INTERNATIONAL CONFERENCE ON
The Science of Nutrition in Medicine and Healthcare
Friday 13 May – Sunday 15 May 2011
Swiss Grand Hotel and Resort, Bondi Beach, Sydney, Australia

Showcasing the latest scientific research and evidence-based clinical application of nutrition in medicine and healthcare

Convened by

Diamond sponsor:

Platinum sponsor:

Gold sponsors:

nutritionmedicine.org.au
### Friday 13 May, 10am-5pm. Pre-conference Workshop – Epigenetics & Nutrigenomics

**RACGP Activity Number 753614. “Nutrigenomic influences in Cancer and Early Development”. Active Learning Module. Total 40 Category 1 points. Total 6 contact hours.**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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</thead>
<tbody>
<tr>
<td>8.00-10.00am</td>
<td>Registration from 8am, arrival tea and coffee from 9am (Exhibitors bump-in 10am-1pm, Posters bump-in 10am-5pm)</td>
</tr>
</tbody>
</table>
| 10.00-10.30am | **Prof Martin Cole**, Chief, CSIRO Food & Nutritional Sciences (FNS)  
Welcome and introduction to CSIRO FNS (10)  
**Prof Michael Fenech**  
Nutrigenomics and nutrigenetics: the new paradigm for disease prevention (20) |
| 10.30am-1.00pm| Session theme: **Influences on cancer development and prevention.** Chair: **Prof Martin Cole**  
**Prof Ronald Trent**  
Genetics of complex diseases (40)  
**Prof Susan Clark**  
Long range epigenetic deregulation in cancer (40)  
**Dr Peter Molloyn**  
Epigenetics: a key link between diet and long term health outcomes? (40)  
Q&A, Panel discussion, Clinical/scientific scenarios (30) |
| 1.00-2.00pm   | Lunch (Exhibitor lunch from 12.30pm)                                      |
| 2.00-4.30pm   | Session theme: **Pre-conception, foetal and early childhood development.** Chair: **Prof Anne Marie Minihane**  
**Prof Jennie Brand-Miller**  
Metabolic programming in utero – how the mother’s diet shapes her child’s future (40)  
**Laureate Prof John Aitken**  
Lifestyle factors and the origins of DNA damage in the male germ line (40)  
**Prof Michael Fenech**  
Dietary Reference Values for DNA damage prevention (40)  
Q&A, Panel discussion, Clinical/scientific scenarios (30) |
| 4.30-5.00pm   | **Prof Anne Marie Minihane**  
Summing up: Nutrigenomics and nutrigenetics: future directions (20)  
Closing remarks (10) |

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### Friday 13 May, 5pm-9pm. MDA National Cocktail Reception & Opening Plenary Session

*No RACGP points apply to this session. 2½ contact hours.*

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.00-5.00pm</td>
<td>Registration from 3pm, arrival tea and coffee from 4pm</td>
</tr>
<tr>
<td>5.00-6.30pm</td>
<td>Cocktail Reception sponsored by <strong>MDA National</strong>, poster viewing</td>
</tr>
</tbody>
</table>
| 6.30-7.00pm   | **Opening plenary session with Dr Norman Swan**  
Opening remarks and welcome to country (15)  
**Prof Richard Head**, Director, Preventative Health Flagship, CSIRO  
Welcome and introduction to the CSIRO Preventative Health Flagship (5)  
**Special Guest** (video presentation):  
**Prof Patrick McGorry AO**, Professor, Youth Mental Health, University of Melbourne, Clinical Director, Orygen Youth Health, Executive Director, Orygen Research Centre (10) |
| 7.00-9.00pm   | **Prof Anne Marie Minihane**  
Nutrigenomics and personalised/stratified approaches to the provision of dietary advice (25)  
**Prof Kerin O’Dea**  
Therapeutic implications of the hunter gatherer diet of Australian Aborigines (25)  
**Prof Ian Paul Everall**  
Selenium Binding Protein and other brain changes in Schizophrenia (25)  
**Prof Lynnette Ferguson**  
Selenium supplementation: prostate cancer prevention or enhancement? (25)  
Q&A, Panel discussion (20) |

