



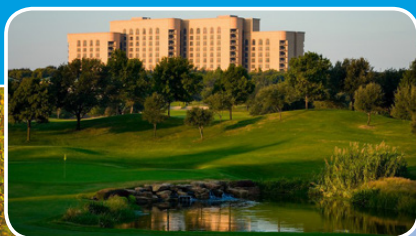
Mayo School of Continuous Professional Development

UPDATES IN INTEGRATIVE MEDICINE AND HEALTH:

Evidence-based applications for you and your patients

November 10-12, 2016

Four Seasons Resort and Club Dallas at Las Colinas
Irving, Texas



COURSE DIRECTORS
Brent A. Bauer, M.D.
Anjali Bhagra, M.B.B.S.
Amit Sood, M.D.

REGISTER NOW!

ce.mayo.edu/integrative2016

COURSE DESCRIPTION

The explosive growth of Integrative Medicine has brought both opportunities and challenges to patients and consumers. Patients are confronted with a bewildering and growing array of promises and claims. This presents a unique challenge to physicians and other health care professionals tasked with helping their patients make informed health care decisions. Researchers and clinicians from Mayo Clinic offer this course to provide learners with a general working knowledge of Integrative Medicine; familiarity with some of the most common therapies; and most importantly, practical application of these therapies to patients with relevant diseases and conditions. Mayo Clinic, a member of the Academic Consortium for Integrative Medicine & Health (The Consortium), has been actively engaged in research and is a leader in applying such information to clinical practice.

This meeting will address evidence-based and up-to-date information on integrative approaches and strategies including mind-body medicine, wellness, acupuncture, massage therapy, dietary supplements and much more. Expert faculty will present pertinent topics aimed at promoting overall health and wellness for you and your patients.

COURSE LEARNING OBJECTIVES

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

- Discuss historical and current use of Integrative Medicine practices in the United States
- Synthesize existing scientific evidence regarding safe and practical applications of Integrative Medicine therapies for integration into conventional care
- Discuss underlying principles to promote communication with patients (and their families) regarding issues and challenges related to the use of Integrative Medicine modalities
- Reflect on Integrative Medicine and their clinical practice

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.

INTENDED AUDIENCE

This course is designed for practicing physicians, residents, physician assistants, nurse practitioners, registered nurses and other members of the health care team who work with patients using or interested in using integrative medicine therapies.

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 16 *AMA PRA Category 1 Credits*[™]. 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.

REGISTRATION

To register online, visit ce.mayo.edu/integrative2016. The registration fee includes tuition, comprehensive electronic course syllabus, continental breakfasts, and break refreshments.

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. A letter of confirmation will be sent upon receipt of payment and completed registration form.

For additional information, contact:

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

Website: ce.mayo.edu
E-mail: cme@mayo.edu
Phone: 800-323-2688 or 507-284-2509
Fax: 507-284-0532

Registration Fees:

General Session - November 10-12, 2016	
Physicians/Scientists	\$780
Residents, Fellows, Nurses, Physician Assistants, Nurse Practitioners, Allied Health Professionals and Retirees	\$680

DATE AND LOCATION

The Updates in Integrative Medicine and Health course will be held November 10-12, 2016. Course headquarters will be located in the Lantana Ballroom of the Four Seasons Resort and Club Dallas at Las Colinas, 4150 N. MacArthur Blvd., Irving, Texas, 75038.

LODGING ACCOMMODATIONS

Guest rooms have been reserved for attendees and their guests with special course rates at the InterContinental hotel. In order to receive the special rate, reservations must be made before the room block is filled or before the cutoff date of October 10, 2016, whichever comes first. Reservations will be taken following this date based on space and rate availability. Please identify yourself as a participant of the "Mayo Clinic Updates in Integrative Medicine and Health Course" when making your reservation.

Four Seasons Resort and Club Dallas at Las Colinas
4150 N. MacArthur Blvd.
Irving, Texas 75038

To reserve a room, please call: (972) 717-0700

Check-in time: 3:00 p.m.; Check-out time: 12:00 p.m.

Travel, lodging, and parking arrangements are the sole responsibility of the individual registrant.

Mayo School of CPD is not responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the meeting. Costs incurred by the registrant such as airline or hotel fees or penalties are the responsibility of the registrant.

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.



