

# October 2023

## **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

Chair Catherine Elueze <u>catherine.elueze@tjc.edu</u>

Chair-elect Rodney Whetzel <u>rwhe@tjc.edu</u>

Treasurer Jerome Stavinoha <u>jstavinoha@gmail.com</u>

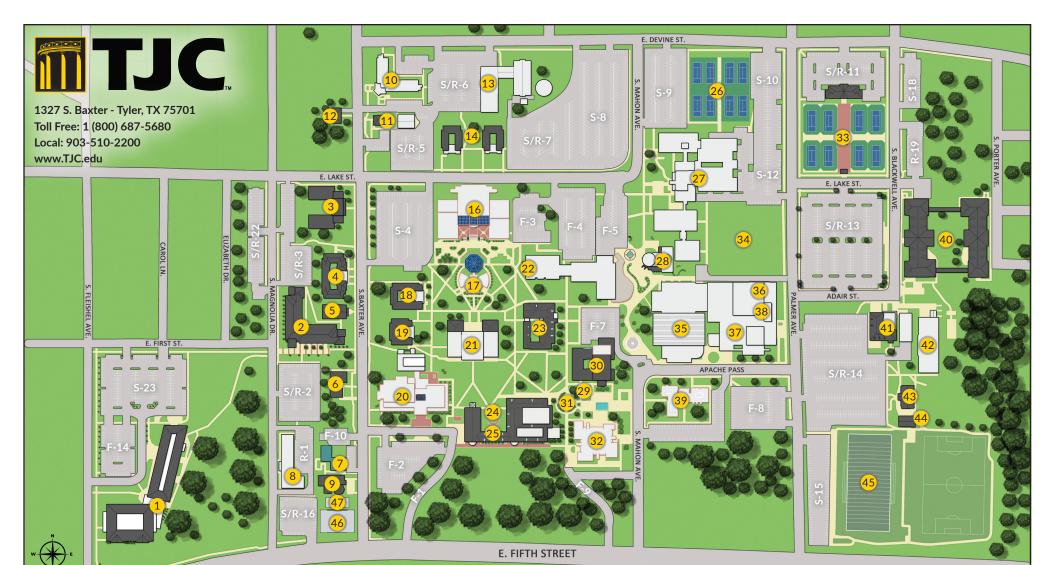
Secretary Mike Sheets <u>mikesheets51@gmail.com</u>
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Alt. Councilor Mike Sheets <u>psc.cornerstone@gman.com</u>

### **Section Website**

www.acs.org/easttexas

Newsletter Editor Ruth Hathaway ruthhathaway@msn.com



#### ACADEMICS, ADMINISTRATION & SERVICES

- 38. Apache Belle Studio
- 16a. Apache Rooms
- 13. Baldwin Facilities & Construction (BMB) 1a. Dental Hygiene Clinic
- 36. Band Hall
- 11. Campus Police
- 12. Campus Police Annex
- Campus Services (PRCH)
- 22. Genecov Science Buildings(G)(G2)(GB)
- 25. Jenkins Hall (J)
- 27. Pirtle Technology (T)
- 23. Potter Hall (P)
- 47. Promise Office
- Research & Marketing Services (RMS)
- Residential Life & Housing (RLH)

- Robert M. Rogers Nursing & Health Sciences Center (RNHS)
- 16. Rogers Student Center (RSC)
- 16c. Campus Police Substation
- 41. Satellite Physical Plant
- 17. Vaughn Conservatory (VC)
- 21. Vaughn Library (LRC)
- Dual Credit/Early College Office (DCB)
- 20. White Administrative Services Center (WASC)
- 32. Wise Cultural Arts (WCA)
- 46. Welcome Center

### **ATTRACTIONS**

- 24. Gatewood Garden
- 29. Geese in Flight
- 31. Ina Brundrett Azalea Garden
- 32a. Jean Browne Theatre
- 28. The Earth and Space Science Center
- 39. Tyler Museum of Art
- 30. Rogers Palmer Performing Arts Center

#### **DINING**

- 16b. Apache Junction Cafeteria
- 2a. Chick-fil-A
- 21a. Starbucks
- 27a. Subway

#### **RESIDENCE HALLS**

- Bateman Hall 3. Claridge Hall
- 2. Crossroads Hall
- 18. Holley Hall
- 10. Hudnall Hall
- 40. Louise H. & Joseph Z. Ornelas Residential Complex
- 4. Sledge Hall
- 19. Vaughn Hall
- 14. Wesley House

#### **ATHLETIC FACILITIES**

- 43. Athletic Field House (FH)
- 42. Athletic Strength & Conditioning Facility
- 34. Intramural Field
- 33. JoAnn Medlock Murphy Tennis Center
- 26. Louise Brookshire Community Tennis Complex
- 37. Ornelas Health & Physical Education Center
- 44. Pat Hartley Complex & Concession Stand
- 45. Pat Hartley Field
- 35. Wagstaff Gymnasium (WG)

Parking: S - Student; F - Faculty/Staff; R - Resident