Conference Theme = "Nutrition against Disease: from Evidence, to Health-Practitioner Teamwork, to Guided Behavior Change"

OBJECTIVES FOR OVERALL CONFERENCE:
1) Identify dietary risk factors associated with development or progression of major chronic diseases, such as cardiovascular diseases, cancer and diabetes.
2) Describe evidence for specific protective mechanisms and health benefits that may be provided at cellular, individual and global levels via plant-based nutrition.
3) Discuss how nutritional advisement emphasizing plant-based approaches may be integrated into clinical practice, thus facilitating positive, measurable and cost effective clinical outcomes for various preventable chronic diseases.
4) Identify factors that influence dietary choices or discourage behavior change, as well as strategies and techniques for promoting sustainable nutritional advancement in individuals and communities.

THURSDAY 4:15-5:50 pm [optional on-site separately-payable dinner]

THURSDAY PLENARY SESSION 6:00-9:10 pm: “Moving Forward from Evidence to Action” (3 hours plus 10 minutes)

THURSDAY 6:00-6:15 pm
Matt Ruscigno, RDN MPH: advisor to athletes; nutrit. consultant; former Chair, Vegetar. Nutrit. Dietetic Practice Grp.
**Introduction to our theme, "Nutrition against Disease: from Evidence, to Health-Practitioner Teamwork, to Guided Behavior Change", Part 1 of 2

THURSDAY 6:15-6:35 pm
Kumara Sidhartha, MD MPH: Internist, and Chair of Wellness Advisory Board, Emerald Physicians, Hyannis MA
**The 'Triple Aim' of Healthcare and Chronic Disease Management using Plant-based Nutrition, Part 1 of 2

THURSDAY 6:35-7:00 pm
Caroline Trapp, DNP APN-BC CDE FAANP: PCRM Dir., Diabetes Edu. and Care; Adj. Lecturer, U. of Mich. Schl. of Nursing
**Deprescribing Insulin in the Person with Type 2 Diabetes, Part 1 of 2

THURSDAY 7:00-7:20 pm
Mladen Golubic, MD PhD: Medical Dir., Cleveland Clinic Ctrs. for Lifestyle Medic. / Disease Reversal
**How Can Clinical Practitioners Activate the Power of Diet for Cancer Prevention and Rehabilitation?, Part 1 of 2 -- In General

THURSDAY 7:20-7:35 pm [break]

THURSDAY 7:35-8:15 pm
**Dietary Patterns that Optimize Sodium and Potassium Intake: Implications for Chronic Disease Prevention

THURSDAY 8:15-9:00 pm
P-POD KEYNOTE SUMMIT MEETING OF EXPERTS, representing the Cleveland Clinic and its Center for Lifestyle Medicine; University of San Diego School of Medicine and Johns Hopkins University and the Institute of Medicine’s Food and Nutrition Board; George Washington University; Tufts University; and Walden University....

**Round Table: How Do We Choose and Judge the Evidence on Which We Base Public Health Recommendations and Patient Advisement?
THURSDAY 9:00-9:10 pm
Matt Ruscigno, RDN MPH: advisor to athletes; nutri. consultant; former Chair, Vegetar. Nutrit. Dietetic Practice Grp.
**Introduction to our theme, Part 2 of 2, Summing It All Up: Integrating Plant-based Nutrition into Health Care Practice and Public Consciousness

FRIDAY 7:30-8:55 am (fitness/yoga/walking activity to be arranged, and basic oat/fruit/nut type breakfast foods provided on-site)

FRIDAY MORNING PLENARY SESSION 8:55-11:45 am: “Putting the 'Whole' in 'Holistic' with Integrative and Functional Medicine and Nutrition” (2.75 hours plus 5 minutes)

FRIDAY 8:55-9:35 am
Monique Richard, RDN MS LDN: Chair, Dietitians in Integrative/Functional Medic. DPG; Adj. Prof., East TN State U.
**An Overview of Integrative and Functional Medicine related to Plant-based Nutrition

FRIDAY 9:35-10:05 am
Ulka Agarwal, MD: Staff Psychiatrist, Geo. Wash. U.; former Dir. of Clinical Research / Chief Medical Officer, PCRM
**Foods that Fight Depression -- How Research-Based Nutrition Can Integrate with Clinical Practice in Addressing Emotional Health

FRIDAY 10:05-10:20 am [break]

FRIDAY 10:20-10:40 am
Timothy Radak, RDN DrPH MPH: Academic Coordinator, Public Health PhD / DrPH Programs, Walden U.
**Implications of Essential Fatty Acid Metabolism for Clinical Practice regarding Emotional or Cognitive Disorders

FRIDAY 10:40-11:15 am
Gordon Saxe, MD MPH PhD: Medical Dir., Natural Medic. Prog., and Research Dir., U. of Calif. San Diego Ctr. for Integrative Medic.
**The Therapeutic Order: Diet and Lifestyle as the Foundation for Healing in a New Model of Integrative Medicine

FRIDAY 11:15-11:45 am
**Round Table on Integrative and Functional Medicine and Nutrition, and Mind-Body Health
Conveners/Moderators: Monique Richard, RDN MS LDN: Chair, Dietitians in Integrative/Functional Medic. DPG; Adj. Prof., East TN State U.
and Parul Kharod, RDN MS LDN: Clinical Dietitian, WakeMed Cary Hospital; former NC Coordinator, Vegetar. Nutrit. Dietetic Practice Grp.

