Advances in Clinical Practices for Chronic Conditions
Improving Patient Outcomes Through Nutrition

5th Annual iCamp Clinical Nutrition Conference
April 8, 9 & 10, 2016
Miami Marriott Biscayne Bay

ICAMP DIRECTOR:
Janet Konefal, PhD, MPH, AP

MEDICAL DIRECTOR:
David J. Blyweiss, MD, IFMCP

DEPARTMENT CHAIR:
E. Robert Schwartz, MD, FAAFP

CONFERENCE COORDINATOR:
Danielle Monique Darden

EXECUTIVE PRODUCER:
Donna Lee Franklin
This three-day conference provides excellent training to primary care providers, medical specialists, nutrition professionals, medical researchers, and licensed healthcare providers who are seeking current evidence based research in clinical nutrition. This research can be incorporated into an ongoing clinical practice to help patients prevent illness and enhance well-being even when chronic conditions exist.

TARGET AUDIENCE
Who should attend:
- Physicians
- Physician Assistants
- Registered Dieticians and Nutritionists
- Chiropractic Physicians, Acupuncturists, and other healthcare professionals
- Nurses and Nurse Practitioners
- University Faculty
- Medical and Graduate Students in healthcare

LEARNING OBJECTIVES
At the completion of this conference, participants will be able to:
- Analyze the role of integrative medicine and nutrition in the treatment and prevention of common chronic disorders
- Evaluate the role of clinical nutrition therapies as a part of a comprehensive treatment plan for chronic conditions
- Develop appropriate treatment plans including standard care, clinical nutrition, and integrative therapies

The conference format includes didactic presentations, panel discussions, and question & answer sessions.

ACCREDITATION
This live activity, Advances in Clinical Practices for Chronic Conditions: Improving Patient Outcomes Through Nutrition, with a begin date of April 9, 2016, has been reviewed and is approved for up to 13.5 obtainable (Prescribed/Elective) credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity. AAFP Prescribed credit is accepted by the American Medical Association as equivalent to AMA PRA Category 1 Credit™ toward the AMA Physician’s Recognition Award. When applying for the AMA PRA, Prescribed credit earned must be reported as Prescribed credit, not as Category 1 Credit.

13.5 Continuing Education Units have been approved by the Florida Boards of Acupuncture, Dentistry, Chiropractic Medicine, Clinical Social Work, Marriage and Family Therapy, Mental Health Counseling, Psychology, Pharmacy and the Florida Council of Dietetics and Nutrition. CE Provider Number: 50-2682

Continuing Education Credit (CEU): This seminar has been planned and implemented in accordance with the essential areas and policies of the Florida Board of Nursing for Continuing Education Provider #50-2105. Credit Designation: 13.5 CEU's have been approved by the University of Miami School of Nursing and Health Studies

EVALUATIONS
Conference evaluations are a valuable tool in assisting us to better serve you, as well as a vital part of the continuing education process. At the completion of each day, you will receive a link via email from iCamp@med.miami.edu. Please complete this brief survey.

SERVICES FOR THE DISABLED
If special arrangements are required for an individual with a disability to attend this conference, contact Danielle Darden by email at D.Darden@miami.edu or call 305-243-4751 prior to the conference.

DISCLOSURE AND CONFLICT OF INTEREST RESOLUTION
All conflicts of interest of any individual(s) in a position to control the content of this CME activity will be identified and resolved prior to this educational activity being provided. Disclosure about provider and faculty relationships, or the lack thereof, will be provided to learners.

DACBN ATTENDEES
Please note that ALL sessions are approved by the American Clinical Board of Nutrition for a maximum of 13.5 diplomatce hours. If you are attending for ACBN hours, you MUST sign in and out of each session.

Conference Schedule

FRIDAY APRIL 8TH, 2016

WELCOME RECEPTION & PRESENTATION (NON CME)
5:30 PM - 7:00 PM
New Breakthrough to Resolve Inflammation
Healthy hors d’oeuvres & organic wines will be served in the Bayview Ballroom.

