



5th annual national Plant-based Prevention Of Disease (P-POD) Conference (www.p-pod.org)
May 19-21, 2018, McKimmon Center, North Carolina State University, Raleigh NC
Physical site: 1101 Gorman St., Raleigh NC 27606

“The FUTURE of Healthcare Begins with NUTRITION”
(All educational sessions are plenaries, in the same conference hall.)

COMPLETE 2018 SCHEDULE

(Sequencing may change slightly due to any revisions of speakers’ travel schedules.)

SATURDAY approximately 11:15 am: on-site check-in available for attendees

SATURDAY 11:45 am - 1:00 pm: Optional on-site separately-payable luncheon available prior to start of the program.

SATURDAY AFTERNOON PLENARY SESSION, 1:00-5:10 pm (4.25 hours minus 5 minutes)

SATURDAY 1:00-1:25 pm

Matt Ruscigno, RDN MPH:

Introductory remarks: “Why Does the Future of Healthcare Begin with Nutrition?”

(1:25-1:30 pm: transition and mini-stretch)

(**New for 2018:** The nutrition expertise of Registered Dietitians is crucial! But, other practitioners throughout the health care system must interface with the mission of Registered Dietitians and must embrace the importance of nutrition for chronic disease prevention and treatment strategies.... and they CAN indeed integrate informed nutrition consciousness within their (and/or their team’s) practice! So, P-POD presents the “Perspectives of 8 Different Types of Practitioners”.)

SATURDAY 1:30-2:50 pm: **Perspectives of 8 Different Types of Practitioners, Parts 1 and 2**

(1)--**SATURDAY** 1:30-2:05 pm (physician using lifestyle medicine in daily clinical practice)

Mladen Golubic, MD PhD:

Lifestyle Medicine Can Mobilize Plant-based Diets against Chronic Inflammation (and its Aftermath)

(2)--**SATURDAY** 2:05-2:40 pm (nurse practitioner practicing clinically as a Certified Diabetes Educator)

Caroline Trapp, DNP APN-BC CDE FAANP:

Diabetes Care without Industry Influence: Serving Patients by Doing the Right Thing

---2:40-2:50 pm: Audience questions for Mladen Golubic and Caroline Trapp

(2:50-3:00 pm: break and stretch)

SATURDAY 3:00-3:35 pm

Milton Mills, MD:

Plant Proteins and Their Impact upon Human Health, Physiology and Disease Risk

---3:35-3:45 pm: Audience questions for Milton Mills

(3:45-3:55 pm: break and stretch)

SATURDAY 3:55-5:10 pm: **Perspectives of 8 Different Types of Practitioners, Parts 3 and 4**

(3)--**SATURDAY** 3:55-4:25 pm (physician conducting patient lifestyle education in a group setting)

Michael Hollie, MD FAAAAI FACA:

Dinner with the Doctor: A Flavorful Prescription for Health Improvement

(4)--**SATURDAY** 4:25-5:00 pm (integrative psychiatrist)

Ulka Agarwal, MD:

Mindful Eating

---5:00-5:10 pm: Audience questions for Michael Hollie and Ulka Agarwal

(5:10-5:15 pm: transition to dinner)

SATURDAY 5:15-6:20 pm: dinner

(6:20-6:30 pm: notice given.... transition time to evening program)

SATURDAY EVENING PLENARY SESSION, 6:30-8:20 pm (1.75 hours plus 5 minutes)

SATURDAY 6:30-7:10 pm

Graham Colditz, MD DrPH FAFPHM:

Adolescent and Early Adult Diet can Reduce Risk of Cancer, Diabetes, and Other Chronic Disease: Missed Opportunities for Prevention

----7:10-7:20 pm: Audience questions for Graham Colditz

(7:20-7:30 pm: break and stretch)

SATURDAY 7:30-8:10 pm

Saray Stancic, MD FACN:

The Power of Prevention: a Global Perspective

----8:10-8:20 pm: Audience questions for Saray Stancic

SATURDAY 8:25-9:45 pm: dancing party with music, in the conference hall

SUNDAY 7:00 am onward: some FITNESS related activities to be announced

SUNDAY starting about 7:30 am, through 8:35 am and beyond: breakfast (for example, basic oat/fruit/nut type foods) provided on-site, remaining available through more of the morning in the conference hall

SUNDAY MORNING PLENARY SESSION, 8:35 am – 11:45 am (3.25 hours minus 5 minutes)

SUNDAY 8:35-10:35 am: **Focus Lecture and P-POD Annual Clinicians' Round Table**

----SUNDAY 8:35-9:10 am

Baxter Montgomery, MD FACC:

Focus Lecture: "Addressing Lifestyle-Challenged Patients within an Interventional Nutrition-Rooted Practice"

----9:10-9:20 am: Audience questions for Baxter Montgomery

(9:20-9:25 pm: transition to round table)

----SUNDAY 9:25-10:35 am

P-POD Annual Clinicians' Round Table (with audience questions): "Treating and Advising Patients with HUGE Lifestyle Obstacles"

Chair: Ulka Agarwal, MD:

Brenda Davis, RD:

Stephan Esser, MD:

Parul Kharod, RDN MS LDN:

Baxter Montgomery, MD FACC:

