



Mayo School of Continuous Professional Development

# FIBROMYALGIA

Clinical Review & Strategies for  
Managing Your Patients



**FRIDAY, SEPTEMBER 9, 2016**

Phillips Hall, Siebens Building  
Mayo Clinic, Rochester, MN

REGISTER ONLINE NOW!

[ce.mayo.edu/fibromyalgia2016](http://ce.mayo.edu/fibromyalgia2016)

## COURSE DESCRIPTION

This meeting will present up-to-date information as well as contemporary approaches/strategies for the treatment of fibromyalgia. The program will cover the many facets of fibromyalgia, with expert faculty presenting evidence-based information and emerging practical clinical approaches.

## COURSE LEARNING OBJECTIVES

Upon conclusion of this program, participants should be able to:

- Summarize recent updates, clinical studies, and guidelines that impact the understanding and treatment of fibromyalgia.
- Describe the indications and major adverse effects of the commonly used medications for fibromyalgia.
- Recognize common clinical pearls in fibromyalgia.
- Review both medication and non-medication treatment options for fibromyalgia.
- Review cases in fibromyalgia.
- Summarize the underlying pathophysiology in fibromyalgia.

Attendance at this Mayo course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

## TEACHING MATERIALS/SYLLABUS

Attendees will be provided a link to obtain course materials on the internet and are welcome to bring a laptop or iPad during the learning sessions.

## CREDIT

Mayo Clinic College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Mayo Clinic College of Medicine designates this live activity for a maximum of 7.5 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### **Other Health Care Professionals**

A certificate of attendance will be provided to other health care professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

## INTENDED AUDIENCE

This course is designed for physicians, nurse practitioners, and physician assistants who work in the fields of internal medicine, family medicine, physical medicine & rehabilitation or psychiatry/psychology who provide care for patients with fibromyalgia.

## GRANTS AND EXHIBITS

At the time of this printing, a complete listing of commercial supporters (financial or in-kind) was not available. Appropriate acknowledgment will be given to all supporters at the time of the meeting.

Exhibits will be available for viewing at all scheduled breaks.

## DATE AND LOCATION

The *Fibromyalgia: Clinical Review & Strategies for Managing Your Patients* course will be held September 9, 2016. Course headquarters will be located in Phillips Hall on the first floor of the Siebens Medical Education Building, Mayo Clinic, 100 Second Avenue Southwest, Rochester, Minnesota. Meeting facilities are easily accessible by skyway and pedestrian subway, which connect Mayo Clinic to shops, restaurants, and hotels.

# PROGRAM SCHEDULE

FRIDAY, SEPTEMBER 9, 2016

7:00-7:30 a.m.	<b>Registration and Continental Breakfast</b>
7:30-8:00 a.m.	<b>Introduction and Overview of Fibromyalgia at Mayo Clinic</b>
8:00-8:45 a.m.	<b>Clinical Review of Fibromyalgia</b>
8:45-9:30 a.m.	<b>Relaxation &amp; Mindfulness</b>
9:30- 9:45 a.m.	<b>Break</b>
9:45 a.m.- 12:00 p.m.	<b>Concurrent Breakout Sessions</b> (45 minutes each)
12:00-1:00 p.m.	<b>Lunch/Q&amp;A</b>
1:00-2:30 p.m.	<b>Concurrent Small Group Discussions</b> (30 minutes each)
2:30-2:45 p.m.	<b>Break</b>
2:45-4:15 p.m.	<b>Concurrent Small Group Discussions</b> (30 minutes each)
4:15-4:30 p.m.	<b>Audience Response and Closing Remarks</b>
4:30 p.m.	<b>Adjourn</b>

## Management of Fibromyalgia Topics:

- Physical Therapy
- Occupational Therapy
- Biofeedback

## Management of Fibromyalgia Topics:

- Medication Management
- Diagnostic Session
- Psychiatry/CBT/Wellness
- Exercise & Sleep Hygiene
- Pain Rehabilitation
- Integrative Medicine and Health





## REGISTRATION

Register online: [ce.mayo.edu/fibromyalgia2016](http://ce.mayo.edu/fibromyalgia2016)

Registration fee: \$295.00

The registration fee includes tuition, electronic comprehensive course syllabus, continental breakfast, break refreshments, and lunch. Although it is not Mayo School of Continuous Professional Development (CPD) policy to limit the number of registrants for a course, conference room facilities may necessitate closing of enrollment; therefore, **early registration is advised**. Space is limited to the first 150 registrants. A letter of confirmation will be sent upon receipt of payment and completed registration form. Please present the confirmation letter when checking in at the meeting registration desk.

