



7th Annual

*William Davidson* Medical Education Week

Evidence-Based Clinical Practice

May 14 - 18, 2018

## Nutrition and Women's Health: Myths and Facts

**Monday, May 14, 2018, 4:30 - 6 p.m.**

1st Floor, Private Dining Room, Administration Building West, Beaumont Hospital, Royal Oak

### Speakers:

**Virginia Uhley, Ph.D., RDN**, Assistant Professor of Biomedical Sciences  
Oakland University William Beaumont School of Medicine

**Alyson Nielsen, B.S.**, Dietetic Intern, Nutrition Services, Beaumont Hospital, Royal Oak

**Kate Megazzini, B.S.**, Dietetic Intern, Nutrition Services, Beaumont Hospital, Royal Oak

**Emile B. Muallem, B.S.**, OUWB M.D. Candidate 2019

### Description:

Nutrition and dietary choices impact the effectiveness of treatment and the health of patients, yet many clinicians may not be aware of the what evidence based nutrition facts and recommendations they can provide to their patients. This presentation will cover an overview of common nutrition myths, nutrition deficiencies as the directly impact women, and provide tactics and solutions to better prepare healthy meals.

### Objectives:

- ◆ Review popular nutrition myths and provide nutrition facts.
- ◆ Explain how women can achieve healthy eating patterns.
- ◆ Summarize how to prepare healthy meals.
- ◆ Identify three nutrients to include as an essential part of a heart healthy diet for women.
- ◆ Distinguish two foods to avoid to reduce the risk of heart disease in women.
- ◆ List two nutrition deficiencies that post-menopausal women are at increased risk of developing.
- ◆ Compare two ways to prevent nutrition deficiencies in post-menopausal women.
- ◆ Discuss two strategies to treat nutrition deficiencies in post-menopausal women.

### Target Audience:

Faculty, physicians and staff.

### CME Accreditation and Credit Designation

Beaumont Health is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Beaumont Health designates this live activity for a maximum of 1.5 *AMA PRA Category 1 Credit(s)*<sup>™</sup>.

This activity is eligible for a Meaningful Participation credit.

Register at [oakland.edu/medicine/meded](http://oakland.edu/medicine/meded) or call 248-370-4384.



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