

Nutrition in Primary Care Update and Controversies



Continuing Medical Education Program

Saturday, November 30, 2019

Dalla Lana School of Public Health,
University of Toronto

Nutrition in Primary Care

Course Description

This program is designed to enhance physicians' knowledge of applied nutritional biochemistry and the associated research literature pertaining to several conditions commonly encountered in primary care. Various levels of evidence will be presented for evaluation and discussion in order to facilitate improved communication with patients about health promotion, disease prevention, and preferences for treatment.

This program is intended for: Family Physicians, Psychiatrists, Pharmacists, Nurse Practitioners, Physician Assistants, and other health care professionals.

Learning Objectives

At the conclusion of this activity, participants will be able to:

- Critique current evidence for nutritional support in several conditions commonly encountered in primary care, including the prevention of dementia and support of cardiovascular health
- Communicate knowledgeably with patients about their preferences for treatment, including the use of specific diets and nutritional supplements
- Evaluate claims for potential health benefits or adverse effects resulting from popular weight loss diets.
- Appreciate nutritional biochemistry related to specific metabolic pathways and physiological processes influencing stress and adrenal health.

Accreditation

This 1-credit-per-hour Group Learning program has been certified by the College of Family Physicians of Canada for up to 5.75 Mainpro+ credits.

Registration Fee

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| Medical Professionals | \$295.00 |
| CSOM/ISOM Members | \$245.00 |
| Students and Residents | \$50.00 * |

* Scholarship application fee refunded upon attendance.
Registration includes lunch, refreshments, and program materials.

Online Registration <https://isom.ca/event/npc-2019>

CME Program - Saturday, November 30

Schedule

- 9:00 am **Dietary Modification of Dementia Risk**
This presentation explores the role of diet in dementia prevention, and the prevalence of deficiencies of key nutrients in Canadian populations
- 10:15 am Refreshment Break
- 10:45 am **Update on Heart Disease, Diet, and Nutritional Supplements**
This presentation will discuss changing nutritional advice in the dietary prevention and treatment of heart disease
- 12:00 noon Lunch Break
- 13:15 pm **Nutritional Support and Adrenal Fatigue**
This presentation will examine current evidence and controversy regarding the existence of adrenal exhaustion and the role diet and certain selected supplements may play in addressing symptoms.
- 14:30 pm Refreshment Break
- 15:00 pm **Diet and Weight Loss: Risks, Benefits and Currently Popular Strategies**
This presentation will focus on the evidence supporting some currently popular approaches to weight control, such as ketogenic diets and intermittent fasting
- 16:00 pm Discussion and Final Question Period (1 hour)

Presenter

Aileen Burford-Mason, PhD, is an immunologist, cell biologist and orthomolecular nutritionist with a deep interest in the scientific evidence for nutrition and health. She regularly gives seminars for both professional and lay audiences, and has become known for her ability to take complex nutritional research and translate it into concise, evidence-based guidelines for the safe, effective use of nutritional supplements. She is formerly Assistant Professor in the Department of Pathology in the Faculty of Medicine, University of Toronto, and Director of a cancer research laboratory at The Toronto General Hospital. Dr. Burford-Mason is the author of the best-selling books *Eat Well, Age Better* (Thomas Allen, 2012) and *The Healthy Brain* (HarperCollins, 2017).

Location

Dalla Lana School of Public Health, University of Toronto
6th Floor Auditorium – 155 College St, Toronto, ON M5T 3M7