

PRESENTATIONS

Exercise Physiology. Northwest Chapter of Cardiopulmonary Technologists Annual Meeting. May 1984.

The Effects of Acute Dietary Change on Muscular Strength in Females. National Strength and Conditioning Association National Meeting, Dallas, Texas. June 1985.

Risks and Benefits of Exercise. St. Mary=s Health and Fitness Festival. October 1985.

Exercise: Risks and Benefits. Warner Pacific College Health Fair. May 1986.

A Comparison of Two Different Exercise Modes. American College of Sports Medicine National Meeting. Indianapolis, Indiana. May 1986.

Validation of Predicted Training Guidelines Using Ventilatory Threshold. American College of Sports Medicine National Meeting. Las Vegas, Nevada. May 1987.

Training Mode Affects Post-Exercise Thermogenesis. American College of Sports Medicine National Meeting. Dallas, Texas. May 1988.

Myocardial Oxygen Demand: Dynamic vs. Mixed Exercise. American College of Sports Medicine National Meeting. Baltimore, Maryland. June 1989.

Protein Requirements for Elite Athletes. Loma Linda University Health and Fitness Center. March 1990.

Exercise and Cardiovascular Risk Factor Reduction. Loma Linda University Health and Fitness Center. March 1991.

Research in Medical School. Medical Student Research Forum. Loma Linda University Department of Medicine Clerkship. January 1993.

Dietary Influence on Osteoporosis. Loma Linda Alumni Convention. Loma Linda, California. March 1994.

Tertiary Cutaneous Syphilis: A Return to Tuskegee. Oregon College of Physicians Meeting. Second Place Award, Eugene, Oregon. October 1995.

Exercise and Nutrition: Regaining our Youth. Marquam Hill Healthy Talk Lecture Series. Oregon Health Sciences University (OHSU). January 1998.

Motivation and Adherence to Physical Activity Programs. OHSU Sports and Fitness Center. Portland, OR. April 1998.

Exercise Therapy in the Treatment of Chronic Disease. OHSU Hepatology Group. May 1998.

Renal Insufficiency After Creatine Supplementation In A College Football Player. National American College of Sports Medicine Meeting. Orlando, Florida. June 1998.

The Benefits of Exercise and Healthy Eating. OHSU Healthy Chats. Gabriel Park Health Center.

Portland, OR. September 1998.

Nutritional Supplements: Help or Hype. Department of Medicine, OHSU Medical Grand Rounds. Portland, OR. November 1998.

Primary Care for People with Hepatitis C. OHSU Hepatitis C Support Group. Portland, OR. January 1999.

Vitamin and Herbal Remedies. Willamette-Columbia Parkinsonian Society. Portland, OR. January 1999.

Exercise, Nutrition, and Your Heart. OHSU Healthy Talks Symposium on Heart Problems: What Are Your Risks. Portland, OR. February 1999.

Dietary Supplements and Herbal Therapies. Medical Student Nutrition Elective Course GMED 705E. OHSU Portland, OR. February 1999.

Sports Supplements, Athletic Performance, and Eating Disorders. Lakeridge High School Student Assembly and Forum on Body Image and Healthy Eating Habits. West Linn, OR. March 1999.

Exercise and Weight Management: Thermic Effect of Diet and Exercise. OHSU Sports and Fitness Center. Portland, OR. April 1999.

Exertional Angina and Dyspnea in a Powerlifter. National American College of Sports Medicine Meeting. Seattle WA. June 1999.

Steroids and Nutritional Supplements. Oregon Athletic Trainers= Society Summer Symposium. Oregon State University, Corvallis, OR. June 1999.

Creatine Supplementation and Neuromuscular Disease: An Update on New Supplements in the Treatment of Neurologic Conditions. Neuromuscular/ALS Support Group. Oregon Health Sciences University, Portland, OR. July 1999.

Sports Supplements; Help of Hype. Oregon Association of Health, Physical Education, Recreation and Dance Alliance Annual Meeting. Woodburn, OR. September 1999.

Advances in Medical Therapies and Nutritional Supplements in Sports. Oregon Health Sciences University, CME Course, Sports Medicine in Primary Care. Portland, OR. October 1999.

Effects of Creatine Supplementation on Renal Function and Nutritional Intake. OHSU General Clinical Research Center Nutrition Research Forum. Portland, OR. November 1999.

Supplements in Sports. Linfield College Keynote Speaker, Community Lecture Series. November 1999.

Exercise and Nutritional Supplements as Medical Therapy. Portland Community College Nursing Lecture Series. January 2000.

