



7<sup>th</sup> annual national Plant-based Prevention Of Disease (P-POD) Conference (www.p-pod.org)  
May 30 – June 1, 2020, Eastern Michigan University, Ypsilanti MI  
(near Detroit's international airport)

**“The FUTURE of Healthcare Begins with NUTRITION!”**

18 hours of educational sessions

## **COMPLETE 2020 SCHEDULE (released 9/30/19)**

**SATURDAY:** Approximately 11:00 am to 12:20 pm, optional pre-registered lunch for regular conference attendees

**SATURDAY:** Approximately 11:45 am, doors open at site of special opening program session

**SATURDAY AFTERNOON SPECIAL OPENING SESSION, 12:30-4:55 pm**

**Educational program time excluding breaks: 4:05 (4 hours plus 5 minutes)**

**[This will also be attendable separately by persons not claiming continuing education credits.]**

SATURDAY 12:30-12:35 pm

**Bill Manns, MHSA:**

**“The Healthcare Community of the Ypsilanti Area”**

SATURDAY 12:35-12:45 pm

**Matt Ruscigno, MPH RDN:**

**“The Future of Healthcare Begins with Nutrition, #1....What This Means for Communities”**

SATURDAY 12:45-1:00 pm

**Paul Chatlin:**

**“Plant-based Nutrition as a Community Health Initiative”**

SATURDAY 1:00-1:40 pm

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

**“Ending Heart Disease at the Grassroots Level”**

----1:40-1:50 pm: Audience questions for Kim A. Williams, Sr.

(1:50-2:00 pm: Break, stretch, move)

SATURDAY 2:00-2:40 pm

**Brenda Davis, RD:**

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

----2:40-2:50 pm: Audience questions for Brenda Davis

(2:50-3:00 pm: Break, stretch, move)

SATURDAY 3:00-3:15 pm

**Lisa Smith, MBA:**

**“Our Legacy Begins With Our Health”**

SATURDAY 3:15-3:55 pm

**Nina Curtis, MBA:**

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

----3:55-4:05 pm: Audience questions for Nina Curtis

SATURDAY 4:05-4:45 pm

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

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

**Saray Stancic, MD:**

**“Ushering in the Era of Salutogenesis”**

----4:45-4:55 pm: Audience questions for Saray Stancic

SATURDAY 4:55-5:55 pm: 1st hour of dinner availability (coinciding with opportunities for walking, stretching, campus gym access, other physical activity)

SATURDAY 5:55-6:55 pm: 2nd and final hour of dinner availability

**SATURDAY EVENING PLENARY SESSION, 7:00-8:45 pm**  
**Educational program time excluding breaks: 1:45 (1.75 hours)**

SATURDAY 7:00-7:10 pm

**Kathy Pollard, MS:**

**“P-POD and Sustainability”**

SATURDAY 7:10-7:25 pm

**Matt Ruscigno, MPH RDN:**

**“The Future of Healthcare Begins with Nutrition, #2....What This Means for Health Professionals”**

SATURDAY 7:25-7:45 pm

**Ted Barnett, MD FACLM:**

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

---7:45-7:50 pm: Audience questions for Ted Barnett

SATURDAY 7:50-8:35 pm

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

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

**Baxter Montgomery, MD FACC:**

---8:35-8:45 pm: Audience questions for Baxter Montgomery

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

SATURDAY 8:50-10:00 pm (departing building by 10:15): Dancing party with music, in a separate room

**MONDAY:** Starting 7:00 or 7:30 am, fitness-related activity or activities. Then, 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 PLENARY SESSION, 8:30-11:50 am**

**Educational program time excluding breaks: 3:05 (3 hours plus 5 minutes)**

SUNDAY 8:30-9:15 am

**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"**

---9:15-9:25 am: Audience questions for John H. Kelly, Jr.

