

This course provides essential information for health care professionals who address issues of food and nutrition in their clinical practices, including the latest research findings, practical recommendations for clinical care, and challenging discussions of public policy.

The conference is designed for physicians, nurses, pharmacists, registered dietitians, certified clinical nutritionists, naturopaths, chiropractors, and other professionals who make nutritional recommendations as part of their clinical practice.

FOR ADDITIONAL INFORMATION CONTACT:





Center for Continuing Medical Education
Columbia University College of Physicians & Surgeons
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Unit 39
New York, NY 10032
Telephone: (212) 305-3334
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Needs Assessment

Nutrition is one of the major influences on health and longevity, but physicians and other health professionals are rarely educated in this area. They are often unaware of the latest scientific findings on diet and health and are therefore poorly prepared to advise their patients about designing a diet for optimal well being or using dietary change as a primary treatment strategy in the management of disease.




The topic and program for this conference were developed by an advisory group based on feedback from participants in the 2004 Nutrition & Health conference, on data collected from clinicians who have taken part in Program in Integrative Medicine nutrition modules, on literature fostering effective nutrition counseling by practitioners, and on documentation of increased demand for nutrition education for health care professionals, as clearly demonstrated by the overwhelming success of last year's inaugural conference.

Specialized Breakout Tracks

There are four specialized breakout tracks at this year's conference for participants who wish to focus on a particular area of interest. Sessions designated by  will concentrate on nutritional management of diseases that affect mainly adults. Breakouts designated by  will continue the pediatric theme of the 2004 conference and focus on the special nutritional needs of children. In coordination with a new nutrition and cancer module being developed by the Program in Integrative Medicine, a third set of breakouts, designated by , will present information on ways to prevent and enhance the treatment of cancer with a nutritional regimen. A final group of sessions called Food as Medicine, designated by , will team physicians and chefs in teaching the health benefits of certain categories of food while providing cooking demonstrations.

MONDAY, MARCH 7

7:00-7:45 am	Morning Movement
7:00-8:30 am	REGISTRATION
7:30-8:30 am	CONTINENTAL BREAKFAST
8:30-8:45 am	OPENING
8:45-9:45 am	PLENARY Walter Willett, MD Nutritional Science & the Mediterranean Diet
9:45-10:45 am	PLENARY David Ludwig, MD The Low Glycemic Diet: A Perfect Compromise between Low Fat & Low Carb
10:45-11:30 am BREAK	TASTING OPPORTUNITY Fruits, Vegetables, Nuts & Seeds
11:30 am-12:30 pm	PLENARY Brenda Davis, RD Cutting Edge Vegetarian Nutrition
12:30-2:00 pm	LUNCH Gary Nabhan, PhD Genes, Food and Cultural Diversity In Human Health
2:00-3:00 pm	CONCURRENT SESSIONS  A. Feast or Fast? Advising Patients with Arthritis Victoria Maizes, MD  B. Attention Deficit Disorder: The Nutritional Link & Drug Alternatives Joey Shulman, DC  C. The Unisex Diet: Preventing Breast & Prostate Cancer Russell Greenfield, MD D. Physical Activity: How Much Is Enough? Scott Going, PhD E. Nutritional Control of Allergic Diseases Randy Horwitz, MD  F. Chocolate: Health Food of the Gods (<i>repeat of Q.</i>) Mark Sciscenti & Roberta Lee, MD

3:15-4:15 pm	CONCURRENT SESSIONS No Bones about It: Using Nutrients Influences Osteoporosis Karen Koffler, MD  H. Childhood Obesity Treatment: Questions & Answers David Ludwig, MD, PhD  I. Diet during Cancer Therapy Cynthia Thomson, PhD, RD J. The Role of Herbs in the Diet Tieraona Low Dog, MD  K. Tofu: Using a Soy-Based Product in a Healthy Diet David Riley, MD & Barry Infuso
4:30-5:30 pm	PLENARY Anti-inflammatory Diet Andrew Weil, MD
5:30 to 7:00 pm	Food as Ceremony Howard Silverman, MD MEET THE FACULTY RECEPTION



