

CATEGORY: CHRONIC DISEASE PREVENTION AND MANAGEMENT

An unhealthy dietary pattern is a common, modifiable risk factor associated with chronic disease and metabolic syndrome. Sessions within this category focus on how dietary patterns influence one's risk for chronic disease and highlight strategies to prevent and manage chronic diseases, including heart disease and cancer.

Medical Nutrition Therapy

- Beef and a Balanced Diet - Optimizing the Absorption of a Wide Range of Essential Minerals through Increased Beef Intake
- Beef Provides High Energy: How Beef Intake Increases Energy Production and Prevents Anemia
- Fitting Nutrition Into Your Genes: Working Molecular Biology into Your Practice
- Lifestyle Choices for Disease Prevention and Health Promotion
- Nutrient Intake with a Carbohydrate Restricted Diet
- Ok to Eat or Not to Eat Red Meat?
- Optimizing Mineral Status through Beef Intake
- Prevention Works: Key Nutrients that Fight Chronic Diseases
- Ranking the Diets- Which is Best for Health, Weight Loss, and Heart and Why?
- Role of Muscle in Health and Disease
- Stress: You Just Don't Get Over It

Heart Health

- Beef and Heart Disease: Should It Be What's for Dinner?
- Key Nutrients and Cardiovascular Disease: An Update
- Preventing Heart Disease – Lifelong Strategies for All Ages
- Preventing Heart Disease – Which Diet is Optimal for Heart Health?
- Protein and Blood Pressure: Does Type or Amount Matter?

Metabolic Syndrome

- Diet and Metabolic Syndrome: Practical Approaches to Lowering Risks for Heart Disease and Diabetes
- Dietary Carbohydrate Restriction is the Ideal Therapy for Metabolic Syndrome
- Saturated Fat, Carbohydrates and Metabolic Syndrome- Should We Be Changing Our Recommendations?
- Targeting the “Middle” for Managing Metabolic Syndrome
- The Roles of Protein and Other Macronutrients in Risk for Developing Type 2 Diabetes Mellitus

Speakers Available for this Category

- Doug Paddon-Jones, PhD, FACSM
- Gail Frank, DrPH, RD, CHES
- Georgia Kostas, MPH, RD, LD
- James Swain, PhD, RD, LD, FAND
- Keith Ayoob, EdD, RD, FAND
- Kevin Maki, PhD
- Martha Belury, PhD, RD
- Mike Roussell, PhD
- Neva Cochran, MS, RDN, LD, FAND
- Penny Kris-Etherton, PhD, RD
- Richard Wood, PhD
- Robert Wolfe, PhD
- Stuart Phillips, PhD, FACSM, FACN

SESSION DESCRIPTIONS

Medical Nutrition Therapy

Beef and a Balanced Diet - Optimizing the Absorption of a Wide Range of Essential Minerals through Increased Beef Intake

This is a presentation that provides both detailed information regarding beef's macro- and micro-nutrient contributions to the diet, but how beef also enhances the absorption and metabolism of nutrients from other foods eaten at the same time.

- *Possible Learning Needs Codes: 2000, 4000, 5000, 6000*

Beef Provides High Energy: How Beef Intake Increases Energy Production and Prevents Anemia

This session provides detailed information on how consuming beef drives the metabolic engine. Beef not only provides primarily protein and other micronutrients for tissues and as cofactors, but through inter-conversions, these factors directly interact with energy production.

- *Possible Learning Needs Codes: 2000, 4000, 5000, 6000*

Fitting Nutrition into Your Genes: Working Molecular Biology into Your Practice

Now that the human genome has been de-coded, is it really possible that diet will affect gene expression and risk for certain diseases? This seminar will introduce: 1) how nutrition works in concert with genes to predict better health outcomes; and 2) how dietitians will be able to use this genetic knowledge to improve our odds for changing the quality of life for our clients. We will define terms (e.g. metabolomics, post-genomic, epigenetic, bio-informatic) then discuss, using specific health issues, how diet will modify the course of these diseases based on the knowledge of one's genes.

- *Possible Learning Needs Codes: 2000, 4000, 5000, 8000, 9000*

Lifestyle Choices for Disease Prevention and Health Promotion

Preventing disease and promoting healthy living includes many factors, in addition to diet or exercise. Come learn about several different approaches to encourage healthy living that encompass the whole body. Discuss new ways to increase activity, eat better and the importance of exercising the brain. The final component includes learning how to relax, recover and renew the body to minimize stress and maximize disease prevention. This presentation includes an optional case study.

