The conference will feature pre-symposium workshops, poster sessions, exhibits, world-renowned speakers in an informative and exciting array of sessions and networking opportunities with your fellow SCAN members.

Sign up now for the
26th SCAN Symposium
Myths, Mysteries & Realities of Eating and Metabolism
Research to Practice

Sheraton San Diego Hotel and Marina
San Diego, California

March 28-30, 2010
Sheraton San Diego Hotel and Marina
San Diego, California
SCAN's 26th Annual Symposium will empower attendees to address challenges in eating and metabolism. You will have the opportunity to network and learn from internationally renowned experts presenting cutting edge research, qualitative interventions, and evidence-based protocols in disorders eating, sports nutrition and cardiovascular wellness. This year's Symposium, Myths, Mysteries, and Realities of Eating and Metabolism: Research to Practice, has been planned in collaboration with the Behavioral Health Nutrition (BHN) dietetic practice group of the ADA and begins with three Pre-Symposium Workshops. The workshops will be in the areas of Eating Disorders, Sports Nutrition and Cardiovascular Wellness, starting on Saturday, March 27.

For the Symposium, SCAN is fortunate to present a diverse array of renown authorities such as Walter Kaye, MD; ED Tyson, MD; Karin Kratina, PhD, RD; Kathy Kater, LICSW; Askir Jeurendrup, PhD, FACSM; and Nancy Rodriguez, PhD, RD, CSSD, FACSM on topics such as:

- Factors influencing metabolism
- Insights from neuroimaging and anorexia nervosa
- A deeper understanding of hunger and fullness
- Recognizing medical issues in your clinical practice
- Family based therapy – practice and beyond
- Publishing your clinical experience to contribute to the body of evidence
- Mental-emotional issues in athletes with disordered eating
- Orthorexia nervosa
- Binge eating disorder
- Updates in iron and vitamin D status among athletes
- Reducing risk factors for eating disorders and the female athlete triad
- Optimizing nutritional interventions
- Corporate wellness

Beyond being an outstanding educational opportunity, this year's SCAN Symposium emphasizes networking. The Exhibit Hall will be the place to be between sessions to meet with colleagues, bid on the Silent Auction, have a bite to eat, and visit our sponsors and exhibitors without whom our annual SCAN symposium would not be possible! Then, to truly make your symposium experience special, you won't want to miss the Awards Dinner-Dance and Silent Auction on Monday evening; Silent Auction items won't want to miss the Awards Dinner-Dance and Silent Auction on Monday evening; Silent Auction items

We’ll be at the Sheraton San Diego Hotel and Marina

SCAN has negotiated great Symposium conference rates. Room rates are $179.00 single/double plus tax for traditional accommodations, $199.00 single/double plus tax for deluxe accommodations, and $229.00 single/double plus tax for club-level accommodations. These preferred conference rates can be extended to rooms booked 3 days prior to and after the conference dates to those who identify themselves as affiliated with the SCAN Symposium, so bring your family and experience San Diego!

Hotel Reservations: Can be made directly through the customized SCAN web page. A link to that page is on the SCAN website at www.scandpg.org. You may also call 877.734.2726 for reservations. Be sure to mention you are with the SCAN Symposium to receive the preferred conference rates.

Deadline for hotel reservation conference rates: March 7, 2010, 5:00 PM PST. Reservations received after March 7 deadline will be subject to current rates and availability.

Avoid cancellation or change fees: Cancellation or changes in advance and/or deposits must be confirmed no later than 72 hours prior to your arrival date.

About the Sheraton San Diego Hotel & Marina

Nestled at the edge of the spectacular San Diego Bay, the Sheraton San Diego Hotel & Marina provides panoramic views of the bay and the city skyline.

When you arrive, the Sheraton provides self-service kiosks for fast check-in, check-out, folio printing/emailing, and boarding pass printing. While at the Symposium, stay connected with free Internet service in the LinkSheraton area.

The hotel guest rooms are split between two towers – 705 in the Marina Tower and 348 in the Bay Tower. All feature the Sheraton Sweet SleeperSM Bed and most have views of the San Diego Bay.

A great night's sleep means you'll be able to enjoy the playground that is San Diego – starting right at the hotel! With a basketball court, tennis courts, spa, health club, three year-round pools, water volleyball, jogging trails and great restaurants, there's no need to leave the grounds to have a great time! But if you choose to leave, you can walk to the doors of fabulous cuisine, nightly nightlife, and renowned attractions in just minutes.

