

Lehigh Valley Lifestyle Medicine Symposium 2020: Changing the Game - Preventing and Reversing Chronic Disease

Workshop Schedule Friday, March 27, 2020

- 1) Culinary Medicine: Changing Your Future One Plant-Based Meal at a Time
 1. Location: Llantrisant Retreat and Wellness Center
 2. Time - 1:00 PM – 5:00 PM (meal from 4:00-5:00 PM)
 3. Speakers –Meagan Grega, MD, Chef Amanda Grega, William Duffy, MD
 4. Max attendees 20

Objectives:

1. Describe the benefits of a whole-food, plant-based diet in the prevention, treatment and reversal of chronic disease.
2. Demonstrate techniques for preparing whole-food, plant-based meals that are nutrient-dense, inexpensive and delicious.
3. Identify beneficial herbs, spices and other ingredients including nutritional yeast, flax and chia seeds that add flavor while also boosting the nutritional content of a meal.
4. Discuss strategies to integrate whole-food, plant-based meal preparation into busy schedules, including batch cooking, “planned-overs” and readily available high-fiber, high-nutrient snacks to combat cravings while on the go.

- 2) Lifestyle Strategies for Maximum Performance - Plant-Based Nutrition and Training Techniques for Teens through Centenarians
 1. Location: Llantrisant Retreat & Wellness Center
 2. Time - 1:00 PM – 5:00 PM. Including staying for culinary medicine meal from 4:00 PM – 5:00 PM. (Cost of meal included in registration)
 3. Speakers: - Kathy Parmele, MD, Morgan Llewelyn (Athletic Trainer), John Graham and/or Jessica Heffelfinger (St. Luke’s fitness staff).
 4. Max attendees 30

Objectives:

1. Identify the different types of exercise/movement patterns (HIIT, yoga, aerobic cardio, strength/resistance training) in common use today and analyze strengths and limitations of each.
2. Identify multiple modalities for recovery and prevention of athletic injury (i.e. foam rolling, active release, dry needling, deep tissue massage, stretching).
3. Discuss the evidence for nutrient timing as it relates to athletic performance.
4. Understand the scientific evidence behind plant-based exercise nutrition for performance, recovery, and longevity.

Seminar Schedule Saturday, March 28, 2020

7:50 AM - 8:00 AM - Brief Introduction

8:00 AM – 9:00 AM – “The Circle of Life: The Interconnectedness of Human, Soil, Animal and Planetary Health” Bonnie Coyle, MD

Objectives:

1. Explain how current food production and the ‘Standard American Diet’ impacts human, soil, animal and planetary health.
2. Discuss practical steps we can all take to improve human, soil, animal and planetary health.

9:00 AM - 9:45 AM – “Epigenetics: The Art of Playing Your Cards Wisely” - Meagan Grega, MD

Objectives:

1. Describe the effect of epigenetic changes on the risk for chronic disease.
2. Summarize lifestyle habits that result in positive epigenetic changes that decrease risk of disease.

9:45 AM – 10:00 AM – break

10:00 AM - 10:45 AM – “The Impact of Stress on Our Wellbeing and What We Can Do About It”
Christine Marchionni, MD

Objectives:

1. Identify ways that stress impacts physical well-being.
2. Discuss non-pharmacologic methods to combat stress.

10:45 AM - 11:45 AM – “Rescuing Your Patients and Your Practice with a 15-Day WFPB Jumpstart” Ted Barnett, MD

Objectives:

1. Understand how to perform and bill for a shared medical visit.
2. Describe a successful 2-week outpatient group whole food, plant-based intervention.
3. Understand the role of point-of-care testing in motivating patients.

11:45 AM – 1:00 PM - lunch/networking

1:00 PM – 2:00 PM – “Preventing and Reversing Type 2 Diabetes” Hans Diehl, DrHSc, MPH, FACN

Objectives:

1. Review the epidemiology and pathophysiology of diabetes.
2. Review the role of medication in treating and effecting the course of T2 diabetes.
3. Describe the role of therapeutic diet in treating and reversing T2 diabetes.
4. Understand the difference between refined and unrefined carbohydrates and the role of fiber.
5. Differentiate the glycogenic vs lipogenic (intramyocellular lipids) concepts of T2 diabetes.

2:00 PM - 2:45 PM – “Lifestyle Medicine and Athletes – Nutrition Is Just the Beginning” Andy Goodbred, MD

Objectives:

1. Describe the importance of each pillar of Lifestyle Medicine for athletes.
2. Implement best practices in the approach to lifestyle prescriptions for athletes.
3. Identify potential lifestyle-related pitfalls for athletes and strategies to avoid them.

2:45 PM – 3:00 PM – break

3:00 PM - 3:45 PM – "Sleep: The Forgotten Piece of Wellness" Giuseppe Guglielmello, DO

Objectives:

1. Describe medical illnesses that are directly impacted by sleep disturbance.
2. Discuss assessment and treatment of commonly encountered sleep disorders.

3:45 PM - 4:45 PM – “Whole Food Plant Based Nutrition: 7 Lines of Evidence” Scott Stoll, MD

Objectives:

1. Review the physiologic and biochemical benefits of a whole food, plant-based diet.
2. Describe three randomized control trials that demonstrate disease altering benefit of a plant-based diet.

4:45 PM - 5:00 PM - Closing remarks

Student/Resident poster presentations throughout the day