

**Sports,  
Cardiovascular,  
and Wellness  
Nutrition**

a dietetic practice group of the  
**eat right.** American Dietetic  
Association

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**Sports,  
Cardiovascular,  
and Wellness  
Nutrition**

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26th SCAN Symposium

# Myths, Mysteries & Realities of Eating and Metabolism

Research to Practice

The conference will feature pre-symposium workshops, poster sessions, exhibits, world-renowned speakers in an informative and exciting array of sessions and networking opportunities with your fellow SCAN members.

Sign up now for *the*  
26th SCAN Symposium

# Myths, Mysteries & Realities of Eating and Metabolism

Research to Practice



**Sheraton San Diego Hotel and Marina  
San Diego, California**



**March 28-30, 2010**

**Sheraton San Diego Hotel  
and Marina**

**San Diego, California**

January 2010

Dear SCAN and BHN Members:

SCAN's 26th Annual Symposium will empower attendees to address challenges in eating and metabolism. You will have the opportunity to network and learn from internationally renowned experts presenting cutting edge research, qualitative interventions, and evidence-based protocols in disordered eating, sports nutrition, and cardiovascular and wellness nutrition. This year's Symposium, **Myths, Mysteries, and Realities of Eating and Metabolism: Research to Practice**, has been planned in collaboration with the Behavioral Health Nutrition (BHN) dietetic practice group of the ADA and begins with three Pre-Symposium Workshops, in the areas of Eating Disorders, Sports Nutrition and Cardiovascular Wellness, starting on Saturday, March 27.

For the Symposium, SCAN is fortunate to present a diverse array of **renown authorities** such as Walter Kaye, MD; Ed Tyson, MD; Karin Kratina, PhD, RD; Kathy Kater, LICSW; Asker Jeukendrup, PhD, FACSM; and Nancy Rodriguez, PhD, RD, CSSD, FACSM on topics such as:

- Factors influencing metabolism
- Insights from neuroimaging and anorexia nervosa
- A deeper understanding of hunger and fullness
- Recognizing medical issues in your clinical practice
- Family based therapy – practice and beyond
- Publishing your clinical experience to contribute to the body of evidence
- Mental-emotional issues in athletes with disordered eating
- Orthorexia nervosa
- Binge eating disorder
- Updates in iron and vitamin D status among athletes
- Reducing risk factors for eating disorders and the female athlete triad
- Optimizing nutritional interventions
- Corporate wellness

Beyond being an **outstanding educational opportunity**, this year's SCAN Symposium emphasizes **networking**. The Exhibit Hall will be the place to be between sessions to meet up with colleagues, bid on the Silent Auction, have a bite to eat, and visit our sponsors and exhibitors without whom our annual SCAN symposium would not be possible! Then, to truly make your symposium experience special, you won't want to miss the Awards Dinner-Dance and Silent Auction on Monday evening; Silent Auction items to date are listed on the SCAN website at [www.scandpg.org](http://www.scandpg.org).

This year's meeting continues to go "green" with session handouts posted on the SCAN website. For those registered for the full program, audio-video access will be available on the SCAN website following Symposium. In addition, the Sheraton San Diego Hotel & Marina is the largest hotel in Southern California to be awarded California's Leadership level designation for "Green Lodging", which is the highest level meeting criteria for diverting waste from landfills, conserving energy and water, and improving indoor environmental quality.

San Diego is one of the nation's top destinations, with world-class attractions like the San Diego Zoo, SeaWorld San Diego, Balboa Park and the downtown Gaslamp Quarter.

SCAN's Symposium in San Diego promises to be an exceptional experience and value, which will lift you to a higher level of knowledge, inspiration, creativity and motivation to make a positive impact!

