

Virginia Mason Continuing Medical Education

# Food as Medicine

Exploring the intersection between  
the nutritional sciences, medicine and  
the culinary arts

**Friday, September 9, 2022**

Seattle, Washington

Presented online via livestream



Virginia Mason  
Franciscan Health™



# Faculty

## COURSE DIRECTORS

### **Brandon J. Auerbach, MD, MPH**

Primary Care and Obesity Medicine  
Virginia Mason Franciscan Health, Seattle, Wash.

### **Mariko W. Harper, MD, MS, FACC**

Cardiology  
Virginia Mason Franciscan Health, Seattle, Wash.

### **Mohan Mallipeddi, MD**

Bariatric and General Surgery  
Virginia Mason Franciscan Health, Lynnwood, Wash.

## GUEST FACULTY

### **Aisha Ibrahim**

Executive Chef, Canlis  
Seattle, Wash.

### **Dariush Mozaffarian, MD, DrPH**

Special Advisor to the Provost  
Dean for Policy, Friedman School of Nutrition Science & Policy at Tufts University  
Boston, Mass.

### **Eric B. Rimm, ScD**

Professor of Epidemiology and Nutrition, Director of the Program in Cardiovascular Epidemiology, Harvard T.H. Chan School of Public Health  
Professor of Medicine, Harvard Medical School  
Boston, Mass.

## VIRGINIA MASON FACULTY

### **Kathleen M. Hargiss, RD, CD, CDE**

Clinical Dietician

### **Venu M. Nemani, MD, PhD**

Neurosurgery

### **Astrid M. Pujari, MD**

Medical Director, Center for Integrative Medicine

### **Jonathan P. Stoehr, MD, PhD**

Endocrinology and Metabolism

### **Michael Sutters, MD, MRCP**

Nephrology

### **Susie Woo, MD, FACC**

Cardiology

# Food as Medicine

## Exploring the intersection between the nutritional sciences, medicine and the culinary arts

Each year, almost one million Americans die prematurely from the five leading causes of death – heart disease, cancer, chronic pulmonary disease, stroke and unintentional injuries. Yet, up to 40% of these deaths may be prevented with improved nutrition and changes to our lifestyles. This multidisciplinary course is relevant for all health care professionals, as well as our patients, to learn the critical role that nutrition has in the prevention and treatment of multiple medical conditions, from diabetes to spine disease. We will demonstrate how to cook delicious and healthy food to share with our loved ones, while nourishing our bodies and souls. Hence, we will learn how we can use food as medicine, and to prevent disease.

Lecturers for this course include physicians in varying medical subspecialties who have a passion for disease prevention. We are also excited to collaborate with iconic Seattle restaurant Canlis and their executive chef Aisha Ibrahim to demonstrate healthy recipes created just for this course, along with the opportunity for Q and A with Chef Aisha and our dietitians.

Teaching methods include lecture, simulation and Q&A with faculty.

---

**TARGET AUDIENCE:** This course is designed for clinicians in general and family practice and internal medicine, and is appropriate for all clinicians and patients with an interest in the role of nutrition on health and wellness.

---

### **OBJECTIVES:**

- Discuss the new science and updated dietary priorities to prevent and treat major cardiometabolic diseases
- Outline the risks and benefits of omega-3 supplementation
- Examine evidence for an effect of sodium intake on hypertension and cardiovascular mortality
- Identify the main hormones affecting appetite and satiety
- Discuss contemporary fad diets and dietary patterns that are associated with the best long-term health outcomes
- Review evidence on the relationship of gut microbiome to health
- Describe the consequences of poor bone quality as it relates to spinal disorders
- Summarize the lifestyle and dietary habits of those who live well to 100 years and older

# Agenda

- 7:30 a.m. GRAND ROUNDS PRESENTATION:**  
**Food as Medicine: The Science & Policy to Leverage Nutrition in Healthcare Systems**  
Dariush Mozaffarian, MD
- 8:30 a.m. Break**
- 8:45 a.m. Opening Remarks/Overview**
- 9:00 a.m. Omega-3, Dyslipidemia and Cardiovascular Disease**  
Susie Woo, MD
- 9:30 a.m. Cooking Demo #1**  
Aisha Ibrahim
- 10:00 a.m. Sodium and Hypertension**  
Michael Sutters, MD
- 11:00 a.m. Break**
- 11:15 a.m. Cooking Demo #2**  
Aisha Ibrahim
- 11:45 a.m. Sugar: From Basic Science to Counseling Patients**  
Jonathan Stoerh, MD and Brandon Auerbach, MD
- 12:45 p.m. Lunch Break**
- 1:30 p.m. Deconstructing Popular Dietary Strategies for Weight Loss and Immune Function**  
Eric Rimm, ScD
- 2:30 p.m. Your Gut Microbiome: How Does It Affect Your Health?**  
Astrid Pujari, MD
- 3:00 p.m. Break**
- 3:15 p.m. Eating for Spine and Bone Health**  
Venu Nemani, MD
- 3:45 p.m. Eating Your Way to a Longer Life**  
Mariko Harper, MD
- 4:15 p.m. Conversation with VMFH Dietitian**  
Kathleen Hargiss, RD
- 4:45 p.m. Adjourn**



**This course will be held via livestream presentation.**

For information, contact the CME Department at 206-341-0142 or email [cme@virginiamason.org](mailto:cme@virginiamason.org).



Virginia Mason Medical Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

**CREDIT DESIGNATION:** Virginia Mason Medical Center designates this live activity for a maximum of **7.5 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

# Registration

To register, complete the form below and send via:



**Mail:**

Virginia Mason CME Dept.  
1100 Ninth Ave, D3-CME  
Seattle, WA 98101



**Phone:** 206-341-0142



**Fax:** 206-341-1480



**E-mail:** [cme@virginiamason.org](mailto:cme@virginiamason.org)

**Web:** [VirginiaMasonCME.org](http://VirginiaMasonCME.org)

**Cancellation and Refund Policy:** Refunds will be made for a fee of \$25 if written notice of cancellation is received at least 14 calendar days prior to the activity.

## Virginia Mason Continuing Medical Education

# Food as Medicine

Friday, September 9, 2022

*Please print clearly*

NAME: \_\_\_\_\_ DEGREE / CREDENTIALS: \_\_\_\_\_

SPECIALTY: \_\_\_\_\_

ORGANIZATION: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY / STATE / ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

Please provide one question for the faculty: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**TUITION:**  \$185  Non-clinician fee: \$25 (no credit)

Check enclosed. Make check payable to VMMC – CME

Please charge my:  VISA  MasterCard  American Express  Discover

CARD NUMBER: \_\_\_\_\_ EXP: \_\_\_\_\_

CARDHOLDER NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

Please add me to your e-mail list for news of upcoming CME courses.