

# Nutrition in Primary Care Evidence and Controversies



Continuing Medical Education Program

Saturday December 9, 2017

OMNI King Edward Hotel, Toronto

# Nutrition in Primary Care

## Course Description

This program is designed to enhance physicians' knowledge of applied nutritional biochemistry and the associated research literature pertaining to several conditions commonly encountered in primary care. Various levels of evidence will be presented for evaluation and discussion, in order to facilitate improved communication with patients about health promotion, disease prevention and preferences for treatment.

This program is intended for: Family physicians, psychiatrists, pharmacists, nurse practitioners, physician assistants, and other primary care professionals.

## Learning Objectives

At the conclusion of this activity, participants will be able to:

Critique current evidence for nutritional support in several conditions commonly encountered in primary care, including: generalized fatigue, sleep disturbances and menopause.

Communicate more knowledgeably with patients about their preferences for treatment, including the use of specific diets and nutritional supplements

Evaluate claims for potential health benefits or adverse effects resulting from popular diets and nutritional supplement use.

Identify specific drug-induced nutrient depletions, which may impact medication compliance and apply nutritional support strategies for their correction.

## Accreditation

This Group Learning program has been certified by the College of Family Physicians of Canada for up to 5.5 Mainpro+ credits

## Registration Fee

Medical Professionals	\$249.00
CSOM Members	\$199.00

Registration includes lunch, refreshments and program materials.

Online Registration: [www.CSOM.ca/event/npc-toronto/](http://www.CSOM.ca/event/npc-toronto/)

# CME Program - Saturday, December 9

## Schedule

- 9:00 am      **Food and Fatigue**  
Blood sugar and glycemic load; Neurotransmitter synthesis and stress; Micronutrient intake, metabolism, and reference ranges
- 10:15 am      Refreshment Break
- 10:45 am      **Gluten-Free Diets: Benefits and Controversies**  
Health benefits and claims; Celiac disease, Non-celiac gluten sensitivity; Wheat allergy; Microbiome and celiac disease
- 12:00 noon    Lunch Break
- 13:00 pm      **Better Sleep: Nutritional Considerations in Primary Insomnia**  
Consequences of sleep deprivation; Neurotransmitters and sleep; Insomnia, pain sensitivity and weight gain; Medications that may contribute to insomnia
- 14:15 pm      Refreshment Break
- 14:45 pm      **Menopause and Nutrition**  
Diet and menopause; Phytoestrogens and menopause; Magnesium deficiency and menopausal symptoms
- 15:45 pm      Discussion and Final Question Period

## Presenter

**Aileen Burford-Mason, PhD**, is an immunologist, cell biologist and orthomolecular nutritionist with a deep interest in the scientific evidence for nutrition and health. She regularly gives seminars for both professional and lay audiences, and has become known for her ability to take complex nutritional research and translate it into concise, evidence-based guidelines for the safe, effective use of nutritional supplements. She is formerly Assistant Professor in the Department of Pathology in the Faculty of Medicine, University of Toronto, and Director of a cancer research laboratory at The Toronto General Hospital. Dr. Burford-Mason is the author of the best-selling book *Eat Well, Age Better*. Her new book *The Healthy Brain* will be published by HarperCollins Canada in the Fall of 2017.

## Location

OMNI King Edward Hotel, Windsor Ballroom  
37 King St E, Toronto, ON, M5C 1E9



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