

MEDICAL EDUCATION

SPEAKERS NETWORK

ESTD **96** DATE

Medical Education Trending Topic

Sugarproof: The Hidden Dangers of Sugar

If your medical staff would like an update on the effects of sugars on the body, particularly in children, please contact our office to schedule a virtual lecture at 877-505-4777 or info@speakersnetwork.com.

What is the problem:

Most of us know that sugar can wreak havoc on adult bodies, but few realize how uniquely harmful it can be for children. The damage can begin early in life, resulting in fatty liver disease, prediabetes, obesity and an elevated risk for eventual heart disease, not to mention behavioral, emotional, and learning problems.

Learning Objectives:

After the activity, participants will be able to:

1. Review sources of sugar in the diet and ubiquitous nature in the food supply
2. Recognize names of 200+ names for sugar used as food ingredients and how they differ
3. Understand differences between different types of loc calorie sweeteners and effects on the body
4. Review effects of different sugars on the body including kids including brain development, learning and memory, emotional behavior, gut problems, fatty liver disease, stype 2 diabetes and cardiovascular health
5. Discuss lifecourse effects of different sugars and how they affect gestational development through to healthy aging
6. Discuss strategies for reducing sugar in children

References:

<https://sugarproofkids.com/science/>