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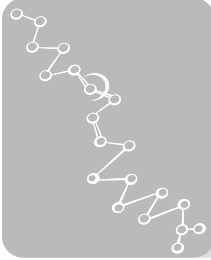
SECRETARY

MARILYN BAIN

CLA as a functional food/nutraceutical could have a significant role in human health generally and in specific disease states including obesity, diabetes and lipoprotein disorders and hence on the metabolic syndrome and cardiovascular complications. There is substantial experimental evidence in small animals and tissue culture work showing that CLA and certain specific stereoisomers have profound effects on adipose growth and development, and mitigates murine obesity, both nutritional and genetic. Evidence is also beginning to appear in humans that CLA supplements have beneficial effects in the metabolic syndrome, but definitive clinical evidence is yet to appear. This is what prompted the workshop, which focuses attention on the role of CLA in human health to determine the current state of understanding of its cellular and physiological effects in man. This workshop will provide an opportunity to examine the quality of evidence that supports the use of CLA in the treatment and prevention of human disease.

The workshop will have two components; the first includes scientific presentations by renowned scientists from Canada, the USA and Sweden on CLA biology and its physiological effects. Secondly, current research on the mechanism of action of CLA and the state of current knowledge of CLA effects in humans will be highlighted. An important addition to the workshop is an analysis of the challenges and opportunities to Industry in the production and marketing of CLA as a functional food/nutraceutical.

The Organizing Committee



W E L C O M I N G R E M A R K S

On behalf of the Organizing Committee, it is a pleasure to welcome you to Winnipeg on the occasion of the CLA Workshop to discuss the extraordinary potential of CLA as a functional food/nutraceutical in human health. Unlike conferences, workshops are deliberately structured to host a small but critical number of knowledgeable individuals to examine a very specific issue and to acquire a greater understanding of a problem or opportunity in a short period of time. Ideally there should be an outcome including an action plan. This Workshop was designed with that in mind. It brings together a group of Canadian and International leaders in CLA research to examine the state of current knowledge of CLA biology and physiology as it applies to human health. Cross fertilization of ideas is assured because participants represent many disciplines including nutritionists, researchers, industry partners, government agencies, academe, and senior students.

While CLA and its active isomers have convincingly demonstrated important biological effects in small animals or in tissue culture systems, its widespread consumption as a nutraceutical is not based on extensive clinical research. It is important that recommendations regarding the use of CLA for the health of individuals or at the population level should be based on convincing evidence acquired ideally through clinical trials with sufficient power to establish effectiveness. Little is known about the usefulness of CLA in human disease processes such as the metabolic syndrome and obesity as well as diabetes or cancer. This information would be of enormous value to the average citizen, to the food industry, particularly dairy, beef and pork producers, and commercial outfits that market CLA as a nutraceutical.

A workshop is successful when there is an opportunity for exchange of information and vigorous debate leading to the development of consensus around questions posed. This workshop will help identify areas of agreement as well as gaps where future research could be directed. The mix of workshop participants should facilitate networking and future collaborations of interest to CLA researchers leading to health benefits and economic opportunities. Given the quality of the speakers and participants, we are confident that this will transpire.

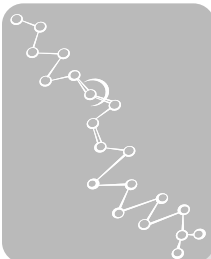
It should be noted that this event would not have been possible without the generous support of our corporate and academic sponsors and we wish to express our gratitude for their endorsements.

Your Organizing Committee welcomes you to the heart of Western Canada where the air is clear and crisp and the sun is usually shining. We urge you to take the opportunity to enjoy our rich cultural offerings, and social camaraderie.

If there is anything that any of us can do to assist your visit don't hesitate to ask .

Have a great Workshop.

Aubie Angel, M.D.
Chair, CLA Workshop
Pres. DRTC



WORKSHOP SCHEDULE OF EVENTS

THURSDAY, MARCH 13, 2003

- 12:30 - 3:30 pm Meeting of Organizing Committee and Consultants (Closed) *Gateway - Mezzanine*
- 4:00 pm - 9:00 pm Registration Desk open
- 6:00 pm - 7:00 pm Opening Reception - Introductions - *Foyer, 7th Floor*

SESSION I Chair: Dr. Heather Loeppky, Alberta Agriculture Food and Rural Development - *Concert Hall, 7th Floor*

- 7:00 - 7:10 pm Welcoming Remarks - Dr. Aubie Angel, Chair, CLA Workshop
Dr. Digvir Jayass Associate Vice President, Research, University of Manitoba
Dr. Susan Crawford, Assistant Director, CIHR - INMD
- 7:10 - 7:40 pm Keynote Address
Professor Michael Pariza, University of Wisconsin
Title: "CLA in Human and Animal Health: Mechanisms and Prospects." **A1**
- 7:40 - 8:00 pm Discussion
- 8:00 pm Dinner - *Crystal Ballroom, 7th Floor*
Poster Review - See Pages 21-22

FRIDAY, MARCH 14, 2003

- 7:30 - 8:20 am Breakfast

SESSION II Chair: Dr. Carla Taylor, University of Manitoba

- 8:30 - 9:00 am Dr. John Kramer, Agriculture and Agrifood Canada, Guelph
Title: "The chemistry and prevalence of CLA isomers in animal systems" **A2**
- 9:00 - 9:10 am Discussion
- 9:10 - 9:40 am Keynote speaker
Dr. Martha Belury, The Ohio State University
Title: "Cellular and molecular mechanisms of CLA action" **A3**
- 9:40 - 9:50 am Discussion
- 9:50 - 10:05 am Nutrition Break

