Next Section Meeting

Date: Thursday, October 19
Time: 6:30pm
Location: Apache Room
Tyler Junior College
Tyler, TX

Health Benefits of a Plant Based Diet
Dr. Katie Root
The University of Texas at Tyler Health Science Center

My presentation is about the health benefits of a plant-based diet. I plan to review the spectrum of plant-based diets and define the terminology of these different diets. We will discuss the multiple proven health benefits of a plant-based diet, including those related to cardiovascular disease, diabetes, obesity, and cancer. I will discuss the impact of the gut microbiota and dietary intake on chronic disease. Finally, we will discuss ways to implement a plant-based diet.

Speaker Bio
I was born and raised in Tyler, TX, graduating from Chapel Hill High School. I received a Bachelor of Science in Forensic Science from Baylor University. I then worked at the UT Health Science Center in a biomedical research lab for a year before going to Ross University School of Medicine. I then completed my residency in internal medicine at LSU in Shreveport. I began practicing in primary care at ETMC in 2013. I then received a board certification from the American Board of Obesity Medicine. I later transitioned to the UT Health Science Center and became the associate program director for the internal medicine residency program in 2020. I went into full-time academics in 2021 and obtained my Master’s of Health Administration at UT Tyler in December 2021. I am now also the program director for the UT Tyler Transitional Year residency program.
Upcoming Dates

October 15-21  National Chemistry Week:  
The Healing Power of Chemistry
November 15-18  Southwest Regional Meeting, Oklahoma City, OK

2023 Section Officers

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chair</td>
<td>Catherine Elueze</td>
<td><a href="mailto:catherine.elueze@tjc.edu">catherine.elueze@tjc.edu</a></td>
</tr>
<tr>
<td>Chair-elect</td>
<td>Rodney Whetzel</td>
<td><a href="mailto:rwhe@tjc.edu">rwhe@tjc.edu</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Jerome Stavinoha</td>
<td><a href="mailto:jstavinoha@gmail.com">jstavinoha@gmail.com</a></td>
</tr>
<tr>
<td>Secretary</td>
<td>Mike Sheets</td>
<td><a href="mailto:mikesheets51@gmail.com">mikesheets51@gmail.com</a></td>
</tr>
<tr>
<td>Councilor</td>
<td>Philip Verhalen</td>
<td><a href="mailto:philip.verhalen@gmail.com">philip.verhalen@gmail.com</a></td>
</tr>
<tr>
<td>Alt. Councilor</td>
<td>Mike Sheets</td>
<td><a href="mailto:psc.cornerstone@gman.com">psc.cornerstone@gman.com</a></td>
</tr>
</tbody>
</table>

Section Website

www.acs.org/easttexas

Newsletter Editor       Ruth Hathaway       ruthhathaway@msn.com