


ALL INDIA INSTITUTE OF MEDICAL SCIENCES
(MEDIA & PROTOCOL DIVISION)
Ansari Nagar, New Delhi-29

Dated: 04.03.2024

Dear All,

A talk on "The role of Nutrition in prevention and reversal of diabetes, obesity and cardiovascular disease is being organized on 13th March, 2024 at 11:30 AM in Ramalingaswami Board Room .

The talk will be delivered by Dr. Vanita Rahman a member Physician Committee for Responsible Medicine (PCRM) (CV Attached). This talk would be followed by healthy lunch organised by PCRM. A line of confirmation to mediaprotocolaiims@gmail.com by 8th March, 2024 will be appreciated.


डॉ. रीमा दादा
Dr. (Prof.) Rima Dada, M.D., PhD (GENETICS)
आचार्य / Professor
Department of Reproductive & Genetics Faculty
All India Institute of Medical Sciences, Ansari Nagar, New Delhi-29
PIC Media Cell

VANITA J. RAHMAN, MD, DipABLM, CNS, CCS
vrahman@pcrm.org

EXPERIENCE

Barnard Medical Center, DC
Clinic Director

May 2019 - Present

- Provide primary care with a particular emphasis on lifestyle, nutrition, and prevention
- Mentor medical students, residents, and allied health professionals
- Lead community-based programs emphasizing the importance of nutrition in disease prevention and management

George Washington University School of Medicine & Health Sciences July 2019 - Present
Clinical Instructor in Medicine

- Mentor medical students in longitudinal clinical clerkships
- Educate medical students about the role of nutrition and lifestyle in the prevention and management of chronic disease

Kaiser Permanente, DC, MD & VA
Internal Medicine & Urgent Care Physician

Sept 2002 – Dec 2020

- Established a plant-based weight loss program to help patients lose weight, and improve blood pressure, cholesterol, and diabetes control
- Educate patients and health care providers about the role of plant-based diets in the management of body weight and chronic disease
- Provide comprehensive care to patients with a variety of chronic illnesses such as diabetes, hypertension, hyperlipidemia, and cardiovascular disease
- Manage acute medical ailments ranging from minor orthopedic injuries to potentially life-threatening events such as acute coronary syndrome, stroke, and pulmonary embolus
- Work alongside various specialists to manage complicated medical conditions requiring multi-disciplinary care

Physicians Committee for Responsible Medicine, DC
Research Consultant

Jan 2016 - Jul 2016

- Provide specialized input in the design of clinical research trials to evaluate the role of nutrition in chronic disease
- Collaborate with various healthcare organizations regarding nutrition-based research

EDUCATION/TRAINING

Washington Hospital Center, Washington, DC
Residency – Internal Medicine
Jul 1999 - Jun 2002

University of Virginia School of Medicine, Charlottesville, VA
Aug 1995 - May 1999

University of Virginia, Charlottesville, VA
BS in Commerce
Aug 1989 - May 1992

George Mason University, Fairfax, VA
Aug 1988 - May 1989

LICENSURE/CERTIFICATION

Medical License in Virginia since 2000
Medical License in District of Columbia since 2001
Medical License in Maryland since 2016
Medical License in California since 2020
Medical License in New York since 2020
Medical License in Texas since 2020
Medical License in Florida since 2020
Medical License in Pennsylvania since 2020
Medical License in Georgia since 2020
Medical License in Illinois since 2020
Medical License in Washington since 2020
Diplomate, American Board of Internal Medicine, since 2002
Diplomate, American Board of Lifestyle Medicine, since 2022
Certified Conditioning Specialist, National Strength Professionals Association, since 2010
Certified Nutrition SpecialistSM, Certification Board of Nutrition Specialists, since 2013

PUBLICATIONS

Barnard, N. D., Herby, A., Williams, Sr., K. A. , Barbaro, R., Correa, L., Kamen, D., Harder, D., Davis, B., Newman, G., Reisner, L. L., Johnson, R., Rahman, V., Shu, X.-O. , Kahleova, H., Bailey, E., Paul-Quinn, J., Binovi, A., & Loomis, J. (2023). Proceedings of the 2022 International Conference on Nutrition in Medicine: Abstracts. *International Journal of Disease Reversal and Prevention*, 5(2), 37 pp. <https://doi.org/10.22230/ijdrp.2023v5n2a409>