Sincerely,

Gale Welter, MS, RD, CSSD, CSCS  
SCAN Chair

Christina Reiter, MS, RD, CSSD  
SCAN Symposium Chair

Scott Sehnert, MS, RD, CSSD, CSCS  
SCAN Symposium Co-Chair

## Join SCAN in San Diego, California!

**We'll be at the Sheraton San Diego Hotel and Marina**  
**1380 Harbor Island Drive, San Diego, California 92101 Phone: 619-291-2900**

SCAN has negotiated great Symposium conference rates. Room rates are \$179.00 single/double plus tax for traditional accommodations, \$199.00 single/double plus tax for deluxe accommodations, and \$229.00 single/double plus tax for club-level accommodations.

These preferred conference rates can be extended to rooms booked 3 days prior to and after the conference dates to those who identify themselves as affiliated with the SCAN Symposium, so bring your family and experience San Diego!

**Hotel Reservations:** Can be made directly through the customized SCAN web page. A link to that page is on the SCAN website at [www.scandpg.org](http://www.scandpg.org). You may also call 877.734.2726 for reservations. Be sure to mention you are with the SCAN Symposium to receive the preferred conference rates.

**Deadline for hotel registration conference rates:** March 7, 2010, 5:00pm PST. Reservations received after March 7 deadline will be subject to current rates and availability.

**Avoid cancellation or change fees:** Cancellation or changes in arrival and/or departure dates must be confirmed no later than 72 hours prior to your arrival date.

### About the Sheraton San Diego Hotel & Marina

Nestled at the edge of the spectacular San Diego Bay, the Sheraton San Diego Hotel & Marina provides panoramic views of the bay and the city skyline.

When you arrive, the Sheraton provides self-service kiosks for fast check-in, check-out, folio printing/emailing, and boarding pass printing. While at the Symposium, stay connected with free Internet service in the Link@Sheraton area.

The hotel guest rooms are split between two towers – 705 in the Marina Tower and 348 in the Bay Tower. All feature the Sheraton Sweet SleeperSM Bed and most have views of the San Diego Bay.

A great night's sleep means you'll be able to enjoy the playground that is San Diego – starting right at the hotel! With a basketball court, tennis courts, spa, health club, three year-round pools, water volleyball, jogging trails and great restaurants, there's no need to leave the grounds to have a great time! But if you choose to leave, you can walk to the doors of fabulous cuisine, lively nightlife, and renowned attractions in just minutes.

### From The San Diego Airport

**Shuttle Service:** Complimentary airport shuttle runs every 15 minutes from the San Diego International Airport between the hours of 5:30am and 12am. Outside of these hours you may request a pickup. The hotel shuttle vans are red, white and blue and can be picked up at commuter terminal 2, across the street.

You can also walk or drive the short distance from the San Diego International Airport. Just follow the exit that becomes Harbor Island Drive. Go straight through the intersection to Harbor Island Drive. The hotel is on the right-hand side.

**Three Pre-Symposium Workshops provide dedicated time to focused topics – each to help you improve your professional skills and provide the latest information. Take advantage of these great opportunities and spend the weekend in San Diego! Best of all, the more you attend, the more you save! See below for details.**

### Saturday, March 27, 2010

#### 8:00am – 12:00pm Sports Pre-Symposium

Sports Nutrition Assessment: Critical Steps, Quality Outcomes

Presenters: **Maria Boosalis**, PhD, MPH, RD, LD; **Enette Larson-Meyer**, PhD, RD, CSSD, FACSM; **Jen Ketterly**, MS, RD, CSSD and **Nanna Meyer**, PhD, RD, CSSD

*This Sports Dietetics-USA pre-symposium workshop focuses on sports nutrition assessment and addresses specific conditions that are of particular concern for athletes. The anthropometric, biochemical, clinical, dietary, and environmental factors of assessment will be examined in relation to athletic performance, health and wellness in athletes.*

### Saturday, March 27, 2010

#### 1:00pm – 5:00pm Eating Disorders Pre-Symposium

Bringing Our Best When We are Faced With the Worst: Management of Nutritional and Therapeutic Complications in Eating Disorder Treatment

Presenters: **Leah Graves**, RD, LD, FAED; **Beth Hartman McGilley**, PhD, FAED; **Reba Sloan**, MPH, LRD, FAED

