



Northwest Health and Nutrition Conference

Exploring the science behind plant-based nutrition.

FOR IMMEDIATE RELEASE

MEDIA CONTACT:

Peter Spendelow

503-229-5253

healthconference@nwveg.org

nwveg.org/health-conference

Conference will present the latest on nutrition and diet to combat chronic diseases.

On October 13th, Portland's Northwest Health & Nutrition Conference will host Dr. Joel Kahn, MD, along with four other health and nutrition experts from around the country in the seventh annual professional conference for health care practitioners aimed at examining the impact of plant-based nutrition on health and chronic disease prevention and treatment. This one-day conference is intended for physicians, dietitians, naturopathic and chiropractic doctors, nurses, physical and occupational therapists, and all other health care professionals who are interested in learning about the latest research on plant-based diets in the context of chronic disease prevention and control. 6.25 Continuing Education Credits will be provided for health professionals (6.5 CPEU available for dietitians). Northwest VEG and Adventist Health jointly present this conference, with support from more than a dozen regional organizations, including the major hospital systems Providence Health & Services and Legacy. A gourmet plant-based lunch will also be featured at the conference.



All speakers will be available for interviews with the media both prior to the conference via phone or Skype as well as the day of the conference.

Course faculty and topics include:



Joel Kahn, MD, FACC One of the world's top cardiologists, Dr. Joel Kahn has treated thousands of acute heart attacks during his career. His long-term experience has lead him to combine the best of western medicine and nutritional and complimentary therapies for prevention and total healing. Dr. Kahn is the author of more than 140 scientific publications and two books: [The Whole Heart Solution](#) and [Dead Execs Don't Get Bonuses](#). He is also a clinical professor of Medicine at Wayne State University School of Medicine, and the founder of the [Kahn Center for Longevity](#)..

Topic: *The Miracle of Heart Disease Reversal*



Terry Mason, MD earned his MD at the University of Illinois, and has treated thousands of patients during his 22 years as a practicing urologist. Bothered by the fact that his treatments were just treating the symptoms rather than getting at the underlying cause of the disease - an unhealthy lifestyle - Dr. Mason decided to transition to the public health arena. He became the Commissioner for Public Health for the City of Chicago in 2005, and then became the System Chief Medical Officer with the Cook County Health and Hospital System 2009 to present, and the Chief Operating Officer of the Cook County Department of Public Health since 2013.

Topic: *Plant-based Diets and Public Health*



Reed Mangels, PhD, RD is a well-published researcher and dietetics professor specializing in vegetarian and vegan nutrition, and is best known for her research regarding vegan and vegetarian nutrition for infants and children. She is an adjunct associate professor within the School of Public Health at the University of Massachusetts, Amherst. Dr. Mangels co-authored the 2003 and 2009 Academy of Nutrition & Dietetics position papers on vegetarian diets.

Topic: *Getting a Good Start: Vegetarian Moms, Infants, and Children.*



Jane Esselstyn, RN has worked as a science, outdoor, and health educator for more than 28 years, and is known for bringing a vivacious energy to her talks. Jane is an eager proponent of women's health as it relates to a plant-based diet. Like many in the Esselstyn family, Jane presents her work, research, and high energy food demos across the country and world.

Topic: *The Benefits of Eating a Plant-Based Diet, Above and Below the Belt*



Craig McDougall, MD is a board-certified internist who completed his residency at Oregon Health & Science University after obtaining his MD from the Ohio State University College of Medicine. His practice at Zoom+ featured a 90-day personalized health coaching service, with an emphasis on increasing daily movement and moving towards a plant-based diet in order to reduce or reverse chronic disease.

Topic: *Counseling Patients on Optimal Diet and Lifestyle Changes*

Conference Details:

Date: October 13, 2017, 8:30am to 5:00pm (Doors at 7:30)

Location: Oregon Convention Center, Oregon Ball Room, 777 NE MLK, Jr. Blvd., Portland, OR

Cost: \$135 – Early Bird (\$165 Regular starting September 14)

\$115 – Early Bird + Member of Supporting Organization (\$165 Regular starting September 14)

\$75 for students (proof of status required)

More information and registration is available at nwveg.org/health-conference.

The two day Portland VegFest, also held at the Oregon Convention Center, will follow this conference. More information can be found at portlandvegfest.org

Continuing Education Credits:

MD, DO, RN: 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 Adventist Medical Center and Northwest Vegetarian Education and Empowerment Group. Adventist Medical Center is accredited by the Oregon Medical Association to provide continuing medical education to physicians. Adventist Medical Center designates this live activity for a maximum of 6.25 *AMA PRA Category 1 credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

RD, DTR: The Commission on Dietetic Registration, the credentialing agency of the Academy of Nutrition and Dietetics, has approved 6.5 CPEU hours for dietitians: Activity 135348.

ND: The Oregon Board of Naturopathic Medicine has approved 6.25 general CEUs for Naturopathic Doctors, 1.25 of which can be used for OB. (17-345)

DC: The Oregon Board of Chiropractic Examiners will allow 6.25 hours of continuing education credit for Oregon DCs for nutrition instruction.

Other Health Professionals: Many credentialing bodies accept the *AMA PRA Category 1 Credit*[™] for continuing education credit if the topic is appropriate to the profession or discipline. Check with your certifying or governing body to see if *AMA PRA Category 1 Credit*[™] will apply.