Public Forum:
SUNDAY, MARCH 6 • 2:00-4:00 PM
NUTRITION & HEALTH: FOOD, POLITICS AND SOCIETY







Andrew Weil, MD
Director, Program in Integrative Medicine
Clinical Professor of Medicine
The University of Arizona College of Medicine
"The Optimal Diet"
Bruce Ames, PhD
Senior Scientist, Children's Hospital
Oakland Research Institute
Professor, Graduate School in Molecular & Cell
Biology, University of California, Berkeley
"Micronutrients & the Role of Dietary Supplements"

Dan Glickman
President, Motion Picture
Association of America
Former U.S. Secretary of Agriculture
"National Agricultural Policy & Its Effect on U.S. Nutrition"
Walter Willett, MD
Professor of Epidemiology,
Nutrition & Medicine
Harvard School of Public Health
"Obesity, Diabetes & the Food Industry"
Daniel Rutz, Moderator
Special Assistant for Communications
National Center for Infectious Diseases
Centers for Disease Control and Prevention

(1 CME credit hour offered & included in tuition)

TUESDAY, MARCH 8

7:00-7:45 am	Morning Movement
7:30-8:30 am	CONTINENTAL BREAKFAST/ REGISTRATION
8:30-9:30 am	PLENARY Andrew Weil, MD Macronutrients
9:30-10:30 am	PLENARY Bruce Ames, PhD Minimizing the Degenerative Diseases of Aging with a Metabolic Tune-up
10:30-11:00 am BREAK	TASTING OPPORTUNITY Teas
11:00 am-12:30 pm	PLENARY: ANTIOXIDANT PANEL Jeffrey Blumberg, PhD, moderator Randomized Clinical Trials of Antioxidants Bruce Ames, PhD Oxidative Stress Status & Human Disease David Heber, MD, PhD Antioxidant Dietary Supplements

12:30-2:00 pm	LUNCH
2:00-3:00 pm	CONCURRENT SESSIONS The Nutritional Management of Diabetes Mary Marian, RD  M. Food and Mood in Children Joy Weydert, MD  N. Phytochemicals and Cancer: Beyond Antioxidation David Heber, MD, PhD O. Low Carb & Fad Diets: Hype, Hope & What We Really Need to Know Wendy Kohatsu, MD P. Green Tea & Prevention of Chronic Diseases Iman Hakim, PhD  Q. Chocolate: Health Food of the Gods (<i>repeat of F.</i>) Roberta Lee, MD & Mark Sciscenti
3:15-4:15 pm	CONCURRENT SESSIONS Diet & Nutrition in Prevention & Treatment of Alzheimer's Disease Iris Bell, MD, PhD  S. Childhood Nutrition & Immunity Sanford Newmark, MD  T. Mushrooms: Nutritional Profiles, Antiviral & Anticancer Properties Paul Stamets U. Functional Medicine & Foods in Nutrition Roberta Lee, MD  V. Oils: The Science & Art of Using Oils in a Healthy Diet David Riley, MD & Barry Infuso
4:30-5:30 pm	PLENARY Vinjar Fønnebo, MD, DrMed Can You Really Eat Your Way Out of a Cancer Risk?
5:30-6:15 pm	EDUCATING PHYSICIANS IN INTEGRATIVE MEDICINE: A PIM INFORMATION SESSION

WEDNESDAY, MARCH 9

7:00-7:45 am	Morning Movement
7:30-8:30 am	CONTINENTAL BREAKFAST/ REGISTRATION
8:30-9:30 am	PLENARY José Fernández, PhD Genetic Applications to the Understanding of Racial Difference in Obesity & Diabetes
9:30-10:45 am	ASK THE EXPERTS A Clinical Forum Panel
10:45-11:30 am BREAK	TASTING OPPORTUNITY Chocolates
11:30 am-12:30 pm	PLENARY David Heber, MD, PhD Future Trends in Nutrition Research
12:30-12:45 pm	CLOSING ADDRESS Andrew Weil, MD



Registration Information

HOTEL INFORMATION

The course will be held at the Westin La Paloma in Tucson, Arizona. Nestled in the foothills of the Santa Catalina Mountains, the Westin La Paloma Resort & Spa features a Jack Nicklaus golf course and breathtaking views of the Tucson valley. It is located 90 minutes from Phoenix Sky Harbor Airport via Interstate 10 and 30 minutes north of the Tucson International Airport.

Special room rates will be honored for conference participants - \$179/single or double occupancy (plus tax). Check-in time: 4:00 pm. Check-out time: Noon. There are several transportation options from the airports to the resort - taxi, airport shuttles, and private limo services. The Arizona Stagecoach (520-889-1000; www.azstagecoach.com) will offer a discount if you mention you are attending the "University of Arizona Program in Integrative Medicine" conference.

We anticipate that the hotel rooms will fill early. To secure a room and avoid disappointment, please make your reservations as soon as possible and prior to the cut-off date. Rooms will be held until 2/3/05, or until the group block has filled - whichever comes first. After this date, reservations will be accepted only on a space-available basis. Conference rates will be honored for three days before and three days after the conference, and reservations will be accepted on a space-available basis only. For reservations, contact the Westin La Paloma (800) WESTIN-1 or (520) 742-6000 and mention that you are attending the "2005 Nutrition & Health Conference" in order to qualify for the special group rate.

CANCELLATION AND REFUND POLICY
Cancellations received in writing on or before February 10, 2005, will be refunded less a \$50 administrative fee. No refunds will be made after that date. Substitute participants will be accepted.

SPECIAL ASSISTANCE/DIETS
Persons with a disability or a special dietary requirement (other than vegetarian, which can be indicated on the registration form) may request a reasonable accommodation by contacting Pamela Parry, Conference Coordinator, parry3775@comcast.net. Requests should be made as early as possible to allow time to arrange the accommodation.

CONTINUING MEDICAL EDUCATION CREDIT

MEDICINE - The College of Physicians and Surgeons of Columbia University is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians. The College of Physicians and Surgeons designates this educational activity for a maximum of 17.75 category 1 credits towards the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity. This program has been planned and produced in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME). Before the program, all faculty will disclose the existence of any financial interest and/or other relationship(s) (e.g., employee, consultant, speaker's bureau, grant recipient, research support, stock ownership, or any other special relationship) they might have with: (a) the manufacturer(s) of any commercial product(s) to be discussed during their presentation, and/or (b) any commercial contributor to this activity. When unlabeled uses are discussed, these will also be indicated.

PHARMACY - This program is accredited for 12 contact hours or 1.2 CEUs of continuing education credit. The ACPE Program Number is 170-999-04-057-L04. The Pharmacists Society of the State of New York is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.

NURSING - An approval application for continuing nursing education will be submitted to the American Holistic Nursing Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

DIETETIC - 17.25 CPEUs has been applied for through the Commission on Dietetic Registration on behalf of Registered Dietitians and Dietetic Technicians, Registered.

AAPA - The American Academic of Physician Assistants accepts category 1 credit from ADACCME, prescribed credit from AAFP, and AMA category 1 credit for the PRA from organizations accredited by ACCME.

STUDENT SCHOLARSHIPS

A maximum of ten partial registration scholarships will be awarded to health care profession students, who will be allowed to register for the conference for a fee of \$250. Interested students should submit proof of student status and an essay of no more than 250 words, explaining how they would benefit from attending the conference, by December 1 to: Darlene Kerr, Administrative Associate, Program in Integrative Medicine, PO Box 245153, Tucson, AZ 85724.

Please note: Registrations will be processed on a first-come, first-served basis.

March in Tucson has wonderful warm days (73 degrees average high) and mild evenings (43 degrees average low). For more information, see the Metropolitan Tucson Convention & Visitors Bureau web page: www.visittucson.org

Name _____ Public Health PM 35
 March 6-9, 2005
 10736/17.75

Institution _____

Address _____

City _____ State _____

Zip/Postal Code _____ Daytime Phone _____

Fax _____ Email _____

Degree MD DO RD RN Other _____

I would prefer a vegetarian meal (no fish)

I plan to attend the public forum on Sunday, March 6 (included in registration fee)

Breakout Session Selection #1 (Monday, 2 pm) 1st choice _____ 2nd choice _____
 #2 (Monday, 3:15 pm) 1st choice _____ 2nd choice _____
 #3 (Tuesday, 2 pm) 1st choice _____ 2nd choice _____
 #4 (Tuesday, 3:15 pm) 1st choice _____ 2nd choice _____

I first learned about this conference from _____

(please circle appropriate category)

MD, DO & other doctors\$595

Nurses, dietitians, pharmacists, allied health professionals, practitioners in training and others*\$495

PJM Fellows & Alumni\$495

* Practitioners in training must include a letter of verification from training program with registration to qualify for reduced tuition fee. A maximum of ten health care profession students will be awarded partial scholarships and allowed to register for a fee of \$250. See inside brochure for details.

Enclosed is a check or money order in U.S. dollars made payable to Columbia University

Please charge my Visa Mastercard

Amount \$ _____

Exp. Date _____

Cardholder's Name _____

Cardholder's Signature _____

Complete registration form and mail with payment to:
 College of Physicians & Surgeons Center for Continuing Medical Education,
 630 West 168th St., Unit 39, New York, NY 10032
 Or fax completed registration form with credit card information to: (212) 781-6047
 Or register online at: <http://ColumbiaCME.org>

(in order of presentation)

PLENARY

- Walter Willett, MD**
 Professor of Epidemiology and Nutrition, Professor of Medicine, Harvard School of Public Health
- David Ludwig, MD, PhD**
 Director, Obesity Program, The Children's Hospital, Boston, Associate Professor, Pediatrics, Harvard Medical School
- Brenda Davis, RD**
 Nutrition Consultant, Author, *Becoming Vegetarian and Becoming Vegan*
- Gary Nabhan, PhD**
 Director, Center for Sustainable Environments, Northern Arizona University
- Andrew Weil, MD**
 Director, Program in Integrative Medicine, Clinical Professor of Medicine, The University of Arizona College of Medicine
- Bruce Ames, PhD**
 Senior Scientist, Children's Hospital Oakland Research Institute, Professor, Graduate School of Molecular and Cell Biology, University of California, Berkeley
- Jeffrey Blumberg, PhD, FACN, CNS**
 Professor, Friedman School of Nutrition Science and Policy, Director, Antioxidants Research Laboratory, Jean Mayer USDA Human Nutrition Center on Aging, Tufts University

- Vinjar Fønnebo, MD, DrMed**
 Director, National Center for Research in Alternative Medicine, Professor of Preventive Medicine, Institute of Community Medicine, University of Tromsø, Norway
- José Fernández, PhD**
 Assistant Professor, Division of Physiology and Metabolism, Department of Nutrition Section on Statistical Genetics, Department of Biostatistics, University of Alabama at Birmingham
- David Heber, MD, PhD, FACP, FACN**
 Professor of Medicine, Founding Director, UCLA Center for Human Nutrition, University of California, Los Angeles

BREAKOUT

- Victoria Maizes, MD**
 Executive Director, Program in Integrative Medicine, Associate Professor of Medicine, Family Medicine & Public Health, The University of Arizona College of Medicine
- Joey Shulman, DC, RNCP**
 Chiropractor, Registered Nutritionist
- Russell Greenfield, MD**
 Clinical Assistant Professor, University of North Carolina at Chapel Hill School of Medicine
 Visiting Assistant Professor, Program in Integrative Medicine, The University of Arizona College of Medicine

- Scott Going, PhD**
 Associate Professor, Department of Nutritional Sciences, The University of Arizona
- Randy Horwitz, MD, PhD**
 Medical Director, Program in Integrative Medicine, Assistant Professor of Clinical Medicine, The University of Arizona College of Medicine
- Roberta Lee, MD**
 Medical Director, Continuum Center for Health and Healing at Beth Israel Medical Center, New York
- Karen Koffler, MD**
 Director, Department of Integrative Medicine, Evanston Northwestern Healthcare
- Cynthia Thomson, PhD, RD, FADA**
 Assistant Professor, Nutritional Sciences & College of Public Health, The University of Arizona
- Tieraona Low Dog, MD**
 Director of Botanical Medicine, Program in Integrative Medicine, Clinical Assistant Professor of Medicine, The University of Arizona College of Medicine
- David Riley, MD**
 Editor-in-Chief, *Explore - The Journal of Science and Healing*, Clinical Associate Professor, University of New Mexico Medical School, Medical Research Director, Integrative Medicine Institute, Santa Fe
- Howard Silverman, MD**
 Education Director, Program in Integrative Medicine, The University of Arizona College of Medicine
- Mary Marian, RD**
 Clinical Nutrition Research Specialist, The University of Arizona College of Medicine
- Joy Weydert, MD, FAAP**
 Director, Integrative Pain Management, Children's Mercy Hospital, Kansas City, Missouri
- Wendy Kohatsu, MD**
 Assistant Professor, Family Medicine, Oregon Health Sciences University
- Iman Hakim, MBBCh, PhD**
 Associate Professor, Mel and Enid Zuckerman Arizona College of Public Health, Director, Division of Health Promotion Sciences, Arizona Cancer Center
- Iris Bell, MD, PhD**
 Director of Research, Program in Integrative Medicine, Professor of Psychiatry, Medicine, Surgery and Public Health, The University of Arizona College of Medicine
- Sanford Newmark, MD**
 Director, Center for Pediatric Integrative Medicine, Tucson
- Paul Stamets**
 Founder and Leader, Fungi Perfecti

