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# Current Concepts in Nutrition and Aging

Thursday, September 11, 2003  
The Pyle Center  
Madison, Wisconsin

## Sponsored by:

- UW-Extension Cooperative Extension Family Living Programs
- UW-Madison Department of Nutritional Sciences
- Department of Health and Family Services, Bureau of Aging and Long Term Care Resources
- Wisconsin Nutrition Education Network
- The Institute on Aging, UW-Madison

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## Current Concepts in Nutrition and Aging

### Here's What You Can Learn

- Explore the connections between physical activity and nutrition, and health
- Hear about the use of vitamin D for treatment of osteoporosis, cancer, and other diseases
- Find out about the influence of nutrition and nutritional supplements on prostate cancer
- Discuss dietary interventions, lifestyle changes, and medications used in hypertension treatment in older adults
- Discover how PDA's (Personal Digital Assistant) and PPT's (Portable Pen Terminal) can enhance your nutrition services
- Examine the low-carb vs. high-carb diets debate and nutritional recommendations for diabetics
- Consider research and practical implications of conventional or natural hormone replacement and soy intake
- View interactive nutrition lessons for older adults  
Look at simple steps to preventing food borne illness in the home

### Who Should Attend

We invite dietitians, nutrition program directors, nutrition educators, social workers, physicians, pharmacists, nurses, and other professionals who work with older adults to attend. If you work with older individuals in inpatient or outpatient settings such as community centers, hospitals, long-term care facilities, ambulatory care and home health settings, you will come away from this conference with information and skills you can use in your practice setting.

### What people said about last year's conference:

- "This was a good investment of my time."
- "Very informative, knowledgeable speakers."
- "This is always the best conference I attend each year."
- "Very good food, topics, presenters."

### Conference Schedule

8:00 AM	Registration
9:00 AM	Welcome
9:15 AM	Morning Keynote
10:15 AM	Break
10:45 AM	Morning Seminar (A Series)
12:00 PM	Lunch
1:00 PM	Afternoon Keynote
2:00 PM	Break
2:15 PM	Afternoon Seminar (B Series)
3:30 PM	Conference ends

### Keynotes

9:15 AM

- **Steps to Healthy Aging: Eating Better and Moving More**  
*Nancy S. Wellman, PhD, RD, FADA*  
Professor and Director, National Policy and Resource Center on Nutrition and Aging, Florida International University

In this talk, hear Dr. Wellman explore the connections between physical activity, nutrition, and health through *Steps to Healthy Aging: Eating Better and Moving More*. Discover how to use step counters and simple diet records as incentives and how and why to include outcome measures in *Steps to Healthy Aging* projects.

Gain confidence in your ability to be a change agent in encouraging older adults to become more physically active and to improve their diets to prolong independence and improve their quality of life.

*Dr. Wellman's presentation is sponsored by the Gerontological Nutritionists Practice Group, a Dietetic Practice Group of the American Dietetic Association.*

1:00 PM

- **New Vitamin D Modalities in the Treatment of Disease**  
*Hector DeLuca, PhD, Department Chair, Professor,*  
*Biochemistry Department, University of Wisconsin – Madison*

The hormonal form of vitamin D and its analogs have been used for the treatment of bone disease since 1972. New functions of the active form of vitamin D have been discovered in the parathyroid gland, skin, and the immune system. Recently, new highly selective analogs have been prepared and are leading the way to new methods of treating osteoporosis, psoriasis, renal osteodystrophy, cancer, and autoimmune disease. Examples will be presented.

## Morning Seminars

- A1- *Integrative Medicine and Nutritional Influence on Prostate Cancer***  
*David Rakel, MD, Director, UW- Madison Integrative Medicine*

We will define a growing new philosophy in medicine called Integrative Medicine and explore how nutrition and nutritional supplements may or may not influence the incidence or progression of prostate cancer.

- A2- *Hypertension in Older Adults: Optimizing Treatment Strategies***  
*Cynthia M. Carlson, MD, Assistant Professor, Geriatrics and Gerontology, UW Medical School, Madison*

In this workshop, learn how to use a case-based approach to review dietary interventions (including the DASH diet), lifestyle changes, and medications used in the treatment of hypertension in older adults. We will also discuss special problems encountered in managing hypertension in a geriatric population.

- A3- *Are You "Plugged In" to the Tools that "Electrify" Your Work?***  
*Leslie Fijalkiewicz, CD, Nutrition Director, Barron County Office on Aging; Ruth Kilness, RD, CD, Dietitian, Department on Aging and Resource Center; Pam VanKampen, RD, CD, Nutrition Specialist, Northern Area Agency on Aging*

Technology can enhance your professional image in many ways. PDA's and PPT's are more than alphabet soup. They are the ABC's of powerful nutrition services. Not a techie? Not to worry... all information will be given in small "bytes" so it will be very easy to digest.

