



## The Role of Nutrition in Reducing Inflammation in the Body

**Sara Casey, RD, CSG, LDN** — *Director of Nutrition*

Inflammation serves as our body's defense system to heal and protect us against injuries and sickness. However, chronic, low-grade inflammation can cause, exacerbate or lead to chronic diseases. Nutrition and diet can play a crucial role in protecting our bodies from chronic inflammation and disease. This presentation will give an overview of inflammation as it relates to major chronic diseases, discuss pro-inflammatory and anti-inflammatory dietary components, and review strategies for promoting anti-inflammatory eating patterns with older adults.

### Following this presentation the participant will be able to:

1. Define acute and chronic inflammation as well as the relationship to major chronic diseases.
2. Identify at least three dietary components that may contribute to increased chronic inflammation.
3. List at least three dietary approaches that may help reduce chronic inflammation.
4. Describe how to apply anti-inflammatory nutrition strategies in the older adult population.

- The Optimum Life CE series is a pre-recorded webcast.
- This program was submitted for approval to the following governing bodies and their required pre-approval statements listed below. The program is approved for CE credit when presented in the month listed.
- Call (312) 977-3711 for more information about contact hours.
- This program has been submitted (but not yet approved) for Continuing Education for 1.0 hour from NAB/NCERS.
- This activity is pending approval from the National Association of Social Workers.
- This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 1.0 hour.
- Brookdale Senior Living Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0221.
- This course is approved by the Michigan Social Work Continuing Education Collaborative.
- This activity has been submitted to the Ohio Nurses Association for approval to award contact hours. The Ohio Nurses Association is accredited as an approver of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation (OBN-001-91).