



7th annual national Plant-based Prevention Of Disease (P-POD) Conference (www.p-pod.org)
July 24-26, 2020, Student Center, Eastern Michigan University, 900 Oakwood St.
Ypsilanti MI 48197 (near Detroit's international airport)

“The FUTURE of Healthcare Begins with NUTRITION!”

18 hours of educational sessions expandable optionally to 20

COMPLETE 2020 SCHEDULE (updated 4/10/20)

FRIDAY: Approximately 11:00 am, doors open at site of optional special opening program session and luncheon.

FRIDAY OPTIONAL LUNCHEON WITH SPECIAL SUMMIT MEETING SESSION, 11:30 am - 2:05 pm

“Preventing Heart Disease, Diabetes and Cancer after the Pandemic”

Educational program time excluding breaks: 2:00 (2 hours), additional to the main conference's 18 credit hours

[This may be registered and attended separately from the main conference.]

FRIDAY 11:30 am (luncheon food service begins in the conference hall, for availability ending by 1:30 pm)

FRIDAY 12:05-12:45 pm

Kim A. Williams, Sr., MD MACC FASNC FAHA:

“Can We Put Cardiologists out of Business in 10 Years?”

---12:45-12:50 pm: Audience questions for Kim A. Williams, Sr.

FRIDAY 12:50-2:05 pm

Round Table (with audience questions): “How We Can All Be Smarter 10 Years from Now in Combating Heart Disease, Diabetes and Cancer”

Moderator: Caroline Trapp, DNP ANP-BC CDE FAANP DiplomateACLM

Hana Kahleova, MD PhD

Stephen J. O'Keefe, MD(UK) MSc MRCS LRCP

Kim A. Williams, Sr., MD MACC FASNC FAHA

(2:05-2:30 pm: Break, stretch, move; check-in for the main conference which begins 2:30 pm)

FRIDAY AFTERNOON CONFERENCE-OPENING PLENARY SESSION, 2:30-5:05 pm

Educational program time excluding breaks: 2:20 (2.15 hours plus 5 minutes)

FRIDAY 2:30-3:15 pm

PART 1 OF P-POD'S DOUBLE LECTURE SERIES BY DISTINGUISHED RESEARCHERS

Hana Kahleova, MD PhD:

“Diabetes and Beta-cell Regeneration”

---3:15-3:25 pm: Audience questions for Hana Kahleova

(3:25-3:40 pm: Break, stretch, move)

FRIDAY 3:40-4:05 pm

The “Why Not Just Eat THAT Diet?” Series Focus Lecture on Ketogenic Diets

Lee Crosby, RDN LD

FRIDAY 4:05-5:05 pm

P-POD Dietitians' Foodie Series Round Table (with audience questions): “Guiding Patients and the Public on Building Healthy, Fitness-Fueling Meals and Snacks”

Chair: Parul Kharod, MS RDN LDN

Lee Crosby, RDN LD

Pamela Fergusson, PhD RD

(5:05-5:20 pm: Break, stretch, move before dinner)

FRIDAY 5:20-6:50 pm: Dinner in conference hall

FRIDAY EVENING PLENARY SESSION, 7:00-8:55 pm

Educational program time excluding breaks: 1:45 (1.75 hours)

FRIDAY 7:00-7:40 pm

Yami Cazorla-Lancaster, DO MPH MS FAAP:

“Pediatrics and Whole-food Plant-based Diets”

---7:40-7:50 pm: Audience questions for Yami Cazorla-Lancaster

(7:50-8:00 pm: Break, stretch, move)

FRIDAY 8:00-8:45 pm

PART 2 OF P-POD'S DOUBLE LECTURE SERIES BY DISTINGUISHED RESEARCHERS

Stephen J. O'Keefe, MD(UK) MSc MRCS LRCP:

”Interactions between High Fiber Foods and the Colonic Microbiota that Prevent Cancer in Humans” .

---8:45-8:55 pm: Audience questions for Stephen J. O’Keefe

(Friday scheduled activity ends 8:55 pm)

SATURDAY: Time to be announced, starting between 7:30 and 7:45 am, fitness-related activity or activities

SATURDAY: Time to be announced, breakfast foods availability for at least 2 hours in the conference hall, overlapping with the times of the earliest program sessions

SATURDAY MORNING PLENARY SESSION, 8:45-11:30 am

Educational program time excluding breaks: 2:30 (2.5 hours)

SATURDAY 8:45-9:05 am

Matt Ruscigno, MPH RDN:

“The Future of Healthcare Begins with Nutrition”

SATURDAY 9:05-11:30 am: **Focus Lecture and Special Clinical Challenges Series Round Table (with audience questions): “Chronic Kidney Disease: Root Cause Assessment and Management”**

