Pain, Inflammation and Nutrition</p> <p>Moderators: Robert A. Bonakdar, MD. Scripps Center for Integrative Medicine, La Jolla, California and Nancy Cotter, MD, FACN. Morristown, New Jersey.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • Choose appropriate nutritional interventions for patients with inflammatory diseases • Evaluate nutrient depletion resulting from chronic pain and select appropriate dietary therapy 		
8:00 am		KEYNOTE PRESENTATION: Inflammation Nation-Controlling the Fire for Overall Health 10 Mimi Guarneri, MD, FACC, ABIHM. Scripps Center for Integrative Medicine, La Jolla, California.
8:45 am		The Weight and Pain of a Nation 11 Robert Alan Bonakdar, MD, FAAFP, ABIHM. Scripps Center for Integrative Medicine, La Jolla, California.
9:15 am		Nutrition and Arthritic Pain: Time to Think Outside the Joint 12 Nancy Cotter, MD, CNS, FACN. Morristown, New Jersey.
9:45 am		Break and Viewing of Scientific Posters and Exhibits
10:15 am		Pain and Nutritional Depletion 13 Michael Stone, MD. Ashland, Oregon.
10:45 am		Dietary-Induced Analgesia 14 Yoram Shir, MD. McGill University Health Center, Montreal General Hospital, Montreal Quebec, Canada.
11:15 am		Q & A/Panel Discussion and Practical Applications
11:45 am		Box Lunch – South Poolside Viewing of Scientific Posters and Exhibits - Pavilion Room

StTroMonRiviera Room

SYMPOSIUM IV: Balancing the Inflammatory Process with Diet and Nutrients

Moderator: **Jeffrey Blumberg, PhD, FACN, CNS**. USDA, Human Nutrition Research Center, Tufts University, Boston, Massachusetts.

Learning Objectives:

- Appropriately utilize the ketogenic diet as a therapeutic anti-inflammatory intervention
- Choose appropriate phytochemical therapies for inflammatory states
- Utilize biomarkers for the assessment and management of systemic inflammation
- Utilize the IF Scale for the evaluation and management of systemic inflammation

12:45 pm		Role of Macronutrients: The Ketogenic Diet as an Anti-inflammatory Intervention 15 Beverly B. Teter, PhD, CNS, MACN. Faculty Research Associate, College Park, Maryland.
1:15 pm		Phytochemicals as Healing Dietary Components in Combating Chronic Disease 16 Deanna Minich, PhD, CNS, FACN. Port Orchard, Washington.
1:45 pm		Break and Viewing of Scientific Posters and Exhibits - Pavilion Room
2:15 pm		Functional Biomarkers and Role in Inflammation 17 Russell Jaffe, PhD, MD, FACN. Ashburn, Virginia.
2:45 pm		Codifying the Anti-inflammatory Diet: A Nutrient Based Model 18 Monica Reinangel, MS, CNS. Baltimore, Maryland.
3:15 pm		Q & A/Panel Discussion and Practical Applications
		OPEN ORAL PRESENTATIONS – SESSION A This Session is not Eligible for CME StTroMonRiviera Room
3:45 pm		Cinnamon Alleviates the Negative Effects of Emotional and Dietary Stresses on Brain Insulin Signalling and Variables Related to Brain Dysfunction and Behaviour. Roussel AM. ^a , Canini F. ^b , Qin B ^{cd} , Anderson RA ^d . LBFA/INSERM, Joseph Fourier University ^a , CRSSA Army Research Center for Health, Grenoble, France ^b , Integrity, Spring Hill, TN ^c , Human Nutrition Research Center, BHRNC/USDA, .Beltsville, MD. 19
4:00 pm		Merging Lifestyle Factors as Predictors of Carotid LMT Scores 20 Steven C. Masley, Richard Roetzheim, Lucas V Masley, Douglas D. Schocken. St. Petersburg, FL.
4:15 pm		Avoiding Postoperative G-I Dysfunction, Under-Nutrition and Feeding Catheter Occlusion. Moss, G. Biomedical Engineering Department, Rensselaer Polytechnic Institute, Troy, NY. 21

