

Symposium Speaker Spotlight: Dr. Zhaoping Li to discuss Nutritional Myths with Pancreatic Cancer

We're thrilled to announce Dr. Zhaoping Li will return to address the importance of nutrition for pancreatic cancer patients at the 16th Annual Symposium on Pancreatic Cancer.

Dr. Li has been a Hirshberg Foundation seed grant recipient and has presented a number of symposium lectures on the important role nutrition plays for pancreatic cancer patients. She is consistently requested by our participants as a speaker year after year. She has been our Honorary Medical Chair for the LA Cancer Challenge, presented an in-person Cooking Healthy Class and was the first to join our [Patient & Family Webinar Series](#) with her webinar [How to Eat and Live Well During Coronavirus](#). Dr. Li always has crucial information to share that continues to improve the lives of our patients.

Dr. Li is a Professor of Medicine and the Director of the UCLA Center for Human Nutrition, Chief of the Division of Clinical Nutrition in the Department of Medicine, at the David Geffen School of Medicine at UCLA and VA Greater Los Angeles Health Care System. She is board-certified in Internal Medicine and Physician Nutrition Specialist. Dr. Li's primary areas of research are the role of nutrition, phytochemicals, and microbiota in the prevention and treatment of metabolic diseases such as cardiovascular disease, diabetes and common forms of cancer. She has published over 150 peer-reviewed papers in journals such as JAMA, Annals of Internal Medicine, American Journal of Clinical Nutrition, and Journal of American Dietetic

Association.

A very important topic, we are so happy to have Dr. Li joining us to discuss *Nutritional Myths with Pancreatic Cancer* at the 16th Annual Symposium.

The 3 MI's: Vantage Points of Nutrition. What Really Matters?

About the Lecture

This lecture introduces three new ideas about nutrition and health from different vantage points. The three MI's are a pattern of eating that is consistent with overall wellbeing. The first is the *M.I.N.D.* diet, a Mediterranean diet pattern with an emphasis on brain health. The second is the *microbiome*, how a healthy and diverse gut microbiome leads to digestive health and mental wellbeing. The third is healthy *mitochondria*, the powerhouse of the cell that provides vitality for the rest of our bodies. Learn simple and easy to implement ways to enhance health at any stage of the cancer journey.

About the Speaker

Carolyn Katzin, MS, CNS, MNT is an Integrative Oncology Specialist at the Simms/Mann Center where she sees patients for a highly individualized assessment of nutrition and supplements.

She completed the Stanford Professional Certificate in Genetics and Genomics from Stanford University in July 2017. Carolyn earned a Bachelor of Science degree in Nutrition (with honors) at University of London's King's College and earned a Master of Science degree in Public Health in Nutritional Science from UCLA. She is the author of several books including "[The Everything Cancer Fighting Cookbook](#)" and "[The Cancer Nutrition Handbook](#)".

Nutrition, Hydration and Cancer

About the Lecture

Cellular hydration is of paramount importance to the well-being of cancer patients during treatment and beyond. The body uses water throughout the day that needs to be replenished. During cancer treatment, many of the side effects, vomiting, fever, sweating and diarrhea, can rob the body of crucial water and electrolytes. Cancer treatments can also cause lack of appetite and thirst, sore throat and mouth, and heightened sensitivities, leading to dehydration.

Hydration is more complex than simply drinking water. The food you eat determines how the water you are drinking will be stored and how it can help maintain cells for better health. In this lecture, Dr. Howard Murad discusses the importance of hydration & Carolyn Katzin addresses the nutritional value of high-water content foods and the role of hydration during treatment for

cancer.

About the Speaker

Howard Murad, MD, FAAD, is a trained pharmacist, associate clinical professor of medicine at UCLA, founder of [Murad Skincare Inc.](#) and Murad Inclusive Health Spa, president of the University for Inclusive Health, and a physician who specializes in both inclusive health and dermatology. He is one of the world's leading skin- and health-care authorities. His Science of Cellular Hydration looks at the ability of cell membranes to hold water within a cell as the fundamental marker of youthful good health and offers insights into health and aging. As the founder of Murad Skincare, he provides oversight to the Murad Inclusive Health Spa, Murad Inclusive Medical Group, and Murad Research Laboratories.