(1)--SATURDAY 9:05-9:30 am: **Focus Lecture**

Robert Breakey, MD

(9:30-9:45 pm: Break, stretch, move)

(2)--SATURDAY 9:45-11:30 am

Round Table (with audience questions): “Chronic Kidney Disease: Root Cause Assessment and Management”

Moderator: Robert Breakey, MD

Paul Berkowitz, MD

Holly Kramer, MD MPH

Theresa Poppe, MD

Annamarie Rodriguez, RDN LD FAND

Marc Ramirez

(11:30-11:40 am: Break, stretch, move before lunch)

SATURDAY 11:40 am - 12:50 pm: Lunch in conference hall

(12:50-1:10 pm: Break, stretch, move; check-in for separate registrants for 1:10 pm Special Session)

SATURDAY AFTERNOON SPECIAL SESSION, 1:10-5:10 pm

“Crash Course in Plant-based Nutrition against Disease”

Educational program time excluding breaks: 3:40 (3.75 hours minus 5 minutes)

[This may be registered and attended separately by persons not claiming continuing education credits.]

SATURDAY 1:10-1:20 pm

Bill Manns, MHSA:

“The Role and Perspective of the Local Healthcare Community”

SATURDAY 1:20-1:40 pm

Paul Chatlin:

“He Chose Not to Have Major Heart Surgery, Instead He Got Healthy and Gave Back to His Community”

SATURDAY 1:40-2:20 pm

P-POD'S 4TH ANNUAL DENIS BURKITT MEMORIAL LECTURE:

PART 1 OF TRIPLE LECTURE SERIES, “RESETTING THE PARADIGMS OF MEDICAL PRACTICE”

Baxter Montgomery, MD FACC:

“Food as Medicine for Heart Disease”

---2:20-2:30 pm: Audience questions for Baxter Montgomery. .

SATURDAY 2:30-3:10 pm

Brenda Davis, RD:

“Designing an Optimal Plant-based Diet for Disease Prevention”

---3:10-3:20 pm: Audience questions for Brenda Davis

(3:20-3:40 pm: Break, stretch, move)

SATURDAY 3:40-4:15 pm

Chef Nina Curtis, MBA:

“Making Sense Out of Plant-based Prevention Of Disease”

---4:15-4:25 pm: Audience questions for Chef Nina Curtis.

SATURDAY 4:25-5:00 pm

P-POD'S 4TH ANNUAL DENIS BURKITT MEMORIAL LECTURE:

PART 2 OF TRIPLE LECTURE SERIES, “RESETTING THE PARADIGMS OF MEDICAL PRACTICE”

Saray Stancic, MD:

“Ushering in the Era of Salutogenesis (The Origin of Health)”

---5:00-5:10 pm: Audience questions for Saray Stancic

(5:10-5:30 pm: Break, stretch, move before dinner)

SATURDAY 5:30-6:55 pm: Dinner in conference hall

(6:55-7:15 pm: Break, stretch, move before evening session)

SATURDAY EVENING PLENARY SESSION, 7:15-8:40 pm

Educational program time excluding breaks: 1:25 (1.5 hours minus 5 minutes)

SATURDAY 7:15-8:30 pm: **Special In-Depth Evening Presentation**

Dean Sherzai, MD PhD MPH, Ayesha Sherzai, MD MAS:

“Alzheimer’s Advances: Prevention is Possible”

---8:30-8:40 pm: Audience questions for Dean and Ayesha Sherzai

SATURDAY 8:45-10:00 pm (departing building by 10:15): Unstructured/networking time in conference hall.

SATURDAY 8:50-10:00 pm (departing building by 10:15): Dancing party with music, in a separate room. A masked dance without physical contact! You will not need a costume, just a facemask. We can celebrate Carnival in July!

SUNDAY: Time to be announced, starting between 7:30 and 7:45 am, fitness-related activity or activities

SUNDAY: Time to be announced, breakfast foods availability for at least 2 hours in the conference hall, overlapping with the times of the earliest program sessions

SUNDAY MORNING SESSION WITH PLENARY FOLLOWED BY BREAKOUTS, 8:45-11:45 am

Educational program time excluding breaks: 2:35 (2.5 hours plus 5 minutes)

SUNDAY 8:45-9:00 am

Kathy Pollard, MS:

“P-POD and Sustainability”

SUNDAY 9:00-9:20 am

Ted Barnett, MD FACLM:

“A Medically Supervised 15-Day Whole-food Plant-based Jumpstart Program”

---9:20-9:25 am: Audience questions for Ted Barnett

(9:25-9:40 am: Break, quick stretch, move to chosen room for Breakout Session A)

