

# Café Scientifique Orlando

Two related themes for December and January:

## ‘High-Fructose Corn Syrup, Controversies and Common Sense’

Wednesday, Dec. 2<sup>nd</sup> at 7pm  
at Taste Restaurant, in College Park  
717 W. Smith St, corner of Edgewater

High Fructose Corn Syrup is often mischaracterized and misunderstood. This sweetener existed in relative obscurity for most of the time since the 1960s. The presentation will explore the metabolic and nutritional effects of High Fructose Corn Syrup with a particular emphasis on its relationship to sucrose, which is the substance that it was designed to replace.

Theodore Angelopoulos, Ph.D., MPH is a Professor in the Department of Health Professions, College of Health and Public Affairs, and the Research Director of the Center for Lifestyle Medicine at UCF. In addition, Dr. Angelopoulos is the Associate Editor of the American Journal of Lifestyle Medicine. His major research areas include exercise, obesity, weight management, lipoprotein metabolism, and muscle hypertrophy.

## ‘Discovering Factors in Children's Health’

Wednesday, Jan. 6<sup>th</sup> at 7pm, at Taste Restaurant,  
717 W. Smith St, corner of Edgewater

The National Children's Study aims to improve the health and well-being of children. It will examine the effects of environment on development of 100,000 children across the US, following them from before birth until age 21. The Study defines "environment" broadly, taking a number of natural and man-made factors into account. Researchers will better understand the role those factors have on health and disease. Orlando is one of a number of sites in Florida that will participate.

The presenter, Dr. Thomas T. H. Wan, Ph.D., MHS is a Professor of Public Affairs, Health Services Administration, and Medical Education, Director, Doctoral Program in Public Affairs and Associate Dean for Research in the College of Health and Public Affairs. He is the UCF lead researcher for the National Children's Health Study. He focuses on the structure and function of healthcare institutions and services, policies and long-term care.

*Visit [cafesci.orl.com](http://cafesci.orl.com) or text "follow cafesci.orl" to 40404.*

**On the first Wednesday of every month, scientific experts and lay community meet in a cafe or bar to explore the latest scientific ideas and discoveries, using plain language. Admission is free and you need no reservation—just come ready to listen and offer opinions.**

**Café Scientifique started in England in 1998, and aims to demystify scientific research, inform, and engage the public with science, outside a traditional academic setting.**



Florida Academy  
of Sciences



Women's Research  
Center, UCF

