

# NYSIDDDNA 2023 Annual Conference

September 11-13, 2023 | Albany Marriott | Albany, New York

## *Introducing Our Keynote Presenter*

### **Dr Lara Zakaria PharmD MS CDN CNS IFMCP**

Dr. Zakaria is a Pharmacist and Nutritionist with a focus in implementing solutions for Functional Medicine and personalized nutrition. A graduate of the Ernest Mario School of Pharmacy, at Rutgers University (BSpharm) and the University of Colorado Skaggs College Of Pharmacy (PharmD), she spent 20 years in community pharmacy practice.

After developing an interest in nutrition, she earned a MS in Nutrition from the University of Bridgeport and subsequently qualified as a Certified Nutrition Specialist (CNS) as well as an Institute for Functional Medicine Certified Practitioner (IFMCP).

Dr Zakaria's practice focuses on a multi-disciplinary approach working both one-on-one with patients as well as creating implementation tools and systems for scale. She is also adjunct professor of nutritional biochemistry and therapeutics at the University of Bridgeport, faculty at George Washington University, as well as guest instructor for Functional Medicine at LECOM College of Pharmacy and has served as mentor and supervisor for CNS and pharmacy students.

Lara is passionate about gut health and the prevention and reversal of metabolic, allergic, and autoimmune disease. There's power in *community*, working with pharmacy professionals, nutritionists, and other clinicians to leverage their unique expertise to amplify the message of personalized nutrition and FxMed.



### **Dr. Zakaria's Presentations:**

WE-KEY            Wednesday, Sept. 11, 2:15-3:30 p.m.

#### **Upstream Medicine: Swimming Against the Current to Improve Patient Outcomes**

*Lara Zakaria, PharmD, MS, CNS, IFMCP*

There is increasing interest in the integration of conventional medicine with complementary, and alternative medicine (TCAM) as well lifestyle medicine that can improve outcomes for chronic diseases. Evidence is mounting that to make significant improvements in health outcomes, we must start thinking outside the medicine vial – to lifestyle modification including nutrition, stress modification, sleep, and exercise. How do holistically minded health professionals find opportunities to coach and inspire our patients in these areas – while cultivating a supportive and collaborative professional environment.

TUE-3.2            Thursday, Sept. 12, 10:15-11:30 a.m.

#### **Beyond Serotonin: Exploring the Bidirectional Gut-Brain Connection in Mental Health**

*Lara Zakaria, PharmD, MS, CNS, IFMCP*

For decades, approaches to treatment of depression and anxiety have focused on neurotransmitter balance and function. In this presentation we will explore the multitude of factors that impact mental health, including inflammation and environment, but focusing on the gut-brain axis. Taking that etiology into consideration, we will look at implications of diet and nutraceuticals on improving mental health outcomes using a personalized approach.