



Nourishing the Gut
January 27, 2017
9:00-12:00

The CUNY School of Public Health and Public Policy
55 W 125th Street NYC 10027

Goal:

To discuss the importance of gut health in disease prevention and treatment.

Objectives:

After this session, participants will:

- 1) Understand the importance of gut health.
- 2) Understand the relationship between a healthy gut microbiome and the prevention of other comorbidities.
- 3) Understand the role of nutrition (pre/probiotics) in nourishing the gut.

8:30 – 9:00	Registration and Networking
9:00 – 9:10	Welcome Lisa Zullig, MS, RDN, CSG, CDN Chair of NYCEN
9:10 – 9:55	Dr. Dana Lukin, M.D., Ph.D. Director, Einstein-Montefiore Program for Inflammatory Bowel Disease Assistant Professor of Medicine, Division of Gastroenterology Albert Einstein College of Medicine Montefiore Medical Center
9:55 – 10:10	Break
10:10 – 10:55	Tamara Duker Freuman, MS, RD, CDN Clinical Dietitian, East River Gastroenterology & Nutrition
11:00 – 11:30	Q&A
11:30 – 12:00	Meeting Adjourned & Networking

This meeting is co-sponsored by the CUNY School of Public Health and Health Policy. NYCEN thanks the School of Public Health & Health Policy for their support and space for this meeting!

Thank you to Siggis for their generous donation

NYCEN also would like to thank the Program in Nutrition at Teachers College Columbia University for their ongoing support.



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Dana Lukin, M.D., Ph.D.

Dana J. Lukin, MD, PhD, received his medical and graduate training at Mount Sinai School of Medicine, where he also completed residency in internal medicine. He then went on to fellowship training in gastroenterology at Columbia University Medical Center.

In his capacity as Director of the Einstein-Montefiore Program for Inflammatory Bowel Diseases, Dr. Lukin works closely with colleagues in affiliated specialties in order to provide comprehensive care for patients with inflammatory bowel disease (IBD).

He is involved in clinical trials and clinical and translational research in IBD, and serves on the Chapter Medical Advisory Committee for the New York Chapter of the Crohn's and Colitis Foundation of America. He is also a founding member of IBD-REMEDY (Research Mentoring Education New York) and serves on the Executive Committee of the New York Crohn's and Colitis Organization.

Tamara Duker Freuman, MS, RD, CDN

Tamara is a Registered Dietitian (RD) and New York State licensed Certified Dietitian-Nutritionist (CDN). She holds a Master's of Science degree in Clinical Nutrition from New York University and completed her clinical training at Mount Sinai Medical Center in New York City. While she helps clients with a diverse array of health concerns, Tamara specializes in medical nutrition therapy for digestive disorders and is an expert in Irritable Bowel Syndrome (IBS), Small Intestinal Bacterial Overgrowth (SIBO) and celiac disease.

In addition to her clinical work, Tamara is a prolific nutrition writer. She blogs weekly for Eat + Run, U.S. News & World Report's online health blog, and hosts her own popular blog devoted to healthy eating and gluten-free living at www.tamaraduker.com. Her nutrition advice has been featured in national online, radio and print media, including National Public Radio, Women's Health magazine, the Huffington Post, Cosmo, Shape, Details and Reader's Digest.

Tamara graduated summa cum laude from Duke University and completed a Master's of Science degree from Georgetown University's School of Foreign Service.