

23rd Annual Nutrition and Wellness in Health and Disease 2023

September 28-30, 2023
Scottsdale, AZ LIVE & LIVESTREAM

All times are [MST \(UTC+7\)](#)

Thursday, September 28th, 2023	
12:00 p.m.	Registration
1:00 p.m.	Introduction and Course Overview Meera Shah, M.B., Ch.B.
1:10 p.m.	Top Articles in Nutrition and Wellness Warren G. Thompson, M.D.
1:35 p.m.	Reducing the Risk of Dementia Warren G. Thompson, M.D.
2:00 p.m.	Cardiologist's Approach to Primary Prevention Stephen Kopecky, M.D.
2:25 p.m.	Panel Discussion Warren G. Thompson, M.D. and Stephen Kopecky, M.D.
2:45 p.m.	Refreshment Break & Exhibitors
3:05 p.m.	Practical Application of New Pediatric Obesity Guidelines Seema Kumar, M.D.
3:30 p.m.	Family Centered Weight Management Tara M. Schmidt, M.Ed., RDN, LD
3:55 p.m.	Physical Activity Strategies for Patients with Obesity Amy E. Rabatin, M.D.
4:20 p.m.	Energy Burst
4:30 p.m.	Diabetes and Pregnancy Aoife M. Egan, M.B., B.Ch., Ph.D.
4:55 p.m.	Weight Management in Pregnancy Katherine A. Zeratsky, RDN, LD
5:20 p.m.	Panel Discussion Seema Kumar, M.D., Tara M. Schmidt, M.Ed., RDN, LD, Amy E. Rabatin, M.D., Aoife M. Egan, M.B., B.Ch., Ph.D., Katherine A. Zeratsky, RDN, LD
5:45 p.m.	Adjourn

Friday September 29 th , 2023	
7:00 a.m.	Registration and Breakfast with the Faculty
8:00 a.m.	Day 2 Course Overview Manpreet S. Mundi, M.D.
8:10 a.m.	Approach to Patients with Obesity Meera Shah, M.B., Ch.B.
8:35 a.m.	Pharmacotherapy (Cases) Aoife M. Egan, M.B., B.Ch., Ph.D.
9:00 a.m.	Mood Disorders and Weight Management Karen Grothe, Ph.D., L.P.
9:25 a.m.	Panel Discussion Meera Shah, M.B., Ch.B., Aoife M. Egan, M.B., B.Ch., Ph.D., Karen Grothe, Ph.D., L.P.
9:45 a.m.	Refreshment Break & Exhibitors
10:05 a.m.	What Procedure, Which Patient? Sorting through the Operations for Obesity Todd A. Kellogg, M.D.
10:30 a.m.	Endoscopic Weight Loss Andrew C. Storm, M.D.
10:55 a.m.	Common Complications After Bariatric Surgery Julia A. Jurgensen, APRN, C.N.P., D.N.P.
11:20 a.m.	Panel Discussion Todd A. Kellogg, M.D., Andrew C. Storm, M.D., Julia A. Jurgensen, APRN, C.N.P., D.N.P.
11:45 a.m.	PRODUCT THEATRE WITH LUNCH
1:00 p.m.	Diabetes Cases Pankaj Shah, M.D.
1:25 p.m.	Lipid Management Stephen Kopecky, M.D.
1:50 p.m.	Energy Burst
2:00 p.m.	Fibromyalgia Abhinav Singla, M.D.
2:25 p.m.	Social Media in Children Seema Kumar, M.D.
2:50 p.m.	Panel Discussion Pankaj Shah, M.D., Stephen Kopecky, M.D., Abhinav Singla, M.D., Seema Kumar, M.D.
3:20 p.m.	Refreshment Break and Exhibitors
3:40 p.m.	Steatotic Liver Disease Blanca C. Lizaola-Mayo, M.D.
4:05 p.m.	Ethnic Foods Katherine A. Zeratsky, RDN, LD
4:25 p.m.	Fermented Foods Donald D. Hensrud, M.D., M.S.

4:45 p.m.	Panel Discussion Blanca C. Lizaola-Mayo, M.D., Katherine A. Zeratsky, RDN, LD, Donald D. Hensrud, M.D., M.S.
5:05 p.m.	Adjourn

Saturday September 30 th , 2023	
7:00 a.m.	Breakfast with the Faculty
8:00 a.m.	Day 3 Course Overview M. Molly McMahon, M.D.
8:10 a.m.	Recognizing Malnutrition and Impact to Health Manpreet S. Mundi, M.D.
8:35 a.m.	Diet Approach to Malnutrition Tara M. Schmidt, M.Ed., RDN, LD
8:55 a.m.	Perioperative Nutrition Optimization Manpreet S. Mundi, M.D.
9:20 a.m.	Sleep and Weight Management Eric J. Olson, M.D.
9:45 a.m.	Panel Discussion Manpreet S. Mundi, M.D., Tara M. Schmidt, M.Ed., RDN, LD, Eric J. Olson, M.D.
10:00 a.m.	Refreshment Break and Exhibitors
10:15 a.m.	Diabetes Complications Pankaj Shah, M.D.
10:40 a.m.	Case Studies in Wellness Donald D. Hensrud, M.D., M.S.
11:05 a.m.	Stress Management Karen Grothe, Ph.D., L.P.
11:30 a.m.	Blue Zones M. Molly McMahon, M.D.
11:50 p.m.	Panel Discussion Pankaj Shah, M.D., Donald D. Hensrud, M.D., M.S., Karen Grothe, Ph.D., L.P., M. Molly McMahon, M.D.
12:05 p.m.	Adjourn