

CME event

## **Nutrition Controversies in Medical Practice**

The body of scientific evidence for the role of nutrition in clinical practice has grown enormously in recent years. Key areas of controversy remain, however, and present challenges for clinicians seeking to understand applications of nutrition for their patients. This session examines four areas where scientific evidence has recently come to the fore and presents evidence regarding the role of nutrition in disease processes.

Presenters:

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### **1. Should nutrition be the treatment of choice for menopausal symptoms?**

Vasomotor symptoms of menopause are commonly treated with estrogens or estrogen-progestogen combinations, which have significant risks limiting their use. Recent studies have suggested that dietary interventions may have greater efficacy than previously thought, and a favorable safety profile. Current evidence on the efficacy and safety of nutrition interventions for vasomotor symptoms will be presented.

### **2. What is the role of nutrition in diabetes management?**

To best manage type 2 diabetes, should carbohydrates be increased, decreased, paired with protein and fat, or something else? Should people with diabetes avoid fruit? There is continuing debate over dietary interventions for people with diabetes, particularly regarding carbohydrate intake. The underlying cause of prediabetes and type 2 diabetes, insulin resistance, will be explained, and evidence on dietary approaches used to treat diabetes will be presented. In addition, evidence on fasting and its effects on blood glucose and insulin resistance will be shared.

### **3. What is the role of nutrition in Alzheimer's disease prevention?**

Most clinicians are familiar with the role of nutrition in obesity, hypertension, and cardiovascular health, but many may not be familiar with the body of evidence on nutrition's role in brain diseases, particularly regarding the risk of Alzheimer's disease. Scientific findings on the role of fats, vitamins, and certain metals on brain health will be presented, along with findings on potential roles for aerobic exercise and sleep.

Objectives:

After this presentation, participants will be able to:

1. Describe effective nutritional approaches to the vasomotor symptoms of menopause.
2. Explain the role of nutrition in insulin resistance.
3. Describe the findings of major research studies regarding food intake and subsequent Alzheimer's disease risk.