Ulka Agarwal, MD: Staff Psychiatrist, Geo. Wash. U.; former Director of Clinical Research / Chief Medical Officer, PCRM
Gordon Saxe, MD MPH PhD: Medical Dir., Natural Medic. Prog., and Research Dir., U. of Calif. San Diego Ctr. for Integrative Medic.

FRIDAY 11:45 am - 12:05 pm [stretching or campus stroll before luncheon]
Lunch room opens 11:45 am.

FRIDAY 12:05-1:25 pm [luncheon]

FRIDAY AFTERNOON PLENARY SESSION 1:25-4:50 pm: “Responding to Disease, and Responding to Unmet Public Needs, Part 1” (3.5 hours minus 5 minutes)

FRIDAY 1:25-1:50 pm
Janardhan Srinivasan, MD FACC: Physic. in Interventional Cardiology / Internal Medic., Halifax Heart Ctr.
**Atherogenesis: Role of Plant-based Diets in the Prevention/Stabilization/Reversal of Disease

FRIDAY 1:50-2:10 pm
Caroline Trapp, DNP APN-BC CDE FAANP: PCRM Dir., Diabetes Edu. and Care; Adj. Lecturer, U. of Mich. Schl. of Nursing
**Deprescribing Insulin in the Person with Type 2 Diabetes, Part 2 of 2

FRIDAY 2:10-2:35 pm
**The Importance of Diet and Lifestyle Education for Prostate Cancer Awareness

FRIDAY 2:35-2:55 pm
**Round Table: Responding to Major Chronic Diseases
FRIDAY 2:55-3:15 pm [break]

FRIDAY 3:15-3:40 pm
Stacy Blondin, MSPH: Research Asst., Tufts U. Schl. of Nutrit. and ChildObesity180 Schl. Breakfast Initiative
**Progress toward Plant-based Federal Nutrition Assistance Programs: An Overview and Case Study of the National School Lunch Program

FRIDAY 3:40-4:15 pm
**Penny-pinched and Plant-based? How to Support Dietary Treatment for People with Limited Income

FRIDAY 4:15-4:50 pm
Ana Negron, MD: family physic.; senior faculty, Crozer Family Practice Residency; Member, PCRM National Advisory Board
**Helping People Embrace Radical Lifestyle Change

Dinner room opens 4:50 pm.
FRIDAY 4:55-6:15 pm [dinner]

FRIDAY EVENING PLENARY SESSION 6:25-9:10 pm: “Responding to Disease, and Responding to Unmet Public Needs, Part 2” (2.75 hours)

FRIDAY 6:25-7:05 pm
Susan Levin, RDN MS CSSD: PCRM Dir. of Nutrit. Edu.; Board Certified Specialist, Sports Dietetics
**A WIC-Like Model for SNAP (Supplemental Nutrition Assistance Program)

FRIDAY 7:05-7:25 pm
**An Example of a Scaleable Resource for Reaching out to the Community: The CHIP Curriculum

FRIDAY 7:25-8:00 pm
Gordon Saxe, MD MPH PhD: Medical Dir., Natural Medic. Prog., and Research Dir., U. of Calif. San Diego Ctr. for Integrative Medic.
**Can Eye Disease be Prevented or Reversed? An Evolving, Diet-based Approach to Integrative Ophthalmology

FRIDAY 8:00-8:15 pm [break]

FRIDAY 8:15-9:10 pm
Caldwell Esselstyn, Jr., MD: Dir., Cardiovasc. Prevention/Reversal Prog., Cleveland Clinic Wellness Institute; retired surgeon
**Ending the Cardiovascular Disease Epidemic

SATURDAY 7:30-8:55 am [fitness/yoga/walking activity to be arranged, and basic oat/fruit/nut type breakfast foods provided on-site]

SATURDAY MORNING PLENARY SESSION 8:55-11:55 am: “From the Clinic to the Community” (3 hours)

SATURDAY 8:55-9:25 am
Mladen Golubic, MD PhD: Medical Dir., Cleveland Clinic Ctrs. for Lifestyle Medic. / Disease Reversal
**How Can Clinical Practitioners Activate the Power of Diet for Cancer Prevention and Rehabilitation?, Part 2 of 2 -- Breast Cancer

