Update in Integrative Medicine: News You Can Use in Caring for Common Health Conditions

March 29-30, 2007
Towsley Center, Ann Arbor, Michigan

Course Description

This course is designed to provide an evidence-based update in integrative approaches to common medical problems for the practicing primary care provider.

Integrative medicine is the practice of using evidence-based approaches to health and healing. This course will focus on the relationship between practitioner and patient, the role of the provider in supporting and guiding the patient and the patient’s role in the process of self-discovery and renewal of health. The course is also relevant for pharmacists and other health care providers who deal with the effects of herbs on medical interventions.

Who Should Attend?

Health care personnel who provide primary care, including physicians, nurses, nurse practitioners, physician assistants, nurse midwives, midwives, midwives, nurse practitioners and physician assistants. The course is also relevant for pharmacists and other health care providers who deal with the effects of herbs on medical interventions.

Program Schedule

Thursday, March 29, 2007
8:30 Registration
9:00 Welcome...
9:15 An Integrative Approach to the Foundations of Health
9:45 Evidence-Based Approach to Nutrition
10:30 Break...
11:00 Physical Activity, Health & Well-Being
11:30 Workshops Group I
12:30 pm Lunch for Optional Workshop Participants
12:45 Evidence-Based Update in Integrative Medicine Therapeutics
1:30 & 2:30 Workshops Group II
3:45 Randomized-Controlled Trials of Complementary & Alternative Medicine in Obstetrics
4:30 Session Adjourns

Friday, March 30, 2007
8:00 Welcome...
8:15 Integrative Strategies for Men’s Health
9:00 Herbs & Hormones for Women’s Health
9:45 Herbs & Supplements for High Cholesterol
10:30 Break...
11:00 The Use of Probiotics in Integrative Medicine: What is the Evidence?
11:45 30 Years of Practicing Holistic Medicine: The Art & Philosophy of Holistic Medicine
1:30 pm Lunch for Optional Workshop Participants
3:45 Randomized Controlled Trials of Complementary & Alternative Medicine in Obstetrics
3:50 Course Adjourns
Update in Integrative Medicine: News You Can Use in Caring for Common Health Conditions

March 29-30, 2007
Towsley Center, Ann Arbor, Michigan

Course Description
This course is designed to provide an evidence-based update in integrative approaches to common primary care concerns for the practicing primary care provider. Integrative medicine is the practice of using multiple therapeutic approaches to promote health, optimize function, and support healing. The goal of this course is to foster the growth and professional development of health care providers who deal with the effects of herbs on medical conditions. The course is also relevant for pharmacists and other health care providers who work in primary care, including physicians, nurse practitioners, nurse midwives, and physician assistants. The course is also relevant for pharmacists and other health care providers who deal with the effects of herbs on medical conditions.

Who Should Attend?
This course is open to physicians, nurse practitioners, midwives, pharmacists, and other health care providers who deal with the effects of herbs on medical conditions.

Department of Family Medicine
University of Michigan Integrative Medicine

Program Schedule
March 29-30, 2007
Towsley Center, Ann Arbor, Michigan

3:45 Integrated Palliative Care Lessons from San Diego Hospice .......... Suzanne K.E. McDonald, MD
4:30 Session Adjourned

Friday, March 30, 2007
7:30 am Continental Breakfast
8:00 Welcome .......... Steve F. Bushing, MD
8:15 Diet and Dietary Supplements for Men’s Health .......... What Do I Tell Patients From A-Z? .......... Mark A. Moyad, MD
9:00 Herbs & Hormones for Women’s Health .......... Jane L. Weber, MD
The Latest Evidence .......... 9:45 Herbs & Supplements for High Cholesterol .......... Andrew A. Farmer, MD, ABMSA
10:30 Break

10:45 Integrative Approaches to Treating Sleep Problems .......... Todd Arnold, PhD
11:30 Workshop Group I (Pick one course of two: each 45 minutes; mark two choices on registration form)
A. Mind-Body Therapies: Taking Care of Your Patients, Taking Care of Yourself .......... Maytir, RN, BSN
B. The Challenge & Healing Potential in Committed Relationships .......... Carolyn A. Largent, RMBSW
C. Toxic Emotions: Improve Your State of Mind to Improve Your State of Health .......... Claudia M. Ogden, RN, BSN, CAPR, CHN
D. Is Medicine “Sickly” Responsible for Healing? .......... Anupam B. Varma, MD
E. Mind-Body Therapies: Taking Care of Patients, Taking Care of Yourself .......... Thomas L. Schwenk, MD