Carolyn Katzin, MS, CNS, MNT is an Integrative Oncology Specialist at the Simms/Mann Center where she sees patients for a highly individualized assessment of nutrition and supplements. She completed Stanford University's Professional Certificate in Genetics and Genomics in July 2017. Carolyn earned a Bachelor of Science degree in Nutrition (with honors) at University of London's King's College and earned a Master of Science degree in Public Health in Nutritional Science from UCLA. She is the author of several books including "[The Everything Cancer Fighting Cookbook](#)" and "[The Cancer Nutrition Handbook](#)."

Symposium Speaker Spotlight: Dr. Zhaoping Li to Discuss Nutrition & Pancreatic Cancer

The Hirshberg Foundation is delighted to welcome past [Seed Grant](#) awardee and crowd favorite Dr. Li to the 15th Annual Symposium on Pancreatic Cancer to discuss the importance of nutrition for all those with a pancreatic cancer diagnosis.

In 2016, Dr. Li received a Hirshberg Seed Grant to help fund a [nutritional study](#) that seeks to improve the outcomes of pancreatic cancer patients that are not eligible for surgery. Dr. Li has spoken previously at the Symposium on the importance of nutrition for pancreatic cancer patients. She was integral to our [cooking class](#) for patients and their family members and helped to develop a handful of [healthy recipes](#). Consistently a crowd favorite, she shares important, real world tips on optimal nutrition for the patient post-surgery as well as for those non-surgical patients. We are excited to have Dr. Li speaking on *Nutrition and Pancreatic Cancer...Food Matters!*

Dr. Zhaoping Li is a Professor of Medicine, and Chief of Clinical Nutrition Division at UCLA School of Medicine, Ronald Regan Medical Center. She also directs the UCLA Center for Human Nutrition, overseeing the research coordinator, clinical dietitians and clinical fellows. She has been Principal Investigator for more than 50 investigator-initiated and industry-sponsored clinical trials in the fields of nutrition, obesity and botanical research. She served as the Chair of Obesity Research Section for the American Society of Nutrition. She also serves as Board Member of UCLA Physician Practice Group.

Nutritional Study for Non-Surgical Pancreatic Cancer Patients Seeks Volunteers

The UCLA Center for Human Nutrition is looking for volunteers for a medically-supervised study funded in part by the Hirshberg Foundation. This study seeks to investigate the effect of oral nutritional supplements in patients with pancreatic cancer.

As we know, many patients with pancreatic cancer experience weight loss and weakness. These side effects often impair overall quality of life and can complicate treatment. This study aims to examine the effect of dietary counseling with and without nutrition supplementation in patients with unresectable pancreatic cancer. Entitled, *“Nutritional study to improve outcomes in patients with pancreatic cancer that cannot be treated by surgery,”* volunteers are asked to participate in 6 clinical visits over the course of at least 16 weeks.

You May Be Eligible If You:

- Have been diagnosed with unresectable pancreatic cancer (meaning you are not a surgical candidate)
- Have lost weight in the past 6 months
- Are over 18 years of age
- Are a non-smoker

The study includes 6 clinic visits scheduled 4 weeks apart.

At each clinic visit:

- Blood samples taken
- You will meet with a registered dietitian
- You will be weighed and have your vital signs measured
- You will be asked to complete a food record
- You will be asked to complete a 6-minute walk without assistance

This study is being conducted by: Zhaoping Li, MD, PhD; Seper Dezfoli, MD; Vijiya Surampudi, MD; Lee Rosen, MD

This study has concluded and is no longer seeking volunteers.

Symposium Speaker Spotlight: Dr. Zhaoping Li to discuss Optimal Nutrition

The Hirshberg Foundation is excited to have Dr. Zhaoping Li, joining us at the 13th Annual Symposium on Pancreatic Cancer to discuss the role that food and diet play in achieving optimal health.

Zhaoping Li, MD, is a Professor of Medicine and the Director of the UCLA Center for Human Nutrition, Chief of the Division of Clinical Nutrition in the Department of Medicine, at the David Geffen School of Medicine at UCLA and VA Greater Los Angeles Health Care System. She is board-certified in Internal Medicine and a Physician Nutrition Specialist.

Dr. Li's primary areas of research are obesity treatment and prevention, the role of nutrition, phytochemicals, and botanical

dietary supplements in the prevention and treatment of metabolic disease, common forms of cancer and cardiovascular disease. She has published over 100 peer-reviewed papers in journals such as JAMA, Annals of Internal Medicine, American Journal of Clinical Nutrition, and Journal of American Dietetic Association.

We are excited to have Dr. Li will speak on *Optimal Nutrition* for pancreatic cancer at the 13th Annual Symposium at UCLA.