

CHRONIC DISEASE PREVENTION AND MANAGEMENT

Medical Nutrition Therapy

- Gluten-Free Whole Grains: Are your Gluten-Free Clients getting enough?
- Gluten-related Disorders: Are you ready?
- Celiac Disease and Diabetes**
- Nutrient Intake with a Carbohydrate Restricted Diet
- Lifestyle Choices for Disease Prevention and Health Promotion
- Fitting Nutrition into Your Genes: Working Molecular Biology into Your Practice
- Ok to Eat or Not to Eat Red Meat? Or Eat to Prevent Colorectal Cancer Or Unintended Consequences of Simplified Anti-Meat Messages
- Red Meat and Colorectal Cancer: A Closer Look Into the Data
- Building Better Muscles with Flavonoids
- Prevention Works: Key Nutrients that Fight Chronic Diseases OR Is Chronic Disease Inevitable?
- Ranking the Diets- Which is Best for Health, Weight Loss, and Heart and Why?
- Anti-Inflammatory Dietary Oils: Are Omega Three-Rich the Only Option?
- Stress: You Just Don't Get Over It**
- Beef Provides High Energy: How Beef Intake Increases Energy Production and Prevents Anemia**
- Optimizing Mineral Status through Beef Intake**
- Beef and a Balanced Diet - Optimizing the Absorption of a Wide Range of Essential Minerals through Increased Beef Intake**

Heart Health

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

Metabolic Syndrome

- 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 the Metabolic Syndrome
- Diet and Metabolic Syndrome: Practical Approaches to Lowering Risks for Heart Disease and Diabetes
- The Roles of Protein and Other Macronutrients in Risk for Developing Type 2 Diabetes Mellitus

***** New or Updated Topic***

SPEAKERS AVAILABLE FOR THE CATEGORY:

- Dominik Alexander, PhD, MSPH
- Shelly Asplin, MA, RD, LMNT
- Martha Belury, PhD, RD
- Georgia Kostas, MPH, RD, LD
- Penny Kris-Etherton, PhD, RD

- Kevin Maki, PhD
- Mike Roussell, PhD
- James Swain, PhD, RD, LD, FAND
- Richard Wood, PhD
- Neva Cochran, MS, RDN, LD, FAND

Medical Nutrition Therapy

Gluten-Free Whole Grains: Are your Gluten-Free Clients getting enough?

The session will provide an overview of celiac disease and non-celiac gluten sensitivity and how this population is at risk for nutrient consequences secondary to decreased grain consumption. What can you do to make sure your clients are getting enough? The speaker will define whole grains, identify sources of gluten-free whole grains and discuss ways to increase gluten-free grains in one's diet.

Possible Learning Needs Codes: 2000, 4000, 6000, 8090, 8100

Gluten-related Disorders: Are you ready?

Learn the differences between celiac disease and non-celiac gluten sensitivity and the common nutrient deficiencies that the diets impose. The session will discuss strategies and tools to assist those living gluten-free, including label reading and identifying sources of gluten.

Possible Learning Needs Codes: 2000, 4000, 6000, 8090

Celiac Disease and Diabetes**

Celiac disease and type 1 diabetes are autoimmune diseases frequently found presenting together in individuals. This session will explain research discussing this phenomenon, challenges to managing blood sugars on a gluten-free diet and best practices for managing blood sugars while living gluten-free.

Possible Learning Needs Codes: 2000, 4000, 5000, 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

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. Presentation includes optional case study.

Possible Learning Needs Codes: 4000, 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; 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 ones genes.

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

Ok to Eat or Not to Eat Red Meat? Or Eat to Prevent Colorectal Cancer Or Unintended Consequences of Simplified Anti-Meat Messages

The session will review recent the prevalence and incidence rates of colorectal cancer, and the latest dietary recommendations based on review of the evidence-based research and literature. Just what happens when we don't eat red meat is discussed.

