



FOOD FOR Thought

Nutrition & IBD



CROHN'S & COLITIS
FOUNDATION OF AMERICA

WEDNESDAY, APRIL 10, 2013

1:00 PM – 2:15 PM EASTERN

12:00 PM – 1:15 PM CENTRAL

11:00 AM – 12:15 PM MOUNTAIN

10:00 AM – 11:15 AM PACIFIC

Dear Registrant:

Thank you for registering for the upcoming FREE, live educational webcast, **Food for Thought: Nutrition & IBD**. This program is presented by the Crohn's & Colitis Foundation of America (CCFA) and features Millie D. Long, MD, MPH of UNC Chapel Hill and Lisa M. Cimperman, MS, RD, LD of University Hospitals Case Medical Center. Joel R. Rosh, MD of Goryeb Children's Hospital/Atlantic Health will also participate in the question-and-answer session.

To test your system prior to the program:

http://events.unisfair.com/microsite/ext/self_test.jsp?eid=1214&lc=en&cc=US (self-test)

<https://events.unisfair.com/microsite/ext/faq.jsp?eid=1269&seid=19&lc=en&cc=US> (system requirements; please refer to additional information sheets posted on materials page if viewing from iPad or Android tablet)

To join this educational webcast on April 10, please log in 10 minutes prior to the start time:

<http://engage.vevent.com/rt/ccfa~041013>

Please disable your pop-up blockers in order to view the content in its entirety. To disable pop-up blockers, go to Tools>Internet Options>Privacy in Internet Explorer or Tools>Options>Content in Firefox. You should be able to hear the audio and see the program slides through the computer. You will also be able to ask questions through the computer during the interactive question-and-answer session.

If you cannot hear the audio or would prefer to listen via phone, you can call: **866-543-7318** and give the operator the following conference ID: **13785803**.

Included in this packet you will find the following information:

- Program agenda
- Speaker biographies
- IBDetermined website flyer
- Take Steps and Team Challenge information

For more information about the Crohn's & Colitis Foundation of America, please visit www.ccfa.org or call the Information Resource Center at 888.MY.GUT.PAIN (888.694.8872).

Thank you again for your interest in this educational program! We look forward to you joining us.

Sincerely,

Laura D. Wingate
Senior Director, Field and National Programs



FOOD FOR Thought

Nutrition & IBD

 CROHN'S & COLITIS
FOUNDATION OF AMERICA



WEBCAST AGENDA Wednesday, April 10, 2013

12:50 PM – 1:00 PM ET

Participants Join the Program

Log-in:

<http://engage.vevent.com/rt/ccfa~041013>

1:00 PM – 1:05 PM ET

Program Overview and Introductions

Laura D. Wingate

Senior Director, Field and National Programs

1:05 PM – 1:45 PM ET

Presentation

Millie D. Long, MD, MPH

Assistant Professor of Medicine

UNC at Chapel Hill School of Medicine

Chapel Hill, NC

Lisa M. Cimperman, MS, RD, LD

Clinical Dietitian

University Hospitals Case Medical Center

Cleveland, OH

1:45 PM – 2:10 PM ET

Question-and-Answer Session

Millie D. Long, MD, MPH

Lisa M. Cimperman, MS, RD, LD

Joel R. Rosh, MD

Director, Pediatric Gastroenterology

Goryeb Children's Hospital/Atlantic Health

Morristown, NJ

2:10 PM – 2:15 PM ET

Summary and Conclusion

Laura D. Wingate

Senior Director, Field and National Programs



SPEAKER BIOGRAPHIES



Millie D. Long, MD, MPH is Assistant Professor of Medicine in the Department of Medicine and Course Director for the clinical epidemiology course at the University of North Carolina at Chapel Hill School of Medicine in Chapel Hill, NC. Her clinical practice is based at the University of North Carolina Inflammatory Bowel Diseases Center. Dr. Long earned her medical degree at the University of Virginia, where she was a Bowman Scholar. She completed a residency in internal medicine at the University of Alabama at Birmingham and a gastroenterology fellowship at UNC. While at UNC, Dr. Long also completed a fellowship in preventive medicine and a masters of public health in epidemiology. She is board certified in internal medicine, preventive medicine, and gastroenterology.

Dr. Long's interests include research on prevention of complications of inflammatory bowel disease, women's health, and teaching clinical epidemiology. She has written numerous peer-reviewed publications, book chapters, and review articles. Dr. Long currently serves as an invited reviewer for journals such as *Inflammatory Bowel Diseases*, *Gastroenterology*, *American Journal of Gastroenterology*, and *Digestive Diseases and Sciences*. She also serves on the Research Committee of the American College of Gastroenterology and the Professional Education Committee of CCFA.



