

Schedule of Classes (16:709:506)
SA Shapses
NUTRITIONAL ASPECTS OF DISEASE (3 credits)

<p>Tuesday (4-6:40PM) - Each Class consists of 2 parts; Thompson Hall, rm 114 Class – Part 1. 4-5:15; Speaker lecture (includes paper discussion); Class–Part II. Student/Shapses Discussion/Presentation. Lecture topics vary by year that this is offered. This is sample from 2013.</p>	
<p>Classes 1-2 – Welcome and Class overview – Shapses</p>	
<p>Classes 3-4 -Shapses, PhD, RD (Parts 1 and 2)</p> <ol style="list-style-type: none"> 1. Introduction, and Clinical research (i.e., design, statistics, ethics; “GI and other organs”) 2. Osteoporosis in obesity/issues with vitamin D 	
<p>Classes 3-4 - Shapses</p> <ol style="list-style-type: none"> 1. Endocrinology Workshop - (10-12noon at Busch campus center; posters 1-3) 2. Discussion 	
<p>Classes 3-4 - CS Yang, PhD</p> <ol style="list-style-type: none"> 1. Cancer (tocopherols and tea) 2. Class Part II 	
<p>Classes 5-6</p> <ol style="list-style-type: none"> 1. Seibel, MD - Glucocorticoids; body fat, diabetes and the osteoblast 2. Henderson - Sarcopenia 	
<p>Classes 7-8 - Schneider, MD</p> <ol style="list-style-type: none"> 1. Diabetes & Exercise 2. Class Part II 	
<p>Classes 9-10 - Bello, PhD</p> <ol style="list-style-type: none"> 1. The regulation of food intake 2. Class Part II 	
<p>Classes 11-12 - Miller, PhD</p> <ol style="list-style-type: none"> 1. Alzheimers Disease and B vitamins 2. Class Part II 	
<p>Classes 13-14 - Breslin, PhD</p> <ol style="list-style-type: none"> 1. Food taste, salt and HTN 2. Class Part II 	
<p>Classes 15-16 - Gillies, PhD</p> <ol style="list-style-type: none"> 1. Nutritional genomics and disease. 2. Class Part II 	
<p>Classes 17-18 - Monteleone, MD</p> <ol style="list-style-type: none"> 1. Allergies, immunity and food 2. Class Part II 	
<p>Classes 19-20 – Ferraris, PhD</p> <ol style="list-style-type: none"> 1. Fructose effects: GI and kidney 2. Class Part II 	
<p>Classes 21-22 - Bogden, PhD</p> <ol style="list-style-type: none"> 1. Trace Minerals and Disease 2. Class Part II 	
<p>Classes 23-24 - Bandera, MD, PhD</p> <ol style="list-style-type: none"> 1. Evidence-based dietary guidelines for cancer prevention 2. Class Part II 	
<p>Classes 25-26 - <i>Shapses</i> Lecture and Presentation / Take Home Final</p>	

NUTRITIONAL ASPECTS OF DISEASE (16:709:506)

Nutritional Sciences Graduate Program, Rutgers University
Thompson Hall, 96 Lipman Drive
New Brunswick, NJ, 08901
Phone: 732-932-9403; Fax: 732-932-6837

Course Director

S. Shapses, PhD, RD - Shapses@aesop.rutgers.edu

Class will meet in Thompson Hall, room 114 (pre-requisites: 709:552 and 553)
Readings : to be assigned (original articles and reviews).

Goals and objectives

The course will focus on disease states related to nutrition and diet, with a major focus on clinical nutrition research by established investigators.

1. Acquaint students with current concepts and methods in clinical nutrition research
2. Familiarize students with clinical research and how investigators approach nutrition-related questions in their specific fields to answer questions related to disease states.
3. Recognize the role of nutrition as it relates to major diseases, including cardiovascular, diabetes, gastrointestinal, osteoporosis, obesity, and cancer.

Grading

Paper Discussion	40%
Weekly 1 page summaries+ 2 questions	35%
Participation and Final project	25%

- **Paper Discussion** (35 minutes and 20 min for discussion) – Use 2 original articles, or 1 original article and a review on nutrition topic related to a disease state. Get topic/papers approved. You need to submit the pdf of these articles on sakai the week prior to your discussion (Friday latest). On the day of the presentation, recommend to bring extra copy of article, and either a 1 page handout and/or copy of your ppt presentation (8 copies). You will need to submit your ppt presentation by email to me or on sakai (due date is within week of presentation).
- **Weekly summary of papers** given by the speakers (1 typed page) with 1-2 questions. These are your notes! Single spaced/1 inch margins (11-12 font). Due on the respective day of each class - use sakai dropbox and/or submit at the end of class.
- **What else do I need to do?** Bring copy of papers that accompany the topic for a particular class.

Students are expected to attend all classes; if you expect to miss a class, please use the University absence reporting website <https://sims.rutgers.edu/ssra/> to indicate the date and reason for your absence. An email is automatically sent to me.