



Program Schedule for
**1st annual national
Plant-based Prevention Of Disease
(P-POD) conference**



(a collaboration of nonprofits)
University of North Carolina Asheville
Nov. 14-16, 2014 -- www.p-pod.org
(see stunning low prices on registration form)

[16 RD CPEU's. See WEBSITE regarding 13.25 max. AMA PRA Categ.1 CME Credits (MD's, others) & 1.4 CEU's (nurses, others).]

[NOTE: the annual 1-day Asheville meeting of North Carolina and Western District Dietetic Assns. is coordinating times with P-POD. That meeting ends 4:15 pm Friday elsewhere in Asheville.] [NOTE: A few (choice A/B) solo talks may still have times exchanged.]

FRIDAY 6:40 - 7:40 pm

Gabrielle (Brie) Turner-McGrievy, RD PhD: Asst. Professor, HealthPromotion/Edu./Behavior, U. of S. Carolina

**Plant-based Possibilities: Vegan Diets in Prevention and Treatment of Diabetes and Other Chronic Diseases.

FRIDAY 7:55 - 8:45 pm

Caroline Trapp, MSN APN-BC CDE FAANP: Director of Diabetes Edu. and Care, PCRM

**Documentary Film and Comments.... "The Power to Heal Diabetes: Food for Life in Indian Country."

FRIDAY 8:45 - 9:35 pm

Brenda Davis, RD: Lead Nutritionist, Diabetes Wellness Research Project, Majuro, Marshall Islands

**Defeating Diabetes... a Story of Hope from the Marshall Islands.

SATURDAY 9:50 - 10:45 am

Hope Ferdowsian, MD MPH: Asst. Professor, Medicine / Prevention / CommunityHealth , Geo. Washington U.

**The Impact of Meat and Dairy Consumption on the Global Epidemic of Chronic Diseases.

SATURDAY 11:00 - 11:50 am

Mladen Golubic, MD PhD: Medical Director, Cleveland Clinic Ctrs. for Disease Reversal / Lifestyle Medicine

**Plant-based Nutrition as Equally of Value Clinically for Chronic Disease Prevention and Effective Cancer Rehabilitation.

SATURDAY 11:50 am - 12:35 pm

Thomas M. Campbell II, MD: Exec. Director, T. Colin Campbell Ctr. for Nutrit. Studies

**Carbohydrate Confusion and Agendas: Are Unrefined High-carbohydrate Foods Helpful for Diabetes Risk Reduction, and Why Are the Medical Community and General Public so Confused about This Topic?

SATURDAY 12:35 - 2:05: VEGAN GLUTEN-FREE LUNCHEON FEAST (catered by chef William Najger)

SATURDAY 2:05 - 3:15 pm

Baxter Montgomery, MD FACC: Founder, Montgomery Heart and Wellness; Clinical Asst. Professor, U. of Texas

Robert Ostfeld, MD MSc: Founder/Director, Montefiore Einstein Cardiac Wellness; Assoc.Professor of Medicine

Janardhan Srinivasan, MD FACC: Physic. in Interventional Cardiology / Internal Medicine, Halifax Heart Ctr.

W. Shane Williams, MD FRCP(C): Cardiologist, Williams Cardiology and Wellness Medical Ctr., Bracebridge

**PANEL: Successful Use of Patient Nutritional Advisement for Disease Prevention or Remediation in Cardiology Practice.

SATURDAY 3:30 - 4:15 pm (choice A)

Thomas M. Campbell II, MD: Exec. Director, T. Colin Campbell Ctr. for Nutrit. Studies

Paulette Chandler, MD MPH: Clinical Instructor, Harvard Medical Schl.; Physic., Brigham/Women's Hospital

Hope Ferdowsian, MD MPH: Asst. Professor, Medicine / Prevention / CommunityHealth , Geo. Washington U.

Mladen Golubic, MD PhD: Medical Director, Cleveland Clinic Ctrs. for Disease Reversal / Lifestyle Medicine

Gabrielle (Brie) Turner-McGrievy, RD PhD: Asst. Professor, HealthPromotion/Edu./Behavior, U. of S. Carolina

**PANEL, PART ONE: Based on Epidemiological Data and Clinical Intervention Data: How Are Dietary Determinants of Risk (or Risk Reduction) Largely Similar for Different Major Chronic Diseases?

SATURDAY 3:30 - 4:15 pm (choice B)

Brenda Davis, RD: Lead Nutritionist, Diabetes Wellness Research Project, Majuro, Marshall Islands

**Dietary Patterns and Chronic Disease Risk.... Recent Findings from the Adventist Health Study-2 and Epic Oxford

SATURDAY 4:30 - 5:15 pm (choice A)

**PANEL, PART TWO: Based on Epidemiological Data and Clinical Intervention Data: How Are Dietary Determinants of Risk (or Risk Reduction) Largely Similar for Different Major Chronic Diseases?

[Panel continues from 3:30-4:15 pm, with ample opportunity for attendee questions and wider-ranging discussion.]

