



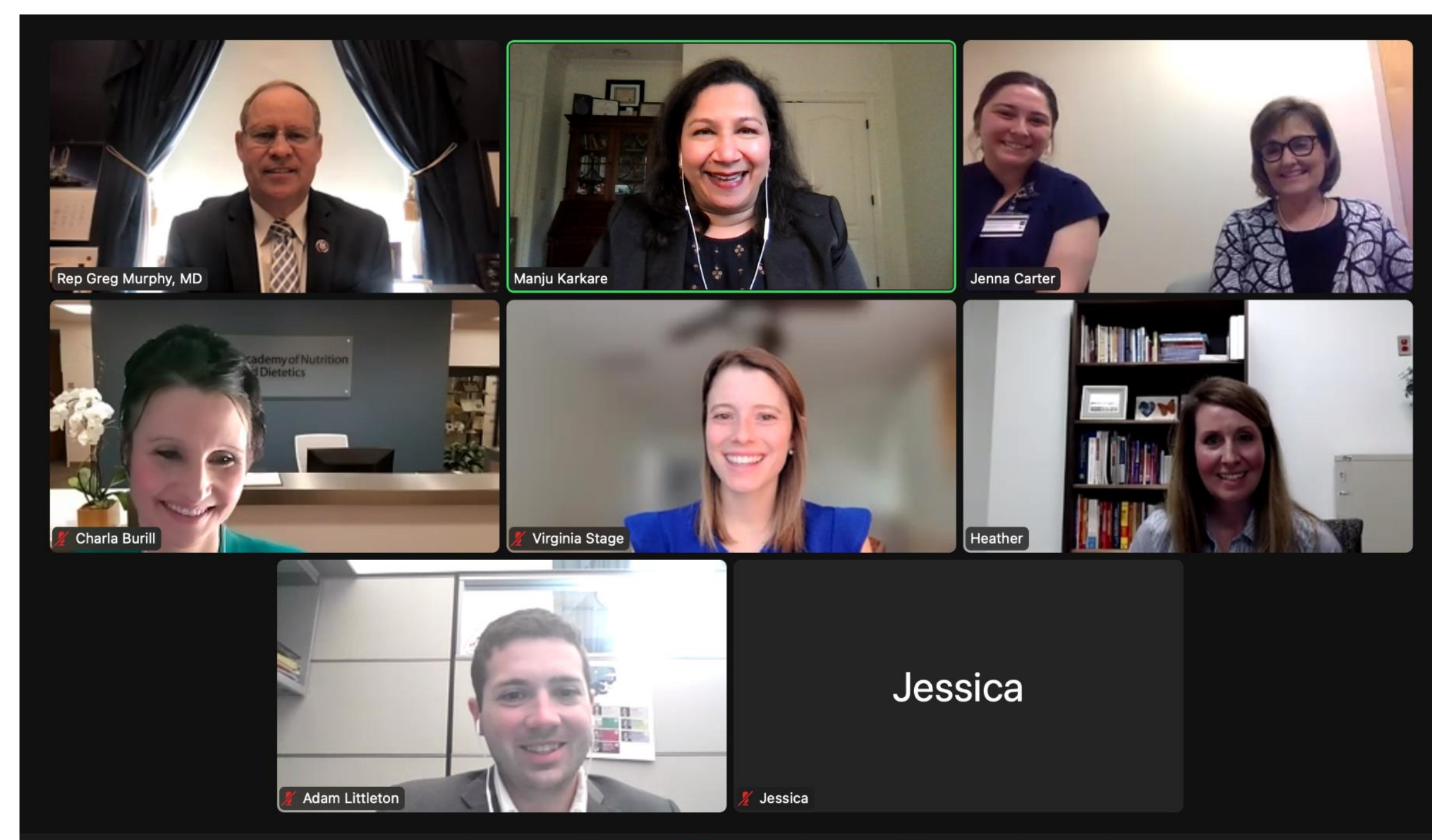
# ECU Family Medicine Summer Medical Nutrition Fellowship Kolasa-Kelly Endowed Scholarship

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## INTRODUCTION

- Studied over the course of eight weeks during the summer between M1 and M2 years with ECU Family Medicine in the Nutrition department
- Learned how to educate patients on their nutrition and its importance in managing their chronic illnesses
- Learned the pathophysiology for many chronic illnesses and medication management
- Shadowed in Internal Medicine, Medicine-Pediatrics, High Risk Obstetrics, Lifestyle Medicine, Diabetes Clinic, Tube Feeding Clinic, and Pediatric Healthy Weight Clinic
- Participate in trainings including Food as Medicine, Lifestyle Medicine, and Diabetes Prevention Program Lifestyle Coach
- Gained public speaking and plain language writing skills
- Acquired 320 clinical hours



## RESULTS AND CONCLUSIONS

As a future physician, to be able to see firsthand the implications and benefits of nutrition and lifestyle education and modifications can have on the overall health of my patients, is impactful. I was able to sit in Nutrition therapy sessions with Registered Dietitians and Physicians to observe how they work with patients to help manage chronic diseases such as Diabetes Mellitus, Chronic Kidney Disease, Hypertension, Hyperlipidemia, Obesity, Malnutrition, etc. I was able to learn the important role that diet and activity play in the overall health and wellness of their patients. Nutrition education is an important preventative measure for patients at risk of chronic illness. From this, I learned that nutrition and medicine can work together for the benefit of the patient. Sometimes, a patient can make adequate diet and exercise changes to control their diseases. I was able to see the direct effects of a patient's diet and exercise changes on the prognosis. Some examples of these health changes include decreased A1C, decreased Blood Glucose Levels, decreased lipid levels, decreased blood pressure, and weight loss. However, sometimes, no matter how many changes a patient makes their DNA will catch up to them and medicine can step in to provide their body with the support to manage their disease. Through this I learned the importance of nutrition within medicine and how interdisciplinary care can benefit the patient both medically and nutritionally.

Nutrition education can be an excellent method for preventative care. After spending the summer learning about the implications of healthy diet and exercise, I have developed a passion for making this education one of the forefront methods of treatment of various disease states, as well as preventing these disease states from occurring in the first place.

This summer, I not only learned how to implement nutrition education into my academic career, but my own personal life. I can see the direct impacts that diet and exercise can have on one's health. Understanding this from a first-person point of view has made an immeasurable impact on how I view these impacts from a preventative care perspective.



## PRESENTATIONS

Kolasa, KM, Carter Hamed, J. (June 14, 2023) *MIND Diet: Dietary Supplements Relating to Cognitive Function*. ECU Family Medicine Nutrition Department. Co-lecturer at Alice Keen Senior Center.

Carter Hamed, J. (June 28, 2023) *The Benefits of Exercise on Overall Health*. ECU Family Medicine Nutrition Department. Weight Management Class. Oral Presentation.

Carter Hamed, J. (July 5, 2023) *How Can Nutrition Help Manage My Chronic Illness?* ECU Family Medicine Nutrition Department. Weight Management Class. Oral Presentation.

Carter Hamed, J. (July 12, 2023) *Summer Couscous Salad: Cooking Demonstration*. ECU Family Medicine Nutrition Department. Weight Management Class. Oral Presentation.

## PUBLICATIONS

Hamed J, Kolasa KM. Impact of Nutrition on the Overall Health of the Female Menstrual Cycle. Daily Reflector. Page A6, August 2, 2023.

Hamed J, Smith, B, Kolasa KM. Much to consider about multi vitamin-mineral supplements. Daily Reflector. Page A6. June 28, 2023.

## ACKNOWLEDGEMENTS

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