

NEWS
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American College of Preventive Medicine to Host Web-Based Conference on Low Carbohydrate Diets and Adolescents

Washington, D.C. – The American College of Preventive Medicine (ACPM) will host a web-based conference to present the latest evidence-based information on the key elements of a healthy diet for adolescents. The conference, *Low Carbohydrate Diets and Adolescent Weight Control: Promising Option or Oxyoron?* will be held September 9, 2004, beginning at 7 p.m. ET on www.medscape.com.

Two of the nation's leading experts on dietary patterns and nutritional sciences, Dr. David L. Katz of the Yale University School of Medicine and Dr. Dale Schoeller of the University of Wisconsin Department of Nutritional Sciences, will deliver presentations and answer audience questions. Dr. George Lundberg, Editor of *Medscape General Medicine*, the first and only online peer-reviewed primary source general medical journal, will moderate the session.

The free conference will provide critical information for practicing physicians and other healthcare professionals on the appropriateness of carbohydrate restriction for weight loss and the hazards of dieting in adolescence. Participants will hear the latest evidence about which dietary patterns best promote overall health and lasting weight control in children/adolescents. Participants will be able to recognize the fallacies in arguments supporting various popular diets, particularly low carbohydrate diets.

Over the past 20 years, the rates of overweight have tripled in adolescents. The enormous increase in the prevalence of both overweight and obesity has propelled the issue of adolescent dieting into the spotlight. Much confusion exists however, about what dietary patterns are appropriate for youth. The negative effects of restricting carbohydrates and other essential components in an adolescent's diet may be cause for concern.

“A great deal of misunderstanding surrounds low carbohydrate diets,” states Dr. Robert Harmon, president of the American College of Preventive Medicine. “Adolescents and their families must be able to navigate through the diet trends and make wise decisions regarding their eating habits. This webcast will arm health care professionals with the latest evidence and advice to help guide their adolescent patients on the path to a healthier lifestyle.”

Information on how to participate in the web-based conference will be available beginning September 3rd. To register, log on to www.medscape.com (Medscape registration is free) and search the continuing medical education (CME) Public Health and Prevention section. Medscape is owned and operated by WebMD Corporation.

The American College of Preventive Medicine is the national professional society for physicians whose expertise and interests lie in disease prevention and health promotion (www.acpm.org). ACPM's 2,000 members are engaged in preventive medicine practice, teaching and research. Medscape from WebMD is the leading provider of online information and educational services for physicians and health care professionals (www.medscape.com).

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The American College of Preventive Medicine (ACPM) is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. ACPM designates this educational activity for a maximum of 1.0 category 1 credits toward the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spends in the activity.