



8th annual national Plant-based Prevention Of Disease (P-POD) Conference (1st of 2 events)
May 21-23, 2021, IN-PERSON AND VIRTUAL, Student Center, Eastern Michigan University
900 Oakwood St., Ypsilanti MI 48197 (near Detroit's international airport)

“The FUTURE of Healthcare Begins with NUTRITION!” -- www.p-pod.org
16+ hours of educational sessions (12+ hours Sat.-Sun, 4+ hours Fri., all together, no breakouts)

COMPLETE 2021 SCHEDULE (updated 12/17/20)

FRIDAY: Approximately 2 pm Eastern / 11 am Pacific, doors open for in-person attendee check-in, etc.

FRIDAY AFTERNOON CONFERENCE-OPENING SESSION, 3:00-5:25 pm Eastern / 12:00 noon - 2:25 pm Pacific

Educational program time excluding breaks: 2:10 (2.25 hours minus 5 minutes)

FRIDAY 3:00-3:15 pm Eastern / 12:00 noon - 12:15 pm Pacific

[Robert Breakey, MD DipABLM:](#)

“What is 'Plant-based Normal'?", Part 1 of 2

---3:15-3:20 pm Eastern / 12:15-12:20 pm Pacific: Audience questions for Robert Breakey

FRIDAY 3:20-3:55 pm Eastern / 12:20-12:55 pm Pacific

[Amy Richards, PhD RDN LDN](#)

“How Sleep, Stress, Physical Activity and Food Insecurity Affect Eating Behaviors, Obesity and Obesity Related Chronic Disease”

---3:55-4:00 pm Eastern / 12:55-1:00 pm Pacific: Audience questions for Amy Richards

(4:00-4:15 pm Eastern / 1:00-1:15 pm Pacific: Break, stretch, move)

FRIDAY 4:15-5:25 pm Eastern / 1:15-2:25 pm Pacific

Round Table (with audience questions): “Race-based and Socio-economic-based Disparities in Health Care and Nutritious-food Access”

Moderator: [Lisa Smith, MBA](#)

[Lois Ellen Frank, PhD \(Kiowa\)](#)

[Aurora Leon \(Conde\), MD](#)

[Terry Mason, MD FACS](#)

FRIDAY 5:25-6:50 pm Eastern / 2:25-3:50 pm Pacific: Stretch and break for dinner in conference hall

FRIDAY EVENING SESSION, 6:50-8:55 pm Eastern / 3:50-5:55 pm Pacific

Educational program time excluding breaks: 1:55 (2 hours minus 5 minutes)

FRIDAY 6:50-7:30 pm Eastern / 3:50-4:30 pm Pacific

[Michael Klaper, MD:](#)

“Food or Fasting in Cancers - Part of Effective Treatment Plans, or Irrelevant Considerations?”

---7:30-7:40 pm Eastern / 4:30-4:40 pm Pacific: Audience questions for Michael Klaper

(7:40-7:50 pm Eastern / 4:40-4:50 pm Pacific: Break, stretch, move)

FRIDAY 7:50-8:55 pm Eastern / 4:50-5:55 pm Pacific

Round Table and Demonstration (with audience questions): “Cuisine and Nutrition Team Up for Eating Pleasure and Disease Prevention”

Chair: [Tammy Robertson, RN BSN](#)

[Joaquin Carral \(Gomez\), MD](#)

[Timaree Hagenburger, MPH RDN EP-c](#)

(Friday scheduled activity ends 8:55 pm Eastern / 5:55 pm Pacific)

SATURDAY: Time to be announced, fitness-related activity or activities

SATURDAY: Time to be announced, breakfast foods availability for at least 2 hours in the conference hall

SATURDAY MORNING SESSION, 10:40 am - 12:20 pm Eastern / 7:40-9:20 am Pacific

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

SATURDAY 10:40-11:10 am Eastern / 7:40-8:10 am Pacific

Timaree Hagenburger, MPH RDN EP-c:

“Touching All Bases for Your Patients with Plant-based Foods and Nutrients”

