Demystifying Medicine
Seminar Series 2014

DATE:
**Monday,
January 27, 2014**

TIME:
4:00 p.m. to 5:30 p.m.

LOCATION:
Location: MDCL 3020

WEBSITE:
www.demystifyingmedicine.ca

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McMaster University

Department of Medicine

Michael G. DeGroote
SCHOOL OF MEDICINE

**Continuing Health
Sciences Education**

A TRANSLATIONAL VIEW OF:
Why what we think are bad or good foods to eat changes every week?

This seminar includes a clinical presentation with patient interview followed by a research presentation

SPEAKERS:

Dr. Sonia Anand
Professor, Departments of Medicine and Clinical Epidemiology and Biostatistics • Director of Population Genomics Program, Dept. of Clinical Epidemiology and Biostatistics • Canada Research Chair in Ethnic Diversity and Cardiovascular Disease • Heart and Stroke Foundation / Michael G. DeGroote Chair in Population Health Research

Dr. Andrew Mente
*Assistant Professor,
Department of Clinical Epidemiology & Biostatistics*

Dr. Russell de Souza
*CIHR Post-doctoral Research Fellow,
Department of Clinical Epidemiology & Biostatistics*

LEARNING OBJECTIVES:
- To understand the reasons why nutrition so often seems to provide "mixed messages"
- To understand the methodological challenges in assessing diet-disease relationships
- To appreciate the limitations inherent when using surrogates as outcomes in clinical trials (e.g. blood pressure vs. CVD events)
- To appreciate the limitations of the scientific evidence upon which dietary guidelines have historically been based (i.e.. sodium, saturated fat)

Accreditation Statement:
Each seminar meets the accreditation criteria of The College of Family Physicians of Canada and has been accredited by McMaster Continuing Health Science Education for up to 1.5 Mainpro-M1 credits.

This activity is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification program of The Royal College of Physicians and Surgeons of Canada and approved by McMaster Continuing Health Science Education for up to 1.5 MOC Section 1 credits