FRIDAY 5:30 – 7:00 PM Welcome Reception & Presentation - Resolution of Inflammation (NON CME)

SATURDAY

7:30 – 8:30 AM Registration
8:30 – 8:45 AM Opening Remarks
8:45 – 10:15 AM Epigenetics, Nutrigenomics and the Need for Personalized Medicine
10:15 – 10:45 AM Break
10:45 – 12:15 PM The Gut Microbiome and its Fermentation Byproducts
12:15 – 1:15 PM Lunch
1:15 – 3:15 PM Clinical Systems Biology in Cardiometabolic Disease
3:15 – 3:45 PM Break
3:45 – 4:45 PM Specialized Prebiotics to Support Health Outcomes
4:45 – 5:15 PM Panel Discussion Moderated by David Byweiss
5:30 – 7:00 PM Evening Reception & Discussion - Ideas in Healthcare: The TED and MHICN Partnership to Advance Health Outcomes (NON CME)

SUNDAY

7:30 – 8:00 AM Registration
8:00 – 9:30 AM From Precision Medicine to Precision Nutrition: Implications for Weight Management and CVD Prevention
9:30 – 10:00 AM Break
10:00 – 11:30 AM The Gut Microbiome: Recent Research
11:30 – 12:30 PM Lunch
12:30 – 2:30 PM The Heart of Cardiovascular Well-Being: Preventative and Lifestyle Medicine
2:30 – 3:00 PM Break
3:00 – 4:00 PM Putting it all Together: Applications for Clinical Practice
4:00 – 5:00 PM Panel Discussion/Q&A


**SUNDAY APRIL 9TH, 2016**

**WELCOME**

**OPENING REMARKS**

8:30 AM – 8:45 AM

E. Robert Schwartz, MD, FAAFP

Dr. Schwartz is Chairman of the Department of Family Medicine and Community Health at the University of Miami Miller School of Medicine.

David Blyweiss, MD, IFMCP

Dr. Blyweiss is the Medical Director for iCamp’s Clinical Nutrition Programs at the University of Miami Miller School of Medicine. He is the founder & chairman of the Florida Integrative and Functional Medicine Centers.

8:45 AM – 10:15 AM

**Epigenetics, Nutrigenomics and the Need for Personalized Medicine**

Michael Nova, MD, PhD

Lifestyles have been shown to have a significant influence on the genetic expression of health conditions. With the advancement of clinical sciences, nutrigenomic research and the development of precision medicine diagnostic tools of genetic testing, it is now possible for clinical practices to effectively individualize patient care. This presentation will review the most influential components on development of disease, discuss clinical targets, and define tools and processes to manage patient care with medical nutrition therapy and precision medicine.

**BREAK**

10:15 AM – 10:45 AM

Please visit our exhibition hall and tasting tables

10:45 AM – 12:15 PM

**The Gut Microbiome and its Fermentation Byproducts**

Gail Cresci, PhD, RD, LD

Research is beginning to recognize the importance of the gut microbiota in maintaining health. The gut microbiota, furthermore, is altered throughout stages of life. Negative alterations are associated with disease; differentiating between whether an alteration in the microbiome could be harmful or advantageous will be explored and explained. Diet is one of the main factors known to influence the diversity of the gut microbiome. This session will elucidate strategies to maintain and/or restore a disturbed gut microbiota to improve gut health.

12:15 PM – 1:15 PM

**LUNCH**

Healthy plated lunch served in the Grand Ballroom

1:15 PM – 3:15 PM

**Clinical Systems Biology in Cardiometabolic Disease**

Andrew Heyman, MD, MHSA

Clinical science has progressed in recent years to appreciate the complexity of the interrelationships and cross talk between metabolic networks. In this regard, cardiometabolic disease represents the intersection between endocrine, immune, neurologic and vascular factors, along with lifestyle choices and environmental exposures. This talk will review important biological mechanisms underlying the development of cardiometabolic disease, as well as evidence-based integrative medicine treatment options.

3:45 PM – 4:45 PM

**Specialized Prebiotics that Support Health Outcomes**

Lars Bode, PhD

Dr. Bode will summarize current knowledge on human milk oligosaccharides and their potential benefits for the breast-fed infant and the breastfeeding mother. Highlighting results from work in his own lab, he will describe the benefits of human milk oligosaccharides in reducing intestinal and urinary tract infections, preventing necrotizing enterocolitis, and contributing to shaping the intestinal microbiome. In addition, this presentation will outline the concept that human milk oligosaccharides are not only beneficial for the breast-fed baby, but may have therapeutic value for adults.

4:45 PM – 5:15 PM

**Question & Answer Session and Panel Discussion**

Moderated by David Blyweiss, MD

Michael Nova, MD, PhD | Andrew Heyman, MD, MHSA | Lars Bode, PhD

**EVENING RECEPTION & PRESENTATION (NON CME)**

5:30 PM – 7:00 PM

**Ideas in Healthcare: The TED and MHICN Partnership to Advance Health Outcomes**

Healthy hors d’oeuvres & organic wines will be served in the Bayview Ballroom. Signed TED book series for all attendees.