---11:10-11:20 am Eastern / 8:10-8:20 am Pacific: Audience questions for Timaree Hagenburger

(11:20-11:35 am Eastern / 8:20-8:35 am Pacific: Break, stretch, move)

SATURDAY 11:35 am - 12:10 pm Eastern / 8:35-9:10 am Pacific

P-POD SPECIAL CLINICAL CHALLENGES SERIES, LECTURE #1 OF 3

Alan Desmond, MB BCh BMedSC MRCPI FRCP:

“The Role of a Whole Food Plant-based Diet in the Prevention and Treatment of Crohn's Disease”

---12:10-12:20 pm Eastern / 9:10-9:20 am Pacific: Audience questions for Alan Desmond

SATURDAY 12:20-1:45 pm Eastern / 9:20-10:45 am Pacific: Stretch and break for lunch in conference hall

SATURDAY AFTERNOON SESSION, 1:45-5:10 pm Eastern / 10:45 am – 2:10 pm Pacific

Educational program time excluding breaks: 3:10 (3.25 hours minus 5 minutes)

SATURDAY 1:45-2:00 pm Eastern / 10:45-11:00 am Pacific

Robert Breakey, MD DipABLM:

“What is 'Plant-based Normal'?", Part 2 of 2

---2:00-2:05 pm Eastern / 11:00-11:05 am Pacific: Audience questions for Robert Breakey

SATURDAY 2:05-3:30 pm Eastern / 11:05 am – 12:30 pm Pacific: **Focus Lecture and Round Table (with audience questions): “Bringing Nutrition and Lifestyle into Medical School Curriculum”**

(1)--SATURDAY 2:05-2:40 pm Eastern / 11:05-11:40 am Pacific: **Focus Lecture**

Saray Stancic, MD FACLM

(2)--SATURDAY 2:40-3:30 pm Eastern / 11:40 am – 12:30 pm Pacific

Round Table (with audience questions): “Bringing Nutrition and Lifestyle into Medical School Curriculum”

Chair: Saray Stancic, MD FACLM

Saul Bautista, MD

Lakshman Mulpuri, BS

Uma Raman, MD

(3:30-3:45 pm Eastern / 12:30-12:45 pm Pacific: Break, stretch, move)

SATURDAY 3:45-4:25 pm Eastern / 12:45-1:25 pm Pacific

P-POD DISTINGUISHED CHEFS SERIES

Chef Lois Ellen Frank, PhD (Kiowa)

---4:25-4:35 pm Eastern / 1:25-1:35 pm Pacific: Audience questions for Chef Lois Ellen Frank

SATURDAY 4:35-5:05 pm Eastern / 1:35-2:05 pm Pacific

P-POD SPECIAL CLINICAL CHALLENGES SERIES, LECTURE #2 OF 3

Sharan Abdul-Rahman, MD MBA NCMP:

“Can We Treat Uterine Fibroids with Nutritional Support and a Plant-based Diet?”

---5:05-5:10 pm Eastern / 2:05-2:10 pm Pacific: Audience questions for Sharan Abdul-Rahman

SATURDAY 5:10-6:35 pm Eastern / 2:10-3:35 pm Pacific: Stretch and break for dinner in conference hall

SATURDAY EVENING SESSION, 6:35-8:30 pm Eastern / 3:35-5:30 pm Pacific

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

SATURDAY 6:35-6:45 pm Eastern / 3:35-3:45 pm Pacific

Paul Chatlin:

“Plant-based Cardiology Can Be Life-Saving”

---6:45-6:50 pm Eastern / 3:45-3:50 pm Pacific: Audience questions for Paul Chatlin

SATURDAY 6:50-7:25 pm Eastern / 3:50-4:25 pm Pacific

Robert Ostfeld, MD MSc FACC:

“A Cardiologist's View: Plant-based Nutrition in Clinical Practice”

---7:25-7:35 pm Eastern / 4:25-4:35 pm Pacific: Audience questions for Robert Ostfeld