- *Possible Learning Needs Codes: 4000, 6000*

Nutrient Intake with a Carbohydrate Restricted Diet

Would you believe that the absolute amount of total fat and saturated fat intake is generally unchanged when people move from their habitual diet to a low carbohydrate diet? How about that the biggest change in dietary pattern when switching to a low carbohydrate diet is an increase in vegetable intake? There are a number of misconceptions about the nutrient intake changes that occur when people eat a low carbohydrate diet. This presentation will outline the typical nutrient intake during a low carbohydrate diet.

- *Possible Learning Needs Codes: 2000, 4000, 6000*

Ok to Eat or Not to Eat Red Meat?

(Alternative Titles: Eat to Prevent Colorectal Cancer Or Unintended Consequences of Simplified Anti-Meat Messages)

The session will review the recent prevalence and incidence rates of colorectal cancer, and the latest dietary recommendations based on a review of evidence-based research and literature. What happens when we exclude red meat from the diet is also discussed.

- *Possible Learning Needs Codes: 4000, 6000, 9000*

Optimizing Mineral Status through Beef Intake

This session provides a detailed overview of the nutritional profile of meat and how increasing beef consumption directly impacts and optimizes body mineral status.

- *Possible Learning Needs Codes: 2000, 4000, 5000, 6000*

Prevention Works: Key Nutrients that Fight Chronic Diseases OR Is Chronic Disease Inevitable?

Chronic Diseases – cardiovascular, hypertension, strokes, diabetes, obesity, cancer, osteoporosis, lung disease, obesity – claim 80% of the deaths in America and impact 1 to 5 decades of one's quality of life and medical expenses. Most are preventable and reversible. Know the latest evidence that can save lives and improve the quality of life. Our country is supporting more preventive programs to reduce chronic disease. Are you on board?

- *Possible Learning Needs Codes: 2000, 4000, 5000, 6000*

Ranking the Diets – Which is best for health, weight loss, and heart and why?

Each year, popular diets are ranked by health experts. Learn which are the favorite of leading American physicians and why. DASH, TLC, AHA, Paleo, Mediterranean and Weight Watchers plans are among those highlighted. Be prepared to answer your clients' questions regarding this controversial topic.

- *Possible Learning Needs Codes: 2000, 4000, 5000, 6000*

Role of Muscle in Health and Disease

The importance of muscle mass to optimize metabolic function, physical activity and weight loss is clear. Now, a growing body of evidence suggests muscle metabolism may also play a role in the prevention of many chronic diseases, such as Type 2 Diabetes and osteoporosis. This presentation explores the mounting body of evidence indicating sufficient lean muscle mass not only builds strength, but also promotes an active daily life and may ultimately improve overall health.

- *Possible Learning Needs Codes: 2000, 4000, 9000*

Stress: You Just Don't Get Over It

Many people think that stress leads to weight gain. Recent research shows that people who had a stressful event show worsened response to a test meal for a day or days after the stressful event occurred. In our research, lipids and the stress hormone, cortisol, remain elevated while our ability to burn calories is decreased at least one day after the stressful event. The lasting effect of stress on our metabolism may be cause of the weight gain associated with a stressful life. We will talk about ways we can boost our metabolism and mitigate these effects of stress on weight gain.

- *Possible Learning Needs Codes: 2000, 4000, 5000, 6000*

Heart Health

Beef and Heart Disease: Should It Be What's For Dinner?

This talk examines the changing nutritional role of beef in a heart healthy diet. Specifically, we will delve into the disconnect between population based studies and clinical trials regarding the impact of red meat on CVD and CVD risk factors.

- *Possible Learning Needs Codes: 2000, 3000, 4000, 5000, 9000*

Key Nutrients and Cardiovascular Disease: An Update

Cardiovascular disease (CVD) is the leading cause of death in the U.S. and costs the economy approximately \$395.5 billion per year. Considerable evidence suggests that lean meat can be a frequent component of a heart-healthy diet that is low in saturated fat and shows nutrients present in lean meats (e.g. vitamin B6 and vitamin B12) may have a beneficial effect on serum homocysteine (a potential CVD risk factor). This presentation will review the most recent information on lean meat consumption and CVD.

- *Possible Learning Needs Codes: 2000, 4000, 5000, 6000, 9000*

Preventing Heart Disease- Lifelong Strategies for All Ages

Eighty million Americans suffer from heart disease, yet many of those cases could have been prevented with healthier lifestyle habits. Even more, signs and markers of heart disease are appearing at younger ages than ever before. This presentation will discuss today's current environment, and strategies and solutions for patients and clients to prevent heart disease throughout the lifecycle.

