

Inflammation Resolution and Its Impact on Health

September 27, 2019, 9 AM–5 PM

Preconference sponsored by  Metagenics Institute

An increasing body of research shows unresolved chronic inflammation can lead to pathogenesis, and the need for personalized and multipronged interventions can optimize health outcomes. There are numerous studies linking poor lifestyle and nutritional status adversely influencing immune health, which may lead to various chronic conditions and disorders.

During this preconference, top thought leaders from the fields of neurology, sports medicine, and family medicine will review the evidence on inflammation and its impact on health and disease and how anti-inflammatory approaches can help mitigate and combat prevalent conditions such as obesity, diabetes, and cardiovascular disease.

The morning and early afternoon sessions will be devoted to the scientific and clinical foundations supporting the understanding of inflammation and how it influences chronic health conditions and the positive role nutrition and lifestyle interventions have as well as a review of the etiology and symptomology of inflammation. The optional late afternoon session will discuss personalized lifestyle medicine programs, protocols, and case studies in support of improving immune health.

Preconference schedule and speakers:*

Friday, September 27, 2019

9:00 AM–9:45 AM	Melissa Blake, ND, BSc	Inflammation: Setting the stage
9:45 AM–10:45 AM	Filomena Trindade, MD, MPH	The role of chronic inflammation in insulin resistance
10:45 AM–11:00 AM		Break
11:00 AM–12:00 PM	Christopher Keroack, MD, IFMCP	Ketogenic diet: The science, physiology, and practical application of ketogenic lifestyles
12:00 PM–1:30 PM		Lunch
1:30 PM–3:00 PM	Jay Lombard, MD	Neuroinflammation, diagnosis, and management
3:00 PM–3:30 PM	Melissa Blake, ND, BSc	Closing remarks, Q&A
3:45 PM–5:00 PM	Tricia Paulson, ND	Optional session: Personalized lifestyle medicine programs in supporting immune health

Location:

Ritz Carlton Fort Lauderdale
1 N Fort Lauderdale Beach Blvd
Fort Lauderdale, FL 33304

Fees: \$99 for Preconference

*Preconference is non-CME.

Register now at: <http://cim.med.miami.edu/clinical-nutrition/annual-conference>