



Food as Medicine

2024 Update - Nutrition from Womb to Tomb:
Healthy Beginnings to Vibrant Endings

Friday November 1, 2024
Schwartz Reisman Innovation Campus,
108 College St, 2nd Floor, Toronto, ON

Target audience

Family doctors, medical trainees and other healthcare professionals with an interest in the relationship between diet and chronic disease prevention.

Objectives

By the end of the symposium, participants will be better able to:

1. Evaluate and assess the evidence-based approaches for optimizing health and managing chronic disease across the lifespan, from womb to tomb.
2. Identify effective strategies to encourage healthy eating habits among children.
3. Describe and prescribe dietary patterns that support the health of older adults, including cognitive function and hormonal balance.
4. Mitigate and address the unique challenges faced by older adults and during end-of-life care and explore personalized nutrition strategies to improve their well-being and comfort.

2024 Rundle-Lister Lectureship in Transformative Nutritional Medical Education

The Rundle-Lister Lectureship in Transformative Nutritional Medical Education is awarded annually to a preeminent clinician researcher in recognition of their outstanding contributions to the role of nutrition in patient care. We are pleased to present the 2024 Lectureship to **Dr. Uma Naidoo**, a Harvard trained nutritional psychiatrist, professional chef, and nutritional biologist and author. She founded and directs the first and only hospital-based Nutritional Psychiatry Service in the USA, is the Director of Nutritional, Lifestyle and Psychiatry at Massachusetts General Hospital and Director of Nutritional Psychiatry at the MGH Academy while serving on the faculty at Harvard Medical School.



TEMERTY FACULTY OF MEDICINE
UNIVERSITY OF TORONTO

Continuing Professional Development

Department of Nutritional Sciences

Joannah & Brian Lawson
Centre for Child Nutrition

Continuing Professional Development
Accredited Event

Planning Committee:

John L. Sievenpiper, MD, PhD, FRCPC, *Chair*

Margaret Rundle, MD, CCFP, FCFP, *Advisor*

Viola Antao, MD, CCFP, MHSc, FCFP

Yuliya Rackal, MD, CCFP, MHSc

Chris Tomlinson, MB, ChB, PhD

Sheila Lakhoo, MD, CCFP, MScCH

Elena Comelli, PhD

Vivian Choo, MD, MSc

Soruba Vijayaratnam, NP-PhC, MScN

Rebecca Noseworthy, MPH, RD

Chelsea McPherson, MAN, RD

For accreditation information
and to register online:

foodasmedicineupdate.ca



Dr. Uma Naidoo, MD

Agenda

Friday November 1, 2024 – 8:30 a.m. – 4:15 p.m. EST
Schwartz Reisman Innovation Campus – 108 College St, 2nd Floor, Toronto, ON



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Time	Speaker
8:30–8:40	WELCOMING REMARKS Dr. John Sievenpiper
8:40–8:45	PRESENTATION OF THE RUNDLE-LISTER LECTURESHIP AWARD Dr. Margaret Rundle and Mr. Stephen Lister
8:45–9:30	RUNDLE-LISTER LECTURESHIP IN TRANSFORMATIVE NUTRITIONAL MEDICAL EDUCATION Dr. Uma Naidoo
9:30–9:45	KEYNOTE Q&A Dr. Uma Naidoo
9:45–10:15	BREAK
10:15–10:35	THE CRITICAL ROLE OF PRENATAL NUTRITION IN SHAPING CHILD HEALTH: A DOHaD PERSPECTIVE Dr. Kozeta Miliku
10:35–10:55	EATING BEHAVIOURS AND CHILD GROWTH AND DEVELOPMENT Dr. Catherine Birken
10:55–11:15	NOURISH TO FLOURISH: THE IMPORTANCE OF NUTRITION IN PAEDIATRICS Dr. Richa Agnihotri
11:15–11:55	Q & A PANEL #1 Dr. Kozeta Miliku, Dr. Catherine Birken, Dr. Richa Agnihotri
11:55–1:00	LUNCH
1:00–1:20	FUELING COGNITIVE RESILIENCE IN THE GOLDEN YEARS Dr. Emilio Ros
1:20–1:40	NUTRITIONAL APPROACHES TO NAVIGATING THE MENOPAUSAL TRANSITION Leslie Beck, RD
1:40–2:20	Q&A PANEL # 2 Dr. Emilio Ros, Leslie Beck, RD
2:20–2:50	BREAK
2:50–3:10	DIGITAL AND MOBILE HEALTH: TRANSLATING NUTRITION GUIDELINES FOR OUR PATIENTS Dr. Laura Chiavaroli
3:10–3:30	OUR CLIMATE, OUR HEALTH AND OUR FOOD: THE CRITICAL LINK BETWEEN WHAT WE EAT AND THE HEALTH OF THE PLANET Dr. Teela Johnson
3:30–4:10	Q & A PANEL # 3 Dr. Laura Chiavaroli, Dr. Teela Johnson
4:10–4:15	CLOSING REMARKS Dr. John Sievenpiper

To learn more about the speakers and their talk objectives visit foodasmedicineupdate.ca