



University
of
Pittsburgh

School
of
Medicine

Nutrition & Medicine Mini-Elective Spring 2009

<u>Course Dates:</u>	March 23, 30, April 6, 13, 20, 27 Mondays, 3:00-5:00 PM
<u>Maximum Students:</u>	20
<u>Class Year:</u>	MS1
<u>Course Director:</u>	Judith Balk, MD, MPH Ronald Glick, MD
<u>Contact Information:</u>	Judith Balk, MD 412-641-5291 jbalk@mail.magee.edu
<u>Registration:</u>	Betsy Nero, Office of Medical Education betsy@medschool.pitt.edu

Description:

This six-session mini-elective will introduce students to aspects of nutritional medicine pertinent to common health conditions and disease prevention. Sessions will be divided into three sections, including: an interactive content oriented discussion; observing preparation of and sampling of healthy snacks pertaining to the topic of the day; and discussion of pertinent journal articles and other educational resources. Topics covered will include:

- Introduction to nutritional medicine, gut ecology, and detoxification; discussion of nutritional analysis & elimination diet.
- Vitamins, fats, minerals snacks; f/u on nutritional analysis.
- Proteins, carbohydrates, accessory nutrients.
- Nutritional approaches to cancer prevention.
- Nutrition and prevention of syndrome X and heart disease.
- Putting it all together; functional medicine matrix; introduction to nutrigenomics; follow-up on students' experiences with dietary changes.

Objectives:

- Gain familiarity with issues around research methodology for studies on diet and supplements.
- Become comfortable with discussions with colleagues and potential patients around diet and the use of nutritional supplements.
- Develop a strategy for independently researching questions about the efficacy of nutritional supplements for specific health conditions.
- Gain experience with assessing one's own diet and making dietary modifications.

Requirements:

- Actively participate in all six course sessions.
- Students will be responsible for reviewing course material online and participating in the class discussion. Over the six weeks of the elective each student will be responsible for giving a brief content-focused presentation.
- Students will be asked to monitor their diet for three days and perform a nutritional analysis. While not required, students will be encouraged to

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make dietary modifications and report the effects of this to the class. Finally, if students have a particular interest, they are welcome to participate in the snack preparation.

Course Outline

Nutrition & Medicine

Course Directors:

Judith Balk, MD, MPH

Ronald Glick, MD

Faculty:

Judith Balk, MD, MPH

Department of OB, Gyn, and Reproductive Services

Ronald Glick, MD

Departments of Psychiatry, Physical Medicine and Rehabilitation, and Family Medicine

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Location:

All sessions: Scaife Hall Rooms, 464A&B

Week 1—March 23, 2009

- Introduction to nutritional medicine
- Discussion of proteins, carbohydrates, fats, vitamins, minerals, and accessory nutrients
- Discussion of nutritional analysis with assignment given
- Discussion of nutritional needs in critically ill patients
- Internet resources reviewed
- Sharing of healthy snack

Week 2—March 30, 2009

- Review of nutritional analysis
- Nutrition and cancer: molecular mechanisms, prevention, and treatment
- Sharing of healthy snack

Week 3—April 6, 2009

- Diabetes: Nutritional mechanisms and dietary management
- Sharing of healthy snack

Week 4—April 13, 2009

- Cardiovascular disease and nutrition: hypertension, lipoproteins, and other risk factors
- Sharing of healthy snack

Week 5—April 20, 2009

- Nutrition in special populations: athletes, pregnant/lactating women, pediatrics, geriatrics
- Sharing of healthy snack

Week 6—April 27, 2009

- Dietary supplements: decision making, reality check, and use in practice
- Sharing of healthy snack

Pre-Requisites: None