4:30 pm		Metabolic Abnormalities With Initiation of a Modified Atkins Diet (MAD) for Epilepsy. Shannon Roque, Lisa P. Haverstick, <u>Michael Rothkopf</u> , Amrita Sawhney. Morristown Medical Center, Morristown, NJ. 22
4:45 pm		Abstract Mate Ability To Protect Cardiomyocytes From Oxidative Stress. <u>Sadik, A.</u> Touro University of Nevada, Henderson, NV. 23
5:00 pm		Calcium and Vitamin D Disparities are Related to Gender, Age Household Income Level and Weight Classification in the U.S. <u>Wallace T.C.</u> , Reider C., Fulgoni V.L. III. National Osteoporosis Foundation, Washington, DC, Pharmavite LLC, Mission Hills, CA, Nutrition Impact, Battle Creek, MI. 24
5:15 pm		What Effects Does LLEX Paraguariensi. <u>Sadik, A.</u> Touro University of Nevada, Henderson, NV 25
5:30 pm		Successful Twin Pregnancy in an Abetalipoproteinemic (ABL) Patient. <u>Michael M. Rothkopf</u> , Amrita G. Sawhney, Lisa P. Haverstick. Morristown Medical Center, Morristown, NJ. 26
5:45 pm		ACN Business Meeting - StTroMonRiviera Room
6:30 pm		CNS Meet and Greet – Pavilion Room
7:30 pm		President’s Dinner and Awards Presentations Sorrento/San Mateo Room
10:00 pm		Adjourn

Saturday, November 16, 2013

7:30 am.		On Site Meeting Registration - East Glass Windows Viewing of Scientific Posters and Exhibits – Pavilion Room
<p>StTroMonRiviera Room</p> <p>SYMPOSIUM V: Recent Reports on Controversial Nutrition Topics Moderator: Michael Rothkopf, MD, FACN. Morristown Medical Center, Morristown, New Jersey.</p> <p>Learning objectives:</p> <ul style="list-style-type: none"> • Utilize cinnamon and garcinia for the prevention and management of cognitive disorders and other chronic diseases • Identify and manage food addiction as a significant factor in the treatment of obesity and related health issues • Safely and effectively incorporate energy drinks into health management and performance improvement 		

strategies		
8:00 am		KEYNOTE PRESENTATION: Nutrition Research and Public-Private Partnerships: How do we evaluate? 27 Richard Black, PhD. Global Nutrition, PepsiCo, Purchase, New York.
8:45 am		Weight Loss Studies: Emphasis on Garcinia 28 Harry G. Preuss, MD, CNS, MACN. Georgetown University Medical Center, Washington, DC.
9:15 am		Beneficial Effects of Cinnamon on Chronic Diseases and the Brain 29 Richard Anderson, PhD, FACN. Beltsville Human Nutrition Research Center, Beltsville, Maryland.
9:45 am		Break and Viewing of Scientific Posters and Exhibits
10:15 am		Safety and Efficacy of Energy Drinks: Implications on Health and Performance 30 Richard B. Kreider, PhD, FACSM. Texas A&M University. College Station, Texas.
10:45 am		Food Addiction: Assessing, Managing Withdrawal, and Designing Abstinence 31 Joan Iffland, PhD, MBA. Refined Food Addiction, Houston, Texas.
11:15 am		Q & A/Panel Discussion and Practical Applications
11:45 am		Final Adjournment
12:00 pm		San Diego Botanic Garden Tour – David Kiefer, MD The "Herb Tour" will be an approximately one-hour visit to the San Diego Botanic Garden. We will walk through the garden where we will see herbal medicines in their natural environment and discuss plant scientific names, the correct form of the plant to use for medicine, and some basic plant preparation techniques. This will be a fun, interesting, interactive seminar meant to help clinicians put a tangible image to the dietary supplement products that many of us have begun to incorporate into our clinical practices and experience the botanical origins of certain modern pharmaceutical agents.
		San Diego Botanic Garden Tour schedule: <ul style="list-style-type: none"> • Bus arrives at the Hilton at noon and leaves for San Diego Botanic Gardens (Encinitas) at 12:15 pm. • Bus to leave the San Diego Botanic Gardens (Encinitas) adjourn at 3:30 pm and arrive back at the Hilton at 4:00 pm

