



Mayo School of Continuous Professional Development

16th Annual Nutrition and Wellness in Health and Disease



September 30-October 1, 2016

InterContinental Chicago
Chicago, Illinois

*Gain knowledge essential to supporting your patients' nutrition,
physical activity and wellness needs.*

Register Online Now!

celinks.mayo.edu/nutrition2016

Course Description

Nutrition, physical activity and other healthy lifestyle behaviors are vital components in the promotion of health and in the treatment of disease. This program will highlight ambulatory nutrition and wellness topics with multidisciplinary faculty. Current clinical topics will be highlighted through presentations, interactive case studies, and panel discussions. Participants will have many opportunities for interaction with course faculty, who have been selected for their expertise, knowledge and clinical acumen.

Course Learning Objectives

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

- Identify a nutrition, physical activity, behavioral, surgical and/or pharmacologic approach for overweight and obese adult and pediatric patients
- Describe the benefits of physical activity
- Discuss the components of healthy eating for patients
- Identify helpful nutrition activities and diet applications
- Discuss common medical conditions associated with obesity
- Review the impact of food and activity topics portrayed in the media
- Recognize the importance of burnout among health care providers and approaches to the problem

Attendance at this Mayo Clinic 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 physicians (general internal medicine, family medicine, endocrinologists, and subspecialists interested in nutrition), advanced practice clinicians (nurse practitioners and physician assistants), dietitians and health and wellness specialists.

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 14 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Additional AMA credits can be claimed if you sign up for the following module on September 29, 2016 (additional fees apply):

ABFM SAM Module: Health Behavior

Mayo Clinic College of Medicine designates this live activity for a maximum of 5.0 *AMA PRA Category 1 Credits™*.

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.

Date and Location

The 16th Annual Nutrition and Wellness in Health and Disease course will be held September 30–October 1, 2016. Course headquarters will be located in the Grand Ballroom of the InterContinental Chicago, 505 North Michigan Avenue, Chicago, Illinois, 60611.



Registration

To register online, visit celinks.mayo.edu/nutrition2016. 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

Pre-Course Session Registration: ABFM Self-Assessment Module (MOC-FP)

**Thursday, September 29, 2016
“Health Behavior” SAM
12:00 p.m. – 5:45 p.m.**

In this group learning experience, attendees will work together, facilitated by expert Mayo Clinic faculty, to review and discuss the SAM core competency questions and to decide as a group on the best answers. After completing the session, Mayo Clinic staff will report the group's answers and individual's participation to the ABFM. Later, participants must individually access the ABFM web site, pay the necessary fees, and complete the clinical simulation section (which presents patient care scenarios corresponding to the topic module) in order to complete and receive final credit for the SAM.

Please note: There is a separate registration fee for the Self-Assessment session; attendees will be individually responsible for the additional ABFM fees required before completing the clinical simulation section.

Registration Fees:

General Session September 30-October 1, 2016	
Physicians/Scientists	\$595
Residents, Fellows, Nurses, Physician Assistants, Nurse Practitioners, Dietitians, and Retirees	\$495
Optional Pre-Course Session Thursday, September 29, 2016 12:00 p.m.	
“Health Behavior” ABFM SAM	\$200

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 September 16, 2016 (cme@mayo.edu or fax#: 507-284-0532). No refunds will be made on or after September 16, 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.



Location & 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 September 8, 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 Nutrition and Wellness in Health and Disease course” when making your reservation.

InterContinental Chicago
505 North Michigan Avenue
Chicago, Illinois, 60611

To reserve a room, please call:
(800) 628-2112 or (312) 944-4100

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.

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).

Faculty

Course Directors

M. Molly McMahon, M.D.
Manpreet S. Mundi, M.D.
Donald D. Hensrud, M.D., M.P.H.

Faculty

Desiree J. Ahrens, MA, IBCLC, ICPFE, EPC
Bridget K. Biggs, Ph.D., L.P.
Kristen R. Blixt, RDN, LD
Edward T. Creagan, M.D.
Karen Grothe, Ph.D., L.P.
Philip T. Hagen, M.D.
Jill M. Henderzahn-Mason, P.T.
Daniel L. Hurley, M.D.
Stephen L. Kopecky, M.D.
Seema Kumar, M.D.
Francisco Lopez-Jimenez, M.D.
Tara M. Myles, RDN, LD
Meera Shah, M.B.,Ch.B.
Warren G. Thompson, M.D.
Jennifer A. Welper, CEC
Brooke L. Werneburg, CWC
Kaisa C. Wieneke, MPH

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.