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 October 27, 2016 (cme@mayo.edu or fax#: 507-284-0532). No refunds will be made on or after October 27, 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.

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).

Program Schedule

THURSDAY, NOVEMBER 10

6:30 a.m.	Registration and Continental Breakfast
7:30 a.m.	Welcome and Course Overview
7:45 a.m.	Updates in Nutritional Supplements <i>Brent A. Bauer, M.D.</i>
8:20 a.m.	Updates in Acupuncture <i>Tony Y. Chon, M.D.</i>
8:55 a.m.	Updates in Massage Therapy <i>Susanne M. Cutshall, APRN, CNS, D.N.P.</i>
9:25 a.m.	Updates in Fibromyalgia and Chronic Pain <i>Kevin C. Fleming, M.D.</i>
10:00 a.m.	Q&A
10:15 a.m.	Refreshment Break
10:30 a.m.	Small Groups (Rotate every 30 minutes) <ul style="list-style-type: none">• Animal Assisted Therapy<ul style="list-style-type: none">- <i>Arya B. Mohabbat, M.D.</i>- <i>Jessica M. Smidt with Alta</i>• Acupuncture<ul style="list-style-type: none">- <i>Tony Y. Chon, M.D.</i>- <i>Peter T. Dorsher, M.D.</i>- <i>Alexander Do, L.Ac.</i>• Massage Therapy<ul style="list-style-type: none">- <i>Susanne M. Cutshall, APRN, CNS, D.N.P.: Reiki</i>- <i>Jennifer L. Hauschulz: Massage Therapy</i>- <i>Sarah Stinson, MS, LPC, CHTP/I: Healing Touch</i>
12:00 p.m.	Adjourn

FRIDAY, NOVEMBER 11

6:00 a.m.	Breakfast with the Experts
6:00 a.m.	Yoga <i>Barbara S. Thomley</i>
7:15 a.m.	Course Overview
7:30 a.m.	What is Stress? Does One Size Fit All? <i>Anjali Bhagra, M.B.B.S.</i>
8:05 a.m.	Integrative Medicine and Cardiovascular Health <i>Stephen L. Kopecky, M.D.</i>
8:40 a.m.	Stress and Diabetes: Two Way Connection <i>Sumit Bhagra, M.B.B.S.</i>

FRIDAY, NOVEMBER 11 *continued*

- 9:15 a.m. Integrative Medicine and Renal Health
Ziad M. El-Zoghby, M.D.
- 9:50 a.m. Q&A
- 10:05 a.m. Refreshment Break
- 10:20 a.m. Mindful Solution to Burnout: The SMART Program
Amit Sood, M.D.
- 12:20 p.m. Q&A
- 12:35 p.m. Adjourn

SATURDAY, NOVEMBER 12

- 6:00 a.m. Breakfast with the Experts
- 6:00 a.m. Tai Chi
Alexander Do, L.Ac.
- 7:15 a.m. Course Overview
- 7:20 a.m. Integrative Medicine and Women's Health
Richa Sood, M.D.
- 8:05 a.m. Nutrition and Wellness in Cancer
Denise M. Millstine, M.D.
- 8:40 a.m. Probiotics
Ryan T. Hurt, M.D., Ph.D.
- 9:15 a.m. Basic Principles of Alternative Therapies: Traditional Chinese Medicine, Naturopathy and Energy Medicine
Dawn M. Mussallem, D.O.
- 9:50 a.m. Q&A
- 10:05 a.m. Refreshment Break
- 10:20 a.m. Integrative Medicine in the Care of the Elderly
Ying Ying (Christina) Chen, M.D.
- 10:55 a.m. Mayo Clinic/Texas Panel Discussion: Cases and Experiences
Facilitator: Brent A. Bauer, M.D., Mayo Clinic, Rochester, MN
Gabriel Lopez, M.D., The University of Texas MD Anderson Cancer Center, Houston, TX
Dawn M. Mussallem, D.O., Mayo Clinic, Jacksonville, FL
Robert Simonson, M.D., Methodist Health System, Dallas, TX
- 11:20 a.m. My Story: A Patient Perspective
Carla Paonessa
- 11:40 a.m. Putting It All Together
- 12:05 p.m. Q&A
- 12:20 p.m. Adjourn



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

REGISTER ONLINE NOW!

Watch our website for more detailed
information as it becomes available.

ce.mayo.edu/integrative2016

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