Nutritional Supplements for Women. OHSU Center for Women=s Health Forum. May 2000.

The Effects of Oral Creatine Supplementation on Renal Function in Adults. American College of

Sports Medicine. Indianapolis, IN. May 2000.

Hypotension and Fatigue in a High School Wrestler. American College of Sports Medicine Physician Case Presentation. Indianapolis, IN. May 2000.

PHLAME (Promoting Healthy Lifestyles: Alternative Models' Effect). Poster presentation at the National Cancer Institute's Health Promotion Branch Second Annual Meeting of Nutrition and Health Behavior Change Grantees. Washington, D.C. September 2000.

Effects of Oral Creatine Supplementation Among ALS Patients. American College of Sports Medicine. Baltimore, MD. June 2001.

Exercise: Risks and Benefits. OHSU Women's Health Conference. Portland, OR. April 2002.
Keeping Fit over 40. OHSU Women's Health Conference. Portland, OR. 2002.

Nutritional Supplements: The Good, The Bad, and The Ugly. OHSU Women's Health Conference. Portland, OR. 2002.

Nutritional Supplements: Helpful or Harmful, Medical Grand Rounds, Providence St. Vincent Medical Center. Portland, OR. September 2003.

Cost Effectiveness of a Wellness Program. Oral presentation at the Redmond Symposium on Occupational Health and Hazards of the Fire Service. San Francisco, CA. October 2003.

Hot Topics in Sports Medicine. Alaska Family Practice Grand Rounds, Anchorage Hospital. Anchorage Alaska. October 2003.

Management of Musculo-Skeletal Injuries for the Primary Care Physician. Greensboro Community Hospital, Greensboro, SC. November 2003

OHSU Health Symposium. The Healing Power of Exercise and Fad Diets. Sponsored by the OHSU Foundation. Palm Springs, CA. February 2004.

Juicing by Eighteen: Adolescents Use of Steroids and Performance Enhancing Drugs. Expert testimony, California State Senate Select Committee on Government Oversight, California State Senate. Sacramento, CA. March 2004.

Management of the Endurance Athlete. The Bend Orthopedic Center Foundation. Sunriver, OR. April 2004.

Healing Power of Exercise. OHSU Healthy Chat. Beaverton, Oregon. May 2004.

Low-Carb vs Low Fat Diets, What do the Studies Say? OHSU Center for Women's Health. Portland, OR. May 2004.

Anabolic Steroids and Body Shaping Drug Use Among High School Students. Press conference on Kid's Health at the ENDO 2004 meeting (Endocrine Society meeting). New Orleans, LA. June 2004.

Use and Abuse of Anabolic Steroid Hormones and Body Shaping Drugs by High School Athletes and Non-Athletes. Endocrine Society Meeting. New Orleans, LA. June 2004.

Accessing Adolescent Females: Is Playing Sports Harmful to Young Women's Health? And Who Are The Young Women Using Anabolic Steroids? Endocrine Society Meeting. New Orleans, LA. June 2004.

National Press Conference, Use and Abuse of Anabolic Steroids and Body Shaping Drugs Among High School Students, Endocrine Society Meeting. New Orleans. June 2004

Osteoarthritis With Multiple Co-Morbidities, South Dakota Primary Care Conference, Pierre, SD, November, 2004

Sports Injuries For The Primary Care Physician, The Primary Care Institute: Pri-Med Updates, Portland, OR, December 2004

Cost-Effectiveness of a Health Promotion Program: The PHLAME Study, Western Region American Federation for Medical Research, Carmel, CA, February 2005.

Evidence-Based Approach to Pain Management in Hospital and Outpatient Settings. A National CME Grand Rounds Lecture Coordinated by the Academy for Healthcare Education, Metropolitan State Hospital, Norwalk, CA, March 2005.

The Economic Effects of a Health Promotion Program on Injury Rates and Healthcare Costs, 15th Annual Art & Science of Health Promotion Conference, Poster Presentation. San Francisco, CA. March 2005.

Nutritional Supplements: Ten Years Since The Floodgates Opened. Our Experience Since The Passage Since DSHEA. OHSU Women's Health Conference. Portland, OR. April, 2005

Obesity and Management of Co-Morbidities. The Primary Care Institute Faculty Training. PostGraduate Institute of Medicine. New York, NY. June 2005.

Risk and Benefits of Exercise in the Obese Patient. The Foundation For Medical Excellence's Management of Obesity Conference, Multnomah Athletic Club, Portland, OR. June 2005