From The San Diego Airport Shuttle Service: Complimentary airport shuttle runs every 15 minutes from the San Diego International Airport between the hours of 5:30am and 12am. Outside of these hours you may request a pickup. The hotel shuttles are red, white and blue and can be picked up at the hotel's front desk.

You can also walk or drive the short distance from the San Diego International Airport. Just follow the exit that becomes Harbor Island Drive. Go straight through the intersection into the Harbor Island Drive. The hotel is on the right-hand side.

We’ll be at the Sheraton San Diego Hotel and Marina

SCANDP.org

SCAN Symposium in San Diego, California

1380 Harbor Island Drive, San Diego, California 92101

Phone: 619-291-2900

Three Pre-Symposium Workshops provide dedicated time to focused topics – each to help you improve your professional skills and provide the latest information. Take advantage of these great opportunities and spend the weekend in San Diego! Best of all, the more you attend, the more you save! See below for details.

Saturday, March 27, 2010

8:00am – 12:00pm Sports Pre-Symposium

Sports Nutrition Assessment: Critical Steps, Quality Outcomes Presenters: Maria Boosalis, PhD, MPH; RD, ED; Ennette Larson-Meyer, PhD, RD, CSSD, FACSM; Jan Ketterly, MS, RD, CAND and Nanna Meyer, PhD, RD, CSSD

This Sports Diets-USC pre-symposium workshop focuses on sports nutrition assessment and addresses specific conditions that are of particular concern for athletes. The anthropometry, biochemical, clinical, dietary, and environmental factors of assessment will be examined in relation to athletic performance, health and wellness in athletes.

Saturday, March 27, 2010

1:00pm – 5:00pm Eating Disorders Pre-Symposium

Bringing Our Best When We Are Faced with The Worst: Management of Nutritional and Therapeutic Complications in Eating Disorder Treatment Presenters: Leah Graves, RD, FAED; Beth Hartman McGilley, PhD; Reba Sloan, MPH, LRD, FAED

This workshop explores the complexities of treating those struggling with eating disorders. Experienced nutrition therapists, Leah Graves and Reba Sloan, address co-morbid medical conditions involving type 1 diabetes, insulin resistance and PCOS, presenting strategies and skills necessary when providing nutrition counseling to those who present with obsessive-compulsive and borderline personality traits/disorders. Dr. McGilley, psychotherapist, will address empirical evidence and clinical experiences in making what makes an effective eating disorder clinician and how to go about developing those skills and healing qualities. The attendee will learn the most effective approaches for treating these toughest cases.

Culinary Pre-Symposium

Sponsored by Promise: Limited enrollment. No Charge, see registration info at scandpg.org for details.

Sunday, March 28, 2010

8:00am – 11:00am

Elevating MNT Above the Mainstream: The Latest in Management of Dietary Fats and Their Effects on Cardiovascular Health (two day workshop)

Presenters: Alimee Bert-Morenzo, RD, LD/RN; Phyllis Cox, RN, BSN, and Barry Franklin, PhD, FAHA

This workshop will provide feeding information on the prevention and treatment of cardiovascular disease. It begins with Dr. Barry Franklin discussing the impact of diet and exercise, more so than pharmaceutical intervention, as the mainstay of preventing cardiovascular events, for both healthy individuals and those with diagnosed circulatory disorder. Dr. Franklin's presentation will review the latest evidence and approaches for optimizing cardiovascular health with a focus on managing dietary fats. Phyllis Cox and Alimee Bert-Morenzo will help you discover how the interrelated results of advanced testbeding and quality assurance and in primary and secondary prevention of cardiovascular disease.

Special Pre-Symposium Rates! LIMITED SEATING

Attend more and save more

Attend one pre-symposium workshop for $100

Attend two pre-symposium workshops for $180 (a savings of 10%)

Attend all three pre-symposium workshops for $240 (a savings of 20%)

January 2010

Dear SCAN and BHN Members:

SCAN's Symposium Co-Chair

Christina Reiter, MS, RD, CSSD, CSCS

Gale Welter, MS, RD, CSSD, CSCS

Christina Reiter, MS, RD, CSSD, CSCS

SCAN Symposium Chair

Scott Sehnert, MS, RD, CSSD, CSCS

SCAN Symposium Co-Chair

1380 Harbor Island Drive, San Diego, California
SCAN’s 26th Annual Symposium Schedule

Approximately 3.5 CPEs for each of the three pre-symposium workshops and 18 CPEs for the full conference (plus sponsored breakfast and lunch sessions, posters and exhibits). Approximate total CPEs available: 32.0

