

Integrative Medicine Grand Rounds

presents

Nutritional and Integrative Medical Approaches to Inflammatory Bowel Disease



Presenter:

Joel S. Edman, DSc, FACN, CSN

Dr. Edman is currently the Director of the Integrative Nutrition program and the Associate Research Director for the Jefferson-Myrna Brind Center of Integrative Medicine. He also is Clinical Assistant Professor, Department of Emergency Medicine. Dr. Edman is an expert on the therapeutic application of dietary guidelines and nutritional supplementation for chronic diseases including gastrointestinal disorders, cancer, metabolic syndrome, and neuropsychiatric disorders. Specific mechanisms and issues of interest include hypoglycemia/insulin resistance, food intolerance or food allergy, anti-inflammatory nutritional effects, and adherence to nutritional and lifestyle programs.

Overall Goals and Objectives:

1. Understand the characteristics and differences of the two primary Inflammatory Bowel Diseases, Crohn's Disease and Ulcerative Colitis.
2. Appreciate the dietary guidelines and nutritional supplements that may be beneficial for patients with IBD.
3. Describe lifestyle and integrative medical approaches that may be helpful for IBD patients.
4. Understand a theoretical model of integrative medical approaches to IBD and how it might be applied in clinical practice.

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April 7, 2009

8–9 a.m.

**925 Chestnut Street
2nd Floor Conference Room**

For more information, please call 215-955-3014.