



Prevention of Metabolic Syndrome by Dietary Phytochemicals A Symposium on the State of the Science

Metabolic syndrome is a complex of symptoms related to obesity, Type II diabetes, and hypertension. A significant increase in the incidence of these conditions has been observed over the last two decades, and both the scientific literature and the popular press now discuss the “epidemic” of both obesity and Type II diabetes. Metabolic syndrome is associated with increased risk of several chronic diseases including heart disease, stroke, and cancer.

There is strong evidence that diet, in conjunction with sedentary lifestyle and some genetic risk factors, plays a role in the development of metabolic syndrome. Conversely, there is increasing epidemiological and laboratory evidence that certain classes of dietary phytochemicals may have preventive or therapeutic effects against one or more symptoms of metabolic syndrome.

This one day symposium will feature talks by experts in the field on: the biology of metabolic syndrome, the use of bioactive phytochemicals for the prevention of metabolic syndrome, and intervention strategies for the prevention of metabolic syndrome.

The goals of the symposium are to disseminate the latest findings on the biology and prevention/treatment of metabolic syndrome, to stimulate discussion on the role of dietary phytochemicals as preventive agents for metabolic syndrome, and to encourage interactions between scientists in the field. The hope of the organizers is that this symposium will aid in the development of cross-disciplinary research efforts to determine the efficacy and mechanisms of action of dietary phytochemicals as preventive agents for metabolic syndrome, and stimulate advancement of the science from the bench top to the clinic.

Topics & Speakers

Genetic Risk Factors for Obesity
Green Tea & Metabolic Syndrome
Family-based Intervention for Obesity
Biology of Pancreatic Lipase
Phytochemicals & Diabetes Prevention
Blueberries & Insulin Resistance
Phytochemicals & Prevention
Phytochemicals & Obesity

Dr. Susan Carnell, New York Obesity Research Ctr
Dr. Joshua Lambert, Pennsylvania State University
Dr. Tara Larowe, University of Wisconsin
Dr. Mark Lowe, University of Pittsburgh
Dr. Lina Musallam, Université de Montréal
Dr. Martin Obin, Tufts University
Dr. David Ribnicky, Rutgers University
Dr. Jack Vanden Heuvel, Pennsylvania State Univ

Date & Location

Thursday, October 14th, 2010
8:30 am – 6:00 pm Symposium
6:00 pm – 7:30 pm Reception

Celebration Hall
2280 Commercial Blvd.
State College, PA 16801

Registration

Professional Registration \$50 (\$60 if registering after October 6th)
Student Registration \$25 (\$30 if registering after October 6th)

Registration includes continental breakfast, morning and afternoon breaks, buffet lunch, and reception with appetizers and cash bar.

Please register by email to Kerry Kaylegian, kek14@psu.edu, before October 6th, 2010. Payment (cash or check only, no credit cards) may be sent to Kerry Kaylegian, 324 Food Science Building, University Park, PA 16802, or paid at the door.

For More Information

Technical Program: Dr. Joshua Lambert, Assistant Professor, Department of Food Science
jdl134@psu.edu, 814-865-5223

Other Information: Dr. Kerry Kaylegian, Director, Center for Food Manufacturing
kek14@psu.edu, 814-867-1379

Sponsors

The Symposium was made possible by a grant from The Penn State Center for Food Manufacturing

With additional support from:
The Penn State Department of Food Science
The Penn State College of Agricultural Sciences
The Penn State Department of Nutritional Sciences
The Penn State Obesity and Diabetes Institute