SATURDAY 9:25-10:00 am
Stephan Esser, MD: Sports/Spine Physic. in orthopedics practice; former Mayo Clinic Sports Medic. Fellow
**Lab to Table: Plant Based Medicine and Diabetes

SATURDAY 10:00-10:30 am
**Food for Life, Kickstarts, Plants over Pills and other Community/Patient Plant-based Outreach Programs for Hands-on Education, Support and Lifestyle Behavior Sustainability

SATURDAY 10:30-10:45 am [break]

SATURDAY 10:45-11:20 am
Tracye McQuirter, MPH: author, By Any Greens Necessary; former Dir., Eat Smart Prog., Washington DC
**Lessons from the Eat Smart Program, the First Federally Funded Community-based Vegan Nutrition Program in the U.S.

SATURDAY 11:20-11:55 am
**Round Table: How To Engage Authentically and Effectively with Clients Whose Race, Gender, Culture, Class and/or Cuisine May Be Different from Your Own
SATURDAY 11:55 am - 12 noon [group photo] Lunch room opens 12 noon.
SATURDAY 12:00 noon -12:20 pm [stretching or campus stroll before luncheon]
SATURDAY 12:20-1:40 pm [luncheon]

SATURDAY AFTERNOON PLENARY SESSION 1:40-5:30 pm: “Re-inventing Clinical Medical Practice as Rooted in Nutrition” (3.75 hours plus 5 minutes)

SATURDAY 1:40-2:20 pm
Robert Ostfeld, MD MSc: founder/Dir., Montefiore Einstein Cardiac Wellness; Assoc.Prof. of Clinical Medic.
**Evidence Based Review of a Plant-based Diet and Cardiovascular Disease.... with Implications for Clinical Practice

SATURDAY 2:20-2:45 pm
Kumara Sidhartha, MD MPH: Internist, and Chair of Wellness Advisory Board, Emerald Physicians, Hyannis MA
**The 'Triple Aim' of Healthcare and Chronic Disease Management using Plant-based Nutrition, Part 2 of 2

SATURDAY 2:45-3:20 pm
Pamela Fergusson, RD PhD: private practice nutritionist; former HIV/Nutrit. Advisor, Food and Nutrit. Technical Assistance (Africa/Asia)
**Integrating Counseling on Plant-based Diets into Clinical Practice on Behalf of Mental Health

SATURDAY 3:20-3:35 pm [break]
SATURDAY 3:35-4:15 pm
Thomas M. Campbell II, MD: Medical Dir., T. Colin Campbell Ctr. for Nutrit. Studies; co-founder, U. of Rochester Prog. for Nutrit. in Medic.
**Bringing Nutritional Practice to Traditional Medical Settings

SATURDAY 4:15-4:55 pm
Saray Stancic, MD FACN: lifestyle medic. physic.; board certified Infectious Disease specialist since 1999
**A Physician's Personal Journey as a Multiple Sclerosis Patient.... Leads to Creation of a Lifestyle Medicine Practice

SATURDAY 4:55-5:30 pm
**Round Table: Integrating Nutrition into Clinical Practice
Convenor/Moderator: Pamela Fergusson, RD PhD: private practice nutritionist; former HIV/Nutrit. Advisor, Food and Nutrit. Technical Assistance (Africa/Asia)
Thomas M. Campbell II, MD: Medical Dir., T. Colin Campbell Ctr. for Nutrit. Studies; co-founder, U. of Rochester Prog. for Nutrit. in Medic.
Kumara Sidhartha. MD MPH: Internist, and Chair of Wellness Advisory Board, Emerald Physicians, Hyannis MA

SATURDAY 5:30-6:25 pm plus [conference reception] Reception space is open until 8 pm (refreshments served until about 7:30).
SATURDAY 8:00-10:15 pm [offsite joint social gathering with Triangle Vegetarian Society, with music, dancing and refreshments]

SUNDAY MORNING SESSION 9:00-11:45 am: 21 Speakers in In-Depth Discussion" (2.75 hours)

SUNDAY 9:00-9:40 am, CHOICE A
**Interactive Discussion/Question Group, To Advance the Learning Objectives of All Prior Sessions
Milton Mills, MD: Critical Care Physic., Inova Fairfax Hospital; Member, PCRM National Advisory Board
Kumara Sidhartha. MD MPH: Internist, and Chair of Wellness Advisory Board, Emerald Physicians, Hyannis MA