Possible Learning Needs Codes: 4000, 6000, 9000

Red Meat and Colorectal Cancer: A Closer Look into the Data

In order to effectively and accurately articulate scientific information, a systematic methodological approach needs to be undertaken. The scientific question is not just, “does exposure to a factor contribute to an outcome, such as disease,” but rather, “how do scientists appropriately evaluate whether an exposure is related to an outcome?” Thus, it is instrumental and necessary to build a solid methodological foundation to interpret the evidence. Three underlying principles in a systematic evaluation on a body of scientific evidence should be maintained: 1) scientific objectivity, 2) a transparent methodological process, and 3) interpretation of the evidence that is supported by the research data and information. Once these key methodological underpinnings are attained, a researcher and/or scientist can begin to effectively and accurately interpret and communicate scientific information. Of importance, however, is the ability to convey complex scientific information to a variety of audiences, including scientists, policy makers, the general public, and a jury. With these important concepts in mind, this talk will use as a case study, the epidemiology of red meat intake and colorectal. This complex and polarizing scientific topic encompasses the many challenges that scientists, nutrition experts, and the general public are faced with when attempting to better understand the data.

Possible Learning Needs Codes: 4000, 6000, 9000

Building better muscles with flavonoids

Green tea, cocoa, citrus fruits are all naturally rich in flavonoids. Many of these flavonoids, e.g., epicatechins, naringenin, others, have effects on energy metabolism and may also alter the course of muscle development and regeneration. In this seminar, we discuss some key flavonoids that are appearing in the food market. We will discuss research showing how these flavonoids are impacting muscle health and regeneration to impact one's mobility and perhaps even improve athletic performance and muscle function.

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

Chart a Course for Better Health—Mediterranean Style

Good food choices can be a powerful health booster. The Mediterranean –style eating pattern and lifestyle has long been known for its ability to help lower cholesterol, help with weight loss, improve rheumatoid arthritis, and reduce the risk for developing certain disease such as diabetes and various types of cancer. But does this still hold true today? We will explore new scientific evidence, important elements of the diet and steps you can take to implement this kind of eating pattern and lifestyle.

Possible Learning Needs Codes: 2000, 4000, 5000, 6000, 9020

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

Anti-inflammatory dietary oils: Are omega three-rich oils the only options?

There is solid evidence that long chain omega three rich oils have anti-inflammatory effects. It turns out that many oils rich in oleic or linoleic acid are also anti-inflammatory. This seminar reviews some of the markers of inflammation to check for to determine the inflammatory effects of dietary factors including dietary oils.

Possible Learning Needs Codes: 2000, 4000, 6000

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

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

Providing detailed information regarding 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

Optimizing Mineral Status through Beef Intake**

Detailed discussion regarding nutritional profile of meat and how increasing beef consumption directly impacts and optimizes body mineral status.

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

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 also enhances the absorption and metabolism of nutrients from other foods eaten at the same time.

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

Heart Health

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

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

Preventing Heart Disease- Lifelong Strategies for All Ages

Eighty million American 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. The presentation will discuss today's current environment, and strategies and solutions for your patients and clients to prevent heart disease throughout the lifecycle.

Possible Learning Needs Codes: 4000, 5000, 6000

Protein and Blood Pressure: Does 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

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

Healthy Eating: Dietary Fats & Heart Health

The recommendations for heart healthy eating have evolved over the years as new research on cholesterol, fat, fiber and other nutrients has emerged. Rather than emphasizing a reduced fat and cholesterol diet, current recommendations focus more on quality of fat as well as adequate fiber, phytonutrients and protein. This presentation dispels five common diet-heart myths; reviews research on the on dietary intake, blood cholesterol and heart disease; examines how heart disease diagnostic tools/markers are influenced by diet and summarizes the RDN's role in communicating science-based nutrition recommendations.

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

Metabolic Syndrome

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 a central cause. A review of basic biochemistry and physiology shows us that carbohydrate is 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 II diabetes. Evidence is quickly growing that restricting carbohydrate is an ideal approach in treating the 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

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 intervention 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

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 mellitus. As the prevalence of T2DM 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

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