

## CPDA Mini-Education Sessions 2012

### January:

#### **“Integrative Nutrition Therapy for the Irritable Bowel Syndrome and Inflammatory Bowel Disease”**

**Speakers: Gerard Mullin, MD & Laura Matarese, PhD, RD, FADA**

Take a critical look at irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD) and the evidence for nutraceutical supplements (peppermint oil, polyphenols, pre-and probiotics, melatonin, ginger, curcumin, fish oils and vitamin D). Review evidence for functional foods (prebiotics, soluble fiber, whole grains, probiotics and fish oils) and super foods (wild salmon, oats, berries, broccoli family, extra-virgin olive oil, yogurt-kefir, etc.) and their use in IBS and IBD.

CPE Credits: 1.5

Level: 2

Learning Codes: 5220, 5280, 5420

#### **“Diet for Diarrhea” Going Beyond the Brat Diet”**

**Speakers: Gail, PhD, RD, LD, CNSD & Jodi Wolff, MS, RD, CNSC**

Is the BRAT diet for diarrhea still in use? Are there more nutrient-dense, long-term ways to control diarrhea in patients with GI disorders? This session will address these questions with an overview of dietary interventions to improve absorption in patients with diarrhea. The latest products developed to minimize fluid loss and maximize absorption will be reviewed. Attendees will learn techniques to instruct adult and pediatric patients on a balanced, nutritious, modified diet for diarrhea.

CPE Credits: 1.5

Level: 2

Learning Codes: 5220, 6040, 2070

### February:

#### **“Multitasking and Mindless Eating: Breaking the Cycle with Intuitive Eating”**

**Speakers: Marion Hetherington, PhD & Evelyn Tribole, MS, RD**

In today’s multitasking, high-urgency era, many people fall into a routine of eating while distracted even when not pressed for time. A growing body of research suggests that distraction has a negative impact on the eating experience, including interrupting the “satiety cascade” involved in appetite regulation. This session presents research on the impact of mindless versus mindful eating on satiety, appetite control and food intake, as well as the concept of Intuitive Eating, a teachable process-based approach that RDs can use to help clients break the cycle of mindless overeating and nurture a healthier relationship with food, mind and body.

CPE Credits: 1.5

Level: 2

Learning Codes: 6020, 6070, 5370

#### **“Self-Directed Behavior Change: Resources to Improve Health Outcomes”**

**Speakers: Joanne Gallivan, MS, RD & Martha Funnell, MS, RD, CDE**

The session will provide a review of behavior change literature, a discussion of challenges facing RDs in helping people to make and sustain lifestyle changes and approaches to support self-directed behavior change. The National Diabetes Education Program’s (NDEP) Support for Behavior Change Resource (SBCR), an online library of systematically reviewed materials to support behavior change, will be demonstrated. Tips for practical application of the SBCR in clinical practice will be noted.

CPE Credits: 1.5

Level: 2

Learning Codes: 6010, 4040, 5190

**May:**

**“Inflammation: What Do Practitioners Need to Know Today?”**

**Speakers: Gordon Jensen, MD, PhD & Nora DiLaura, MS, RD, CDE**

Diet and its bioactive food components can contribute to the occurrence of some diseases by impacting inflammation. Some types of cancer, diabetes, cardiovascular disease and neurologic pathologies can be profoundly altered by diet triggers of inflammation. This session discusses current knowledge on pro-inflammatory and anti-inflammatory dietary components for use in preventing and managing some inflammatory-related diseases

CPE Credits: 1.5

Level: 2

Learning Codes: 5150, 5160, 5190

**“Omega-3 Fatty Acids in Depression and Mood Disorders: Application for Practice”**

**Speakers: David Mischoulon, MD, PhD & Gretchen Vannice, MS, RD**

The published studies on the use of omega-3s for various mood disorders are difficult to generalize, largely because of the different forms and doses of omega-3 used in research. It has been difficult to direct patients, from prevention to intervention. The many forms of omega-3s available in foods, supplements and by prescription add confusion. Findings from a recently completed randomized controlled study will be presented, as well as tools for improving omega-3 compliance.

CPE Credits: 1.5

Level: 2

Learning Codes: 5320, 4040, 3070