12:00 pm Lunch

1:30 & 2:30 Workshop Group II (Pick one of any two: each 45 minutes; mark one choice on registration form)
F. Randomized-Controlled Trials of Complementary & Alternative Medicine in Obstetrics .......... Frank W.J. Anderson, MD, MPH
G. Integrative Strategies for Treating Thrombophlebitis .......... John Steven, Strodel, MD
H. Allergic Rhinitis: Update and Integrative Treatment .......... Wendy B. Barlow, MD, MPH
I. Examining and Using Food Allergy, Intolerance & Sensitivity in Pediatrics .......... Suzanne M. Zare, MD, MPH
J. Use of Complementary & Alternative Medicine Strategies with Substance Use Disorders .......... Carol Kirby, LMSW

3:15 Break
University of Michigan Integrative Medicine, an interdisciplinary program, is committed to the thoughtful and comprehensive integration of complementary and conventional therapies and conventional medicine through the activities of research, education, clinical services, and community programs. The integrative medicine model of healing-oriented approach to medical care, integrative medicine takes into account the whole person (body, mind, spirit, and emotion), including all aspects of lifestyle.

Our Mission: To provide responsible leadership in the integration of complementary and alternative medicine.

Our Vision: To live and work in balance and to improve our state of health.

Make your reservation at least 2 weeks in advance of the course date, no later than March 22, 2007. No refunds will be made. An administrative fee of $50 will be deducted from cancellation fees. Cancellations must be made payable to the University of Michigan (U.S. currency). Visa and MasterCard payments are also accepted.

Additional Information, Travel & Lodging

Registration

You are urged to register as soon as you are certain of attending as we cannot guarantee educational materials or lunch for applicants who are not certain of attending for the course. To take advantage of early registration savings, please check in at 8:00 a.m. Thursdays and Fridays at 7:30 a.m. and 10:00 p.m. There are several options for ground transportation, and if you have any questions, call the Registration Office at 734.763.1400 or 800.803.0666.

Cancellation

An administrative fee of $50 will be deducted from cancellation refunds. Refunds must be requested in writing one week prior to the course date, no later than March 22, 2007. No refunds will be made for cancellations made after the above date.

Lodging

The hotel designated for this conference is the Towsley Conference Center, 3000 Towsley Blvd., Ann Arbor, Ml 48109. A deposit of the first night's lodging fee in the course date and will be made before February 28, 2007. The hotel will confirm your reservation. All reservations will be released and hotel reservations will be accepted on a space-available basis. Reservations must be made by telephone or written registration with the University of Michigan CME course Integrative Medicine. To qualify for the reduced conference room rates, rooming list registration is provided between Webers Inn and the Towsley Center.

Transportation

The Towsley Conference Center is located in the University of Michigan Medical Center. Parking is limited in the Medical Center. Patients choosing to park in the course may park in the Patient and Visitors Parking Structure adjacent to the University Hospital for easy access to the Towsley Center. Follow the signs to Towsley Center Parking Garage. To contact the Office of Continuing Medical Education, please bring your parking slip to the course registration desk for validation.

Accreditation and Continuing Education Credit

The University of Michigan Medical School is accredited by the Liaison Committee on Medical Education to grant credit for continuing medical education. The University of Michigan MI business days. Round trip transportation is provided between Webers Inn and the Towsley Center.

Webers Inn

If you are planning to stay off campus, the hotel of your choice is the North Campus Inn, 1155 East Medical Center Drive, Ann Arbor, MI 48109-2021. Room rate is $75 single or $160 double per night. Please indicate housing preference on your registration form.

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Integrative Medicine at the
Division of Adolescent Medicine
Hospice & Palliative Care of
Ann Arbor, Michigan

Relationships
Specialist in Couples
Medical School
Medical Education
Department of Internal
CCAP/I, CHTP
Women and Gender
Department of Family Medicine
Integrative Medicine
University of Michigan
Director of Education
Integrative Medicine
Assistant Professor
ABHM, MACP
Department of Family Medicine
Fellow in Integrative Medicine
Andrew Heyman, MD, MHSA
Research Investigator
Integrative Medicine
University of Michigan
Rita Benn, PhD
Department of Psychiatry
Director, Behavioral Sleep
J. Todd Arnedt, PhD
University of Michigan
Research Investigator
Integrative Medicine
University of Michigan
Course Director
Education
Department of Medical
Department of Family Medicine
Professor and Chair
Department of Internal
Clinical Assistant Professor
Department of Psychiatry
Research Assistant Professor
Women and Gender
VA Health Services Research &
Department of Family Medicine
Assistant Professor
Holistic Nurse
CCAP/I, CHTP
Claudia A. Ogden, RN, HNC,
Department of Surgery
Mark A. Moyad, MD

Additional Information, Travel & Lodging
Registration
You are required to register as soon as you are certain of attending as we cannot guarantee educational materials or lunch for applicants who are not registered in course. To take advantage of the savings, please register by March 18, 2007. No refunds will be made payable to the University of Michigan (U.S.) currency. Visa and Mastercard payments are also accepted.

