

**UAMS News Bureau**

Office of Communications & Marketing  
4301 West Markham # 890  
Little Rock, AR 72205-7199

[uamshealth.com/news](http://uamshealth.com/news)



**News Release**  
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**Media Contacts:**

Leslie W. Taylor, 501-686-8998  
Wireless phone: 501-951-7260  
[leslie@uams.edu](mailto:leslie@uams.edu)

Liz Caldwell, 501-686-8995  
Wireless phone: 501-350-4364  
[liz@uams.edu](mailto:liz@uams.edu)

**Jan. 28 Science Café — ‘Essential Nutrition vs. Fad Diets’**

LITTLE ROCK — Science Café Little Rock, co-sponsored by the [University of Arkansas for Medical Sciences](http://www.uams.edu) (UAMS), will hold its next public forum, *Essential Nutrition vs. Fad Diets*, on Jan. 28. Panelists will discuss food prep, preserving nutrients, personalized nutrition, and the pitfalls of fad diets.

Science Café will be from 7-9 p.m. at Hibernia Irish Tavern, 9700 N. Rodney Parham Road. Science Café is a relaxed opportunity for monthly exchanges with various experts. No reservations are needed, but seating is limited. Admission is free.

This month’s panel will include Srikanth Vallurupalli, M.D., assistant professor, Division of Cardiovascular Medicine, Department of Internal Medicine, College of Medicine, UAMS; Mandie Smith, registered dietitian, instructor of health and nutrition, Culinary Arts and Hospitality Management Institute, University of Arkansas Pulaski Tech; and Reza Hakkak, Ph.D., professor and chairman, Department of Dietetics and Nutrition, College of Health Professions, UAMS.

Dorothy Graves, associate director for administration of the UAMS Winthrop P. Rockefeller Cancer Institute, will moderate the event. Science Café includes a corresponding live radio call-in program, “Science Café Little Rock,” on National Public Radio-affiliate station KUAR FM89. The science talk show, featuring one speaker from the monthly panel of scientists and experts, is aired just prior (6:05-6:30 p.m.) to the live Science Café event. Smith is this month’s radio guest.

Science Café events are held on the fourth Tuesday of the month, except for July, August and December. Check out the website for more information on monthly speakers and topics at [www.sciencecafelr.com](http://www.sciencecafelr.com). For more information on future Science Café events or to suggest topics and speakers, contact UAMS research liaison and Science Café Director Linda Williams, M.S., at 501-686-7418. To join the listserv and receive news on monthly speakers and events, send an email with “subscribe” in the subject field to [sciencecafelr@gmail.com](mailto:sciencecafelr@gmail.com). Science Café was created through interest and partnership of the UAMS Graduate School, Arkansas Biosciences Institute, UAMS Division of Research, KUAR-FM 89.1, the Central Arkansas Section of the American Chemical Society and Hibernia Irish Tavern.

UAMS is the state's only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; hospital; a main campus in Little Rock; a Northwest Arkansas regional campus in Fayetteville; a statewide network of regional campuses; and seven institutes: the Winthrop P. Rockefeller Cancer Institute, Jackson T. Stephens Spine & Neurosciences Institute, Harvey & Bernice Jones Eye Institute, Psychiatric Research Institute, Donald W. Reynolds Institute on Aging, Translational Research Institute and Institute for Digital Health & Innovation. UAMS includes UAMS Health, a statewide health system that encompasses all of UAMS' clinical enterprise including its hospital, regional clinics and clinics it operates or staffs in cooperation with other providers. UAMS is the only adult Level 1 trauma center in the state. *U.S. News & World Report* named UAMS Medical Center the state's Best Hospital; ranked its ear, nose and throat program among the top 50 nationwide; and named six areas as high performing — cancer, colon cancer surgery, heart failure, hip replacement, knee replacement and lung cancer surgery. UAMS has 2,727 students, 870 medical residents and five dental residents. It is the state's largest public employer with more than 10,000 employees, including 1,200 physicians who provide care to patients at UAMS, its regional campuses, Arkansas Children's Hospital, the VA Medical Center and Baptist Health. Visit [www.uams.edu](http://www.uams.edu) or [www.uamshealth.com](http://www.uamshealth.com). Find us on [Facebook](#), [Twitter](#), [YouTube](#) or [Instagram](#).

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