

PATIENT-CENTERED CARE



February 12

Wednesday

12:00 – 1:00 PM EST/EDT

learn.unclcn.org/02122025



Available in one month

learn.unclcn.org/spoc

UNCLCN SITES

UNCLCN Website unclcn.org

Learning Portal learn.unclcn.org

Live Webinars learn.unclcn.org/live



Food as Medicine: Healthy Eating and Cancer



Denise Spector, PhD, MPH, MSN, ANP, FAIHM

Nurse Practitioner/Integrative and Lifestyle Medicine Clinician

UNC Health – NC Cancer Hospital

UNC Lineberger Comprehensive Cancer Center

UNC School of Medicine

University of North Carolina at Chapel Hill

WEBINAR DESCRIPTION

While food is no substitute for conventional medicine, it is a key factor in integrative and lifestyle medicine that can positively impact overall health and wellness. Choosing a healthy eating pattern can not only reduce risk for major chronic illnesses, but in some cases can also improve outcomes in those living with chronic conditions, such as cancer, heart disease, and diabetes.

LEARNING OBJECTIVES

- Discuss the science behind the concept of Food as Medicine
- Describe nutrition recommendations from two leading national cancer organizations
- Discuss the evidence for a predominantly plant-based whole foods diet in cancer care
- Explain the role of dietary supplements in cancer care

DISCLOSURE STATEMENTS

Activity Directors: This activity has been planned and implemented under the sole supervision of the Course Director, Stephanie Wheeler, PhD, MPH, in association with the UNC Office of Continuing Professional Development (CPD) and Emily Ray, MD, of the UNC School of Medicine. Dr. Wheeler received research support from AstraZeneca (ended June 2023) and Pfizer Medical Foundation (ended December 2023). These financial relationships have been mitigated. Dr. Emily Ray has no relevant financial relationships with ineligible companies as defined by the ACCME. CPD staff have no relevant financial relationships with ineligible companies as defined by the ACCME.

ACCME: The presenter has no relevant financial relationships with ineligible companies as defined by the ACCME.

ANCC: Except as defined above, no one with the ability to control content of this activity has a relevant financial relationship with an ineligible company.

ACCREDITATION

NCPD/CNE: UNC Health is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Criteria for successful completion requires attendance at the NCPD activity and submission of an evaluation within 7 days.

ACPE: The UNC Eshelman School of Pharmacy Postgraduate/Continuing Education (PGCE) Program provides accredited professional educational activities for pharmacists and pharmacy technicians. The Eshelman School of Pharmacy of the University of North Carolina at Chapel Hill designates this live activity for a maximum of 1.0 ACPE Credit(s).

ASRT: The American Registry of Radiologic Technologists (ARRT) is a leading credentialing organization that recognizes qualified individuals in medical imaging, interventional procedures, and radiation therapy. Approved by the ASRT for 1 Category A continuing education credit.

CME: The School of Medicine of the University of North Carolina at Chapel Hill is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The School of Medicine of the University of North Carolina at Chapel Hill designates this live internet activity for a maximum of 1.0 AMA PRA Category 1 Credit(s)[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.