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**Silver sponsors:**

**Bronze sponsors:**

**Gift sponsors:**
### Concurrent Workshops Session 1

**Mental Health**
- **Room:** Pavilion 1
- Chair: Prof Ian Everall
  - Prof Bernhard Baune
  - Levels of evidence for a role of nutrition in mental health (30)
  - Prof Peter Howe
  - Cardiometabolic and mental health benefits of vasoactive nutrients (30)
  - Dr Matthew Shelton
  - Nutritional medicine and mental health in clinical practice (30)
- Q&A, Panel discussion, Clinical/scientific scenarios (30)

**Metabolic Conditions/CVD**
- **Room:** Promenade 1
- Chair: Prof Kerin O’Dea
  - Prof Neil Mann
  - Evolution and human diet: What can we learn from the past? (30)
  - A Prof Barbara Meyer
  - Are Australians consuming enough long chain omega-3 polyunsaturated fatty acids for optimal health? (30)
  - Prof Peter Clifton
  - Salt: effects beyond blood pressure (30)
- Q&A, Panel discussion, Clinical/scientific scenarios (30)

**Cancer**
- **Room:** Pavilion 2
- Chair: Laureate Prof John Aitken
  - Prof Lynnette Ferguson
  - Gene-diet interactions in prostate cancer (30)
  - Dr Peter Molloy
  - Approaches to epigenetic biomarker discovery in colorectal cancer (30)
  - Dr Trevor Lockett
  - Dietary approaches to reducing colorectal cancer risk: The role and function of fibre (30)
- Q&A, Panel discussion, Clinical/scientific scenarios (30)

**Scientific (abstracts)**
- **Room:** Promenade 2
- Chair: Member of Scientific Committee
  - (10 x 10 min lectures, followed by a brief panel discussion and question time. See insert page of program for abstract titles)
  - 1. Olga Beliak
  - 2. Chenfeng Chen
  - 3. Joachim Fuhrer
  - 4. Terry Golombick
  - 5. Joanna Harnett
  - 6. Christine Houghton
  - 7. Ying Hu
  - 8. Jia Liu
  - 9. Eugen Molodysky
  - 10. Janet Schloss
- Q&A, Panel discussion (20)

### Concurrent Workshops Session 2

**Mental Health**
- **Room:** Pavilion 1
- Chair: Tba
  - Prof John Mamo
  - Diet, systemic inflammation and dementia (30)
  - Dr Andrew Pippingas
  - Measuring and ameliorating age-related neurocognitive decline (30). Dr Pippingas appears Courtesy of Swiss Vitamins.
  - Prof Richard Head
  - Alzheimer’s disease - the need for early detection to enable intervention (30)
- Q&A, Panel discussion, Clinical/scientific scenarios (30)

**Metabolic Conditions/CVD**
- **Room:** Promenade 1
- Chair: Prof Peter Clifton
  - Prof Anne Marie Minihane
  - The impact of fish oils on cardiovascular and cognitive health (30)
  - Prof Manohar Garg
  - Efficacy and safety of functional foods enriched with plant based omega-3 fatty acids (30)
  - Prof Mel Sydney-Smith
  - Nutritional modulation of epigenetic and intracellular signaling pathways in clinical disease (30)
- Q&A, Panel discussion, Clinical/scientific scenarios (30)

**Cancer**
- **Room:** Pavilion 2
- Chair: Prof Ian Everall
  - Prof Ronald Trent
  - Personalised medicine in cancer (30)
  - Dr Jennette Sakoff
  - The role of nutraceuticals on chemotherapy induced haematological toxicity in cancer patients (30)
  - Dr Matthew Shelton
  - Nutritional medicine and cancer in clinical practice (30)
- Q&A, Panel discussion, Clinical/scientific scenarios (30)

**Scientific (abstracts)**
- **Room:** Promenade 2
- Chair: Member of Scientific Committee
  - (10 x 10 min lectures, followed by a brief panel discussion and question time. See insert page of program for abstract titles)
  - 11. Rosanna Chung
  - 12. Samantha Coulson
  - 13. Philip Dowling
  - 14. Belinda Gray
  - 15. Helen Parker
  - 16. Karin Ried
  - 17. Nikkee Schoendorfer
  - 18. Min-Kyong Song
  - 19. Graeme Stringer
  - 20. Gary Webb
- Q&A, Panel discussion (20)
## Opening plenary session with Dr Norman Swan

