



## Karen is a registered dietitian nutritionist who cuts through the confusion about nutrition.

As Nutrition Advisor to the American Institute for Cancer Research, she's had decades at the forefront of translating evidence-based recommendations to help people reduce cancer risk while promoting heart health, overall wellness and vitality. Karen highlights important threads among studies and weaves them into a message of practical choices her audience can confidently put into practice.

"One of the best presentations I ever attended! Incredible information learned to share with colleagues and patients."

*(Cardiac rehab professional attending American Association of Cardiovascular and Pulmonary Rehabilitation annual meeting)*

"Love Karen's ability to translate her extensive knowledge of the science into useful take-away information. She is a wealth of knowledge!"

*(Today's Dietitian conference)*

"We wanted a keynote presenter who would serve as a draw, offer a highly informative and timely topic, and serve as a role model for members. Karen was the perfect match! I highly recommend her."

*(NY State Academy of Nutrition and Dietetics)*

"Great balance between scientific evidence and practical everyday advice."

*(Breast Cancer conference)*

"Kept our audience actively engaged for 90 minutes.... Highly recommend Karen as a perfect 'clinician to clinician' presenter!"

*(Nevada Dietetic Association)*

### Most Requested Topics

Presentations are always created to meet individual program needs. Topics can be shaped for the general public, or given added depth for health professionals.

#### Getting Past Headline Hype

- But I Saw it on the Internet! Clearing Through Headline Hype to Set Priorities for Healthy Eating Strategies
- Cardiovascular Nutrition Update: What Are Today's Key Messages?
- More Than One Path to a Lower Risk of Heart Disease and Cancer: An Up-Close Look at Mediterranean, DASH, Nordic and Other Eating Patterns

#### Cancer Prevention & Cancer Survivorship

- Changing the American Plate: Reducing Cancer Risk with Everyday Choices
- Cancer Survivors: What You Can Do

#### Intersections of Cancer Prevention & Heart Health

- Nutrition at the Crossroads: How Heart Disease, Diabetes and Cancer Intersect
- Women & the Big C's: Reducing Risk of Cancer & CVD

### Partial List of Clients & Conferences

- |   |  |  |
|---|--|--|
| • Academy of Nutrition & Dietetics                              | • California Walnuts                         | • Minnesota Cancer Alliance  |
| • American Assoc. of Cardiovascular & Pulmonary Rehab. (AACVPR) | • Cardiovascular Institute of North Colorado | • New York State Academy of Nutrition & Dietetics                            |
| • American Assoc. of Diabetes Educators                         | • City of Hope National Medical Ctr          | • Nutrition Dimension  |
| • American Institute for Cancer Research                        | • Columbia University                        | • PRESENT Diabetes   |
| • American Society on Aging                                     | • Delaware Cancer Education Alliance         | • Raspberry Council  |
| • Avon Foundation   | • Indiana Cancer Consortium                  | • Sports, Cardiovascular & Wellness Nutrition (SCAN) dietetic practice group |
| • Breast Cancer Alliance of Greater Cincinnati                  | • International Olive Council                | • Univ. of Texas Medical School Preventive Cardiology Forum                  |
|   | • McGraw-Hill Companies                      |  |

## More Detail on Some of Karen's Presentations that Get Rave Reviews

### **"But I Saw it on the Internet!" Clearing Through Headline Hype to Set Priorities for Healthy Eating Strategies**

here's no shortage of headlines with "must do" and "never do" steps for healthy eating. It's not only overwhelming to try to pay attention to them all, it's made even more confusing because the messages often conflict with one another! In this presentation, we will look at examples of what's "hot" in the headlines, and examine these ideas in light of current nutrition research and recommendations.

#### **Examples might include:**

- antioxidants and anti-inflammatory diets – what we see in the lab and what human evidence supports
- weight loss issues: the 3500 calorie myth, intermittent fasting, and unsupported expectations
- headlines proclaiming must-eat or can't-eat foods for cancer prevention
- contradictory messages about whole grains and fiber, fats versus carbs, or what defines a Mediterranean diet

For health professionals, we'll discuss how to share the science in understandable ways when patients ask about what they see in the media or from "Dr. Google".

### **Cardiovascular Nutrition Update: Today's Key Messages & the Research Behind Them**

Amidst all the individual studies and headlines, what are the current major nutrition recommendations for heart health? We'll walk through key points, and the science and research behind them, and explore practical strategies to meet each recommendation. These can serve as realistic targets on which patients and professionals alike can focus to avoid becoming overwhelmed by today's abundance of available information.

### **More Than One Path to a Lower Risk of Heart Disease and Cancer: An Up-Close Look at Mediterranean, DASH, Nordic and Other Eating Patterns**

Plant foods play a key role in recommendations to reduce risk of cancer and cardiovascular disease. But what does this mean? We will explore several different eating patterns: research behind them and ways that they can be used or adapted to create eating habits that lower risk of both cancer and heart disease as part

of a long-term healthy lifestyle. For example, we can look at the Mediterranean diet in its multiple forms, the DASH diet, the Nordic diet, and eating patterns from other places around the world where eating linked to health and longevity has been part of the culture for generations. Instead of searching for one "best" path, we'll explore how each of us can make individual best-fit choices.

### **Changing the American Plate: Reducing Cancer Risk with Everyday Choices**

Does it seem that eating to lower your risk of cancer requires overwhelming changes? It doesn't have to be that way! Research identifies a diet rich in plant foods as a vital step to reduce cancer risk. In this program, we'll examine research related to the shift from Americans' traditional meat-centered diet to eating habits that provide more cancer protection, and then turn to the question of how we can shift our plates in that direction. We will look at current American eating habits and attitudes as we try to identify what kinds of changes are needed to maximize cancer protective factors and make appropriate portion choices easier. Terrific as a 2- or 3-hour workshop, this can also be condensed.

### **Cancer Survivors: What You Can Do**

The most recent landmark report on diet and cancer concluded that once cancer treatment is completed, the recommendation for cancer survivors is "If able to do so, and unless otherwise advised, aim to follow the recommendations for diet, healthy weight and physical activity" for cancer prevention. We will look at how those recommendations can be realistically and enjoyably implemented within the context unique to cancer survivors.

### **Nutrition at the Crossroads: How Heart Disease, Diabetes and Cancer Intersect**

For multiple reasons, people diagnosed with or at risk of cardiovascular disease, type 2 diabetes or cancer may also be at risk of the others. We'll create a foundation for effective strategies, drilling down to understand metabolic conditions that link this disease triad, such as lipids, inflammation, insulin resistance and hormones produced in body fat. Framed by evidence-based nutrition and physical activity recommendations, we'll examine specific food choices and strategies we can weave together into practical and effective diet and lifestyle choices to address all three elements of this triad. *A special twist:* Women & the Big C's: Reducing Risk of Cancer & CVD, focusing on cancers and aspects of cardiovascular health most relevant to women, with practical strategies and talking points for women to promote overall health.