- A4- *To Be or Not to Be on the Low Carb Diet***  
*Naomi Wedel, MS, RD, CDE, CD, Registered Dietitian and ADA Instructor, Dean Medical Center Diabetes Program, Madison*

We will discuss the Food Guide Pyramid and the low-carb diet vs. high-carb diets debate. "Evidence-Based Nutrition Principles and Recommendations for the Treatment and Prevention of diabetes and Related Complications" from the American Diabetes Association Clinical Practices Recommendations will be presented.

## Afternoon Seminars

- B1- *Hormone Replacement vs. Soy Consumption in Post- Menopausal Women: Sorting through the Issues***  
*Judith Harke, RN, MS, Nurse Practitioner, Institute on Aging, UW-Madison Geriatric Clinic; Jill Schreier, MS, RD, Clinical Nutritionist, UW Health West Clinic – Nutrition Clinic*

This workshop will cover research and practical applications of conventional or natural hormone replacement in women after menopause, as well as the advantages and disadvantages of soy intake.

- B2- *New Curriculum Resources for Teaching Older Adults***  
*Darlene Kramer, Nutrition Coordinator, UW-Extension – Outagamie County; Amy Rettammel, MS, RD, Outreach Specialist, UW-Extension – Family Living Programs*

See interactive nutrition lessons for older adults in action.

- B3- *Current Issues in Food Safety for an Aging Population***  
*Barbara H. Ingham, PhD, Assistant Professor, Extension Food Scientist, UW-Extension*

The elderly are among those most at risk of experiencing serious complications of food borne illness. Sources of recent outbreaks of illness have ranged from viruses on cruise ships to *E. Coli* O157:H7 in meats. This presentation will look at why these outbreaks are occurring and some simple steps to preventing food borne illness in the home.

- B4- *Nutrition and Age-Related Eye Diseases***  
*Julie Mares-Perlman, PhD, Associate Professor of Ophthalmology and Visual Sciences, UW – Madison*

We will discuss the current evidence that eating certain foods or taking supplements may help slow or prevent the onset of age-related cataract and macular degeneration.

An EEO/Affirmative Action employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. To ensure equal access, please make requests for reasonable accommodations as early as possible (10 working days is reasonable) prior to the program. Call Elaine Barrett at 1-888-391-4255 to request an accommodation.

## General Information

**Date/Times:** Thursday, September 11, 2003.  
Registration begins at 8:00 am. The conference begins at 9:00 am and ends at 3:30 pm.

**Location:** The Pyle Center, 702 Langdon Street, Madison, WI 53703. Parking and lodging information will be sent with your registration confirmation.

### Registration Fee:

- \$95 if postmarked by August 21, 2003
- \$115 if postmarked after August 21, 2003

Includes lunch, instruction, materials, refreshments, and CEUs. Enrollment is limited. To ensure your place in the program, please register as early as possible.

**Cancellation Policy:** If you cancel your registration five working days prior to the program, you will only be charged an administration fee of \$10. If you are a confirmed registrant and cancel less than five working days (September 4, 2003) prior to the program date, you are responsible for the entire fee. Substitutions from the same agency are permitted.

**Credit:** American Dietetic Association CPEs (5) and Dietary Manager Clock Hours (5) are applied for. In addition, UW-Extension Continuing Education Units (.5) will be awarded for full participation.

**For More Information:** Contact Elaine Barrett, UWEX/CE Family Living Programs, 608/262-1411, toll free at 1-888-391-4255, or [elaine.barrett@uwex.edu](mailto:elaine.barrett@uwex.edu).

## SPONSORS

### Financial Support for this conference provided by:

- UW-Madison: Institute on Aging
- Novartis Nutrition
- Gerontological Nutritionists Practice Group of the ADA
- Mead Johnson Nutritionals
- Nestle' Clinical Nutrition

## Registration Form- this form may be duplicated

### Current Concepts in Nutrition and Aging

September 11, 2003; Fee \$95 if postmarked by August 21, 2003; \$115 if postmarked after August 21, 2003

Name \_\_\_\_\_

Agency \_\_\_\_\_

Agency Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone ( ) \_\_\_\_\_

E-mail Address \_\_\_\_\_

Emergency Contact Person \_\_\_\_\_

( ) \_\_\_\_\_

**Seminars:** While seminar preferences cannot be guaranteed, an attempt will be made to honor all requests. Seminar preferences will be assigned as registration forms are received. Indicate your first and second choices with the number of the seminar you wish to attend.

10:45 am Seminar: (1)A\_\_\_ (2)A\_\_\_

2:15 pm Seminar: (1)B\_\_\_ (2)B\_\_\_

Special Needs (i.e. vegetarian, hearing impaired, etc.): \_\_\_\_\_

How did you hear of this program?(brochure, notice in which newsletter) \_\_\_\_\_

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