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Nutrition in Medicine Mini-Elective Spring 2019

<u>Course Dates:</u>	February 19, February 26, March 5, 12, 19, April 2 Tuesdays, 4:00-6:00 PM
<u>Maximum Students:</u>	15
<u>Class Year:</u>	MS1
<u>Course Director:</u>	Ron Glick, MD Associate Professor of Psychiatry, Physical Medicine and Rehabilitation Medical Director—Center for Integrative Medicine
<u>Contact Information:</u>	Ron Glick, MD glickrm@upmc.edu
<u>Registration:</u>	Betsy Nero, Office of Medical Education betsy@medschool.pitt.edu

Description:

This 6-session mini-elective will introduce students to clinical nutrition concepts and how their application to common diseases such as cancer, diabetes, CAD, depression, autoimmune conditions, and common complaints such as fatigue. Prior to sessions, students will be asked to review an assigned piece of literature related to the topic of the day. Additionally, there will be an interactive portion in which students choose a specific modification to their current diet and track it in an app or notebook. During sessions, we will discuss assigned readings, talk about progress in personal diet modifications, and hear from that day's facilitator. Each session will include discussion of a basic sciences topic and a clinical topic and the 2 will be paired for relevance. Most sessions will include a guest faculty from medicine, nutrition, or basic sciences.

Objectives:

- Gain familiarity with research methodology for studies on diet and supplements
- Become comfortable with discussions with colleagues and patients around diet and the use of supplements
- Gain experience assessing one's own diet and making modifications
- Gain an understanding of how diet is used to treat, modify, or prevent diseases such as CAD, depression, cancer, T2DM, etc.

Requirements:

- Attend and actively participate in all 6 sessions
- Read assigned article prior to session
- Participate in dietary modification

Prerequisites:

None

Course Outline

NUTRITION IN MEDICINE

**February 19, 26, March 5, 12, 19, April 2
4:00-6:00 PM**

COURSE DIRECTOR:

Ron Glick, MD
Associate Professor of Psychiatry, Physical
Medicine and Rehabilitation
Medical Director—Center for Integrative Medicine

LOCATION: Scaife Hall, Room 472 A&B

Week 1—Obesity, CAD, T2DM, metabolic syndrome

- Discuss the impact of diet and essential fatty acids on inflammation
- *Basic science tie in:* Omega 3s/arachidonic acid and their metabolism, atherosclerosis, diabetes processes

Week 2—Mental Health—dietary influences

- Explore research on the role of micronutrients and their relation to depression, AD/HD, and bipolar disorder
- *Basic science tie in:* Essential micronutrients

Week 3--Cancer

- Discuss the impact of hormonal factors in the environment and diet and environmental toxins on the development of cancer
- *Basic science tie in:* Antioxidants and free radicals

Week 4—Fatigue, or why I should try to remember the Krebs Cycle

- Discuss energy metabolism, mitochondrial function, and micronutrients
- *Basic science tie in:* Above

Week 5—Autoimmune disease

- Discuss the role of diet on immune function
- *Basic science tie in:* Ketones, fat digestion, ketogenesis

Week 6—Putting it all together

- Clinical nutrition – how do we approach conversations with patients about their diet?
- Individual reflections on diet modification