



Not Your Mom's Genes: Epigenetics as a Tool in Nutrition Counseling

January 29, 2016

9:00am-12:00pm

Columbia Teacher's College, 525 W. 120th Street, New York, NY 10027
Grace Dodge 177

Goal: Participants will understand the science and research behind epigenetics and the ways in which it is applied in clinical practice.

Objectives

After this session, participants will be able to:

1. Define epigenetics and discuss the research and application to population health.
2. Understand how food, nutrition, and the environment influence gene expression and apply these concepts in personalizing nutrition care.
3. Understand strategies used in preterm infants to improve nutrition-related outcomes.

8:30 – 9:00	Registration and Networking
9:00 – 9:10	Welcome Brett Klein, MSc, RD, CDN Chair of NYCEN
9:10 – 9:50	Dr. Fabien Delahaye, Ph.D Assistant Professor of Obstetrics and Gynecology, Albert Einstein College of Medicine <i>Epigenetics 101: What research has taught us about environment and gene expression</i>
9:50 – 10:35	Janet Zarowitz, MS, RD, CDN Integrative and Functional Nutritionist <i>From research to practice: Nutrigenomics in the patient care process</i>
10:35-10:45	Break
10:45-11:30	Malki Miller, MS, RD CNSC Brooklyn College Department of Nutrition and Maimonides Infants' and Children's Hospital <i>Changing NICU nutrition strategies for better outcomes</i>
11:30 – 12:00	Meeting Adjourned & Networking

NYCNEN thanks the Program in Nutrition at Teachers College Columbia University for their ongoing support.

Speaker Bios

Dr. Fabien Delahaye is an Assistant Professor of Obstetrics and Gynecology at Albert Einstein College of Medicine. He received his Masters and Ph.D in Physiology and Biology at the University of Sciences and Technologies of Lille in 2007 and 2010 respectively. He has authored and co-authored numerous publications in peer-reviewed journals and has made large contributions to the science of understanding of epigenetic implication on functional consequence. His current research involves the effect of extreme fetal growth and epigenetics.

Janet Zarowitz, MS, RD, CDN is an integrative and functional nutritionist. She received her BS in Nutrition from Cornell University and her MS in Nutrition from Teachers College, Columbia University. Her past experience includes developing and implementing nutrition education programs at corporate offices and in schools, and public relations consulting, grant writing and marketing. Janet's interest in integrative approaches to nutrition was sparked when she searched for "out-of-the-box" answers to help members of her family to feel better. Her research led her to incorporate integrative approaches such as targeted nutritional supplements and nutrigenomics, alongside whole food therapies and healthy lifestyle changes. She sees patients for a variety of nutrition-related, often quality of life concerns, such as poor digestion, food intolerances, anxiety and mood disorders, candida and gut imbalance, autoimmune disorders, fatigue, and inability to gain or lose weight. Janet's informational website, www.mysupplementRD.com, also offers professional grade nutrition supplements that support the most basic functions of everyday living and wellness.

Malki Miller, MS, RD, CNSC is a neonatal/pediatric clinical dietitian and certified nutrition support clinician at Maimonides Medical Center, where she is involved in nutrition support for preterm infants in the neonatal intensive care unit (NICU). In addition to her clinical work, she is involved in nutrition research in the NICU on strategies to optimize nutrition care in this population. She is also part of the adjunct faculty in the Department of Health and Nutrition at Brooklyn College of the City University of New York.

NYCNEN thanks the Program in Nutrition at Teachers College Columbia University for their ongoing support.