SESSION III Chair: Dr. Grant Pierce, University of Manitoba

- 10:05 - 10:35 am Keynote Speaker
Dr. Benoit Lamarche, Laval University
Title: "The metabolic syndrome and the effects of CLA in lipoprotein disorders: The Quebec experience" **A4**

WORKSHOP SCHEDULE OF EVENTS - FRIDAY, MARCH 14, 2003

10:35 - 10:50 am	Speaker - Dr. Carla Taylor, University of Manitoba "CLA effects in the obese, hyperinsulinemic Zucker rat."	A5
10:50 - 11:20 am	Speaker - Dr. Peter Jones, McGill University Title: "Body composition/adipose mass and CLA effects"	A6
11:20 - 11:30 am	Discussion	
11:30 - 12:00 noon	Keynote Presentation Dr. Bengt Vessby, University of Uppsala Title: "The metabolic effects of CLA in humans: The Swedish experience"	A7
12:00 - 12:15	Discussion	
12:15 - 1:25 pm	Lunch - <i>Crystal Ballroom, 7th Floor</i>	

SESSION IV Chair: Dr. Catherine Field, University of Alberta

1:30 - 2:00 pm	Speaker - Dr. Hope Anderson, University of California, San Francisco Title: "Insulin Resistance - Associated Cardiovascular disease: Potential benefits of CLA"	A8
2:00 - 2:25 pm	Speaker - Dr. Roger McLeod, Dalhousie University Title: "Effects of CLA on hepatic lipoprotein and apoprotein synthesis and secretion"	A9
2:25 - 2:55 pm	Discussion	
2:55 - 3:20 pm	Speaker - Dr. Bruce A. Watkins, Purdue University Title: "Effects of CLA on growth and bone development"	A10
3:20 - 3:40 pm	Speaker - Dr. Hope Weiler, University of Manitoba Title: "Application of CLA to metabolic bone disease"	A11
3:40 - 3:45 pm	Discussants Dr. Stephanie Atkinson, McMaster University Susan Barr, University of British Columbia	
3:45 - 4:10 pm	Discussion and Refreshments	

SESSION V Chair: Dr. Hope Weiler, University of Manitoba

4:10 - 4:35 pm	Speaker - Dr. Catherine Field, University of Alberta Title: "Evidence for potential mechanisms for the effect of CLA on tumor metabolism and immune function: Lessons from n-3 fatty acids"	A12
4:35 - 4:45 pm	Discussion	
4:45 - 5:30 pm	Open Session "Rationale for a Clinical Trial of CLA" Discussion Leaders: Dr. Aubie Angel, Dr. Grant Pierce Discussants Dr. Bruce Holub, University of Guelph, Dr. Tom Wolever, University of Toronto	
7:00 pm	Dinner - <i>Remington's Seafood and Steakhouse, #1 Forks Market Rd.</i>	

WORKSHOP SCHEDULE OF EVENTS - SATURDAY, MARCH 15, 2003

7:30 am - 8:20 am Breakfast

SESSION VI - CLA , Health and Commercial Opportunities

Session Chair: Dr. Helen Bishop MacDonald, Director, Nutrition, Dairy Farmers of Canada

8:20 - 8:45 am	Keynote Speaker - Cindy Thorvaldson, Alberta Milk Title: "Linking Human Health Research to Product Development and Marketing"	A13
8:45 - 9:10 am	Dr. Yvan Chouinard, Laval University, Quebec Title: "CLA-Enriched Dairy Production"	A14
9:10 - 9:35 am	Dr. Priya Mir, Agriculture and Agri-Food Canada, Lethbridge, Alberta Title: "CLA-Enriched Beef Production"	A15
9:35 - 10:00 am	Dr. Mike Dugan, Agriculture and Agri-Food Canada, Lacombe, Alberta Title: "CLA Pork Research"	A16
9:50 - 10:10 am	Nutrition break	

SESSION VII - Opportunities and Challenges

Chair: Dr. Digvir Jayas, Associate Vice President Research, University of Manitoba

10:10 - 10:35 am	Brad McNish, President, Sepallo, Kelowna , B.C. Title: "Developing CLA-enriched Dairy Products"	A17
10:35 - 11:00 am	Kelley Fitzpatrick, Manager of Marketing and Research Development, Centre for Functional Foods and Nutraceuticals, University of Manitoba Title: "Regulatory Issues in the use of CLA in functional foods and natural health products in Canada"	A18
11:00 - 11:25 am	Dr. Marianne O'Shea, Nutrition Manager, Loders Croklaan Title: "Modulation of Immune Response by CLA; Clinical Development from an Industry Perspective"	A19
11:25 - 11:30 am	Discussion	

SESSION VIII - Where to from here? General Discussion

11:30 - 12:30 pm	Chair: Dr. Grant Pierce, University of Manitoba, Director, National Centre for Agri-food Research in Medicine Workshop Summary	
12:30 - 1:30 pm	Express Lunch - <i>North Mezzanine</i>	
	Adjourned	
2:00 pm	Organizing Committee - Debriefing	