Collaborating with Your Care Team to Successfully Reduce or Wean TPN
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Carolyn Newberry, MD, PNS is an Assistant Professor of Medicine at Weill Cornell Medical College and the Director of the GI Nutrition Program at the Innovative Center for Health and Nutrition in Gastroenterology. Dr. Newberry completed her medical training in Philadelphia, first as a medical student at Temple University School of Medicine and then as an internal medicine resident and gastroenterology fellow at the Hospital of the University of Pennsylvania. While in GI fellowship, Dr. Newberry pursued advanced training in nutrition through the Nestle Nutrition Institute. She is a board-certified Physician Nutrition Specialist (PNS), the former chair of the Medical Practice Section of ASPEN, and sits on the Nominating Committee of the Obesity, Metabolism, and Nutrition section of the American Gastroenterological Association. Dr. Newberry’s primary clinical and research interests lie in defining the relationship between GI diseases, nutrition, and obesity. She has authored multiple review papers, textbook chapters, and original research on the topic, and has launched a national nutrition and weight management curriculum for GI fellows at large.

Jessica Younkman, RD, LD, CNSC is a registered dietitian and certified nutrition support clinician who has worked in home infusion for more than 12 years. During those 12 years, she shared a year of her time with the Georgetown Small Bowel Transplant team in Washington DC but home infusion pulled her back in. She loves learning new things about TPN and could talk about it endlessly. Previous to home infusion, Jessica worked in ICU, diabetes education,
hemodialysis, and long term care. She enjoys spending time with her husband, two daughters and yellow lab, getting into home renovation projects and being outside.

Alan Segal is a former home parenteral nutrition consumer. Alan is a native of Pittsburgh Pennsylvania. After serving in the US Air Force, he enrolled in the University of Pittsburgh, where he earned a bachelor of science degree in psychology and a masters degree in audiology. After graduation, he specialized in balance disorders and rehabilitation, practicing at Saint Joseph’s Hospital in Parkersburg, West Virginia, and Miami Valley Hospital in Dayton, Ohio. In 2009, he earned his clinical doctorate in audiology from Central Michigan University. He retired from clinical practice in 2019 and now resides in Jacksonville, Florida. In 1972, Alan was diagnosed with Crohn’s Disease after being treated for an intestinal parasite. 7 years later, he underwent the first of four major surgeries which culminated in a diagnosis of short bowel syndrome in 1983. It was then that he received his first central line and was placed on home parenteral nutrition therapy, which continued until 1995 when he went off TPN to participate in an experimental program of human growth hormone and dietary and fluid management. This was successful until an exacerbation of Crohn’s Disease forced a return to TPN after approximately one year. In April 2022, in collaboration with his nutritional support team and G.I. physicians, Alan was able to successfully wean off of PN. In his spare time he enjoys horseback riding, swimming, bike riding, traveling, and is a cat daddy to four felines, and one dog.