*This workshop explores the complexities of treating those struggling with eating disorders. Experienced nutrition therapists, Leah Graves and Reba Sloan, address co-morbid medical conditions involving type I diabetes, insulin resistance and PCOS, presenting strategies and skills necessary when providing nutrition counseling to those who present with obsessive-compulsive and borderline personality traits/ disorders. Dr. McGilley, psychotherapist, will address empirical evidence and clinical experience regarding what makes an effective eating disorders clinician and how to go about developing those skills and healing qualities. The attendee will learn the most effective approaches for treating these toughest cases.*

### Culinary Pre-Symposium

Sponsored by Promise: Limited enrollment.

No Charge, see registration info at [scandpg.org](http://scandpg.org) for details.

### Sunday, March 28, 2010

#### 8:00am – 11:00am

Elevating MNT Above the Mainstream: The Latest in Management of Dietary Fats and Advanced Lipid and Genetic Testing

Presenters: **Aimee Bert-Moreno**, RD, LD/N; **Phyllis Cox**, RN, BSN; and **Barry Franklin**, PhD, FAHA

*This workshop will provide leading information on the prevention and treatment of cardiovascular disease. It begins with Dr. Barry Franklin discussing the impact of diet and exercise, more so than pharmaceutical intervention, as the mainstays of preventing cardiovascular events, for both healthy individuals and those with diagnosed circulatory disease. Dr. Franklin's presentation will review the latest evidence and approaches for optimizing cardiovascular health with a focus on managing dietary fats. Phyllis Cox and Aimee Bert-Moreno will help you discover how the interrelated results of advanced lipid testing and genetics guide Medical Nutrition Therapy in primary and secondary prevention of cardiovascular disease.*

### Special Pre-Symposium Rates! LIMITED SEATING

#### Attend more and save more!

Attend one pre-symposium workshop for \$100

Attend two pre-symposium workshops for \$180 (a savings of 10%)

Attend all three pre-symposium workshops for \$240 (a savings of 20%)

# SCAN's 26th Annual Symposium Schedule

Approximately 3.5 CPE's for each of the three pre-symposium workshops and 18 CPE's for the full conference (plus sponsored breakfast and lunch sessions, posters and exhibits). Approximate total CPE's available: 32.0

Saturday, March 27	
8:00 AM – 12:00 PM	Pre-Symposium: Sports Nutrition Assessment: Critical Steps, Quality Outcomes Maria Boosalis, PhD, MPH, RD, LD; Jen Ketterly, MS, RD, CSSD; Enette Larson-Meyer, PhD, RD, CSSD, FACSM; Nanna Meyer, PhD, RD, CSSD
1:00 PM – 5:00 PM	Pre-Symposium: Bringing Our Best When We are Faced with the Worst: Management of Nutritional and Therapeutic Complications in Eating Disorder Treatment Leah Graves, RD, LD, FAED; Beth Hartman McGilley, PhD, FAED; Reba Sloan, MPH, LRD, FAED
5:30 PM – 8:00 PM	Culinary Pre-symposium (limited enrollment) <i>Sponsored by Promise/Unilever</i>

