# Family Medicine Grand Rounds

**Family & Preventive Medicine**  
375 Chipeta Way Suite A  
Classroom 104A  
**Wednesday at 7:30 A.M.**  
**February 2016**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tr>
<td>February 3, 2016</td>
<td>NO GRAND ROUNDS</td>
<td>Internal Clinic Quality Meeting</td>
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| February 10, 2016 | Journal Club  
“Higher compared with lower dietary protein during an energy deficit combined with intense exercise promotes greater lean mass gain and fat mass loss: a randomized trial” | Charles White, MD  
Susan Saffel-Shrier, MS, RDN  
Family & Preventive Medicine |
| February 17, 2016 | “Update on the Newer and Synthetic Drugs of Abuse”                   | Erin Helms, MD  
Family Medicine Resident  
Family & Preventive Medicine |
| February 24, 2016 | “History of Medicine in Utah”                                        | Greg Baird, MD  
Family Medicine Resident  
Family & Preventive Medicine |

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