

Let's Talk:

Conversations about women's health

Digesting Digestive Health

Let's Talk is an educational series that focuses on women's health. The content is uniquely created and presented by a panel of nationally-renowned experts, physicians and researchers focused on women's health.

News you can use...

Our physicians and researchers will lay the groundwork for this educational session by presenting several topics about the digestive system. We'll start with a 101 lesson on the human gastrointestinal system, followed by the hot topic of dietary carbohydrates to understand how carbs (and gluten) influence your system. We will cover the latest research on irritable bowel syndrome and what helps, and will also devote time to understanding the reasons for constipation and bowel leakage. Then, we will move on to exploring the all-important topic of colon cancer screening and prevention. Finally, our team will present new endoscopic interventions for weight loss.

Who: Women

Date: Tuesday, March 14, 2017

Time: 5:15 p.m., Registration and light dinner
6-8 p.m., Lecture and Q&A

Where: Anschutz Inpatient Pavilion 2
Conference Center Auditorium
12605 East 16th Ave.
Aurora, CO 80045

Cost: Free

Parking: Free valet parking will be available - information will be emailed to you closer to the date.

R.S.V.P.: Please reserve now as space is limited.
Registration will close March 8, 2017. Visit <https://digestingdigestivehealth.eventbrite.com> or call Chiara Del Monaco at 720.848.4023.



Agenda

- 5:15 p.m. Registration and Light Dinner
- 6:00 p.m. Introductions and Welcome
- 6:05 p.m. Carbs, Gluten and Your Gut
Gregory Austin, MD, MPH
- 6:25 p.m. Irritable Bowel Syndrome and Non-Pharmacologic Therapy
Jenny Czworog, MD
- 6:45 p.m. Constipation and Accidental Bowel Leakage: Why Does It Happen and What Can Be Done to Correct It?
Alison Freeman, MD, MPH
- 7:05 p.m. Special Topics in Colorectal Cancer Prevention
Swati Patel, MD, MS
- 7:25 p.m. Endoscopic Therapies for Weight Loss: A New Era of Obesity Treatment
Shelby Sullivan, MD
- 7:45 p.m. Question and Answer Session
- 8:00 p.m. Adjourn



Speakers



Carbs, Gluten and Your Gut

Gregory Austin, MD MPH

Head, General Gastroenterology Section

Division of Gastroenterology and Hepatology

Dr. Austin received his undergraduate degree from the University of Florida and his MD and MPH from Yale University. He completed his residency in Internal Medicine at the Oregon Health and Science University and his fellowship in Gastroenterology at the University of North Carolina. Dr. Austin is a member of the American Gastroenterological Association, the American College of Gastroenterology and the Obesity Society. He has authored numerous publications, including many on the role of diet composition (carbs, fats, and proteins) on gastrointestinal function and obesity. He is the Head of the General Gastroenterology Section for the Gastroenterology Division at the University of Colorado Anschutz Medical Campus.

In this talk, Dr. Austin will provide our audience with an understanding of how dietary carbohydrates influence gastrointestinal symptoms. He will review the evidence for low-carbohydrate compared to low-fat diets for weight loss and teach about the role of gluten on gastrointestinal symptoms in patients without celiac disease.



Irritable Bowel Syndrome and Non Pharmacologic Therapy

Jenny Cawernog, MD

Assistant Professor of Medicine

Division of Gastroenterology and Hepatology

Dr. Cawernog attended the University of Notre Dame for her undergraduate education where she received a degree in biochemistry. She then attended Indiana University where she received her medical degree. She completed both her Internal Medicine residency as well as her fellowship in Gastroenterology and Hepatology at the University of Colorado. Dr. Cawernog's research interests include the effect of medications on the microbiome and testing for bacterial overgrowth. She is an Assistant Professor in the Division of Gastroenterology and enjoys seeing patients with a broad range of gastrointestinal disorders.

