**Activity Information and Show Notes**

As a reminder to obtain CME credit for this activity you must complete and return the evaluation and posttest.  This activity is credit eligible for up to ***1 AMA PRA Category 1 CME credit TM*** for both physicians and any clinical staff where their boards recognize ACCME CME credits.  Please review the instructions, activity information and show notes with references listed below.





Season 1, Episode 1: **“Dietary Interventions to Prevent Colon Cancer and Polyp Formation”**

Podcast: Download (click link above)

**INSTRUCTIONS TO OBTAIN EDUCATION CREDITS**

1. Click on the link provided in the podcast release email or access the podcast on the LMH CME website at <https://www.lmhealth.org/Login>.  Login using your email and password.
2. Listen to the podcast.
3. Complete the podcast evaluation, attestation and posttest form. Please note, you must score a 70% or higher on the posttest.
4. Email the evaluation, attestation and posttest form to JAdamson@lmhealth.org or print, complete and fax to (220) 564-4012.  **You must complete this step to obtain CME credit for listening.**
5. Upon receipt of your evaluation, attestation and posttest form, you will be awarded your CME credit and this will be added to your LMH CME transcript.

**DESCRIPTION:**

Join us for our inaugural episode of LMH CME podcast series “In The Know”.  Episode one focuses on “Dietary Interventions to Prevent Colon Cancer and Polyp Formation” with hosts Dr. Frances Horenstein, Dr. Nina Hourmouzis and Nurse Anesthetist Marty Malloy-McCoy.  During this episode we explore a plant-based diet approach for Colon Cancer prevention, discuss the mechanism of colon polyp and cancer formation, and the role of nutrition in prevention of colon cancer, along with dietary interventions in clinical practice.

**SERIES NAME**

Season 1: “In The Know” LMH CME

**DATE**

March 8, 2021

**EPISODE TITLE**

“Dietary Interventions to Prevent Colon Cancer and Polyp Formation”

**PRESENTERS**

Frances B. Horenstein, M.D., LM Gastroenterology

Nina P. Hourmouzis, M.D., LM Internal Medicine

Marty E. Malloy-McCoy, APRN-CRNA, LM Anesthesiology and Pain Management

**OBJECTIVES**

Listeners of this podcast will be able to know or do at the conclusion of this learning activity:

* Identify risks that promote colon cancer and polyp formation
* Identify dietary interventions to prevent polyp and cancer development
* Apply strategies on how to incorporate dietary advice in clinical practice

**SHOW NOTES AND RESOURCE LINKS**

Featured Books:

**These books are now available for check-out in the Ralph E. Pickett Memorial Physicians Library in the Physicians Lounge of Licking Memorial Hospital.**

“**Fiber Fueled: The Plant-Based Gut Health Program for Losing Weight, Restoring Your Health, and Optimizing Your Microbiome**”, May 12, 2020 by Will Bulsiewicz, MD, MSCI

“**How Not to Die: Discover the Food Scientifically Proven to Prevent and Reverse Disease**”, December 8, 2015 by Michael Greger, MD, FACLM

# “The Engine 2 Diet: The Texas Firefighter's 28-Day Save-Your-Life Plan that Lowers Cholesterol and Burns Away the Pounds”, February 25, 2009 by Rip Esselstyn

**Article Resources:**

Esselstyn CB. **A plant-based diet and coronary artery disease: a mandate for effective therapy**. J Geriatr Cardiol. 2017 May;14(5):317-320. doi: 10.11909/j.issn.1671-5411.2017.05.004. PMID: 28630609; PMCID: PMC5466936.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5466936/>

Araghi M, Soerjomataram I, Bardot A, Ferlay J, Cabasag CJ, Morrison DS, De P, Tervonen H, Walsh PM, Bucher O, Engholm G, Jackson C, McClure C, Woods RR, Saint-Jacques N, Morgan E, Ransom D, Thursfield V, Møller B, Leonfellner S, Guren MG, Bray F, Arnold M. **Changes in colorectal cancer incidence in seven high-income countries: a population-based study**. Lancet Gastroenterol Hepatol. 2019 Jul;4(7):511-518. doi: 10.1016/S2468-1253(19)30147-5. Epub 2019 May 16. Erratum in: Lancet Gastroenterol Hepatol. 2019 Aug;4(8):e8. PMID: 31105047.  **For copy of the article, please contact Jessica Adamson, CME Coordinator and it will be emailed.**

**PLANNING COMMITTEE**

Craig Cairns, M.D., LMH Medical Education Planning Committee Chair, Activity Approval and Independent Reviewer

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Jessica Adamson, CME Coordinator, Planning Member

**DISCLOSURE STATEMENT**

No one in a position to control content has any relationships with commercial interests.

**COMMERICAL SUPPORT**

Licking Memorial Hospital has not received any commercial support for this activity.

**CME INFORMATION**

**Accreditation**:  Licking Memorial Hospital is accredited by the Ohio State Medical Association to provide continuing medical education for physicians.

**Designation**:  Licking Memorial Hospital designates this **enduring material** activity for a maximum of **1 *AMA PRA Category 1.0 Credit™*.**  Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Enduring Material Expiration**: This enduring material activity is valid from 3/8/21 – 3/8/23 and will be reviewed by the CME Planning Committee annually for content and validity.

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