



Registration Form: Diet and MS: How to Manage Your Health Through Diet

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Registration Fee: \$50.00

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Attention: Lynn Tikalsky

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Diet and MS: How to Manage Your Health Through Diet

Who: Individuals who have been diagnosed
with Multiple Sclerosis

When: Saturday, Sept. 25, 2010, 8 a.m. - 5 p.m.

Location: Doubletree Hotel Lloyd Center
1000 NE Multnomah Street
Portland, OR 97232



OREGON
HEALTH
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Presenters

Dennis Bourdette, MD

Dr. Bourdette is Chair and the Roy and Eulalia Swank Family Research Professor of the Department of Neurology and Director of the OHSU Multiple Sclerosis Center. Dr. Bourdette is also the Co-Director of the Department of Veterans Affairs Multiple Sclerosis Center of Excellence-West. Dr. Bourdette graduated with a medical degree from the University of California at Davis and received his B.A. in Biology from the University of California at San Diego. He completed his neurology residency at Oregon Health Sciences University and Neuroimmunology Fellowship at the Portland Veterans Affairs Medical Center. In 1985, Dr. Bourdette became a member of the American Neurological Association and is a Fellow of the American Academy of Neurology.

Vijayshree Yadav, MD

*Assistant Professor and Clinical Director,
OHSU MS Center Department of Neurology*

Dr. Yadav specializes in Multiple Sclerosis and Neuroimmunology. She received her medical degree in 1995 from SN Medical College, Agra India. She completed her residency training in Neurology at Oregon Health and Sciences University in Portland, OR and Multiple Sclerosis and Neuroimmunology fellowship at the Oregon Health and Sciences University and Veterans Affairs Medical Center in Portland, OR. She is board certified by American Board of Psychiatry and Neurology

John McDougall, MD

Dr. McDougall is a board-certified internist, author of 11 national best-selling books, the international on-line "McDougall Newsletter," host of the nationally syndicated television show "McDougall M.D.," and medical director of the 10-day, live-in McDougall Program in Santa Rosa, CA. He is an Associate Professor at the Touro University College of Osteopathic Medicine, Mare Island, Vallejo, California. Other McDougall activities include seminars and health-oriented adventure vacations.

Mary McDougall

Mary is a nurse, homemaker, and co-author of 8 National-Best Selling Books. She lectures nationwide on the practical methods of turning the kitchen into a health-builder for the whole family. Over the past 25 years she has been caring for people with diet and lifestyle medicine and has created over 2,000 health-supporting recipes.

Doug Lisle, PhD

Douglas J. Lisle, Ph.D. received the President's Fellowship and was a Dupont Scholar at the University of Virginia where he completed his Ph.D. in Clinical Psychology. He was appointed Lecturer in Psychology at Stanford University and served as a consultant to the National Institutes of Health. Dr. Lisle is currently the psychologist for The McDougall Wellness Program and is the Director of Research for the TrueNorth Health Center. Dr. Lisle lectures nationally on topics including evolutionary psychology, cognitive therapy, lifestyle modification, and weight loss. He is in private practice in Tiburon, California.

Agenda

Saturday, September 25

8:00 - 9:00	Registration/Breakfast
9:00 - 9:30	Introduction and Welcome Dennis Bourdette, M.D. Chairman, Department of Neurology, OHSU Roy & Eulalia Swank Family Research Professor
9:30 - 10:00	Diet and Multiple Sclerosis: The role diet plays in MS Vijayshree Yadav, M.D., OHSU MS Center
10:00 - 10:15	Break
10:15 - 11:15	Health Benefits of a Plant Based Diet John McDougall, M.D.
11:15 - 12:30	How to Shop Healthy and Prepare Healthy Mary McDougall
12:30 - 1:30	Lunch
1:30 - 2:30	The Pleasure Principle and Food Doug Lisle, PhD
2:30 - 3:00	A Dialogue on diet, healthy lifestyle, medications and MS John McDougall, MD, Dennis Bourdette, MD and Vijayshree Yadav, MD
3:30 - 3:45	Break
3:45 - 4:45	Question and Answers - all
4:45 - 5:00	Closing Remarks - Dennis Bourdette, MD

Course Highlights

Please join us for a unique program featuring dietary experts and doctors who will provide hands on education on how to improve you health and well-being through diet.

Registration and Breakfast begins at 8:00 a.m. and the day will conclude with a question and answer session with our presenters. Breakfast and Lunch will be provided.

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The knowledge of all for the care of **one.**