

# METABOLIC SYNDROME



**July 10–11, 2013**

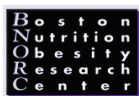
DANIEL TOSTESON MEDICAL EDUCATION CENTER  
CARL WALTER AMPHITHEATER  
(2ND FLOOR)  
260 LONGWOOD AVENUE, BOSTON, MA  
**HARVARD MEDICAL SCHOOL**

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Presented by



**HARVARD MEDICAL SCHOOL**  
DIVISION OF NUTRITION and  
HARVARD NUTRITION OBESITY  
RESEARCH CENTER



**BOSTON NUTRITION  
OBESITY RESEARCH  
CENTER**



**HARVARD SCHOOL  
OF PUBLIC HEALTH**  
DEPARTMENT OF  
NUTRITION

## Wednesday, July 10, 2013

**7:15 a.m. Registration & Continental Breakfast**

**8:00-8:10 a.m. Welcome**

**W. Allan Walker, MD**  
 Conrad Taff Professor of Nutrition  
 and Pediatrics  
 Director, Division of Nutrition  
 Director, Nutrition Obesity  
 Research Center  
 Harvard Medical School  
 Massachusetts General Hospital  
 for Children

**Steven Grinspoon, MD**  
 Director, Massachusetts General Hospital  
 Program in Nutritional Metabolism  
 Clinical Co-Director, Neuroendocrine  
 Clinical Center, Massachusetts  
 General Hospital  
 Professor of Medicine, Harvard Medical  
 School

## SESSION I: What is Metabolic Syndrome and Why Does it Matter?

**Moderator:** Steven Grinspoon, MD, Massachusetts General Hospital, Harvard Medical School

**8:10-8:40 a.m. Epidemiology, Genetics and Insulin Resistance**

**James Meigs, MD, MPH**  
 Associate Professor of Medicine, Harvard Medical School  
 Co-Director, MGH Clinical Research Program, Clinical Effectiveness  
 Research Unit, Massachusetts General Hospital

**8:40-9:10 a.m. Weight or Fat Distribution - What Matters?**

**Jean-Pierre Després, PhD, FAHA, FIAS**  
 Scientific Director, International Chair on Cardiometabolic Risk  
 Professor, Department of Kinesiology, Faculty of Medicine, Université Laval  
 Director of Research, Cardiology, Québec Heart and Lung Institute

**9:10-9:40 a.m. Getting to the Heart of the Matter: Ectopic Fat Deposits and Cardiovascular Risk**

**Caroline Fox, MD, MPH**  
 Director of Metabolic Research, the Framingham Heart Study  
 Associate Director, Center for Population Studies, National Heart, Lung, and  
 Blood Institute  
 Associate Clinical Professor of Medicine, Harvard Medical School  
 Division of Endocrinology, Metabolism, and Diabetes, Department of Medicine,  
 Brigham and Women's Hospital

**9:40-10:10 a.m. Coffee Break**

10:00-10:40 a.m.

**Metabolic Syndrome in the Pediatric Population Does it Exist (Negative View)**

Elizabeth Goodman, MD

Associate Chair for Community-Based Research, Massachusetts General Hospital for Children

Director, MGH Center for Child & Adolescent Health Research and Policy

Professor of Pediatrics, Harvard Medical School

10:40-11:10 a.m.

**Metabolic Syndrome in the Pediatric Population (Positive View)**

Samuel Gidding, MD

Division Chief of Cardiology, Alfred I. DuPont Hospital for Children

11:10-11:45 a.m.

**Roundtable Discussion**

11:45 a.m.-12:45 p.m.

**Lunch**

## SESSION 2:

### What is the Mechanism of Metabolic Syndrome?

Moderator: W. Allan Walker, MD, Harvard Medical School, Massachusetts General Hospital

12:45-12:50 p.m.

**Introductions**

W. Allan Walker, MD, Harvard Medical School

12:50-1:20 p.m.

**Transgenerational Obesity and the Early Origins of Metabolic Disease**

Jacob E. Friedman, PhD

Professor, Department of Pediatrics, Biochemistry & Molecular Genetics

Director, NIH Center for Human Nutrition Research Metabolism Core Laboratory

Director, Colorado Program in Nutrition and Healthy Development

University of Colorado Anschutz Medical Campus

1:20-1:50 p.m.

**Pre- and Peri-natal Risk Factors**

Matthew Gillman, MD, SM

Director, Obesity Prevention Program, Department of Population Medicine, Harvard Medical School

Professor, Department of Population Medicine, Harvard Medical School

1:50-2:20 p.m.

**Role of Inflammation**

Steven E. Shoelson, MD, PhD

Professor of Medicine, Harvard Medical School

Helen and Morton Adler Chair and Associate Research Director,

Joslin Diabetes Center

2:20-2:50 p.m.

**Coffee Break**

2:50-3:20 p.m.

**Role of Intestinal Microbiota**

Andrew Gewirtz, PhD

Professor, Center for Inflammation, Immunity & Infection,  
Department of Biology, Georgia State University

3:20 - 3:50 p.m.

**Microbiome and NASH**

Susan Baker, MD, PhD

Professor and Co-Chief, Department of Pediatrics, Digestive Diseases and  
Nutrition Center, University at Buffalo, Women and Children's Hospital of  
Buffalo

3:50 - 4:30 p.m.

**Roundtable Discussion**

4:30 - 4:45 p.m.

**Closing Remarks/Adjourn**

## Thursday, July 11, 2013

7:30-8:00 a.m.

**Registration & Continental Breakfast**

### SESSION 3:

## Does Metabolic Syndrome Differ in Developing Countries?

Moderator: Frank Hu, MD, PhD, MPH, Harvard School of Public Health

8:00-8:10 a.m.

**Welcome and Introductions**

Frank Hu, MD, PhD, MPH

Professor, Department of Nutrition, Department of Epidemiology, Harvard School  
of Public Health

8:10-8:40 a.m.

**Overview**

Frank Hu, MD, PhD, MPH

Professor, Department of Nutrition, Department of Epidemiology, Harvard School  
of Public Health

8:40-9:10 a.m.

**The Global Cardiovascular Risk and Nutrition Transition**

Goodarz Danaei, MD, ScD

Assistant Professor, Department of Global Health and Population, Harvard School  
of Public Health

9:10-9:40 a.m.	<b>Quality of Carbohydrate and Diabetes Prevention</b> Vasanti Malik, ScD Research Fellow, Department of Nutrition, Harvard School of Public Health
9:40-10:10 a.m.	<b>Coffee Break</b>
10:10-10:40 a.m.	<b>Diet and Metabolic Syndrome in Latin America</b> Hannia Campos, PhD Senior Lecturer on Nutrition, Harvard School of Public Health
10:40-11:10 a.m.	<b>Diabetes and Metabolic Syndrome Prevention in India</b> K.M. Venkat Narayan, MD, MSc, MBA Ruth and O.C. Hubert Professor of Global Health, Professor of Medicine & Epidemiology, Emory University
11:10-11:50 a.m.	<b>Roundtable Discussion</b>
11:50 a.m.-12:00 p.m.	<b>Closing Remarks/Adjourn</b> Steven Grinspoon, MD, Massachusetts General Hospital, Harvard Medical School

## WEBCAST

A webcast of this symposium will be available at  
<http://nutrition.med.harvard.edu>

Additional Webcasts available:

- Nutrition and Global Health
- Protective Nutrients: Are They Here to Stay?
- The Genetics of Obesity
- Obesity and Inflammation

## SPEAKERS, MODERATORS & DISCUSSANTS

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