(7:35-7:45 pm Eastern / 4:35-4:45 pm Pacific: Break, stretch, move)

SATURDAY 7:45-8:30 pm Eastern / 4:45-5:30 pm Pacific

Round Table (with audience questions): “Interaction of Nutrition and Fitness with Health Empowerment and Self-care for Women”

Chair: Sondema Tarr, DPM

Sharan Abdul-Rahman, MD MBA NCMP

Aurora Leon (Conde), MD

SATURDAY 8:30-10:00 pm Eastern / 5:30-7:00 pm Pacific (departing building by 10:15): Unstructured/networking time in conference hall.

SATURDAY 8:35-10:00 pm Eastern / 5:35-7:00 pm Pacific (departing building by 10:15): Strictly masked, strictly socially-distanced opportunity to unwind with music, at a separate location at the conference building.

SUNDAY: Time to be announced, fitness-related activity or activities

SUNDAY: Time to be announced, breakfast foods availability for at least 2 hours in the conference hall

SUNDAY MORNING SESSION, 10:40 am - 12:20 pm Eastern / 7:40-9:20 am Pacific

Educational program time excluding breaks: 1:30 (1.5 hours)

SUNDAY 10:40-10:55 am Eastern / 7:40-7:55 am Pacific

Andrea Wotan, MPH RDN:

“How Plant-Rich Diets Can Help Save the Planet”

---10:55-11:00 am Eastern / 7:55-8:00 am Pacific: Audience questions for Andrea Wotan

SUNDAY 11:00-11:30 am Eastern / 8:00-8:30 am Pacific

M. Elizabeth Swenor, DO DipABLM:

“Interplay among the Gut Microbiome, Diet and Immunity”

---11:30-11:35 am Eastern / 8:30-8:35 am Pacific: Audience questions for M. Elizabeth Swenor

(11:35-11:45 am Eastern / 8:35-8:45 am Pacific: Break, stretch, move)

SUNDAY 11:45 am - 12:15 pm Eastern / 8:45-9:15 am Pacific

P-POD SPECIAL CLINICAL CHALLENGES SERIES, LECTURE #3 OF 3

Sondema Tarr, DPM:

“Nutrition: The Missing Link to Prevention of Lower Extremity Disease

---12:15-12:20 pm Eastern / 9:15-9:20 am Pacific: Audience questions for Sondema Tarr

SUNDAY 12:20-12:40 pm Eastern / 9:20-9:40 am Pacific (time to stretch briefly, gather food and get seated for 12:40 pm Eastern / 9:40 am Pacific luncheon lecture)

SUNDAY 12:20 pm Eastern / 9:20 am Pacific (luncheon food service begins, for availability ending before 2:20 pm)

SUNDAY “WORKING LUNCHEON” SESSION, 12:40-2:00 pm Eastern / 9:40-11:00 am Pacific

Educational program time excluding breaks: 1:20 (1.25 hours + 5 minutes)

SPECIAL SESSION ON CHRONIC KIDNEY DISEASE

(1) SUNDAY 12:40-1:10 pm Eastern / 9:40-10:10 am Pacific

Holly Kramer, MD MPH:

“Plant-based Diet for Preventing or Treating Kidney Disease”

(2) SUNDAY 1:10-1:40 pm Eastern / 10:10 am – 10:40 am Pacific

Annamarie Rodriguez, RDN LD FAND:

“Chronic Kidney Disease: Proactively Plant-Forward”

(3)---1:40-2:00 pm Eastern / 10:40-11:00 am Pacific: Audience questions for Holly Kramer and Annamarie Rodriguez
(2:00-2:10 pm Eastern / 11:00-11:10 am Pacific: Break, stretch, move)

SUNDAY AFTERNOON CLOSING SESSION, 2:10-5:30 pm Eastern / 11:10 am – 2:30 pm Pacific
Educational program time excluding breaks: 3:00 (3 hours)

SUNDAY 2:10-2:50 pm Eastern / 11:10-11:50 am Pacific

A Conversation (with audience questions): “Pathways toward Transforming Hospital Food”