(9:25-9:40 am: Break, stretch, move)

SUNDAY 9:40-11:50 am: **Focus Lecture and Special Clinical Challenges Series Round Table (with audience questions): “Chronic Kidney Disease: Root Cause Assessment and Management”**

(1)--SUNDAY 9:40-10:05 am: **Focus Lecture**

**Robert Breakey, MD**

(2)--SUNDAY 10:05-11:50 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**

SUNDAY 11:50 am – 12:10 pm (time to stretch/stroll, gather food and get seated for 12:10 pm luncheon lecture)

SUNDAY 11:50 am (luncheon food service begins, for availability ending by 1:40 pm)

**SUNDAY “WORKING LUNCHEON” PLENARY SESSION, 12:10 pm – 1:30 pm**

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

SUNDAY 12:10-1:20 pm: **Special In-Depth Luncheon Presentation**

**Dean Sherzai, MD PhD, Ayesha Sherzai, MD:**

**“Alzheimer’s Advances: Prevention is Possible”**

---1:20-1:30 pm: Audience questions for Dean and Ayesha Sherzai

(1:30-1:40 pm: Break, stretch, move; end of luncheon food availability)

**SUNDAY EARLY-AFTERNOON PLENARY SESSION, 1:40-3:25 pm**

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

SUNDAY 1:40-2:25 pm

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

**Hana Kahleova, MD PhD:**

**"Diabetes and Beta-cell Regeneration"**

---2:25-2:35 pm: Audience questions for Hana Kahleova

SUNDAY 2:35-3:15 pm

**Yami Cazorla-Lancaster, DO MPH MS FAAP:**

**“Pediatrics and Whole-food Plant-based Diets”**

---3:15-3:25 pm: Audience questions for Yami Cazorla-Lancaster

(3:25-3:50 pm: Break, stretch, join in P-POD group photo, and change rooms as needed for breakout session)

**SUNDAY LATE-AFTERNOON BREAKOUT SESSIONS, 3:50-5:55 pm**

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

SUNDAY 3:50-4:50 pm: **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**

(4:50-5:00 pm: Break, stretch, and change rooms as needed for next breakout session)

SUNDAY 5:00-5:55 pm: **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) **“The Interaction of Food Choices with Addictive Behaviors, Self-esteem Issues, Disordered Eating, Depression and Mood”**

**Micaela Karlsen, PhD MSPH**

**Pamela Fergusson, PhD RD**

(3) **“How Food Choices and Preparation Can Serve Both Nutritional and Pleasure Goals, as Viewed by 3 Food For Life Instructors through the Lens of Their Favorite Recipes in the Universe (with No Oil Required)”**

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

[Yami Cazorla-Lancaster, DO MPH MS FAAP](#)

[Marc \(Bean\) Ramirez](#)

SUNDAY 5:55-7:55 pm: Dinner in conference hall

SUNDAY 7:55 pm onward: Optional unstructured evening social/networking/reflection time

**MONDAY:** Starting 7:00 or 7:30 am, fitness-related activity or activities. Then, 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.

**MONDAY MORNING PLENARY SESSION, 8:25 am – 12:50 pm**

**CE time excluding breaks: 4:05 (4 hours plus 5 minutes)**

MONDAY 8:25-9:10 am

**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"**

---9:10-9:20 am: Audience questions for Stephen J. O'Keefe

MONDAY 9:20-11:05 am: **Focus Lecture and Round Table (with audience questions) on Food Access, Food Justice and Community Public Health**

(1)--MONDAY 9:20-9:45 am: **Focus Lecture on Food Access and Food Justice Issues**

[lauren Ornelas, BA](#)

(2)--MONDAY 9:45-11:05 am

**Round Table (with audience questions): "How Activists and Institutions Can Fight for Greater Food Access, Food Justice and Community Public Health"**

[Milton Mills, MD](#)

[lauren Ornelas, BA](#)

**Part 1, 9:45-10:35 am, with Moderator: [Bill Manns, MHSA](#)**

**"The Role of Public Institutions and Public Policy"**

**Part 2, 10:35-11:05 am, with Moderator: [Matt Ruscigno, MPH RDN](#)**

**"How Individual Health Professionals and Activists Can Play a Role and Make a Difference"**

(11:05-11:25 am: Break, stretch, move)

MONDAY 11:25-11:50 am

**The "Why Not Just Eat THAT Diet?" Series Focus Lecture on Ketogenic Diets**

[Lee Crosby, RDN LD](#)

MONDAY 11:50 am - 12:50 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](#)

**MONDAY 12:50-2:50 pm: Farewell Luncheon** (2 hours long, so we invite you to take a stretch/stroll break first)

MONDAY 2:50 pm onward: optional unstructured social/networking/reflection time, in the conference building

**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://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.