

## Summer Educational Sessions

This summer we have lined up some fantastic opportunities for you to learn about the latest in carbohydrate restriction as it impacts a variety of fields. Lectures are presented in an interactive web-based setting at 7pm Central time. These offerings are available for CME credit at \$175 a piece or \$150 if you register for all 7. Special consumer pricing is available as well.

**Challenging the Traditional View of Dietary Fat**, Dr. Eric Westman (July 8th, 2010)

**Treating the Metabolically Obese Normal Weight Patient**, Dr. Mary Vernon (July 15<sup>th</sup>, 2010)

**Carbohydrates and Small, Dense LDL: The Unspoken Connection**, Dr. William Davis (July 22nd, 2010)

**Metabolic Effects of Insulin on Metabolism: Role of Insulin Resistance and Exercise**, Dr. Jeff Volek (July 29th, 2010)

**Why Menopause Matters: Where Did My Muscle Go and Other Metabolic Problems**, Dr. Tracey Green (August 5th, 2010)

**Why We Get Fat: Adiposity 101 and an Alternative (Correct) Way of Thinking About Obesity**, Gary Taubes, (August 12<sup>th</sup>, 2010)

**Low Fat or Low Carb? History, Science, and the Swedish Experience**, Dr. Andreas Eenfeldt, (August 19<sup>th</sup>, 2010)

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## Meet Our Team

**Dr. Mary Vernon** is Board certified in Bariatric and Family Medicine (Fellow of the American Academy of Family Physicians) and is a Certified Medical Director. She maintains a private practice with offices in Lawrence and Shawnee, Kansas. Dr. Vernon speaks regularly on the topics of carbohydrate restriction, behavior modification and weight maintenance nationally and internationally. Dr. Vernon's clinical expertise treating patients using carbohydrate restriction appears in the medical literature in publications on the use of low carbohydrate diets to treat diabetes and metabolic syndrome. She co-wrote "Atkins Diabetes Revolution" to share this information with the public.

**Dr. Eric C. Westman** is an Associate Professor of Medicine at Duke University, and Director of the Duke Lifestyle Medicine Clinic. He combines clinical research and clinical care regarding lifestyle treatments for obesity, diabetes, and tobacco dependence. He is internationally known for his work on low-carbohydrate nutrition. He is currently the Vice President of the American Society of Bariatric Physicians, and a Fellow of the Obesity Society and the Society of General Internal Medicine. He recently co-authored, "A New Atkins For A New You."

**Gary Taubes** is the author of Good Calories, Bad Calories: Challenging the Conventional Wisdom on Diet, Weight Control and Disease. Taubes studied applied physics as an undergraduate at Harvard and has master's degrees in engineering from Stanford University (1978) and journalism from Columbia University (1981). Taubes has won numerous awards for his reporting including the International Health Reporting Award from the Pan American Health Organization and the National Association of Science Writers Science in Society Journalism Award, which he won in 1996, 1999 and 2001.

## Our Services

### Clinic Implementation and Consultation

We provide services to help medical institutions open and manage metabolic clinics. Our methods are a healthy alternative or complement to bariatric surgery. Our services in these clinics include managed services, medical community integration services, practice management, medical staff and hospital liaison, and metabolic clinic strategic planning. Additionally, we assist in customizing clinic financial, operational and quality improvement services to meet specific needs. Metabolic clinic managed services are intended to complement hospital strategies and relieve clinic physicians of non-clinical load to ensure full focus on the medical practice. The result is a well-integrated and effective metabolic clinic model that brings results in patient care and practice success.

### Web-Based Resources and Support

We are building a website that offers resources and support for patients of our clinics as well as for the general public. Patients at any of our clinics are able to create accounts and log-in for ongoing support and encouragement from one another as well as from members of our team. The site also contains a variety of articles, resources, and educational materials that are available for purchase by anyone as well as a place for networking and conversation by people interested in optimum metabolic health.

### Physician Training

Dr. Vernon and Dr. Westman have developed a 14 session curriculum to help healthcare professionals understand the best practices for improving metabolic health through carbohydrate restriction. These sessions are offered in a live webinar format and are available for CME credit. Each of the 14 modules comes with a powerpoint presentation, an extensive bibliography, and links to references. Other training resources, like our summer series, are continually in development.

## Ongoing Physician Education

**This series of educational modules, facilitated by Dr. Vernon and Dr. Westman, will be offered for CME during the fall semester. Please check the web for scheduling and registration information.**

### The Problem

1. Epidemics of Obesity, Type 2 Diabetes, and Metabolic Syndrome
2. Pathophysiology of Glucose Intolerance, Metabolic Syndrome, and Type 2 Diabetes Mellitus

### Nutritional Background

3. Basics of Nutrition: What the Body Really Needs
4. Science of Dietary Carbohydrate, Glucose and Insulin

### What is Carbohydrate Restriction?

5. Physiology of Carbohydrate Restriction
6. Ketones
7. Clinical Effects of Carbohydrate Restriction

### Low-Carb Diet Research

8. Low-Carb and Low-Fat Diets
9. Beyond Weight Loss

### How to use Carbohydrate Restriction

10. Clinical Implementation of Carbohydrate Restriction: Getting Started
11. Clinical Implementation of Carbohydrate Restriction: Medical Management

### General Principles

12. Behavioral Tools for Lifestyle Modification
13. Reimbursement Issues
14. Pediatric Obesity: Evaluation/Treatment