**ReachMD**

Be part of the knowledge
8:00 AM – 9:30 AM
**From Precision Medicine to Precision Nutrition: Implications for Weight Management and CVD Prevention**
Frank Hu, MD, MPH, PhD

Highlighting recent advances in the role of nutrition for the prevention of diabetes and cardiovascular disease, Dr. Hu will discuss and identify key dietary, lifestyle, and genetic determinants for chronic conditions. Personalized nutritional approaches to the treatment and prevention of obesity, CVD, and diabetes, based on genetic information and metabolic conditions will also be presented.

**BREAK**
9:30 AM – 10:00 AM
Please visit our exhibition hall and tasting tables

10:00 AM – 11:30 AM
**The Gut Microbiome: Recent Research**
Judith Lukaszuk, PhD, RDN, LDN

The most up-to-date research results on the gut microbiome and health are important to today’s clinical practice. This presentation will discuss how to visually evaluate vagal nerve function and will include exercises to stimulate the vagal nerve, which patients can perform. Findings on food intolerance testing and elimination food plans and their relationship to inflammatory markers, body composition, and medical symptoms will also be reviewed.

**LUNCH**
11:30 AM – 12:30 PM
Healthy plated lunch served in the Grand Ballroom

12:30 PM – 2:30 PM
**The Heart of Cardiovascular Well-Being: Preventative and Lifestyle Medicine**
Oscar Franco, MD, PhD, FESC, MFPH

Dr. Franco will provide a brief historical and conceptual framework of cardiovascular disease prevention in order to explain basic principles of risk assessment and the pillars of key preventative strategies to reduce and manage cardiovascular risk. Emphasis will be given to lifestyle, and in particular diet and nutrition. Furthermore, Dr. Franco will present preeminent perspectives regarding the future of cardiovascular disease prevention, and how potential strategies could be combined effectively in order to reduce the current burden due to cardiovascular disease in the American population.

3:00 PM – 4:00 PM
**Putting it all Together: Applications for Clinical Practice**
David Blyweiss, MD, IFMCP

Weaving together key components of nutrition-oriented research to form preventative strategies and treatment plans in a clinical setting is the focus of this final presentation. Dr. Blyweiss will offer major takeaways from the research presented at this conference, as well as applications for clinical practice.

**BREAK**
2:30 PM – 3:00 PM
Please visit our exhibition hall and tasting tables

4:00 PM – 5:00 PM
**Question & Answer Session and Panel Discussion**
Oscar Franco, MD, PhD, FESC, MFPH | Frank Hu, MD, MPH, PhD | David Blyweiss, MD, IFMCP

**FACULTY INFORMATION**

**Course Director**
Janet Konefal, PhD, MPH
Director, iCamp
University of Miami Miller School of Medicine

**Medical Director**
David J. Blyweiss, MD
Medical Director, iCamp, Clinical Nutrition Programs
University of Miami Miller School of Medicine

**Guest Faculty**

- **Lars Bode, PhD**
  Associate Professor of Pediatrics, University of California, San Diego

- **Gail Cresci, PhD, RD, LD**
  Associate Staff, Digestive Disease & Lerner Research Institutes, Cleveland Clinic

- **Oscar Franco, MD, PhD, FESC, MFPH**
  Professor of Preventive Medicine, Erasmus MC, University Medical Center Rotterdam Deputy Science Director, INHES

- **Andrew Heyman, MD, MHSA**
  Program Director, Integrative & Metabolic Medicine, George Washington University

- **Frank Hu, MD, MPH, PhD**
  Professor of Nutrition and Epidemiology, Harvard T.H. Chan School of Public Health

- **Judith Lukaszuk, PhD, RDN, LDN**
  Professor & Director of Didactic Program in Diabetics,
  School of Family, Consumer, and Nutrition Sciences, Northern Illinois University.

- **Michael Nova, MD, PhD**
  Chief Innovation Officer, Pathway Genomics
QUESTIONS & ANSWERS

What can I expect from the annual clinical nutrition conference?
This conference is focused on presenting evidence-based research that will provide you with a framework for weaving nutrition-related medicine into treating and preventing diseases, particularly chronic conditions.

Where can I find more information about the event?
For further details pertaining to the event, please log into www.iCamp.med.miami.edu or call 305-243-4751.

Where is the conference taking place?
The event will take place at the Miami Marriott Biscayne Bay, 1633 N. Bayshore Drive, Miami FL 33132.

Where can I park?
Discounted daily parking is available as follows: $15.00 valet and self-parking. Overnight parking is $29 self-parking and $34 for valet. NOTE: Parking is available on a first come, first serve basis. Additional overflow parking is available across the street at the Omni Parking Garage.

