



Current Concepts in

Nutrition and Aging

Thursday, September 18, 2008
The Pyle Center
Madison, Wisconsin

Sponsored by:

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



UW Extension
Family Living Programs
301 Extension Building
432 N. Lake Street
Madison, WI 53706-1498

Here's What You Can Learn

- Hear about the gastrointestinal and nutritional implications of aging.
- Discuss aerobic, strength, balance, and functional exercises for the older adult.
- Hear strategies to reduce inequities in health literacy.
- Learn how to find reliable nutrition and aging resources on the web.
- Discover ways to provide nutrition advice to older Latinos.
- Consider emerging issues in food safety with a focus on older adults.
- Get information about nutrition for promoting kidney health.
- Hear about mineral nutrition recommendations.
- Discuss pathophysiology and management of pressure ulcers.
- Learn about the importance of nutrition when using drugs for Parkinson's.

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:

"Terrific speakers, excellent pertinent information."

"State of the art, hot off the press research!"

"Excellent keynotes with great cutting edge information."

"Very informative and up-to-date information."

Conference Schedule

8:00 AM	Registration
9:00 AM	Welcome
9:10 AM	Morning Keynote
10:10 AM	Break
10:40 AM	Morning Seminar (A Series)
11:55 PM	Lunch
12:55 PM	Afternoon Keynote
1:55 PM	Break
2:15 PM	Afternoon Seminar (B Series)
3:30 PM	Conference ends

Keynotes

MORNING KEYNOTE

Considerations and Indications for Nutritional Intervention in the Aging Adult

Robert G. Martindale, MD, PhD, Professor and Chief, Division of General Surgery, Medical Director for Hospital Nutrition Services, Oregon Health and Science University

Hear an overview of the gastrointestinal and nutritional implications of aging. Then get an evidence based evaluation and recommendations of the various so called "anti-aging nutrients, diets, and supplements".

AFTERNOON KEYNOTE

Health Literacy: From Epidemiology to Intervention

Michael Wolf, MA, MPH, PhD, Assistant Professor and Director, Center for Communication and Medicine, Northwestern University

The problem of limited health literacy will be discussed in detail, beginning with a background definition and review of its impact on health outcomes, to a discussion of possible strategies to reduce noted inequities.

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.

Morning Seminars ('A' Series)

-A1-Web Nutrition Resources Potluck: Resources Recommended by Participants

Barbara Lazewski, MLS, Senior Academic Librarian, Steenbock Memorial Library

Bring the name and address/URL of your favorite web nutritional resource to share how you use it in your work! We'll add a few advanced Google search tips to quickly find reliable nutrition and aging resources, then use Google Docs to publish our shared favorites at *http://docs.google.com/Doc?id=dd4dckmj_1cxs7w9hf*

-A2-Emerging Issues in Food Safety

Barbara Ingham, PhD, Associate Professor, Extension Specialist in Food Science

The safety of our food supply is constantly in the news: from the huge meat recalls to concern over the safety of fresh produce. The elderly are at increased risk for serious illness from tainted food. This session will consider emerging issues in food safety with a focus on the elderly.

-A3-Your Diet, Your Kidney and You

Karen Kritsch, PhD, RD, Transplant Nutrition Specialist, UW Health Abdominal Transplant Program and Clinical Nutrition Services

How does kidney function change with age? Will eating right really preserve kidney function? What does it mean to eat right? Karen Kritsch specializes in nutrition for kidney and heart health and diabetes management. This seminar features information about nutrition for promoting kidney health for professionals and the public.

-A5-Parkinson's Disease: An Overview

Erwin Montgomery, MD, Professor of Neurology, Movement Disorders Clinic, UW Hospital

There have been remarkable advances in the treatment of Parkinson's disease, including new medical and surgical therapies. While presenting more options, the therapeutic approaches have become more complicated. For one of the most important medications, levodopa, the gastrointestinal pharmacodynamics play a critical role in effective treatment requiring attention to nutritional issues.

Afternoon Seminars ('B' Series)

-B1- Mineral Nutrition in the 21st Century

Roger A. Sunde, PhD, Professor of Nutritional Sciences at the University of Wisconsin-Madison

This workshop will provide an update on mineral nutrition recommendations, with an emphasis on the elderly; discuss the latest on minerals provided in common "vitamin" pills; and provide specific examples of research on supplements, including calcium, iron, zinc and selenium. The case for dietary variety rather than supplements will be presented.

-B2- Providing Culturally and Linguistically Sensitive Nutritional Counseling for the Aging Latino/a

Patricia Tellez-Giron, MD, Associate Professor, UW Family Medicine Department; Shiva Bidar Sielaff, Director of Community Partnerships at UW Health

In order to provide quality nutrition advice for the aging Latino, it is important to recognize Latinos have their own social, cultural, and linguistic needs/challenges. This presentation will introduce you to some of these needs/challenges and will offer suggestions in how to recognize/overcome some of them.

-B3- A New Exercise Definition for AARP: Adults with Ability Really Perform

Karla Bock, Exercise Specialist, Team Leader; Sue Peterson, MS, Senior Health and Fitness Instructor, UW Sports Medicine Fitness Center

This presentation will focus on different components of exercise and the older adult. Discussion will cover current exercise guidelines and a practical workshop. Individual emphases will be on aerobic, strength, balance, and functional exercises. The presentation addresses common mind sets and barriers to exercise in this population.

-B4- Issues Related to Pressure Ulcers

Michael J. Siebers, MD, Associate Professor, School of Medicine and Public Health

In this lecture, the pathophysiology and management of pressure ulcers will be discussed.

Thank you to:
Abbott Nutrition
Nestle HealthCare Nutrition, Inc.
for financial support
for this conference.

General Information

Date/Times: Thursday, September 18, 2008.

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. Parking and lodging information will be sent with your registration confirmation.

Registration Fee:

- \$109 if postmarked by September 4, 2008
- \$129 if postmarked after September 4, 2008
- \$45 for live webcasted keynotes

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 11, 2008) 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 or 5 hrs.) will be awarded for full participation.

For More Information: Contact Elaine Barrett, UWEX/CE Family Living Programs, 1/888-391-4255

New This Year: Webcasted Keynotes

Can't come to Madison for the conference? Then enjoy the keynotes as live webcasts on your computer at home or at work. It's the travel-free way to participate. Prior to the conference, you will be sent instructions on setting up your computer and a link to connect to the webcast.

Just \$45 for both keynotes.

Registration Form- this form may be duplicated Current Concepts in Nutrition and Aging

Fee: \$109 if postmarked by September 4, 2008; \$129 if postmarked **after** September 4, 2008; \$45 for webcasted keynotes.

Registering for: Conference Webcasts

Name _____

Agency _____

Agency Address _____

City/State/Zip _____

Phone () _____

E-mail Address _____

Emergency Contact Person _____

Phone () _____

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.

10:40 am Seminar: (1)A____ (2)A____

2:15 pm Seminar: (1)B____ (2)B____

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

Enclosed is my check or money order, payable to UW-Extension

Please charge to the following account:

Mastercard Visa American Express
Card No. _____

Exp. _____

Cardholder's Name _____

Clip & Mail to: Nutrition and Aging, Room 139
The Pyle Center
702 Langdon Street
Madison, WI 53706

Or Call: 608/265-2955 **FAX:** 608/265-3163