Dr Karel Hromek, President, Australasian College of Nutritional and Environmental Medicine (ACNEM)

Welcome and introduction to ACNEM (5)

Special Guest: Prof Franklin Rosenfeldt

Metabolic therapy and oxidative stress in cardiac surgery and cardiovascular disease (25)

### Concurrent Workshops Session 3

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>11.30am-1.30pm</td>
<td><strong>Mental Health</strong>&lt;br&gt;Room: Pavilion 1&lt;br&gt;Chair: Prof Michael Berk&lt;br&gt;Dr Felice Jacka: Diet as a modifiable risk factor for common mental disorders: evidence and mechanisms (30)&lt;br&gt;A Prof Welma Stonehouse: Omega-3 polyunsaturated fatty acids and cognitive performance in healthy populations (30)&lt;br&gt;Prof Mel Sydney-Smith: Metabolic assessment and management in depression: a clinical case study (30)&lt;br&gt;Q&amp;A, Panel discussion, Clinical/scientific scenarios (30)</td>
</tr>
<tr>
<td></td>
<td><strong>Metabolic Conditions/CVD</strong>&lt;br&gt;Room: Pavilion 2&lt;br&gt;Chair: Prof Frank Rosenfeldt&lt;br&gt;Prof Neil Mann: A novel dietary approach in the treatment of type 2 diabetes (30)&lt;br&gt;A Prof Jeffrey Cohn: Fasting and non-fasting lipid levels in the diagnosis of cardiovascular disease (30)&lt;br&gt;Dr Matthew Shelton: Nutritional medicine in metabolic conditions and CVD in clinical practice (30)&lt;br&gt;Q&amp;A, Panel discussion, Clinical/scientific scenarios (30)</td>
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<tr>
<td></td>
<td><strong>Cancer</strong>&lt;br&gt;Room: Pavilion 3&lt;br&gt;Chair: Prof Lynnette Ferguson&lt;br&gt;A Prof Luis Vitetta: Probiotics and the gastrointestinal tract: an update (30)&lt;br&gt;Dr Jane Read: Cancer, inflammation and nutrition intervention and effects on outcome (30)&lt;br&gt;Dr Lesley Braun: Herb, Nutrient and Drug interactions in cancer and cancer therapy- 2011 (30)&lt;br&gt;Q&amp;A, Panel discussion, Clinical/scientific scenarios (30)</td>
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### Lunch and poster viewing

**Official Poster Session 2.00-2.30pm**<br>Exhibitor lunch from 1.00pm. Exhibitors and posters bump-out 2.30-5.00pm

### Closing plenary session with Dr Norman Swan

Special Guest: Prof Creswell J Eastman

The re-emergence of iodine deficiency in Australia; a serious threat to the intelligence of our children (30)

Prof Michael Fenech

Summing up: Public health genomics, nutrition and wellbeing: the future (20)

Prizes and awards (20)

1. Best Abstract Presenter – award for the best oral abstract presentation
2. Best Poster Presenter – award for the best poster abstract presentation
3. New Investigator Award – encouragement award to a stand-out new investigator

Best oral abstract (10)

### Closing remarks (10)

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### The venue at a glance:

- **Pavilion Ballroom 2**<br>Main plenary room & workshop rooms
- **Pavilion Ballroom 1**
- **Exhibitors**
- **Epic Brasserie**
- **Secretariat**
- **Registration**
- **Nutrition in Medicine Conference**
- **Swiss Grand Floor Plan**

**NOTE:** Lunches, morning tea and afternoon tea are served in the Bellevue Terrace and Main Lobby Area
# Scientific (abstracts) Session 1. Saturday 14 May, 11.30am-1.30pm