POSTER PRESENTATIONS

Pavilion Room

	<p>Nutrition for Vision: Eye Health and Disease Management. <u>J. Anshel</u>, Ocular Nutrition Society, Encinitas, CA.</p>	32
	<p>The Effects of Cocoa Polyphenols on High-Fat Breakfast-Induced Postprandial Metabolism and Vascular Function in Adults with Type 2 Diabetes. <u>¹Bryant A., ¹Newman E., ¹Betts N.M., ²Leyva M.J., ²Fu D-X., ²Lyons T.J., ¹Basu A. ¹Department of Nutritional Sciences, Oklahoma State University, Stillwater, USA. ²Section of Diabetes & Endocrinology, University of Oklahoma Health Sciences Center, Oklahoma City, OK.</u></p>	33
	<p>The Effects of Freeze-Dried Strawberries on Plasma Lipid Profiles in Obese Adults with Dyslipidemia. <u>¹Basu A., ¹Bryant A., ¹Newman E., ¹Nguyen A., ¹Betts N.M., ^{2,3}Fu D-X., ^{2,3}Lyons T.J. ¹Department of Nutritional Sciences, Oklahoma State University, Stillwater, OK. ²Section of Diabetes & Endocrinology, University of Oklahoma Health Sciences Center, Oklahoma City, OK. ³Centre for Vision and Vascular Science, Queen's University, Belfast, Northern Ireland, UK.</u></p>	34
	<p>Effect of Lutein and A-Tocopherol on DHA Peroxidation In Primary Neurons. Vazahappilly R, Lai C, <u>Kuchan M.</u>, Abbott Nutrition, Columbus, OH.</p>	35
	<p>A Low Glycemic Load Diet Utilizing Nuts is Most Effective in Type 2 Diabetics With Greater Central Adiposity. <u>Mirrahimi A.</u>, Srichaikul K, Chiavaroli L, Sievenpiper JL, de Souza RJ, Augustin LSA, Kendall CWC, Jenkins DJA. Faculty of Health Sciences, Queen's University, Kingston, Department of Nutritional Sciences, Faculty of Medicine, University of Toronto, Toronto, ON, Canada.</p>	36
	<p>Lactose Intolerance in Alcohol Induced Liver Cirrhosis Patients from North India. <u>SV Rana</u>, S Sharma, RK Dhiman, SK Sinha, YK Chawla. Department of Gastroenterology and Hepatology. PGIMER, Chandigarh, India.</p>	37
	<p>A Fifth Reported Case Of Intestinal Xanthomatosis. Lisa P Haverstick, <u>Michael Rothkopf</u>, Amrita Sawhney. Morristown Medical Center, Morristown, NJ.</p>	38
	<p>Treatment of Secondary Hyperparathyroidism (S-Hpt) after Gastric Bypass (RYGB) IN PREGNANCY. Lisa P Haverstick, RDN, CNSC, <u>Michael Rothkopf</u>, Amrita Sawhney. Morristown Medical Center, Morristown, NJ.</p>	39
	<p>Pseudohypercupremia Due to Abnormal Copper Protein Transport. <u>Michael Rothkopf</u>, Amrita G. Sawhney, Lisa P. Haverstick. Morristown Medical Center, Morristown, NJ.</p>	40
	<p>More Effective In Type 2 Diabetic Study Participants With More Central Adiposity. <u>Korbua Srichaikul</u>, Arash Mirrahimi, Laura Chiavaroli, John Sievenpiper, Russell de Souza, Livia Augustin, Cyril Kendall, David Jenkins. Faculty of Medicine, University of Ottawa, Ottawa Department of Nutritional Sciences, Faculty of Medicine, University of Toronto, Toronto, ON, Canada.</p>	41
	<p>Prebiotic Effect of a Formula Supplemented with Galacto-Oligosaccharides in Term Infants: a Randomized Clinical Trial. <u>M Giovannini</u>¹, E Verduci¹, D Gregori², S Ballali², S Soldi³, G Banderali¹, D Ghisleni¹, E Riva¹. ¹Department of</p>	42



2013 CONFERENCE

POLICY ON DISCLOSURE

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FACULTY DISCLOSURE STATEMENTS

All speakers, moderators and presenters have disclosed that they will not be discussing unlabeled or unapproved usage of drugs or products.