Chair: Tammy Robertson, RN BSN

Robert Casalou, MHSA MBA

(2:50-3:00 pm Eastern / 11:50 am - 12:00 noon Pacific: Break, stretch, move)

SUNDAY 3:00-5:30 pm Eastern / 12 noon - 2:30 pm Pacific

P-POD DIABETES SUMMIT: 4 PRESENTATIONS

(1) SUNDAY 3:00-3:30 pm Eastern / 12 noon – 12:30 pm Pacific

Caroline Trapp, DNP ANP-BC CDCES DipACLM FAANP:

“Diabetes Medication Stewardship for Clinicians”

---3:30-3:35 pm Eastern / 12:30-12:35 pm Pacific: Audience questions for Caroline Trapp

(2) SUNDAY 3:35-4:05 pm Eastern / 12:35-1:05 pm Pacific

Joaquin Carral (Gomez), MD:

Aurora Leon (Conde), MD

“Reversal of Diabetes and Hypertension in the Most Vulnerable Populations”

---4:05-4:10 pm Eastern / 1:05-1:10 pm Pacific: Audience questions for and Joaquin Carral and Aurora Leon

(4:10-4:20 pm / 1:10-1:20 pm Pacific: Break, stretch, move)

(3) SUNDAY 4:20-4:50 pm Eastern / 1:20-1:50 pm Pacific

Arti Thangudu, MD DipABLM:

“The Science and Practice of Diabetes Remission in Lifestyle Medicine”

---4:50-4:55 pm Eastern / 1:50-1:55 pm Pacific: Audience questions for Arti Thangudu

(4) SUNDAY 4:55-5:30 pm Eastern / 1:55-2:30 pm Pacific

P-POD DIABETES SUMMIT ROUND TABLE (with audience questions)

Chair: Caroline Trapp, DNP ANP-BC CDCES DipACLM FAANP

Joaquin Carral (Gomez), MD

Aurora Leon (Conde), MD

Arti Thangudu, MD DipABLM

SUNDAY Scheduled conference activity ends 5:30 pm Eastern / 2:30 pm Pacific. There will be no rush to empty the building. In-person attendees may chat, reflect, network etc., and virtual chat space is expected to remain for a while.

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/>.



Continuing education credit details are at <https://www.preventionofdisease.org/continuing-education-2021>. Credits for our May 21-23, 2021 and June 25-27, 2021 conferences are IDENTICAL. Except through ABLM, virtual and in-person credits are identical.

•**CME, 16 Credits.** This activity is designated for a maximum of 16 AMA PRA Category 1 Credits™ by St. Joseph Mercy Ann Arbor. St. Joseph Mercy Health System is accredited by Michigan State Medical Society to provide continuing medical education for physicians, and is accredited at ACCME's highest level, Accreditation with Commendation. Credits are awarded to physicians, and recognizable (subject to their own credentialing requirements) for physician assistants, nurse practitioners, certified nurse midwives and (via SOME state boards) pharmacists, optometrists or certified registered nurse anesthetists. Physicians should claim only the credit commensurate with the extent of their participation in the activity. Certificates of Attendance may also be awarded to other types of practitioner not named above.

•**CNE:** This activity has been submitted to the Virginia Nurses Association (VNA) for approval to award contact hours. VNA is accredited as an approver of continuing nursing Education by the American Nurses Credentialing Center's Commission on Accreditation.

•**CPEU:** This activity has been submitted to the Commission on Dietetic Registration for approval to award CPEU credits. These apply to Registered Dietitians (RDs, RDNs) and Dietetic Technicians, Registered (DTRs, NDTRs).

•**ABLM, 16 In-person CME Credits in Lifestyle Medicine:** The American Board of Lifestyle Medicine has approved each in-person P-POD Conference as an in-person-learning CME provider. The credits, up to a maximum of 16, apply to candidates for the 2021 ABLM certifying examination for Diplomates (DipABLM or DipACLM).