<table>
<thead>
<tr>
<th></th>
<th>Author(s)</th>
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<tbody>
<tr>
<td>1</td>
<td>Olga Beliak</td>
<td>BIOLOGICALLY PLAUSIBLE MECHANISMS BEHIND PROLONGED LIFE OF STAGE III NSCLC CANCER PATIENTS: TWO CASE STUDIES</td>
</tr>
<tr>
<td>2</td>
<td>Chenfeng Chen</td>
<td>MATHEMATICAL MODELLING AND MOLECULAR MECHANISM OF PHARMACOLOGIC ASCORBATE-INDUCED CYTOTOXICITY IN CANCER CELLS</td>
</tr>
<tr>
<td>3</td>
<td>Joachim Fluhrer</td>
<td>CIRCULATING TUMOUR CELL ASSESSMENT IN THE MANAGEMENT OF CANCER PATIENT IN MEDICAL PRACTICE. A REVIEW OF 180 PATIENTS</td>
</tr>
<tr>
<td>4</td>
<td>Terry Golombick</td>
<td>THE POTENTIAL ROLE OF CURCUMIN (DIFERULOYLMETHANE) IN PATIENTS WITH MGUS[MONOCLONAL GAMMOPATHY OF UNDETERMINED SIGNIFICANCE]</td>
</tr>
<tr>
<td>5</td>
<td>Joanna Harnett</td>
<td>URINARY ORGANIC ACID OXIDATIVE STRESS MARKERS 8-HYDROXY-2'-DEOXYGUANOSINE; A CASE STUDY MONITORING ANTI OXIDANT INTERVENTIONS AFTER CHEMOTHERAPY</td>
</tr>
<tr>
<td>6</td>
<td>Christine Houghton</td>
<td>ACTIVATING THE ‘MASTER SWITCH’ OF CELLULAR DEFENCE – A CLINICAL RATIONALE FOR NUTRIGENOMIC MEDICINE</td>
</tr>
<tr>
<td>7</td>
<td>Ying Hu</td>
<td>DOES INCREASING DIETARY SELENIUM INTAKE OFFER POTENTIAL IN CANCER PREVENTION?</td>
</tr>
<tr>
<td>8</td>
<td>Jia Liu</td>
<td>ANALYSIS OF GLOBAL AND REPEAT SEQUENCE DNA METHYLATION IN THE BLOOD AND NORMAL COLONIC MUCOSA OF COLORECTAL CANCER PATIENTS, HEALTHY INDIVIDUALS AND PATIENTS WITH FOLATE DEFICIENCY</td>
</tr>
<tr>
<td>9</td>
<td>Eugen Molodsky</td>
<td>THE PRO-OXIDANT EFFECT OF PHARMACOLOGICAL DOSES OF ASCORBIC ACID CAN ONLY BE ACHIEVED BY THE PARENTERAL ADMINISTRATION OF ASCORBIC ACID</td>
</tr>
<tr>
<td>10</td>
<td>Janet Schloss</td>
<td>A RANDOMISED PLACEBO CONTROLLED CLINICAL TRIAL ASSESSING THE EFFICACY AND SAFETY OF SUPPLEMENTATION WITH B VITAMINS TO REDUCE THE INCIDENCE OF CHEMOTHERAPY INDUCED PERIPHERAL NEUROPATHY [CIPN]</td>
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# Scientific (abstracts) Session 2. Saturday 14 May, 2.30-4.30pm