Saturday, March 27
8:00 AM – 12:00 PM  Pre-Symposium: Sports Nutrition Assessment: Critical Steps, Quality Outcomes  
Maria Boosalis, PhD, MPH, RD, LD; Jen Ketterly, MS, RD, CSSD; Enette Larson-Meyer, PhD, RD, CSSD, FACSM; Nanna Meyer, PhD, RD, CSSD
1:00 PM – 5:00 PM  Pre-Symposium: Bringing Our Best When We are Faced with the Worst: Management of Nutritional and Therapeutic Complications in Eating Disorder Treatment  
Leah Graves, RD, LD, FAED, Beth Hartman McGilley, PhD, FAED; Reba Sloan, MPH, LRD, FAED
5:30 PM – 8:00 PM  Post-Symposium: Limited Enrollment  
Culinary Pre-symposium (limited enrollment)  
Sponsored by Prominin Univerly

Sunday, March 28
8:00 AM – 11:00 AM  Pre-Symposium: Elevating MNT Above the Mainstream: the Latest in Management of Dietary Fats and Advanced Lipid and Genetic Testing  
Aimee Bert-Moreno, RD, LDN; Phyllis Cox, RN, BSN; and Barry Franklin, PhD, FAHA
1:00 PM – 4:30 PM  Opening Reception in Exhibit Hall
1:15 PM – 2:15 PM  KEYNOTE: Is Anorexia Nervosa an Eating Disorder? New Insights into Puzzling Symptoms  
Walter Kaye, MD
1:45 PM – 2:45 PM  Concurrent Session A: Breaking into the Corporate Market – Recommendations From a Corporate Insider and Wellness Expert  
Magda Franzoni, MS, CSSD
1:45 PM – 2:45 PM  Concurrent Session B: It Takes Two to Tangle: Dealing With Resistance in the Treatment of Eating Disorders  
Carolyn Costin, MA, MEd & Sondra Kronberg, MS, RD, CDN
2:45 PM – 5:30 PM  Exhibits Open; Opening Lunch in Exhibit Hall
3:15 PM – 4:15 PM  Concurrent Session A: Breaking into the Corporate Market – Recommendations From a Corporate Insider and Wellness Expert  
Magda Franzoni, MS, CSSD
4:30 PM – 5:30 PM  Concurrent Session A: Research Update: Causes and Consequences of Iron Deficiency in Athletes  
Pamela S. Hinton, PhD
4:30 PM – 5:30 PM  Concurrent Session B: Family Based Therapy: What it Looks Like in Practice and Beyond…Case Studies, Practice Notes, Recognition of Eating Disorders, and Ideas About Etiology  
Therese Waterhous, PhD, RD, LD
5:30 PM – 6:30 PM  Concurrent Session B: A University’s Approach to Identifying and Developing an ED Treatment Plan  
Jacqueline Berning, PhD, RD, CSSD and Andrea Dubay, MS, ATC
6:45 PM – 8:30 PM  Opening Reception in Exhibit Hall (Poster Judging)

Monday, March 29
5:45 AM – 6:45 AM  Morning Activity Session – Yoga, and Walk/Jog/Run
7:00 AM – 8:00 AM  Motivational Breakfast Session: Finish Line Vision: Diabetes, Sports and Nutrition  
Jay Hewitt, a motivational speaker, attorney and elite Ironman triathlete with type 1 diabetes
8:00 AM – 10:30 AM  Exhibits Open (Exhibits close at 4:00 PM)
8:30 AM – 9:30 AM  KEYNOTE: Athletes On the Edge – Medical and Nutrition Issues in Athletes with Eating Disorders  
Ed Tyson, MD
9:30 AM – 10:00 AM  Break; Exhibits Hall
10:00 AM – 11:00 AM  Concurrent Session A: Publishing in Clinical Practice  
Drew Anderson, PhD, LR, FAED
11:15 AM – 12:15 PM  Unopposed Session A: A New Paradigm for Weight: An Effective Model for Promotion of Healthy Body Image, Eating, Fitness and Weight in Children, Teens, and Adults  
Kathy Kater, LICSW
12:15 PM – 1:15 PM  Lunch in Exhibit Hall  
Disordered Eating Subunit Meeting  
Sports Dietetics-USA Subunit Meeting  
Wellness – Cardiovascular Subunit Meeting
1:30 PM – 2:30 PM  Concurrent Session A: Eating Disorders in Sport: Identification, Treatment and Prevention  
Ron A. Thompson, PhD, FAED; and Roberta Trattner Sherman, PhD
1:30 PM – 2:30 PM  Concurrent Session B: Orthoressa Nervosa: An Unhealthy Focus on Healthful Eating  
Amanda Mellowspring, MS, RD, LD
2:45 PM – 3:45 PM  Afternoon Activity Sessions (Nia, Zumba or On Your Own); Exhibits Open for Final Hour
4:00 PM – 5:00 PM  Concurrent Session A: The Gastric Bypass Athlete: Case Studies and Discussion  
April Hackert, MS, RD and Neal Anzai, MD
5:45 PM – 6:45 PM  Concurrent Session A: Sport Nutrition Designs for the 21st Century Endurance Athlete: Classic Challenges and Contemporary Solutions  
Asker Jeukendrup, PhD, FACSM and Nancy Rodriguez, PhD, RD, CSSD, FACSM
5:45 PM – 6:45 PM  Concurrent Session A: Turning Back the Ravages of Time: What You Can Do Now to be Healthy in Twenty Years  
James Joseph, PhD
6:45 PM – 8:30 PM  Closing Remarks, Gale Welter, MS, RD, CSSD and Tara Coghlin-Dickson, MS, RD, CSSD