COOKING DEMOS

- Barry Infuso** Culinary Director, Culinary Arts Program, Pima Community College, Tucson
- Mark Sciscenti** Owner, Kakawa Chocolate House, Santa Fe

FACULTY

Columbia University
 College of Physicians and Surgeons
 630 West 168th Street, Unit 39
 New York, New York 10032

THE UNIVERSITY OF ARIZONA, Program in Integrative Medicine

Nutrition and Health

STATE OF THE SCIENCE & CLINICAL APPLICATIONS

March 6-9, 2005 • Westin La Paloma • Tucson, Arizona

Featuring

- Andrew Weil, MD
 Bruce Ames, PhD
 Jeffrey Blumberg, PhD
 Brenda Davis, RD
 David Heber, MD, PhD
 David Ludwig, MD, PhD
 Gary Nabhan, PhD
 Walter Willett, MD

THE UNIVERSITY OF ARIZONA, Program in Integrative Medicine

presents

2ND ANNUAL
Nutrition and Health

STATE OF THE SCIENCE & CLINICAL APPLICATIONS

March 6-9, 2005
 Westin La Paloma
 Tucson, Arizona



Course Directors

Andrew Weil, MD
 The University of Arizona
 Program in Integrative Medicine

Fredi Kronenberg, PhD
 The Columbia University College
 of Physicians & Surgeons, Rosenthal Center

Sponsored by:

The Richard & Hinda Rosenthal Center for
 Complementary and Alternative Medicine
 Columbia University, College of Physicians & Surgeons

THE UNIVERSITY OF ARIZONA, PROGRAM IN
Integrative Medicine

THE RICHARD AND HINDA
ROSENTHAL CENTER
 For Complementary and Alternative Medicine

Learning Objectives

Upon conclusion
 of this course,
 participants
 should be able to:

- Evaluate the risks and benefits of nutritional recommendations for specific health conditions through an analysis of the existing scientific and clinical evidence
- Incorporate nutritional information into clinical practice and advise patients about eating for optimum health, evaluating popular diets and dietary supplements, and using dietary change as a therapeutic intervention
- Identify the nutritional values of antioxidants, macronutrients, micronutrients, and protective phytochemicals
- Define the key concepts of digestive physiology, particularly metabolism, and its impact on the process and diseases of aging
- Describe the interaction between genes and diet and the health implications for different cultural and racial groups of patients
- Recognize the social, political, and behavioral aspects of diet and health, the impact on the obesity and diabetes epidemic, and implications for patient care and the nation's health care system

GOALS

To provide practitioners with an understanding of the central role of nutrition in health and healing. To provide a scientific basis for the integration of nutrition and medicine in order to practice preventive and therapeutic nutritional medicine.

Educational Format

This conference will provide an overview and practical summary of the latest information on nutrition and health. It brings together leaders in scientific research in nutrition and health, clinicians skilled in nutritional medicine, experts on food and agricultural policy, and innovative chefs.

The conference format includes lectures with question-and-answer periods, panel discussions, and a variety of breakout sessions. A Food as Medicine track will combine cooking demonstrations with presentation of nutritional facts and health benefits of particular food groups. Meals and breaks, which are included in the registration fee, are designed for participants to experience and taste a unique selection of organic foods that complement the health and nutrition themes of the conference.



This conference is supported by generous unrestricted educational grants from
California Walnut Commission
Douglas Laboratories
Spectrum Organic Products
Whole Foods Market