<table>
<thead>
<tr>
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</tr>
</thead>
<tbody>
<tr>
<td>11</td>
<td>Rosanna Chung</td>
<td>DIETARY SPHINGOMYELIN REDUCES INTESTINAL CHOLESTEROL ABSORPTION AND AMELIORATES HEPATIC LIPID ACCUMULATION IN HIGH-FAT FED MICE</td>
</tr>
<tr>
<td>12</td>
<td>Samantha Coulson</td>
<td>A RANDOMIZED PHASE-I/PILOT COMPARISON TRIAL EVALUATING THE EFFICACY OF NUTRACEUTICAL COMPOUNDS IN PATIENTS WITH OSTEOPOROSIS OF THE KNEE – THERAPEUTIC OUTCOME MEASURES CORRELATED TO GASTROINTESTINAL INTEGRITY</td>
</tr>
<tr>
<td>13</td>
<td>Philip Dowling</td>
<td>WHAT IF ANY DIETARY CHANGES DID NATUROPATHY STUDENTS MAKE FOLLOWING NUTRITION EDUCATION</td>
</tr>
<tr>
<td>14</td>
<td>Belinda Gray</td>
<td>OMEGA-3 FATTY ACID SUPPLEMENTATION IN OBESITY: THE EFFECT ON ADIPONECTIN, LEPTIN AND INSULIN SENSITIVITY</td>
</tr>
<tr>
<td>15</td>
<td>Helen Parker</td>
<td>OMEGA-3 FATTY ACID SUPPLEMENTATION FOR NON-ALCOHOLIC FATTY LIVER DISEASE IN HUMANS: A SYSTEMATIC REVIEW AND META-ANALYSIS</td>
</tr>
<tr>
<td>16</td>
<td>Karin Ried</td>
<td>DOES LYCOPENE LOWER CHOLESTEROL OR BLOOD PRESSURE? A SYSTEMATIC REVIEW</td>
</tr>
<tr>
<td>17</td>
<td>Nikkee Schoendorfer</td>
<td>NUTRITION INTEGRATION INTO MBBS PROGRAMME: A PILOT PROJECT</td>
</tr>
<tr>
<td>18</td>
<td>Min-Kyong Song</td>
<td>TAURINE IN LYCIUM BARBARUM (GOJI BERRY) PREVENTS DIABETIC RETINOPATHY IN HUMAN RETINAL PIGMENT EPITHELIAL CELLS THROUGH THE PPAR-GAMMA PATHWAY</td>
</tr>
<tr>
<td>19</td>
<td>Graeme Stringer</td>
<td>CASE REPORT OF IMMUNE MODULATION ADJUNCTIVE TREATMENT OF CHRONIC PERIODONTITIS WITH A HERBAL FORMULATION.</td>
</tr>
<tr>
<td>20</td>
<td>Gary Webb</td>
<td>NICHE: A POTENTIAL SOLUTION FOR TACKLING BOTH OBESITY AND CLIMATE CHANGE</td>
</tr>
</tbody>
</table>

# Scientific (abstracts) Session 3. Sunday 15 May, 11.30am-1.30pm

<table>
<thead>
<tr>
<th></th>
<th>Author(s)</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>21</td>
<td>Isabelle Bauer</td>
<td>THE RELATIONSHIP BETWEEN DIET, EXERCISE AND COGNITIVE PERFORMANCE IN YOUNG ADULTS</td>
</tr>
<tr>
<td>22</td>
<td>Joanne Bradbury</td>
<td>DOCOSAHAXAENOIC ACID (DHA) HAS DIRECT EFFECTS ON COPING OUTCOMES IN AN AUSTRALIAN SAMPLE</td>
</tr>
<tr>
<td>23</td>
<td>Harris Eyre</td>
<td>THE NEUROIMMUNE BIOLOGY OF OMEGA-3 FATTY ACID’S IN DEPRESSION</td>
</tr>
<tr>
<td>24</td>
<td>Tini Gruner</td>
<td>VITAMIN B12 – THE MISSING LINK IN MENTAL HEALTH?</td>
</tr>
<tr>
<td>25</td>
<td>Caroline Gunn</td>
<td>INCREASING FRUIT AND VEGETABLES IN THE DIET OF MIDLIFE WOMEN: A FEASIBILITY STUDY</td>
</tr>
<tr>
<td>26</td>
<td>Joanna Harnett</td>
<td>THE POTENTIAL ROLE OF NUTRITIONAL AND ENVIRONMENTAL FACTORS IN THE GENETIC EXPRESSION AND ONGOING HEALTH OF AUSTRALIANS WITH COELIAC DISEASE: RESULTS OF AN AUSTRALIAN SURVEY</td>
</tr>
<tr>
<td>27</td>
<td>Camille Lieners</td>
<td>DELAYED FOOD SENSITIVITIES, CHRONIC INFLAMMATION AND DISEASE MANAGEMENT</td>
</tr>
<tr>
<td>28</td>
<td>Matthew Pase</td>
<td>ARTERIAL STIFFNESS: A MODIFIABLE RISK FACTOR FOR COGNITIVE DECLINE</td>
</tr>
<tr>
<td>29</td>
<td>David Richards</td>
<td>EFFECT OF APOE ON INTIMA MEDIA THICKNESS</td>
</tr>
<tr>
<td>30</td>
<td>Natalie Sinn</td>
<td>FISH OIL SUPPLEMENTATION, LEARNING AND BEHAVIOUR IN INDIGENOUS AUSTRALIAN CHILDREN FROM A REMOTE COMMUNITY SCHOOL: A PILOT FEASIBILITY STUDY</td>
</tr>
</tbody>
</table>