

Contemporary and Alternative Medicine (CAM)

The Brave New World of Dietary Supplement

**Quick and Easy
Registration**

(713) 500-4028

Friday – October 30, 2009

Saroj M. Bahl, PhD, RD, LD

Course Description

It is well recognized that conventional medicine excels in the management of medical emergencies, certain bacterial infections, trauma care and many, often heroically complex surgical techniques. However, our current health care system seems to have failed miserably in the areas of disease prevention and the management of the myriad new and chronic illnesses that are confronting today's physicians. In the face of an increasingly inadequate system of conventional medicine, a growing number of people are turning to Complementary and Alternative Medicine (CAM) to address their needs. The general public is starting to recognize the effectiveness of CAM's approach to health, which blends body and mind, science and experience as well as cross-cultural issues. A rapidly emerging area in the broad domain of CAM is the widespread use of dietary supplements. A dietary supplement is defined as any product intended to supplement the diet by providing one or more vitamins, minerals, herbs, or other botanical products, or amino acids. Dietary supplements include a large and growing group of products; some of them benefit health, but the usefulness and safety of others are highly suspect. However, certain vitamin/mineral supplements may be useful, particularly for certain vulnerable populations.

This course will present a brief overview of the relationship of vitamins D, C, E, and B-complex vitamins-particularly folate, pyridoxine (B6) and cobalamin (B12) to disease prevention and maintenance of health, including oral health. In addition, the importance of certain minerals such as calcium, potassium, iron, zinc, selenium, and the need for their supplements in special conditions will be discussed. The last section of the course will summarize dietary and lifestyle recommendations as stated by some major scientific organizations such as American Diabetes Association, American Heart Association, American Cancer Society and of course American Dietetic Association.

Learning Objectives

- Define "dietary supplement" and discuss the relationship of vitamins D,C,E and B-complex vitamins, particularly folate, pyridoxine (B6) and cobalamin (B12) to disease prevention and maintenance of health, including oral health.
- Discuss the importance of certain minerals such as calcium, potassium, iron, zinc, selenium, and the need for their supplements in special conditions.
- Discuss the dangers associated with excess consumption of certain vitamin and/or mineral supplements.
- Summarize dietary and lifestyle recommendations for maintenance of health and prevention of disease as endorsed by major Health Organizations (American Heart Association, American Dietetic Association etc.).

About the Presenter



Saroj M. Bahl, PhD, RD, LD, received her Ph.D. (Nutrition) degree from Delhi University, India. She is currently an Associate Professor at The University of Texas Dental Branch at Houston. Dr. Bahl has had extensive teaching experience (over 30 years), at both an undergraduate and graduate level. She has received honors and awards for teaching excellence, including the prestigious John P. McGovern Award (UT-HHSC) more than once. She has also been listed in 'Who's Who Among America's Teachers' more than once. Other national/international listings which include her biographical sketch are 'Who's Who in Medicine and Health Care', 'Who's Who in America', 'The World Who's Who of Women' and 'International

Who's Who of Professionals' – to name just a few. Dr. Bahl was nominated for "U.S. National Professor" in 1993 and 1994. She was named "Outstanding Dietetic Educator" by the Texas Dietetic Association in 1995. Her other accomplishments include several scientific and educational publications in peer-reviewed journals, as well as over 300 presentations to professional and community groups in the last 30 years. Dr. Bahl is the primary author of a book entitled, "Nutritional Care of HIV-Positive Persons-A Manual for Individuals and their Caregivers", which was published by CRC Press, Boca Raton, Florida.

New!
On-line Registration
www.db.uth.tmc.edu/cont-ed

**Continental
Breakfast and Lunch
Provided**

Location
Medical Center
The University of Texas
Dental Branch at Houston
6516 M.D. Anderson Blvd.
Houston, Texas 77030

Date
Friday – October 30, 2009

Time
Check-in and Breakfast
8:30 am – 9:00 am
Presentation
9:00 am – 5:00 pm

Credit Hours
7 Lecture

AGD Code
150 Nutrition
730 Oral Medicine,
Oral Diagnosis

Registration
\$ 187.00 Dentist
\$ 145.00 Allied Dental
Personnel

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