For more details about our presenters and their sessions, visit the SCAN website, at www.scandpg.org.
SCAN’s 26th Annual Symposium Schedule

Two Important Dates to Remember:
Earlybird Registration Date: February 16, 2010
Online Registration Deadline: March 24, 2010

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<tr>
<th>Event</th>
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<td>Monday Awards Dinner</td>
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We encourage you to register online at www.scandpg.org
Got a question? Call the SCAN Symposium Management office at 630-617-5153 or email SCANreg@apexmanage.com
To download a printed form, please go to www.scandpg.org
Registration form and payment can be sent to:
SCAN Registration
310 W. Lake Street
Ste 219
Elmhurst, IL 60126

Cancellation policy
March 6, 2010 is the last date to cancel without a cancellation fee. After March 6, 2010, a $50 cancellation fee will be applied. Written notification of your cancellation is required to process your refund.

Out and About in San Diego, California
San Diego offers numerous vast and diverse offerings for visitors of all ages. San Diego is known for its idyllic climate and pristine beaches supporting year-round recreation. You will find arts, culture, wine, wildlife and more! Here are just some highlights.

Gaslamp Quarter
The historic Gaslamp Quarter is the city’s hottest dining and entertainment area for visitors.

San Diego Zoo
See animals from around the globe at the San Diego Zoo and roam free at the San Diego Zoo’s Wild Animal Park.

Seaport Village
features bayside shopping, dining and entertainment.

Old Town celebrates San Diego’s rich cultural history. Discover artifacts from the early 1800’s and visit authentic Mexican restaurants and attractions.

A trip to San Diego just isn’t complete unless you’ve combed the beautiful beaches. A perfect combination of fresh air and warm water, the gorgeous shores offer the ideal setting for surfing, kayaking or soaking up the California sun.

With over 90 courses located throughout the region, San Diego has quickly become a golf lover’s delight. Named “One of the Top 50 Golf Destinations in the World” by Golf Digest, the region has over 90 courses located throughout the region.

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Continuing Education Hours
SCAN has applied for American Dietetic Association (ADA) CPE hours. 3.5 hours for each of the three pre-symposia and 18 for the Symposium (plus sponsored breakfast and lunch sessions, posters and exhibits). Per CDR guidelines, individuals are only eligible for a total of 15 Exhibit Hall contact hours over a five-year period.

SCAN has also requested CPE hours from the American College of Sports Medicine (ACSM).

SCAN Poster Session
Member and Student Poster abstracts are being accepted for the SCAN Symposium. Forms are available on the website at www.scandpg.org. The deadline for submission is March 1, 2010.

SCAN Exhibits
SCAN is fortunate to have many outstanding exhibiting companies joining us! Visit the exhibits and earn CPE’s as you learn from these companies and experts in nutrition and wellness. Be sure to attend the Opening Lunch, Welcome Reception, breaks and other dedicated times for this learning opportunity. We’ve made it a fun, casual atmosphere – a great break from the intensive sessions!

Exhibit hours will be:
Sunday, March 28, 2010, from 11:00am – 8:30pm
Monday, March 29, 2010, from 8:00am – 4:00pm

Sponsorship
SCAN receives generous contributions from its sponsors. Please be sure to take a moment to say thank you to them during the Symposium. This Symposium would not be possible without their financial support!

Fees and Deadlines

**Includes FREE access to all Symposium session recordings via SCAN website (does not include the three pre-symposia)

San Diego City's Entertainment Area
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