

## “The Science Behind Sugar Addiction: Links to Obesity and Overeating”

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**Wednesday, October 2, 2019**

12-1 p.m.

The Saban Research Building Auditorium  
4661 Sunset Blvd., Los Angeles, CA 90027

Lunch will be provided to seminar guests,  
first come, first served.

**Help us save plastic! Bring your own water bottles.  
Water will be available to fill your bottles.**

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Obesity is the second leading preventable cause of death, with rates continuing to rise. Studies suggest that there are common brain systems that underlie eating and addiction, and we hypothesize that overeating of sugar can lead to an addiction-like state characterized by bingeing, withdrawal, craving and other DSM-V criteria for substance dependence. This presentation will review data from animal models and clinical studies that suggest overeating of sugar and highly processed foods can lead to behaviors that are similar to those seen with addiction to drugs of abuse. Also, addiction-like alterations in the dopamine, opioid and cholinergic systems are noted in response to overeating sugar.

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### **Hosted by Michael Goran, PhD**

Director, Program for Diabetes and Obesity  
The Saban Research Institute  
The Dr. Robert C. & Veronica Atkins Chair in Childhood Obesity & Diabetes  
Children's Hospital of Los Angeles  
Professor of Pediatrics  
Keck School of Medicine of USC