What’s for lunch?
A healthy, gourmet plated lunch is being provided to all participants on Saturday and Sunday. The cuisine offered is inspired by recommendations from the University of Miami Advisory Subcommittee for Nutrition, in collaboration with the Marriott’s executive chef. All meals will be gluten and dairy free, locally grown, and feature organic produce. Vegan lunches will be provided by requests submitted to iCamp@med.miami.edu prior to April 1st, 2016.

When should I plan on arriving?
Registration is from 7:30 to 8:30 AM on Saturday, and 7:30 to 8:00 AM on Sunday. The Conference begins at 8:30 AM on Saturday, and 8:00 AM on Sunday. Please arrive early enough to ensure adequate time to locate the conference hall, sign in, and find your seat.

SAVE THE DATE
Register now for upcoming iCamp Courses

<table>
<thead>
<tr>
<th>Date</th>
<th>Course Title</th>
</tr>
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<tbody>
<tr>
<td>Jan – May 2017</td>
<td>The Art &amp; Science of Acupuncture for Physicians</td>
</tr>
<tr>
<td>Mar 11 – 18, 2017</td>
<td>Holistic Holiday at Sea</td>
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<tr>
<td>April 28, 29 &amp; 30, 2017</td>
<td>6th Annual Clinical Nutrition Conference</td>
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<tr>
<td>September 2017</td>
<td>Chi-Atsu</td>
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<td>November 2017</td>
<td>Treating Pain with Acupuncture's Extraordinary Vessels</td>
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SUNDAY EVENING RECEPTION, SPECIAL PRESENTATION
Sponsored by Metagenics™

The Metagenics Healthcare Institute for Clinical Nutrition Presents

New Breakthrough to Resolve Inflammation

Join us on Friday, April 8, 2016
• Discover how unresolved inflammation may potentially impact health conditions
• Explore breakthrough, innovative research that offers a new direction for nutritional support for the resolution of inflammation
• Discover the role that specialized pro-resolving mediators play in the body’s natural protective response to inflammation

Featured Speakers:
John Troup, PhD
Andrew Heyman MD, MHSA

Join us on Saturday, April 9, 2016
for a Reception and Discussion on Ideas in Healthcare: TED and MHICN Partnership to Advance Health Outcomes
Those attending will receive a signed Ted Talk Book

Featured Speakers:
John Troup, PhD
Oscar Franco MD, PhD

Date: Friday, April 8, 2016
Location: Bayview Ballroom, Biscayne Bay Marriott
Time: 5:30 to 7:00 pm

Date: Saturday, April 9, 2016
Location: Bayview Ballroom, Biscayne Bay Marriott
Time: 5:30 to 7:00 pm
SPECIAL THANK YOU TO:

The Metagenics Healthcare Institute for Clinical Nutrition provides generous educational grants to produce annual CME/CE educational conferences featuring both national and international experts in functional nutrition. The Metagenics Healthcare Institute for Clinical Nutrition is a resource for healthcare providers with roots in integrative, traditional and functional medicine seeking to optimize patient outcomes with support from clinical nutrition and lifestyle medicine through various formats including association approved continuing education, evidence based videos, podcasts and research reviews.

The Mitchell Wolfson Sr. Foundation continues to support iCamp’s educational efforts for faculty, students, and community health professionals to promote the application of nutrition in the role of healthcare. The foundation also supports community projects to enhance healthy eating and lifestyles. Future projects include enhancing the medical school curriculum, a master level program in integrative health, proficiency training in clinical nutrition and bringing healthy living initiatives in assisted living facilities.

EXHIBITORS
A4M, American Academy of Anti-Aging Medicine
American Clinical Board of Nutrition
Apex Energetics
Cell Science Systems
Designs for Health
Enzyme Science
Genova Diagnostics
KBMO Diagnostics
Metagenics
UM CIM Research
Xymogen

TASTING TABLES
Artichoke Foods
Choices Organic Cafe
Corporate Dining Services
Deliver Lean
DIRT
Eden in Eden
Got Sprouts?
Hippocrates Health Institute
Love Life Wellness Center
Peace A’ Cake
Plant Food & Wine
Smart Bites
Sweet Sundays Baking

SPECIAL THANKS TO: David Byweiss, MD, John Lewis, PhD, Leonard Smith, MD, Daisy Bank, Sean DiMaria, Lenin Frixione, and the iCamp Team; Nicolle Castaneda, Ryan Wang, Lauren Taylor, Kristy Hamlin, Beverly Basila and the many volunteers that have helped out throughout the year!

THIS PROGRAM IS PRESENTED BY:
Integrative and Complementary Academic Medicine Programs
305.243.4751 • iCamp@med.miami.edu • www.iCamp.med.miami.edu