SUNDAY 9:40-10:40 am: **BREAKOUT SESSION A** (3 options in 3 different rooms to be announced)

(1) **A Nursing Practice Perspective: “The Whole-Person Approach to Pain Reduction”**

Caroline Trapp, DNP ANP-BC CDE FAANP DiplomateACLM

Sheri Orlekoski, RN BS HCSA CRRN

(2) **“The Implications of Weight Stigma for Health Practitioners' Professional Ethics”**

Taylor Wolfram, MS RDN LDN

[Disclaimer: The Academy of Nutrition and Dietetics (Academy) and Commission on Dietetic Registration (CDR) are not responsible for the provider’s interpretation of the Academy/CDR Code of Ethics for the Nutrition and Dietetics Profession or its enforcement as it relates to the scenarios and content presented in this activity.]

(3) **“Within a Clinical Practice, Managing Strategies for Chronic Disease Reversal through Lifestyle Measures”**

Moderator: **Paul Chatlin**

Mladen Golubic, MD PhD

Joel Kahn, MD FACC

(10:40-10:50 am: Break, quick stretch, and change rooms as needed for next breakout session)

SUNDAY 10:50-11:45 am: **BREAKOUT SESSION B** (3 options in 3 different rooms to be announced)

(1) **“Plant-based Diets as Facilitating Greater Quality of Life and Social/Economic Justice, on Individual and Community Levels”**

Terry Mason, MD FACS

Kathleen Kevany, EdD

(2) **“Food Choices to Address Addictive Eating Behavior, Depression and Mental Health”**

Pamela Fergusson, PhD RD

Kerrie Saunders, MS LLP PhD

(3) **“How Food Choices and Preparation Can Serve Both Nutritional and Pleasure Goals”, with 3 Food For Life Instructors**

Chair: **Sheri Orlekoski, RN BS HCSA CRRN**

Yami Cazorla-Lancaster, DO MPH MS FAAP

Marc (Bean) Ramirez

SUNDAY 11:45 am – 12:05 pm (time to stretch briefly, gather food and get seated for 12:05 pm luncheon lecture)

SUNDAY 11:45 am (luncheon food service begins, for availability ending by 1:30 pm)

SUNDAY “WORKING LUNCHEON” PLENARY SESSION, 12:05 pm – 1:20 pm

Educational program time excluding breaks: 1:15 (1.25 hours)

SUNDAY 12:05-1:20 pm: **Round Table (with audience questions): “How Can We Support Those Who Are Hurt by Disparities in Public Policy, in Access to Health Resources or in Access to Nourishing Food?”**

Moderator: **Matt Ruscigno, MPH RDN**

Milton Mills, MD

Lisa Smith, MBA CPT

(1:20-1:30 pm: Break, stretch, move)

SUNDAY AFTERNOON CLOSING PLENARY SESSION, 1:30-4:30 pm

Educational program time excluding breaks: 2:35 (2.5 hours plus 5 minutes)

SUNDAY 1:30-2:10 pm

P-POD'S 4TH ANNUAL DENIS BURKITT MEMORIAL LECTURE:

PART 3 OF TRIPLE LECTURE SERIES, “RESETTING THE PARADIGMS OF MEDICAL PRACTICE”

John H. Kelly, Jr., MD MPH:

“Epigenetics, Lifestyle and the Future of Medicine”

---2:10-2:20 pm: Audience questions for John H. Kelly, Jr.

(2:20-2:45 pm: Stay in seats for spread-out-this-time annual P-POD group photo; then break, stretch, move)

SUNDAY 2:45-3:10 pm

lauren Ornelas, BA:

Focus Lecture on Food Access and Food Justice Issues

SUNDAY 3:10-4:30 pm

Round Table (with audience questions): “How Do We Face Post-Pandemic Challenges in Chronic Disease Prevention, Especially for the Most Vulnerable and the Food-Insecure?”

Moderator: Bob LeRoy, MS EdM RDN

Terry Mason, MD FACS

lauren Ornelas, BA

Saray Stancic, MD

POSSIBLY WITH ONE ADDITIONAL PANEL MEMBER

SUNDAY 4:30 pm onward: Scheduled conference activity ends 4:30 pm. There will be no rush about emptying the building. Attendees may chat, reflect, network, share elbow bumps, etc.

Plant-based Prevention Of Disease, Inc. is a Section 501(c)(3) nonprofit educational organization accepting no commercial funding or sponsorship: www.p-pod.org, <http://preventionofdisease.org/>.



For purposes of Continuing Medical Education, this conference is jointly provided by MAHEC and P-POD. This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint providership of MAHEC and P-POD. MAHEC is accredited by NCMS to provide continuing medical education for physicians.