Lisa M. Cimperman, MS, RD, LD is a Clinical Dietitian in the Surgical Intensive Care Unit at University Hospitals Case Medical Center in Cleveland, OH. She is a graduate of Case Western Reserve University in Cleveland, where she earned her master's degree in dietetics. Her current research interests include the use of *L. reuteri* for the prevention of antibiotic-associated diarrhea. Ms. Cimperman has served as a guest lecturer for Case Western graduate-level nutrition courses and speaks regularly at meetings of the Northeast Ohio chapter of CCFA. She has contributed to various national and local media pieces on nutrition and diet.



Joel R. Rosh, MD is Director of Pediatric Gastroenterology at Goryeb Children's Hospital/Atlantic Health in Morristown, NJ and Associate Professor of Pediatrics at the University of Medicine and Dentistry of New Jersey. Dr. Rosh received his medical degree from the Albert Einstein College of Medicine in New York. His postdoctoral training included an internship and residency at the Children's Hospital of New York – Columbia Presbyterian Medical Center and a fellowship in pediatric gastroenterology at the Mount Sinai Medical Center in New York. He remained on faculty at Mount Sinai until 1994 when he moved to the Goryeb Children's Hospital/Atlantic Health where he founded the Division of Pediatric Gastroenterology and the Pediatric IBD Center.

Dr. Rosh is a long-standing member of many professional societies and has served as an advisor to the FDA as well as several foundations and advisory bodies. He has served as the chair of CCFA's Pediatric Education Committee and a National Councilor for the North American Society for Pediatric Gastroenterology, Hepatology and Nutrition, and is on the editorial boards of the *Journal of Pediatric Gastroenterology and Nutrition* and the *Journal of Clinical Gastroenterology*. Dr. Rosh is widely published in the field of pediatric IBD with interests in safety and efficacy of current and emerging medications.



A closer look at IBD management: “When it comes to my IBD, I’llBDetermined.”

The “I’llBDetermined” site takes users through five separate decision journeys:



Treatment



Complications



Quality of Life



Diet



Newly Diagnosed

“I’ll Be Determined” also provides visitors with a wide range of educational content displayed in an interactive format, through engaging questions and video-based tutorials. **NEW SITE FEATURE:** GI Buddy helps you track symptoms, treatments, foods, and lifestyle factors. Available as a desktop tool and mobile app! *Start your journey at www.ibdetermined.org today.*

This website is supported by
an educational grant from:



TAKE STEPS
BE HEARD
FOR CROHN'S & COLITIS

Register Today

and raise funds to find a cure for digestive diseases!

 CROHN'S & COLITIS
FOUNDATION OF AMERICA

www.cctakesteps.org

TAKE STEPS
FOR CROHN'S & COLITIS





Take Steps for Crohn's & Colitis

is CCFA's largest fundraising event. Participants raise funds and awareness throughout the year and come together to celebrate the steps that have been taken towards a cure.

Register today and join thousands of others in the fight against digestive diseases. Take Steps is held in over 120 cities across the country...find yours

today! As families, friends and co-workers come together on walk day, we are raising mission critical funds for these devastating diseases.

Register today at
www.cctakesteps.org

You Can: challenge • change • cure



13.1 miles



TeamChallenge
CROHN'S & COLITIS

HALF MARATHON
TRAINING PROGRAM

Benefiting Crohn's & Colitis Research

www.ccteamchallenge.org

Crohn's & Colitis Impact Millions of Lives Every Year

1.4 million Americans have Crohn's disease and ulcerative colitis, two painful, seldom-discussed and often isolating digestive diseases. Thousands of children have received this life-changing diagnosis. When you join Team Challenge, you'll train for an exciting endurance event while raising vital funds for research. These dollars will help make new treatments possible and fuel the search for cures. With your help, we can prevent Crohn's disease and ulcerative colitis from impacting future generations.

Be Part of the Action

Come to one of our Team Challenge Information Meetings. Meet a coach, talk to a CCFA staff person, and learn how you can bring hope by registering for a half marathon today.

As a Participant, You Will:

- Receive training by professional coaches over approximately 16 weeks at a venue near you.
- Make new friends and great memories as you train with others who care.
- Benefit from an expenses-paid weekend away, including race entry fees, transportation, accommodations, and entertainment when you commit to this fundraising program.

Join your local team today!
Call 866-931-2611 or visit
www.ccteamchallenge.org