SATURDAY 4:30 - 5:15 pm (choice B)

Baxter Montgomery, MD FACC: Founder, Montgomery Heart and Wellness; Clinical Asst. Professor, U. of Texas

**Food Prescription for Chronic Disease: Comprehensive, Individualized and Staged Approaches to Dietary Therapies.

SATURDAY 5:30 - 6:15 pm (choice A)

Julia M.W. Wong, RD PhD: Pediatrics Instructor, Boston Children's Hospital / Harvard Medical Schl.

****How Aspects of Plant-Based Diets Influence the Gut Microbiota and Chronic Disease Risk.**

SATURDAY 5:30 - 6:15 pm (choice B)

Stephan Esser, MD: Sports/Spine Physic. in orthopedics practice; former Mayo Clinic Sports Medicine Fellow

****Plant-based Nutrition for the Inpatient: Review of History, and Applying the Science in the Acute and Chronic Setting.**

SATURDAY 6:15 pm: A conference reception, possibly involving a Poster Session, is likely to be scheduled.

SUNDAY Earlier-morning fitness-related activities are likely to be scheduled.

SUNDAY 9:30 - 10:25 am (choice A)

Paulette Chandler, MD MPH: Clinical Instructor, Harvard Medical Schl.; Physic., Brigham/Women's Hospital

****Lipid Biomarkers and Cancer Risk: Long Term Observational Follow-up of Breast, Colorectal, Endometrial and Ovarian Cancer in the Women's Health Study.**

SUNDAY 9:30 - 10:25 am (choice B)

Amy Lanou, PhD: Assoc. Professor, Health/Wellness, U. of N. Carolina Asheville; Sr. Nutrit. Scientist, PCRM

****Plant-based Nutritional Strategies for Bone Health.**

SUNDAY 10:40 - 11:30 am (choice A)

Jill Nussinow, RD MS: Culinary Arts Faculty, Santa Rosa Junior Coll.; California VnDPG Coordinator

****The Roles of Cruciferous Greens, Other Cruciferous Vegetables and Mushrooms in Chronic Disease Prevention and Health Promotion.**

SUNDAY 10:40 - 11:30 am (choice B)

Robert Ostfeld, MD MSc: Founder/Director, Montefiore Einstein Cardiac Wellness; Assoc.Professor of Medicine

****Scientific Background and Clinical Results: The Potential of a Plant-based Diet to Prevent or Reverse Cardiovascular and Other Diseases.**

SUNDAY 11:40 am - 12:30 pm

****Questions and Interactive Discussion in Smaller Groups, to Advance the Learning Objectives of All Prior Sessions**

[The conference attendees will be distributed amongst 5 different meeting rooms, with at least 2 conference speakers taking responsibility in each. This is an opportunity for wide-ranging and in-depth question/answer activity and discussion encompassing the educational content of the conference as a whole. For any "learning objectives" areas in which further attention is requested by attendees present, speakers on hand will facilitate continued treatment.]

SUNDAY 12:30 - 1:55: VEGAN GLUTEN-FREE LUNCHEON FEAST (catered by chef William Najger)

SUNDAY 1:55 - 2:45 pm (choice A)

Joseph Gonzales, RD LD: Research Dietitian, Comprehensive Lifestyle Study, MD Anderson Cancer Ctr.

****Applying the Precautionary Principle to Nutrition and Cancer.**

SUNDAY 1:55 - 2:45 pm (choice B)

Amy Lanou, PhD: Assoc. Professor, Health/Wellness, U. of N. Carolina Asheville; Sr. Nutrit. Scientist, PCRM

Timothy Radak, RD DrPH MPH: Academic Coordinator, Public Health PhD / DrPH Programs, Walden U.

****PANEL: How Research Data about Disease Risk Reduction May Be Translated in Practical Ways into Public Health Recommendations and Educational Strategies/Content.**

SUNDAY 3:00 - 3:50 pm (choice A)

Caroline Trapp, MSN APN-BC CDE FAANP: Director of Diabetes Edu. and Care, PCRM

****Getting Back to Our Roots (and Tubers, Whole Grains, Fruits, Etc.) for Type 2 Diabetes: Exploring the Use of FARM-acy over Pharmacy.**

SUNDAY 3:00 - 3:50 pm (choice B)

W. Shane Williams, MD FRCP(C): Cardiologist, Williams Cardiology and Wellness Medical Ctr., Bracebridge

****Refocusing Cardiology Patients on Lifestyle Changes Can Reveal the Power of Food as an Alternative to Medication.**

SUNDAY 4:00 - 4:50 pm (choice A)

Stephan Esser, MD: Sports/Spine Physic. in orthopedics practice; former Mayo Clinic Sports Medicine Fellow

Matt Ruscigno, RD MPH: advisor to athletes; Past Chair, A.N.D. Vegetarian Nutrit. Dietetic Practice Group

****PANEL: Synergistic Effects of Whole-foods Plant-based Nutrition and Physical Exercise, in Helping Reduce the Risks of Major Chronic Diseases.**

SUNDAY 4:00 - 4:50 pm (choice B)

Micaela Karlsen, MSPH: Founder, plantbasedresearch.org; former Exec. Director, T. Colin Campbell Found.

****Strategies for Successful Transitions: An Evidence Review of Dietary Behavior Change.**