

SAVE THE DATE

SPRING BREAKFAST FORUM

**Fats, Sugar and Alcohol:
A Delicate Balance in Body Weight Regulation****Date:** Thursday, March 1, 2007**Place:** Abby Aldrich Rockefeller Hall
The Rockefeller University
York Avenue at 66th Street
New York City**Time:** 7:30 – 8:00 a.m. Registration &
Breakfast Buffet
8:00 – 9:00 a.m. Program

In their struggles to manage body weight, Americans are confronted by a variety of conflicting cues. They receive stern warnings about the health risks of obesity, only to find themselves surrounded by high-calorie snacks. They are bombarded with advertisements promising rapid weight loss, and then hear public service announcements about anorexia and bulimia, serious eating disorders that are often undiagnosed until their life-threatening effects emerge.

Why do people develop food cravings and indulge in foods rich in fat and sugar, knowing full well their potential to do harm? How is it that a person obsessed with body image can restrict food intake to a point that approaches starvation? And how does the drinking of alcohol affect our food choices, and vice versa? According to **Sarah F. Leibowitz**, a behavioral neurobiologist at The Rockefeller University, the most useful answers may be found by studying neurochemical messages released in the brain—signals of hunger and satiety that sometimes go out of balance.

In the 1980s, Dr. Leibowitz pinpointed a specific brain region that controls appetite and discovered how certain brain chemicals act there to make animals overeat fat- or sugar-rich diets. In ensuing years, her research has shown that the high-fat, high-sugar foods abundant in American supermarkets do not quell appetite in the long run. Instead, the ingestion of these highly palatable foods increases the very chemical messages that urge us to eat more of these foods. In recent work with several colleagues, Dr. Leibowitz has also demonstrated that cravings for fat and alcohol are triggered by the same neurochemical.

Please join us on the morning of March 1 for a presentation by Dr. Leibowitz, who will discuss her research and its implications for understanding some of today's most pressing health issues, including obesity, diabetes, binge-eating disorder, anorexia, bulimia, and alcoholism. This lecture and discussion will be hosted by **Barry S. Collier**, Physician-in-Chief of The Rockefeller University Hospital.

For more information please call (212) 327-7434.