SUNDAY 9:00-9:40 am, CHOICE B
**Interactive Discussion/Question Group, To Advance the Learning Objectives of All Prior Sessions
(This Choice B discussion isn't required to, but is expected to, return to the keynote questions of "what is evidence?", and what do we look for, to guide our clinical advisement and public health recommendations?)
Convenor/Moderator: Micaela Karlsen, MSPH: founder, plantbasedresearch.org; former Exec. Dir., T. Colin Campbell Found.
Gordon Saxe, MD MPH PhD: Medical Dir., Natural Medic. Prog., and Research Dir., U. of Calif. San Diego Ctr. for Integrative Medic.
Timothy Radak, RDN DrPH MPH: Academic Coordinator, Public Health PhD / DrPH Programs, Walden U.
Mladen Golubic, MD PhD: Medical Dir., Cleveland Clinic Ctrts. for Lifestyle Medic. / Disease Reversal
SUNDAY 9:00-9:40 am, CHOICE C
**Interactive Discussion/Question Group, To Advance the Learning Objectives of All Prior Sessions**
(This Choice C discussion isn't required to, but is expected to, focus on synergistic health-promoting effects of well-rounded physical activity and whole-food plant-based nutrition.)
**Convener/Moderator:** Matt Ruscigno, RDN MPH; advisor to athletes; nutrit. consultant; former Chair, Vegetar. Nutrit. Dietetic Practice Grp.
  Stacy Blondin, MSPH: Research Asst., Tufts U. Schl. of Nutrit. and ChildObesity180 Schl. Breakfast Initiative
  Stephan Esser, MD: Sports/Spine Physic. in orthopedics practice; former Mayo Clinic Sports Medic. Fellow
  Janardhan Srinivasan, MD FACC: Physic. in Interventional Cardiology / Internal Medic., Halifax Heart Ctr.
  Saray Stancic, MD FACN: lifestyle medic. physic.; board certified Infectious Disease specialist since 1999

SUNDAY 9:40-9:45 am [reconvene in plenary room]

SUNDAY 9:45-10:35 am
**P-POD SUPERPANEL, PART 1 – The Magic of Communicating with Patients and Community Members: Gaining Their Trust; Showing Them That Change Is Doable and Obstacles May Be Overcome; Doing Follow-Up To Facilitate Sustainable Disease-Preventive Behavior**
**Convener/Moderator:** Caroline Trapp, DNP APN-BC CDE FAANP: PCRM Dir., Diabetes Edu. and Care; Adj. Lecturer, U. of Mich. Schl. of Nursing
  Pamela Fergusson, RD PhD: private practice nutritionist; former HIV/Nutrit. Advisor, Food and Nutrit. Technical Assistance (Africa/Asia)
  Parul Kharod, RDN MS LDN: Clinical Dietitian, WakeMed Cary Hospital; former NC Coordinator, Vegetar. Nutrit. Dietetic Practice Grp.
  Traceye McQuirter, MPH: author, By Any Greens Necessary; former Dir., Eat Smart Prog., Washington DC
  Ana Negron, MD: family physic.; senior faculty, Crozer Family Practice Residency; Member, PCRM National Advisory Board
  Saray Stancic, MD FACN: lifestyle medic. physic.; board certified Infectious Disease specialist since 1999
  and special guest:

SUNDAY 10:35-10:50 [break]

SUNDAY 10:50-11:45 am
**P-POD SUPERPANEL, PART 2 (as above)**

SUNDAY 11:45 am-12:05 pm [stretching or campus stroll before luncheon]
Lunch room opens 12 noon.
SUNDAY 12:05-1:25 pm [luncheon]

SUNDAY AFTERNOON PLENARY SESSION 1:25-5:00 pm: “Plant-based Diets and the Cutting Edge of News and Ideas" (3.5 hours plus 5 minutes)

SUNDAY 1:25-2:15 pm
**Kana Wu, MD PhD MPH:** Senior Research Scientist, Dept. of Nutrit., Harvard T. H. Chan Schl. of Public Health
**Meat Intake and Risk of Cancers, Diabetes and Cardiovascular Disease**

SUNDAY 2:15-3:00 pm
**Mark Reinfeld, BS:** executive chef, culinary consultant, author; founder, Vegan Fusion and Blossoming Lotus
**Food Activism: Bridging the Gap between Nutritional Knowledge and Life Changing Action, through Plant-based Cuisine**

SUNDAY 3:00-3:20 pm [break]

SUNDAY 3:20-4:00 pm
**Irana Hawkins, RDN PhD MPH:** environmental nutrit. researcher/author; Wash. St. Coordinator, Vegetar. Nutrit. Dietetic Practice Grp.
**Prevention of Disease for Our Planet: An Earth-Honoring Plant-based Diet to Revitalize Planetary Health**

SUNDAY 4:00-4:50 pm
**Milton Mills, MD:** Critical Care Physic., Inova Fairfax Hospital; Member, PCRM National Advisory Board
**How Dietary Plant Fibers and the Gut Microbiome Influence and Modulate Human Physiology and Psychology**

SUNDAY 4:50-5:00 pm **Plenary speaker review and closing.**
Bookstore room must be emptied before 5:30 pm.