



DOCTORS FOR
NUTRITION

MEDIA RELEASE

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For immediate release

What role does nutrition play in cardiovascular disease? At a Symposium in Adelaide this weekend, eminent US cardiologist, Dr Kim Williams and local healthcare experts explain how dietary choices can influence the primary underlying cause of death for Australians.

“The spectre of heart attack and accompanying disease states and disability need not haunt us,” says Dr Williams. “Evidence shows that these are largely conditions of lifestyle and therefore predominantly preventable and even reversible.”

Dr Kim Williams will be joined by South Australian healthcare practitioners, including Barossa Valley general practitioner Dr Adrian Griscti and Australian Practising Dietitian Deeni Betar-Young who will reveal the reality behind the disheartening statistics and empower attendees from all walks of life with the science and skills to improve their cardiovascular and overall health.

Dr Williams is part of the Advisory Council team for the Australian registered health-promotion charity, Doctors For Nutrition. He is also Chief of Cardiology at Rush University Medical Centre in Chicago and a past President of the American College of Cardiology. Most recently, he starred in the wildly successful documentary The Game Changers, executive produced by the likes of James Cameron, Arnold Schwarzenegger and Novak Djokovic.

Registered health promotion charity Doctors For Nutrition (DFN) are the hosts of the Symposium. Co-founder and qualified pediatrician, Dr Heleen Roex-Haitjema MD says DFN is committed to sharing sound and independent guidance on the role of nutrition in chronic disease. From presenting at nearly 100 events such as hospital ‘grand rounds’, community classes and conferences around Australia and internationally, Dr Roex-Haitjema knows first-hand about the glaring gap in education levels across the medical community when it comes to best-practice nutrition prescriptions.

Dr Roex-Haitjema emphasises that *“doctors are not to blame”* for their lack of nutrition science knowledge as the vast majority *“get their information just like everyone else – through the media.”* She laments that despite having three doctors across two generations in her immediate family, they *“were not taught”* about this vital component of healthcare in their medical degrees. Doctors For Nutrition aim to redress that imbalance by integrating science-based evidence into the institutions and policies responsible for the prevention and treatment of disease.

Attendees will get to directly experience food as medicine with nutritious whole food plant-based catering provided at the event by local Adelaide businesses Plant B Life and Francesco’s Cichetti.

Presentations will be followed by a plant-based athletes’ panel featuring South Australian amateur and pro runners, a cyclist, bodybuilder and personal trainer. A free screening of the The Game Changers caps off a day filled with a healthy dose of nutrition education and inspiration. All welcome.

Adelaide Nutrition Symposium: The Heart of the Matter

Sunday 2 February 2020

Room G030, Ground Floor, Adelaide Health and Medical Sciences (AHMS) building, University of Adelaide, 4 North Tce, Adelaide

Event information and tickets: www.doctorsfornutrition.org/symposium

Event graphics and high resolution photos: view Google Drive folder [HERE](#)

The Game Changers trailer: watch [HERE](#)

Dr Kim Williams' documentary: view on YouTube [HERE](#)

Facebook event: [HERE](#)

For further information and arrangement of potential interviews, contact:

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Background info on Symposium host organisation

Doctors For Nutrition is an Australian health promotion charity led by medical and dietetic professionals dedicated to bringing food back to healthcare. Our mission is to grow awareness about the benefits of whole food plant-based nutrition among the general public, healthcare professionals and within health institutions through education, outreach and research. By empowering practitioners, policy makers and the public with this vital information, we aim to prevent unnecessary suffering for patients, increase career satisfaction for practitioners, and reduce the unsustainable costs of healthcare.

Keynote speaker bio: Dr Kim Williams

Born and trained in Chicago, Dr Williams was a professional level tennis player and coach before choosing rather to pursue a career in cardiology. Since 2013, he has headed up the cardiology department of Rush University Medical Center - where many of his colleagues have also found their way to adopting a plant-based diet.

Dr Williams has served on numerous committees and boards at the United States national level, including - but certainly not limited to - the American Society of Nuclear Cardiology, the American Heart Association, and the American Medical Association. Among other presidencies throughout his distinguished career, Dr Williams was the 2016 President of American College of Cardiology.

Kim is the inaugural Editor in Chief of the International Journal of Disease Reversal and Prevention (IJDRP). This new journal has been created to document the science of nutrition and lifestyle to prevent, suspend and reverse disease.

Kim is on the 'International [Advisory Council](#)' for Doctors For Nutrition.