

SCCR Virtual Brown Bag: Explorations into Weight Management

When:

April 14, 2023 @ 12:00 pm

1:30 pm

Where:

Zoom Meeting Link

[https://stanford.zoom.us/j/528167039?](https://stanford.zoom.us/j/528167039?pwd=L2Y4aGFhVzRtOXIwYj5Wkd0RjJ5dz09)

[vd=L2Y4aGFhVzRtOXIwYj5Wkd0RjJ5dz09](https://stanford.zoom.us/j/528167039?pwd=L2Y4aGFhVzRtOXIwYj5Wkd0RjJ5dz09)

Host:

See

Contact:

Susan Saba

Email

Event website

STANFORD CENTER FOR CLINICAL RESEARCH

STANFORD SCHOOL OF MEDICINE

Clinical Research Health



Speaker: Dalia Perelman, RD, MS, CDE

Click [HERE](#) to Register!

Zoom Class Link

The mission of the Stanford Center for Clinical Research (SCCR) includes offering educational resources, training, and support for investigators and research staff. We have invited the research dietitian at Stanford Prevention Research Center, **Dalia Perelman, RD**, to provide you with an exploration into the weight management. Losing weight continues to be a great challenge, and for those who succeed, maintaining that loss is even more difficult. During this presentation,

will discuss some of the ways researchers are looking into this and the findings from examining the results from a yearlong weight loss study.”

The Course Objectives include:

- Is cutting calories enough to achieve weight loss?
- Does the quality of the diet matter?
- What is Respiratory Quotient and what is its relationship to weight loss?
- What are the different variables affecting short term (6 months) versus long term (12 months) weight loss?

About the Instructor:

Dalia Perelman, RD, MS, CDE, is a Registered Dietitian and a Certified Diabetes Educator. She has always been interested both Nutrition research and its application in clinical practice and has worked in both environments. For 14 years she was a clinical dietitian at the Palo Alto Medical Foundation counseling people with diabetes, heart disease, gastrointestinal disorders and other conditions. She understands the power of diet in disease prevention and treatment and is currently working as a research dietitian at Stanford University to continue to elucidate the use of dietary measures to effectively promote optimal health. Some of the studies Dalia has worked on include the relationship between dietary intake and adipocyte function, the effect of dietary fiber and fermented foods on the microbiome and personalizing dietary recommendations for optimal blood sugar control.

BRN OPTIONAL

Spectrum is an approved provider by the California Board of Registered Nursing, Provider Number CEP15435 for 1.5 contact hour(s).

To receive your certificate with BRN credit, you are required to complete an evaluation at the conclusion of this class.

BRN Cancellation Policy: If you wish to cancel your registration, please contact the course coordinators, Susan Saba, ssaba@stanford.edu.