Healthy Aging
a dietetic practice group of the
Academy of Nutrition and Dietetics

Interprofessional Interview Podcast - 2018

Hosting with:

Dr. Aric Sudicky, MD

Topic Overview:

Dr. Sudicky speaks on multiple aspects of aging, exercise and nutrition. He also tells us about his innovative research projects to improve lifestyle interventions for patient care and education in medical schools.

Segments:

2:30 min: Dr. Sudicky's background

6:15 min: An innovative 'prescription pad' to improve patient care and dietitian services

11:15 min: Dr. Sudicky speaks on their novel approach to the MD education system to improve patient care through nutrition and exercise education

21:45 min: Dr. Sudicky love's collaborating with RDs 😊

24:45 min: How our meeting on Twitter evolved into this podcast

25:45 min: Body composition in older adults – biological versus chronological aging

28:30 min: Dr. Sudicky's approach to addressing diet and exercise changes in his patients

31:30 min: Nutrition prescription: utilizing long-term goals to incentive sustainable changes

36:00 min: Case study 1 – obesity & reducing body weight/bodyfat in older adults

46:45 min: Case study 2 – improving muscle and bone health in older adults (See podcast with Dr. Richard Severin for additional conversations surrounding protein dose)

60:00 min: Approaching an MD and successfully conveying your message

65:00 min: Closing and social media chat

Social Media Accounts:

Twitter, Facebook & Youtube: @DrAricSudicky
Also, another outstanding person to follow – Dr. @YoniFreedhoff

Music by: Mental Adventure

Interested in being on our Podcast series? Contact Jake Mey at jake.mey@case.edu.