Barnard ND, Hardcastle N, Correa L, et al. Universal Meals: A Novel Program to Provide Healthful Nutrition to Diverse Communities. *American Journal of Lifestyle Medicine*. February 2022. doi:10.1177/15598276211062163

Rahman VJ, Horberg MA, Hu H, Vupputuri S. Implementation of a Plant-Based, Nutrition Program in a Large Integrated Health Care System: Results of a Pilot Program. *Journal of Primary Care & Community Health*. January 2021. doi:10.1177/21501327211053198

Rahman, V. (2021). *Simply Plant Based*. Book Publishing Company.

Rahman V, Rees M. Let's Stop Subsidizing Obesity - Government benefits should only be spent on nutritious foods. *MedpageToday*. <https://www.medpagetoday.com/primarycare/obesity/92509> Published May 10, 2021.

Rahman V, Rees M. Make America healthy again by paying more attention to nutrition. *STAT*. <https://www.statnews.com/2020/11/04/nutrition-make-america-healthy-again/> Published November 4, 2020.

Rahman V. Time to Revamp Nutrition Education for Physicians. *Perm J*. 2019;23:19-052. doi:10.7812/TPP/19.052

Rahman VJ. Low-Fat vs Low-Carbohydrate Diets and Weight Loss. *JAMA*. 2018;320(2):202. doi:10.1001/jama.2018.6240

Rahman, V. (2017). *Vegan Style - Tasty, Healthy, Easy*. CitrusLLC.

Rahman, V. (2016). *Stronger with Plants Reclaim Your Health & Youthful Energy with a Plant-Based Lifestyle*. CitrusLLC.

SELECTED PRESENTATIONS

The Role of Nutritional, Pharmacological, and Surgical Approaches in the Management of Obesity

2023 Lifestyle Medicine Conference, October 2023

- Reviewed the research evidence regarding the efficacy of various pharmacological options, including GLP-1 and GIP receptor agonists
- Reviewed long-term efficacy of various bariatric approaches
- Reviewed current nutritional trends and research evidence regarding the role of nutritional approaches

Thyroid Health and Nutrition

2023 International Plant-Based Nutrition Healthcare Conference, September 2023

- Reviewed the role of iodine in thyroid health and how to assess iodine sufficiency
- Reviewed research evidence regarding the connection between nutrition and autoimmune thyroid disorders and thyroid cancer
- Reviewed the role of supplements in thyroid health

Bone Health and Nutrition

2023 International Conference on Nutrition in Medicine, August 2023

- Reviewed the role of dairy, soy, protein, vitamin D, and calcium in bone health
- Reviewed the role of exercise in the prevention of falls and fractures
- Reviewed the pros and cons of various pharmacological treatments for osteoporosis

Role of Nutrition in the Prevention and Treatment of Type 2 Diabetes

2023 International Diabetes Experts Consortium, June 2023

- Reviewed the research evidence regarding the role of plant-based diets in the prevention and treatment of type 2 diabetes
- Reviewed how to transition to plant-based diets
- Plant-based diets and diabetes remission

Thyroid Health and Nutrition

2022 International Conference on Nutrition in Medicine, August 2022

- Reviewed the role of iodine in thyroid health and how to assess iodine sufficiency
- Reviewed research evidence regarding the connection between nutrition and autoimmune thyroid disorders and thyroid cancer
- Reviewed the role of supplements in thyroid health

Maximizing the Health Power of Foods from the Indian Subcontinent

2021 International Conference on Nutrition in Medicine, July 2021

- Reviewed the evolution of the traditional Indian diet into the contemporary one and its correlation with the prevalence of non-communicable diseases in India

Nutrition's Role in Blood Pressure Regulation

2020 International Conference on Nutrition in Medicine, July 2020

- Reviewed the research regarding dietary approaches to blood pressure management
- Reviewed the consumption patterns of sodium and potassium and how this correlates with blood pressure

Mediterranean Diet

2020 International Conference on Nutrition in Medicine, July 2020

- Reviewed the salient features, evolution, and health aspects of the Mediterranean diet

Transition Foods: The Best and Worst

2020 International Conference on Nutrition in Medicine, July 2020

- Reviewed the health impact of foods commonly used to transition to plant-based diets