- *Possible Learning Needs Codes: 4000, 5000, 6000*

Preventing Heart Disease – Which Diet is Optimal for Heart Health?

Many diets improve lipids, inflammation, weight, and heart disease risk factors. Which is best? Compare these leading diets to find out the benefits of each: AHA, NCEP, DASH, DASH-BOLD, DASH-BOLD Plus, Mediterranean, Portfolio, others. Which should you recommend to your patients for optimal results? Come learn the latest research results.

- *Possible Learning Needs Codes: 2000, 3000, 4000, 5000, 9000*

Protein and Blood Pressure: Does the Type or Amount Matter?

The 'protein effect' is a term used with increasing popularity to describe the effect of increased dietary protein for the treatment of elevated blood pressure. Despite its popularity there is much confusion about what the protein effect actually is. How much protein is needed? Does the type of protein matter? This talk will explore both observational and clinical studies that look at the protein effect while also discussing issues of safety and impacts on other CVD risk factors when dietary protein is increased

- *Possible Learning Needs Codes: 2000, 4000, 5000, 9000*

Metabolic Syndrome

Diet and Metabolic Syndrome: Practical Approaches to Lowering Risks for Heart Disease and Diabetes

This presentation will review ways in which dietary interventions can aid in the prevention of metabolic syndrome. Metabolic syndrome comprises disturbances in lipid and carbohydrate metabolism which may ultimately increase risks for heart disease and type 2 diabetes mellitus. Prevalence of these diseases varies considerably among countries, which has been attributed, in part, to differing dietary patterns across the globe. Lifestyle interventions has been emphasized as a means of prevention by several guideline panels. This

presentation will explore the scientific evidence to support a low-risk dietary pattern that demonstrates promise for the prevention of heart disease and Type 2 Diabetes and the management of related metabolic disturbances.

- *Possible Learning Needs Codes: 2000, 3000, 4000, 5000, 9000*

Dietary Carbohydrate Restriction is the Ideal Therapy for Metabolic Syndrome

The etiology of metabolic syndrome is not entirely clear, but many experts believe insulin resistance is a central cause. A review of basic biochemistry and physiology shows us that carbohydrates are the primary stimulus for insulin release. Despite this knowledge, a diet high in carbohydrate is still recommended to prevent the progression from metabolic syndrome to Type 2 Diabetes. The evidence is quickly growing that restricting carbohydrates are an ideal approach in treating metabolic syndrome. This presentation outlines the diagnostic criteria for metabolic syndrome then reviews the available literature on how low carbohydrate diets impact these criteria.

- *Possible Learning Needs Codes: 2000, 4000, 5000, 6000, 9000*

Saturated Fat, Carbohydrates and Metabolic Syndrome- Should We Be Changing Our Recommendations?

This talk looks at the recent research which has brought into question the need for restriction of saturated fat in the diet. We will also discuss the growing body of evidence to show that carbohydrate restriction modifies the potential negative lipid effects of increased saturated fat and how this may be the future of the treatment for metabolic syndrome.

Possible Learning Needs Codes: 2000, 3000, 4000, 5000, 9000

Targeting the “Middle” for Managing the Metabolic Syndrome

Central obesity is the “central” risk factor for metabolic syndrome, the condition of having hypertension, dyslipidemia, insulin resistance and non-alcoholic associated fatty liver. All of these conditions are risk factors for heart disease, Type 2 Diabetes and many forms of cancer. We know that “spot weight reduction” won’t reduce central obesity. However, certain behavioral, dietary and exercise practices can reduce visceral adipose and decrease risk for diseases associated with central obesity. Learn about the latest research with evidence that there are ways to “whittle the middle.”

- *Possible Learning Needs Codes: 2000, 3000, 4000, 5000, 9000*

The Roles of Protein and Other Macronutrients in Risk for Developing Type 2 Diabetes Mellitus

This presentation will review how lifestyle factors, including diet, contribute to Type 2 Diabetes. As the prevalence of Type 2 Diabetes and its modifiable risk factors (overweight/obesity, dyslipidemia, hypertension, and physical inactivity) have been on the rise in recent decades, there has been growing interest in lifestyle interventions that target Type 2 Diabetes prevention. While it is increasingly recognized that lifestyle interventions aimed at encouraging physical activity and reducing body weight can improve insulin sensitivity, the roles of other lifestyle interventions to reduce risk are less well established. This presentation will explore emerging evidence from prospective cohort studies and randomized, controlled trials supporting low-risk dietary patterns that show promise as additional means through which diabetes risk can be reduced.

- *Possible Learning Needs Codes: 2000, 3000, 4000, 5000, 9000*