



**Program Schedule for: 3rd annual national  
Plant-based Prevention Of Disease (P-POD)  
conference**

(a collaboration of nonprofits)

**May 19-22, 2016**

North Carolina State University, **Raleigh NC**  
**www.P-POD.org, www.PreventionOfDisease.org**



Conference Theme =

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

Physical Location: McKimmon Conference and Training Center, 1101 Gorman St., Raleigh NC 27606

Your registration fee includes any scheduled meals / refreshments or social activities during the time-period (full conference or shorter period) you register for.... except that if your registration time begins Thursday evening or Friday evening, then the one dinner just before your arrival is an extra-cost option. After 5:30 pm Saturday we provide an on-site conference reception with refreshments, followed by an off-site conference party with music and dancing. Daily breakfast foods are simply basic oat/nut/fruit based items.

**[For each objective, it is understood that the text should be prefaced by, "The participant will be able to....".]**

**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 conference room opens 5:45 pm.

**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

**Cheryl Anderson, PhD MPH:** Assoc. Prof., Preventive Medic., U. of Calif. San Diego; Adj. Assoc. Prof., Epidemiology, Johns Hopkins U.

**\*\*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?**

**Convener/Moderator: Micaela Karlsen, MSPH:** founder, plantbasedresearch.org; former Exec. Dir., T. Colin Campbell Found.

**Ulka Agarwal, MD:** Staff Psychiatrist, Geo. Wash. U.; former Dir. of Clinical Research / Chief Medical Officer, PCRM  
**Cheryl Anderson, PhD MPH:** Assoc. Prof., Preventive Medic., U. of Calif. San Diego; Adj. Assoc. Prof., Epidemiology, Johns Hopkins U.

**Mladen Golubic, MD PhD:** Medical Dir., Cleveland Clinic Ctrs. for Lifestyle Medic. / Disease Reversal

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

THURSDAY 9:00-9:10 pm

**Matt Ruscigno, RDN MPH:** advisor to athletes; nutrit. 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

**Evelisse Capo, PharmD:** founder, The Food Pharmacy; Instructor, T. Colin Campbell Ctr. for Nutrit. Studies Certificate Prog.

**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

**Joseph Gonzales, RDN LDN:** Nutrit. Consultant, Blue Cure Founda.; former Nutrit. Dir., NutritionFacts.org; former lead dietitian, PCRM Clinical Research Division

**\*\*The Importance of Diet and Lifestyle Education for Prostate Cancer Awareness**

FRIDAY 2:35-2:55 pm

**\*\*Round Table: Responding to Major Chronic Diseases**

**Convener/Moderator: Joseph Gonzales, RDN LDN:** Nutrit. Consultant, Blue Cure Founda.; former Nutrit. Dir., NutritionFacts.org; former lead dietitian, PCRM Clinical Research Division

**Caroline Trapp, DNP APN-BC CDE FAANP:** PCRM Dir., Diabetes Edu. and Care; Adj. Lecturer, U. of Mich. Schl. of Nursing  
**Janardhan Srinivasan, MD FACC:** Physic. in Interventional Cardiology / Internal Medic., Halifax Heart Ctr.

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

**Micaela Karlsen, MSPH:** founder, plantbasedresearch.org; former Exec. Dir., T. Colin Campbell Found.

**Kathy Pollard, MS:** Instructor, T. Colin Campbell Ctr. for Nutrit. Studies Certificate Prog.

**\*\*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

**Ted Barnett, MD:** Diagnostic/Vascular/Interventional Radiologist, Unity Health Sys.; Medic. Dir., Rochester Lifestyle Medic.

**\*\*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

**Evelisse Capo, PharmD:** founder, The Food Pharmacy; Instructor, T. Colin Campbell Ctr. for Nutrit. Studies Certificate Prog.

**\*\*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**

**Convener/Moderator: Parul Kharod, RDN MS LDN:** Clinical Dietitian, WakeMed Cary Hospital; former NC Coordinator, Vegetar. Nutrit. Dietetic Practice Grp.

**Tracye 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

**Caroline Trapp, DNP APN-BC CDE FAANP:** PCRM Dir., Diabetes Edu. and Care; Adj. Lecturer, U. of Mich. Schl. of Nursing

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**

**Convener/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 7:30-9:00 am [fitness/yoga/walking activity to be arranged, and basic oat/fruit/nut type breakfast foods provided on-site]

**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**

**Convener/Moderator: Kathy Pollard, MS:** Instructor, T. Colin Campbell Ctr. for Nutrit. Studies Certificate Prog.

**Irana Hawkins, RDN PhD MPH:** environmental nutrit. researcher/author; Wash. St. Coordinator, Vegetar. Nutrit. Dietetic Practice Grp.

**Ted Barnett, MD:** Diagnostic/Vascular/Interventional Radiologist, Unity Health Sys.; Medic. Dir., Rochester Lifestyle Medic.

**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?)

**Convener/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 Ctrs. 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

**Evelisse Capo, PharmD:** founder, The Food Pharmacy; Instructor, T. Colin Campbell Ctr. for Nutrit. Studies Certificate Prog.

**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.

**Tracye 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:**

**Kayellen Edmonds Umeakunne, RDN MS LDN:** Dir., Morehouse Schl. Of Medic. Bionutrit. Lab; Research Comm. Chair, Vegetar. Nutrit. Dietetic Practice Grp.

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.