Sunday, March 28	
8:00 AM – 11:00 AM	Pre-Symposium: Elevating MNT Above the Mainstream: the Latest in Management of Dietary Fats and Advanced Lipid and Genetic Testing Aimee Bert-Moreno, RD, LD/N; Phyllis Cox, RN, BSN; and Barry Franklin, PhD, FAHA <i>Sponsored by Smart Balance</i>
11:00 AM – 11:45 AM	Exhibits Open; Opening Lunch in Exhibit Hall
11:45 AM – 11:50 AM	Welcome and Announcements: Gale Welter, MS, RD, CSSD, CSCS; SCAN Chair
11:50 PM – 12:20 PM	Opening session sponsored by SoyJoy
12:20 PM – 1:35 PM	KEYNOTE: Is Anorexia Nervosa an Eating Disorder? New Insights into Puzzling Symptoms Walter Kaye, MD
1:45 PM – 2:45 PM	Concurrent Session A: Breaking into the Corporate Market – Recommendations From a Corporate Insider and Wellness Expert Magda Franzoni, MS, CSCS
1:45 PM – 2:45 PM	Concurrent Session B: It Takes Two to Tangle: Dealing With Resistance in the Treatment of Eating Disorders Carolyn Costin, MA, MEd & Sondra Kronberg, MS, RD, CDN
2:45 PM – 3:15 PM	Break-Exhibit Hall (Posters on Display)
3:15 PM – 4:15 PM	Unopposed Session: Exploring the Depths of Hunger/Satiety Work: Tools and Tips for Transformation Karin Kratina, PhD, RD, LDN
4:30 PM – 5:30 PM	Concurrent Session A: Research Update: Causes and Consequences of Iron Deficiency in Athletes Pamela S. Hinton, PhD
4:30 PM – 5:30 PM	Concurrent Session B: Family Based Therapy: What it Looks Like in Practice and Beyond...Case Studies, Practice Notes, Recognition of Eating Disorders, and Ideas About Etiology Therese Waterhous, PhD, RD, LD
5:35 PM – 6:35 PM	Unopposed Session: Creating a Heart-Healthy Supermarket Tour Melinda Maryniuk, MEd, RD, CDE, FADA <i>Sponsored by Promise®, I Can't Believe It's Not Butter® and Country Crock®</i>
6:45 PM – 8:30 PM	Opening Reception in Exhibit Hall (Poster Judging)

Monday, March 29	
5:45 AM – 6:45 AM	Morning Activity Session – Yoga, and Walk/Jog/Run
7:00 AM – 8:00 AM	Motivational Breakfast Session: Finish Line Vision: Diabetes, Sports and Nutrition Jay Hewitt, a motivational speaker, attorney and elite Ironman triathlete with type 1 diabetes <i>Sponsored by Canolainfo.org</i>
8:00 AM	Exhibits Open (Exhibits close at 4:00 PM)
8:30 AM – 9:30 AM	KEYNOTE: Athletes On the Edge--Medical and Nutrition Issues in Athletes with Eating Disorders Ed Tyson, MD
9:30 AM – 10:00 AM	Break-Exhibit Hall
10:00 AM – 11:00 AM	Concurrent Session A: Publishing in Clinical Practice Drew Anderson, PhD, LP, FAED

For more details about our presenters and their sessions, visit the SCAN website, at [www.scandpg.org](http://www.scandpg.org).

Monday, March 29 (continued)	
10:00 AM – 11:00 AM	Concurrent Session B: Peer-led Approaches to Reducing Eating Disorder Risk Factors and Increasing Awareness of the Female Athlete Triad Carolyn Becker, PhD, FAED
11:15 AM – 12:15 PM	Unopposed Session: A New Paradigm for Weight: An Effective Model for Promotion of Healthy Body Image, Eating, Fitness and Weight in Children, Teens, and Adults Kathy Kater, LICSW
12:15 PM -1:15 PM	Lunch in Exhibit Hall Disordered Eating Subunit Meeting Sports Dietetics-USA Subunit Meeting Wellness - Cardiovascular Subunit Meeting
1:30 PM – 2:30 PM	Concurrent Session A: Eating Disorders in Sport: Identification, Treatment and Prevention Ron A. Thompson, PhD, FAED; and Roberta Trattner Sherman, PhD,
1:30 PM – 2:30 PM	Concurrent Session B: Orthorexia Nervosa: An Unhealthy Focus on Healthful Eating Amanda Mellowspring, MS, RD, LD
2:45 PM - 3:45 PM	Afternoon Activity Sessions (Nia, Zumba or On Your Own); Exhibits Open for Final Hour
4:00 PM - 5:30 PM	Unopposed Session: Sport Nutrition Designs for the 21st Century Endurance Athlete: Classic Challenges and Contemporary Solutions Asker Jeukendrup, PhD, FACSM and Nancy Rodriguez, PhD, RD, CSSD, FACSM
5:45 PM – 6:45 PM	Concurrent Session A: Turning Back the Ravages of Time: What You Can Do Now to be Healthy in Twenty Years James Joseph, PhD
5:45 PM – 6:45 PM	Concurrent Session B: Comprehensive Treatment of Anorexia Nervosa: Food for Thought Ken Weiner, MD, CEDS, Founder and CEO, Eating Recovery Center
7:00 PM – 7:30 PM	SCAN Awards Reception
7:30 PM – 10:00 PM	Awards Dinner, Silent Auction, Dance