In this session, Dr. Cawernog will teach about the criteria that the medical profession currently uses to diagnose irritable bowel syndrome (IBS) and other functional gastrointestinal disorders. She will review the role of diet in IBS and specifically evidence for the low FODMAP diet and discuss the role of microbiome changes and the use of probiotics in IBS.



Constipation and Accidental Bowel Leakage: Why Does It Happen and What Can Be Done to Correct It?

Alison Freeman, MD

Assistant Professor of Medicine

Division of Gastroenterology and Hepatology

Dr. Freeman graduated with a dual Bachelor degree in biology and economics from the University of Michigan. Prior to starting medical school, she obtained a master's degree in Public Health in molecular epidemiology, also from the University of Michigan, and worked at the Centers for Disease Control and Prevention in Atlanta, Georgia. She attended medical school at Rush University in Chicago, Illinois, and subsequently completed her internship and residency in Internal Medicine at the University of Washington in Seattle, and her fellowship in Gastroenterology at the University of Michigan in Ann Arbor, before joining the faculty at the University of Colorado as an assistant professor. Dr. Freeman has a special interest in women's health in GI, and specifically the issue of pelvic floor dysfunction as it relates to the development of constipation and/or fecal incontinence.

Dr. Freeman will be discussing common reasons for the development of constipation. She will discuss various treatment approaches for constipation, from at-home remedies to physical therapy. She will also talk about risk factors for and the treatment of accidental bowel leakage or fecal incontinence.



Special Topics in Colorectal Cancer Prevention

Smriti Patel, MD MS

Assistant Professor of Medicine, Division of Gastroenterology and Hepatology

Dr. Patel received her undergraduate degree from Union College and concurrently obtained a master's in Health Systems Administration from Union University. She attended Albany Medical College for her medical degree. She completed her Internal Medicine Residency and Gastroenterology fellowship at the University of Colorado. She was on faculty at the University of Michigan and joined the University of Colorado in 2015. She is a member of the American Gastroenterological Association, the American College of Gastroenterology and the American Society for Gastrointestinal Endoscopy. Dr. Patel has a clinical and research interest in colorectal cancer prevention. Specifically, she works to identify and care for patients at increased risk of colorectal cancer based on their family history of cancer or genetics. She is also interested in colonoscopy quality and training, including application of new endoscopic imaging technologies.

In this session Dr. Patel will give an overview of colorectal cancer incidence and mortality in the United States. She will review family history as a risk factor for colorectal cancer and discuss screening recommendations based on family history. Finally, she will present updated diet and lifestyle protective tips and risk factors for colorectal cancer.



Endoscopic Therapies for Weight Loss: A New Era of Obesity Treatment

Shelby Sullivan, MD

Visiting Associate Professor of Medicine

Division of Gastroenterology and Hepatology

Dr. Sullivan is a Visiting Associate Professor of Medicine at the University of Colorado School of Medicine and Director of the Gastroenterology Metabolic and Bariatric Program in the Division of Gastroenterology. Dr. Sullivan graduated with a degree in nutritional science from the University of Wisconsin - Madison before attending Washington University School of Medicine in St. Louis, Missouri for her medical degree. She stayed at Washington University for both her internal medicine residency and her fellowship in gastroenterology, as well as coursework towards a Master of Science in Clinical Investigation. She joined the faculty in the Division of Gastroenterology at Washington University in 2007. She has held funding from the National Institutes of Health for her work studying metabolism in obesity and obesity related disease, and has been an investigator on seven trials for FDA approval studying endoscopic weight loss devices and procedures including the recently approved ReShape Balloon, AspireAssist, and Obalon Balloon System.

This talk will review recently approved Federal Drug Administration (FDA) devices for weight loss and the data from the United States multi-center trials. The devices, which have recently been approved by the FDA, include the ReShape Intragastric Dual Balloon System, the Orbera Intragastric Balloon, the Obalon Balloon System, and the AspireAssist System. We will also discuss, endoscopic sleeve gastroplasty which is not an FDA approved procedure, but is a procedure performed with an FDA approved intragastric suturing device.