Richard A. Anderson, PhD, FACN, has indicated that he is a consultant for Integrity Net, Nutraceuticals International, Spring Hill, TN

Richard Black, PhD, has indicated that he is an employee of PepsiCo.

Jeffrey Bland, PhD, CNS, FACN, has indicated that he has no financial relationships with any ACCME defined commercial interests.

Jeffrey Blumberg, PhD, CNS, FACN, has indicated that he is a consultant for Herbalife, Pfizer, and Pharmavite.

Robert A. Bonakdar, MD, has indicated that he has received a grant from Johnson & Johnson and is a consultant for Quadrant Healthcomm.

Jonathan Bowden, PhD, CNS, has indicated that he has no financial relationships with any ACCME defined commercial interests.

Nancy Cotter MD, CNS, FACN has indicated that she has no financial relationships with any ACCME defined commercial interests.

Beatrice Golomb, MD, PhD, has indicated that she has no financial relationships with any ACCME defined commercial interests.

Mimi Guarneri, MD, FACC, has indicated that she is on the speaker's bureau for Abbott and GlaxoSmithKlein.

Mark C. Houston, MD, FACN, has indicated that he received a research grant from Biotics, Neogenics and is a consultant/speaker for Thorne, Biotics, Designs for Health.



Russell M. Jaffe, PhD, MD, FACN, has indicated that he received a research grant from Elisa/Act Biotechnologies and is employees of Perque Integrated Health.

David Kiefer, MD, has indicated that he has no financial relationships with any ACCME defined commercial interests.

Richard B. Kreider, PhD, has indicated that he received a research grant from Curve International, Anderson Group, and is a consultant for Woodbolt International.

Miguel A. Martinez-Gonzalez, MD has indicated that he has no financial relationships with any ACCME defined commercial interests.

Deanna Marie Minich, PhD, FACN, CNS, has indicated that she is a consultant for Personalized Lifestyle Medicine Institute.

Harry G. Preuss, MD, MACN, CNS, has indicated that he is a consultant for Neway International.

Rita Raman, MD, MACN, has indicated that she has no financial relationships with any ACCME defined commercial interests.

Monica Reinagel, MS, CNS, has indicated that she is a consultant for Looking Glass, Inc., distributor of a mobile application (IF Tracker) which utilizes the IF Rating system.

Yoram Shir, MD, has indicated that he has no financial relationships with any ACCME defined commercial interests.

Artemis Simopoulos, MD, FACN, has indicated that she has no financial relationships with any ACCME defined commercial interests.

Stephen Sinatra, MD, FACN, CNS, has indicated that he is a consultant for Healthy Directions.

Michael Stone, MD, has indicated that he has no financial relationships with any ACCME defined commercial interests.

Gary Taubes, MS, has indicated that he has no financial relationships with any ACCME defined commercial interests.

Beverly B. Teter, PhD, MACN, CNS, has indicated that she has no financial relationships with any ACCME defined commercial interests.

COURSE PLANNERS' DISCLOSURE STATEMENTS

Corinne Bush, MS, CNS, has indicated that she has no financial relationships with any ACCME defined commercial interests.

Dana Reed, MS, CNS, CDN, has indicated that she has no financial relationships with any ACCME defined commercial interests.

Michael Rothkopf, MD, FACN, has indicated that he has no financial relationships with any ACCME defined commercial interests.

Michael Stroka, JD, MBA, MS, CNS, LDN, has indicated that he has no financial relationships with any ACCME defined commercial interest

Beverly B. Teter, PhD, MACN, CNS, has indicated that she has no financial relationships with any ACCME defined commercial interests.