Tuesday, March 30	
5:45 AM – 6:45 AM	Morning Activity Session – Yoga, and Walk/Jog/Run
7:00 AM – 8:00 AM	Sponsored Breakfast Session
8:15 AM – 9:15 AM	Concurrent Session A: The Gastric Bypass Athlete: Case Studies and Discussion Nancy Clark, MS, RD, CSSD
8:15 AM – 9:15 AM	Concurrent Session B: A University's Approach to Identifying and Developing an ED Treatment Plan Jacqueline Berning, PhD, RD, CSSD and Andrea Dubay, MS, ATC
9:30 AM – 10:30 AM	Concurrent Session A: Vitamin D and Athletic Performance Kimberly White, PhD
9:30 AM – 10:30 AM	Concurrent Session B: Re-feeding Potential: Optimizing Medical and Nutritional Interventions in the Treatment of Eating Disorders April Hackert, MS, RD and Neal Anzai, MD
10:30 AM – 11:00 AM	Break
11:00 AM – 12:00 PM	Concurrent Session A: Debunking the Archaic Myth, "Once you have an Eating Disorder, you'll always have an Eating Disorder": From suffering to surviving, to fully recovered and thriving: two women share what enabled them to fully recover Johanna Kandel and Kathleen MacDonald
11:00 AM – 12:00 PM	Concurrent Session B: Food Addiction: Fact or Fiction? Effective Tools for Treating Compulsive Overeating and Binge Eating Disorder Diane Keddy, MS, RD, FAED
12:15 PM – 1:15 PM	Unopposed Session, details TBD
1:15 PM – 1:30 PM	Closing Remarks, Gale Welter, MS, RD, CSSD, CSCS and Tara Coghlin-Dickson, MS, RD, CSSD

*Presenter Disclosure: SCAN has implemented a policy that requires presenters to declare all relevant commercial, academic and professional relationships and interests at this educational program.*

# SCAN's 26th Annual Symposium Schedule

## Continuing Education Hours

SCAN has applied for American Dietetic Association (ADA) CPE hours. 3.5 hours for each of the three pre-symposia and 18 for the Symposium (plus sponsored breakfast and lunch sessions, posters and exhibits). Per CDR guidelines, individuals are only eligible for a total of 15 Exhibit Hall contact hours over a five-year period.

SCAN has also requested CPE hours from the American College of Sports Medicine (ACSM).

## SCAN Poster Session

Member and Student Poster abstracts are being accepted for the SCAN Symposium. Forms are available on the website at [www.scandpg.org](http://www.scandpg.org). The deadline for submission is March 1, 2010.

## SCAN Exhibits

SCAN is fortunate to have many outstanding exhibiting companies joining us! Visit the exhibits and earn CPE's as you learn from these companies and experts in nutrition and wellness. Be sure to attend the Opening Lunch, Welcome Reception, breaks and other dedicated times for this learning opportunity. We've made it a fun, casual atmosphere – a great break from the intensive sessions!

## Exhibit hours will be:

Sunday, March 28, 2010, from 11:00am – 8:30pm

Monday, March 29, 2010, from 8:00am – 4:00pm

## Sponsorship

SCAN receives generous contributions from its sponsors. Please be sure to take a moment to say thank you to them during the Symposium. This Symposium would not be possible without their financial support!

## Out and About in San Diego, California

San Diego offers numerous vast and diverse offerings for visitors of all ages. San Diego is known for its idyllic climate and pristine beaches supporting year-round recreation. You will find arts, culture, wine, wildlife and more! Here are just some highlights.