Janardhan Srinivasan, MD FACC:

Saray Stancic, MD FACN:

(10:35-10:45 am: break and stretch)

SUNDAY 10:45-11:45 am: **Focus Lecture and Interactive Dialogue on Diet and the Environment**

----SUNDAY 10:45-11:20 am

Irana Hawkins, RDN PhD:

Focus Lecture: "Using our Plate to Protect the Planet"

----SUNDAY 11:20-11:45 am

Interactive Dialogue (with audience questions): "Controlling Climate Change Includes What's on Your Plate"

Chair: Kathy Pollard, MS:

Irana Hawkins, RDN PhD:

SUNDAY 11:45 am - 12:10 pm (time to stretch/stroll, gather food and get seated for 12:10 lunch lecture)

SUNDAY 11:45 am (luncheon food service available to begin)

SUNDAY "WORKING LUNCHEON" PLENARY SESSION, 12:10-1:30 pm (1.25 hours plus 5 minutes)

SUNDAY 12:10-1:30 pm

P-POD Annual Public Policy Round Table (with audience questions): "How Can Public Policy and Available

Resources Be Mobilized to Improve Health Outcomes on a Community, Societal and Global Level?"

Chair: Pamela Fergusson, RD PhD:

Kyle Ash, LLM MA:

Terry Mason, MD FACS:

Timothy Radak, RDN DrPH MPH:

(1:30-1:40 pm: break and stretch)

SUNDAY AFTERNOON PLENARY SESSION, 1:40-5:40 pm (4 hours)

SUNDAY 1:40-2:15 pm

Lois Ellen Frank, PhD (Kiowa):

Ancestral Native American Plant-based Foods for Health and Wellness: Their Importance in a Chef's Modern Kitchen

---2:15-2:25 pm: Audience questions for Lois Ellen Frank

(2:25-2:40 pm: stretch break and P-POD group photo)

SUNDAY 2:40-3:50 pm: **Perspectives of 8 Different Types of Practitioners, Parts 5 and 6**

(5)--SUNDAY 2:40-3:10 pm (physician in sports and spine medicine)

Stephan Esser, MD:

The Intersection of Plant-based Nutrition with Sports and Spine Medicine

(6)--SUNDAY 3:10-3:40 pm (exercise physiologist)

Martica Heaner, PhD MA MEd:

Does Diet Trump Exercise? For Fatburning, Fitness and Health, Is Walking Really Enough?

---3:40-3:50 pm: Audience questions for Stephan Esser and Martica Heaner

(3:50-4:00 pm: break and stretch)

SUNDAY 4:00-4:35 pm

Virginia Messina, RDN MPH:

Meeting Nutrient Needs on a Vegan Diet: Guidelines for Health Practitioners

---4:35-4:45 pm: Audience questions for Virginia Messina

(4:45-4:55 pm: break and stretch)

SUNDAY 4:55-5:30 pm

Stephen J. O'Keefe, MD(UK) MSc MRCS LRCP:

Dietary Changes to Prevent Colon Cancer

---5:30-5:40 pm: Audience questions for Stephen J. O'Keefe

(5:40-5:45 pm: transition to dinner)

SUNDAY 5:45-7:15 pm (dinner)

SUNDAY 7:15 pm onward: evening social or reception time, in the conference building

MONDAY 7:00 am onward: some FITNESS related activities to be announced

MONDAY starting about 7:30 am, through 8:35 am and beyond: breakfast (for example, basic oat/fruit/nut type foods) provided on-site, remaining available through more of the morning in the conference hall

MONDAY MORNING PLENARY SESSION, 8:35 am – 12:40 pm (4 hours plus 5 minutes)

MONDAY 8:35-9:20 am: **P-POD'S 2ND ANNUAL DENIS BURKITT MEMORIAL LECTURE**

Kim A. Williams, MD FACC FASNC FAHA:

Taking the Die out of Diet"

---9:20-9:30 am: Audience questions for Kim A Williams

(9:30-9:40 am: break and stretch)

MONDAY 9:40-10:40 am: **Perspectives of 8 Different Types of Practitioners, Parts 7 and 8**

(7)--MONDAY 9:40-10:05 am (pharmacist)

Evelisse Capó, PharmD:

Plant-based Rx

(8)--MONDAY 10:05-10:30 am (registered nurse)

Melissa Busta, RN BSN:

Nursing Opportunities Every Day!.... for Nutrition Education and Promotion

----10:30-10:40 am: Audience questions for Evelisse Capó and Melissa Busta

(10:40-10:50 am: break and stretch)

MONDAY 10:50-11:30 am

Brenda Davis, RD:

Defeating Disease with Plant-based Diets.... Essential Practice Points for Practitioners

----11:30-11:40 am: Audience questions for Brenda Davis

(11:40-11:50 am: break and stretch)

MONDAY 11:50 am -12:30 pm

Michael Klaper, MD:

What I Wish Someone Had Told Me in Medical School about Nutrition

----12:30-12:40 pm: Audience questions for Michael Klaper

MONDAY 12:40 pm onward: lunch may be enjoyed to 2:40 pm, so we invite you to take a stretch/stroll break first

MONDAY 12:40-2:40 pm: Farewell Luncheon

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