

## Course Description

This one-day program is designed to update healthcare providers with the most current evidence surrounding nutritional therapies for children with Inflammatory Bowel Disease, focusing on the Specific Carbohydrate Diet (SCD). The program will highlight the dietary program at Seattle Children's Hospital and how dietary intervention has been integrated into our standard of care for patients with inflammatory bowel disease. Both the science behind dietary management and practical steps needed to make dietary management of IBD successful will be highlighted.

## Who Should Attend

- Pediatric Gastroenterologists
- Dietitians
- Allied Health Professionals
- Nurses
- Pediatricians
- Family Physicians
- Nurse Practitioners
- Naturopaths

## Course Location

Seattle Children's - Wright Auditorium  
4800 Sand Point Way NE  
Seattle, WA 98105  
Visitor Parking in Lot 1 (Free)

## Course Objectives

Participants will be able to:

- Examine the role of nutrition and diet in Inflammatory Bowel Disease (IBD).
- Evaluate the approach to dietary therapy to treat IBD.
- Assess the nutritional impact of the Specific Carbohydrate Diet (SCD) as dietary therapy for IBD.

## Course Direction

- David Suskind, MD, Co-Chair
- Dale Lee, MD, MSCE, Co-Chair
- Kathie Kohorn, CME Program Manager, Seattle Children's
- Emily Rice, CME Program Manager, Seattle Children's

## Registration and Cancellation Policy

**You must pre-register; we do not do registration at the door.**  
No registrations will be accepted after 12 noon on April 1, 2019.

Cancellations can be made, minus a \$20 processing fee up until April 3, 2019; no refunds will be given after that date.

# Program Agenda

April 6, 2019

<b>7:30 am</b>	<b>Registration and Continental Breakfast</b>
<b>8:00 am</b>	<b>Welcome &amp; Introductions</b> <i>David Suskind, MD; Dale Lee, MD, MSCE</i>
<b>8:15 am</b>	<b>Fecal Microbial Transformation: Diet as Therapy in IBD</b> <i>David Suskind, MD</i>
<b>9:00 am</b>	<b>Q &amp; A</b>
<b>9:10 am</b>	<b>Diet and the Gut Microbiome: Modulating Mechanisms of Inflammation</b> <i>Johanna Lampe, PhD, RD</i>
<b>9:55 am</b>	<b>Q &amp; A</b>
<b>10:05 am</b>	<b>BREAK</b>
<b>10:20 am</b>	<b>Food Based Approach to Disease Prevention</b> <i>Jairam Vanamala, PhD</i>
<b>11:00 am</b>	<b>Q &amp; A</b>
<b>11:10 am</b>	<b>Exclusive Enteral Nutrition and the Specific Carbohydrate Diet (SCD) at Seattle Children's Hospital: Stepwise Process</b> <i>Dale Lee, MD, MSCE</i>
<b>11:50 pm</b>	<b>Q &amp; A</b>
<b>12:00 pm</b>	<b>LUNCH (provided)</b>
<b>12:45 pm</b>	<b>Nutritional Evaluation and Adequacy with the Specific Carbohydrate Diet</b> <i>Heather Twible, RD</i>
<b>1:20 pm</b>	<b>Q &amp; A</b>
<b>1:30 pm</b>	<b>How to Successfully Integrate the SCD into Your Family's Life</b> <i>Tali Guday</i>
<b>2:05 pm</b>	<b>Q &amp; A</b>
<b>2:15 pm</b>	<b>BREAK</b>
<b>2:30 pm</b>	<b>PATIENT PANEL: Patients on the SCD: Patient Perspective of the SCD</b> <i>Moderator: David Suskind, MD</i>
<b>3:00 pm</b>	<b>PARENT PANEL: Parents Supporting the SCD</b> <i>Moderator: Dale Lee, MD, MSCE</i>
<b>3:30 pm</b>	<b>ADJOURN</b>

## Faculty

### Tali Guday

Parent, Long term user of the SCD, and SCD Advocate, Seattle, WA

### Johanna Lampe, PhD, RD

Research Professor, School of Public Health Public Health Sciences Division, Fred Hutchinson Cancer Research Center, Seattle, WA; Department of Epidemiology, School of Public Health, University of Washington, Seattle, WA

### Dale Lee, MD, MSCE

Assistant Professor, Pediatrics, UW; Director, Celiac Program; Co-chair, Nutrition Subcommittee, Attending Physician, Seattle Children's

### David Suskind, MD

Professor, Pediatrics, UW; Director, Quality Improvement; Founder, Nutrition in Immune Balance(NiMBAL); Attending Physician, Gastroenterology, Seattle Children's

### Jairam Vanamala, PhD

Associate Professor, Department of Food Science, Faculty, Penn State Hershey Cancer Institute; Faculty, Center for Molecular Immunology and Infectious Diseases Penn State University

### Heather Twible, RD

Clinical Dietician, Seattle Children's

## Accreditation

Seattle Children's is accredited by the Washington State Medical Association CME Accreditation Committee to provide continuing medical education for physicians.

Seattle Children's designates this live education activity for a maximum of *6.25 AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This activity meets the criteria for up to 6.25 hours of Category I CME credit to satisfy the relicensure of the Washington State Medical Quality Assurance Commission.

# REGISTRATION FORM

The Practice and Science of Dietary Therapy  
in Inflammatory Bowel Disease  
April 6, 2019

**PRE- REGISTRATION REQUIRED** by noon April 1, 2019

**Course Fee:** (includes catering, instructional materials and CME credit):

	<u>By 3/3/19</u>	<u>After 3/3/19</u>
Standard Rate	\$125.00	\$150.00
Seattle Children's Employees	\$100.00	\$125.00
Groups/per person (3 or more/each)	\$100.00	\$125.00
Students/Residents (not Children's)	\$ 50.00	\$ 75.00
Residents (SCH Only)	Free	

**PRE REGISTRATION REQUIRED: NO registration at the door.**

For online registration: <https://www.regonline.com/Nutrition2019>

Please complete and return this form by noon April 1 to:

Seattle Children's CME  
Mail Stop S-219A, PO Box 5371  
Seattle, WA 98145-5005  
**OR**  
FAX: 206/987-5798

**PLEASE PRINT**

Name: \_\_\_\_\_

Degree/Specialty: \_\_\_\_\_

Company & City/ST: \_\_\_\_\_

Email: \_\_\_\_\_

**PAYMENT:**

Check Enclosed. **Payable in US funds to: Seattle Children's CME**

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Seattle Children's Continuing Medical Education

8<sup>th</sup> Nutrition Symposium

The Practice and Science of Dietary Therapy  
in Inflammatory Bowel Disease



Saturday  
April 6, 2019

Seattle Children's  
Wright Auditorium

Presented by:

