

GRAND ROUNDS

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“Confessions of a Former “Vegan”

Dr. Travis Ptacek

Monument Health Geriatrics Department

October 21, 2022 | 7:30 a.m. | RCH-West Auditorium

Objectives:

1. Review current US dietary recommendations and population compliance
2. Evaluate seed oils, fructose, high carb diets and their deleterious health effects
3. Review the diet-heart hypothesis and its shortcomings
4. Present metabolic flexibility as a means to generate optimal health & weight

Breakfast will
be available

Accreditation Statement: The Rapid City Hospital is accredited by the Iowa Medical Society to provide continuing medical education for physicians. **Credit Designation:** The Rapid City Hospital designates this education activity for a maximum of 1 *AMA PRA Category I Credit™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