PROGRAM SCHEDULE

Thursday, September 29, 2016

Pre-Course ABFM Self-Assessment Module
(Additional Fees Apply)

12:00 p.m.	Registration
12:30 p.m.	Health Behaviors <i>Donald D. Hensrud, M.D., M.P.H.</i> <i>(Content Expert)</i> <i>John M. Wilkinson, M.D.</i> <i>(Moderator)</i>
2:30 p.m.	Break
2:45 p.m.	Resume Module
5:45 p.m.	Adjourn

Friday, September 30, 2016

6:30 a.m.	Registration and Breakfast
8:00 a.m.	Welcome and Course Overview <i>M. Molly McMahon, M.D.</i>
8:10 a.m.	Pediatric Obesity <i>Seema Kumar, M.D.</i>
8:35 a.m.	Behavior Change in Kids and Families <i>Bridget K. Biggs, Ph.D., L.P.</i>
8:55 a.m.	Health Effects of Food Dyes and Additives <i>Seema Kuma, M.D.</i>
9:20 a.m.	Panel
9:40 a.m.	Break
10:00 a.m.	Office Assessment of the Obese Patient <i>Meera Shah, M.B., Ch.B.</i>
10:20 a.m.	Nutrition in the Office <i>Tara M. Myles, RDN, LD</i>
10:40 a.m.	Behavior Change-Group Based Approach <i>Karen Grothe, Ph.D., L.P.</i>
11:00 a.m.	Normal Weight Obesity <i>Francisco Lopez-Jimenez, M.D.</i>
11:20 a.m.	Panel
11:50 a.m.	Lunch on your own
1:20 p.m.	Introduction and Overview
1:30 p.m.	Pharmacotherapy for Weight Loss, How to Get Started <i>Daniel L. Hurley, M.D.</i>
1:55 p.m.	Have A Good Heart Through Physical Activity <i>Stephen L. Kopecky, M.D.</i>
2:20 p.m.	Post-Bariatric Surgery Evaluation for the Primary Care Provider <i>Meera Shah, M.B., Ch.B.</i>
2:40 p.m.	Endoscopic Procedures for Weight Loss <i>Manpreet S. Mundi, M.D.</i>
3:00 p.m.	Panel

3:20 p.m.	Break
3:40 p.m.	Dietary Guidelines 2016 <i>M. Molly McMahon, M.D.</i>
4:00 p.m.	What's the Beef With Meat? <i>Donald D. Hensrud, M.D., M.P.H.</i>
4:20 p.m.	Not So Sweet News on Soda and Sugar <i>Kristen R. Blixt, RDN, LD</i>
4:40 p.m.	Panel
5:00 p.m.	Adjourn

Saturday, October 1, 2016

6:30 a.m.	Registration and Breakfast
8:00 a.m.	Course Overview
8:10 a.m.	Cleansing and the Detox Diet <i>Donald D. Hensrud, M.D., M.P.H.</i>
8:30 a.m.	Group Nutrition Education <i>Kristen R. Blixt, RDN, LD</i>
8:50 a.m.	Top 10 Articles in Nutrition and Wellness <i>Warren G. Thompson, M.D.</i>
9:10 a.m.	Calcium Update <i>Daniel L. Hurley, M.D.</i>
9:30 a.m.	Panel
10:00 a.m.	Break
10:30 a.m.	Getting Started with Activity <i>Desiree J. Ahrens, MA, IBCLC, ICPFE, EPC</i>
10:50 a.m.	It's Good to be Flexible – But What's the Evidence? <i>Warren G. Thompson, M.D. and Jill M. Henderzachs-Mason, P.T.</i>
11:10 a.m.	Worksite Wellness Champions <i>Kaisa C. Wieneke, MPH</i>
11:30 a.m.	Panel
12:00 p.m.	Lunch
1:30 p.m.	Introduction and Overview
1:40 p.m.	Enhancing Resiliency <i>Brooke L. Werneburg, CWC</i>
2:00 p.m.	The Importance of Good ZZZ's <i>Philip T. Hagen, M.D.</i>
2:20 p.m.	Burnout in Clinicians <i>Edward T. Creagan, M.D.</i>
2:40 pm	Physician, Heal Thyself <i>Philip T. Hagen, M.D.</i>
3:00 p.m.	Panel
3:20 p.m.	Faculty Curbside and Stretch Break
3:50 p.m.	Cooking With a Wellness Chef: Kitchen Essentials <i>Jennifer (Jen) A. Welper, CEC</i>
5:00 p.m.	Adjourn

MAYO CLINIC

200 First Street SW
Rochester, MN 55905

Mayo School of Continuous Professional Development

16th Annual Nutrition and Wellness in Health and Disease

September 30-October 1, 2016
InterContinental Chicago • Chicago, Illinois

NON-PROFIT ORG.
U.S. POSTAGE
PAID
MAYO CLINIC

Register Online Now!
celinks.mayo.edu/nutrition2016

Mayo School of Continuous
Professional Development
Mayo Clinic in Rochester, Minn.
Website: ce.mayo.edu
Email: cme@mayo.edu
Phone: 800-323-2688
FAX: 507-284-0532

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

