

2020 BIAMD Conference - Call for Presentations on line form

<b>Submission Date</b>	2019-11-04 09:58:09
<b>Title of Presentation</b>	Nutrition to Support Brain Health
<b>Presenter's Full Name</b>	Angelina Chilcoat
<b>Presenter's Credentials (MD, SLP, etc.)</b>	OTR/L, CHT
<b>Presenter's Employer</b>	Sinai Hospital of Baltimore
<b>Address</b>	1329 Hickory Springs Circle Catonsville MD 21228 United States
<b>E-mail</b>	achilcoa@verizon.net
<b>Please upload Presenter's current Resume or CV (.PDF, .Doc, or .Docx file)</b>	<a href="#">Angelina C resume 2019.doc</a>
<b>Best Phone Number to Reach You If We Need to Get In Touch With you Quickly</b>	(410) 4938711
<b>Additional Presenter's Full Name (If Team or Panel)</b>	Rebecca Cook
<b>Additional Presenter's E-mail (If Team or Panel)</b>	rabowling@gmail.com
<b>Please upload Additional Presenter's current Resume or CV (.PDF, .Doc, or .Docx file)</b>	<a href="#">R. Cook Resume.docx</a>
<b>If MORE than 2 presenters, include additional names and contact information here.</b>	Catherine Holden

**Brief Presenter Bio**

Angelina C. Chilcoat

Angelina C. Chilcoat earned her degree in Occupational Therapy from Towson State University. For the last 22 years, she has practiced occupational therapy in a variety of treatment settings in Baltimore City; from the neonatal intensive care unit to an adult outpt chronic pain program. She is a certified AIP coach, and became a certified hand therapist in May of 2019. She practices at Sinai Rehabilitation Center's Comprehensive Outpatient Rehabilitation Program as an occupational therapist, hand specialist. Here, she treats individuals with different diagnoses including those with neurological injuries. She weaves integrative nutrition education and wellness lifestyle strategies into her occupational and hand therapy practice.

Rebecca Cook

Rebecca Cook graduated from Elizabethtown College with her M.S. in occupational therapy in 2005 and from the University of Alabama at Birmingham with a graduate certificate in low vision rehabilitation in 2013. Her clinical experience includes acute care, inpatient rehab, and outpatient rehab. As an outpatient OT, she serves as the primary OT in Sinai Hospital's RETURN! program where she utilizes nutritional education as a means to promote wellness and health management for the neurological population.

**Presentation Description for the Conference Brochure**

Learn current concepts and clinical application of nutritional education as it relates to rehabilitation of individuals with neurological conditions. Learn the way diet influences gut integrity and microbiome health and how to use nutrition to support brain function.

**Intended Audience**

All

**Presentation Abstract for the Presentation Selection Committee to Review (250 words or less)**

Nutrition and Brain Health will take about 90 minutes to teach. Current science on diet's impact on gut integrity and microbiome health and its relationship to brain function will be discussed. Occupational therapy application of nutritional concepts to support neurological healing and wellness will be explored. This lecture will contain clinical content, but will be accessible and of interest to anyone.

**Learning Objective 1) At the Conclusion of this Presentation:**

1. Identify a nutrient that supports brain health and its food source

**Learning Objective 2) At the Conclusion of this Presentation:**

2. Explain the value of microbiome health in brain function

**Learning Objective 3) At the Conclusion of this Presentation:**

3. Identify 2 food sources that nourish microbiome diversity

**Three (3) Current References  
(less than 5 years old) you  
used create your  
Presentation**

Balaster, C. (2018) How to Feed a Brain Nutrition for Optimal Brain Function and Repair. Austin, TX: Feed a Brain LLC.

Aggarwal, M., et al. (2018). The Deficit of Nutrition Education of Physicians. The American Journal of Medicine, 131(4), 339-345.

Irish, A.K., et al. (2017). Randomized Control Trial Evaluation of a Modified Paleolithic Dietary Intervention in the Treatment of Relapsing-remitting Multiple Sclerosis: a pilot Study. Degenerative Neurological and Neuromuscular Disease, 7, 1-18.

Howes, L. (2019, April 8). Gut Feelings; the Microbes that Live in Your Body Might Be Influencing Your Behavior. Researchers Want to Know What They're Saying and How. Chemical and Engineering News, 36-40.

Verified

**Number ID**

2020-BIAMD52