### For additional information, contact:

Mayo School of Continuous  
Professional Development  
Plummer 2-60  
200 First Street SW  
Rochester, MN 55905

**Website:** [www.mayo.edu/cme](http://www.mayo.edu/cme)

**E-mail:** [cme@mayo.edu](mailto:cme@mayo.edu)

**Phone:** 800-323-2688  
or 507-284-2509

**Fax:** 507-284-0532



## CANCELLATION POLICY

If you cancel your participation in this course, your registration fee, less a \$75 administrative fee, will be refunded when written notification is received by Mayo School of CPD before **August 26, 2016** ([cme@mayo.edu](mailto:cme@mayo.edu) or fax#: 507-284-0532).

**No refunds will be made on or after August 26, 2016.** Canceled registrations are non-transferable.

Mayo School of CPD reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event Mayo School of CPD must cancel or postpone this course, Mayo School of CPD will refund the registration fee, but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.

## LODGING ACCOMMODATIONS

Guest rooms have been reserved for attendees and their guests with special course rates at each of the following downtown Rochester hotels. In order to receive the special rate, reservations must be made before the room block is filled or before the expiration date of **August 10, 2016**, whichever comes first. Reservations will be taken following this date based on space and rate availability. To make reservations, please call and ask for the [Mayo Clinic Fibromyalgia Conference](#) rate.

### Kahler Grand Hotel

20 Second Avenue SW  
Phone 877-533-1655  
\$169 Standard room

### Rochester Marriott Hotel

101 First Avenue SW  
Phone 877-623-7775  
\$239 Standard room

The hotels listed above are connected by skyway and pedestrian subway to conference facilities, downtown shops, and restaurants. You may wish to visit the Rochester Convention and Visitors Bureau ([www.rochestercvb.org](http://www.rochestercvb.org)) for additional accommodation options and area information.

## TRAVEL

Rochester, Minnesota, is a friendly city that greets thousands of visitors from around the world each year. The city is serviced by a modern international airport with multiple flights daily via American or Delta Airlines. Access to and from the airport is provided by taxi, shuttle service, and rental car. The airport is located approximately 10 miles from the Mayo Clinic campus.

Mayo Clinic's appointed travel company, Ultramar Travel, is available to assist with your travel arrangements. To make your reservation, phone Ultramar Travel toll-free at 1-866-629-6885.

**Note to Travelers:** Several cities in the United States are named Rochester. When you make airline reservations and check your baggage, be sure that your destination is Rochester, Minnesota (RST) and that your baggage has been properly tagged.

*Travel arrangements are the sole responsibility of the individual registrant.*

## PARKING

Parking is available in hotel, city, and Mayo patient/visitor ramps. The cost for parking is not included in the registration fee. A map indicating the location of downtown parking facilities will be mailed with the registrant confirmation letter. Reasonably priced parking is available in the First Street ramp, Second Street ramp, or Civic Center ramp. These ramps are connected via pedestrian skyway to Mayo Clinic.

*Parking arrangements are the sole responsibility of the individual registrant.*

## FACULTY

### Course Co-Directors

*Sanjeev Nanda, M.D.*  
Division of General Internal Medicine,  
Section of Medical Education  
Mayo Clinic College of Medicine

*Arya B. Mohabbat, M.D.*  
Division of General Internal Medicine,  
Section of Medical Education  
Mayo Clinic College of Medicine



## FACULTY DISCLOSURE

As a provider accredited by ACCME, Mayo Clinic College of Medicine (Mayo School of Continuous Professional Development) must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course director(s), planning committee, faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of this information will be published in course materials so those participants in the activity may formulate their own judgments regarding the presentation.

## NATIONAL PHYSICIAN PAYMENT TRANSPARENCY PROGRAM

Mayo Clinic College of Medicine complies with the requirements of the National Physician Payment Transparency Program OPEN PAYMENTS (Physician Payments Sunshine Act).

**MAYO CLINIC**  
200 First Street SW  
Rochester, MN 55905



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If you already received a copy of this brochure,  
please give this brochure to an interested colleague.