Our SCAN Local Arrangements Committee will have a variety of suggestions to help you enjoy San Diego, with a quick reference guide. That's the advantage of having a local SCAN team – you'll get the scoop of what's hot, what's hip and ideas of ways to escape the hustle-bustle of your daily routine. We can't wait to show you around!

## Gaslamp Quarter (gaslampquarter.org)

The historic Gaslamp Quarter is the city's hottest dining and entertainment area for visitors



Gaslamp Quarter



San Diego Zoo

and locals alike. From suave steakhouses and eclectic ethnic fare, dinner clubs to posh martini bars, over 100 restaurants intermingled with dance and drink are all situated within blocks of each other.

See animals from around the globe at the **San Diego Zoo** and roam free at the San Diego Zoo's Wild Animal Park.

**Seaport Village** features bayside shopping, dining and entertainment.

**Old Town** celebrates San Diego's rich cultural history. Discover artifacts from the early 1800's and visit authentic Mexican restaurants and attractions.

A trip to San Diego just isn't complete unless you've combed the beautiful beaches. A perfect combination of fresh air and warm water, the gorgeous shores offer the ideal setting for surfing, kayaking or soaking up the California sun.

With over 90 courses located throughout the region, San Diego has quickly become a golf lover's delight. Named "One of the Top 50 Golf Destinations in the World" by Golf Digest, the region has a variety of courses thanks to blue skies, temperate climates and beautiful terrain.

Bringing Family? San Diego offers exciting family vacation attractions. From all day adventures at the San Diego Zoo and the Wild Animal Park to cool theme parks like SeaWorld San Diego, Legoland and Knott's Soak City, experiencing San Diego is sure to be a hit with the entire family. Create your own science experiment at the Reuben H. Fleet Science Center or create a sand castle at on one of our many sunny San Diego beaches. There's something for every member of the family.

# Fees and Deadlines

## Two Important Dates to Remember:

**Earlybird Registration Date: February 16, 2010**

**Online Registration Deadline: March 24, 2010**

Event	SCAN Member	Non SCAN ADA Member	Non ADA Member	Student
<b>Full Conference Registration**</b>				
Early Bird (by 2/16/10)	\$275	\$325	\$355	\$100
After February 16, 2010	\$325	\$375	\$405	\$115
<b>Daily Rates</b>				
Sunday Only	\$100	\$115	\$125	\$50
After February 16, 2010	\$115	\$130	\$140	\$60
Monday Only	\$100	\$115	\$125	\$50
After February 16, 2010 <i>(does NOT include Awards dinner)</i>	\$115	\$130	\$140	\$60
Tuesday Only	\$100	\$115	\$125	\$50
After February 16, 2010	\$115	\$130	\$140	\$60
Monday Awards Dinner <i>(a \$130 value. The dinner is included with full registration)</i>	\$50	\$50	\$50	\$50

## Special Pre-Symposium Rates! LIMITED SEATING

### Attend more and save more!

Attend one pre-symposium workshop for \$100

Attend two pre-symposium workshops for \$180 (a savings of 10%)

Attend all three pre-symposium workshops for \$240 (a savings of 20%)

\*\*Includes FREE access to all Symposium session recordings via SCAN website (does not include the three pre-symposia)

## We encourage you to register online at [www.scandpg.org](http://www.scandpg.org)

Got a question? Call the SCAN Symposium Management office at 630-617-5153 or email [SCANreg@apexmanage.com](mailto:SCANreg@apexmanage.com)

To download a printed form, please go to [www.scandpg.org](http://www.scandpg.org). Registration form and payment can be sent to:

SCAN Registration  
310 W. Lake Street  
Ste 219  
Elmhurst, IL 60126

## Cancellation policy

March 6, 2010 is the last date to cancel without a cancellation fee. After March 6, 2010, a \$50 cancellation fee will be applied. Written notification of your cancellation is required to process your refund.



San Diego Beach