Confirmation
Conference registrations will be confirmed by mail. If you do not receive confirmation of your registration or if it is in question, call the Registrar at 734.769.2500 or 800.443.3050.

Cancellation
An administrative fee of $50 will be deducted from cancellation refunds. Refunds must be requested in writing one week prior to the course date, no later than March 22, 2007. No refunds will be made if the registrant fails to cancel in writing.

Lodging
The hotel designated for this conference is the Towsley Center, 1301 Towsley Ave., Ann Arbor, MI 48109. For reservations, please contact the Towsley Center directly by calling 734.769.2500 or 800.443.3050. Reservation Code: AL T32807

Transportation
There is no shuttle service from the airport to the Towsley Center. All participants are required to make their own arrangements for transportation to and from the airport. The closest airport to Ann Arbor is the Detroit Metropolitan Airport, located approximately 25 miles east of Ann Arbor on I-94. Several companies offer transportation service for a fee. See the Travel Information section for more details.

Cancellations and Credited Designations
The University of Michigan Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The University of Michigan designates this educational activity for a maximum of 7.50 AMA PRA Category 1 Credit(s)™. Physicians should claim credit commensurate with the extent of their participation in the activity. An application has been submitted to the American Osteopathic Association for credits. Other credits by speciality may apply.

Integrative Medicine at the University of Michigan

University of Michigan Integrative Medicine is committed to the thoughtful and appropriate integration of complimentary therapeutic modalities and conventional medicine through the activities of research, education, clinical trials, and community partnerships. An integrative healing-oriented approach to medical care, comprehensively integrates medical knowledge into account the whole person (body, mind, spirit), and includes consideration of the socio-cultural, economic, and environmental aspects of health or illness. Integrative medicine is consistent with and extends beyond traditional models of care. A significant number of health care professionals are concerned in working with patients to ensure that the best available treatments are in practice in collaboration with a whole person, mind, body, and spirit.

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University of Michigan Integrative Medicine (UMIM) program reflects our belief that the best medicine are best served when all available therapies and conventional and complementary, alternative, and holistic medical therapies and conventional medical therapies are used in conjunction for the betterment of health. To live and work in balance with the community, the environment, or the individual. University of Michigan designates this educational activity for a maximum of 7.50 AMA PRA Category 1 Credit(s)™. Physicians should claim credit commensurate with the extent of their participation in the activity. An application has been submitted to the American Osteopathic Association for credits. Other credits by speciality may apply.

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Update in Integrative Medicine:
For Common Health Conditions
March 29-30, 2007
Towsley Center, Ann Arbor, Michigan

Course Description
This course is designed to provide an integrative and holistic treatment approach to improve your state of health. Participants will be able to:
• Refer to community providers with expertise in evidence-based integrative medicine therapeutics, such as herbs and supplements, for common health problems;
• Evaluate and apply safe, evidence-based integrative medicine therapeutics, such as herbs and supplements, in committed relationships;
• Counsel patients in pursuing the latest approaches, healthcare professionals and patient, focuses on the whole person, and
• Heal the body and patient, reaffirms the importance of medicine that is up-to-date approaches.

Who Should Attend?
The course is relevant for healthcare providers who deal with the effects of herbs on medical treatment.

What is the Evidence?
The Use of Probiotics in Integrative Medicine: The Latest Evidence
Herbs & Supplements for Acute and Chronic Conditions
The Use of Complementary & Alternative Medicine (Family Medicine, Internal Medicine, Pediatrics, Obstetrics & Gynecology), midwives, nurses, nurse practitioners and physician assistants. The course is also relevant for pharmacists and other healthcare providers who deal with the effects of herbs on medical treatment.

Program Schedule
Thursday, March 29, 2007
8:00 Welcome
8:15 The Use of Probiotics in Integrative Medicine: The Latest Evidence
Amy B. Locke, MD

9:00 Integrative Strategies for Men’s Health
Rev. Tom Burdette & Rev. George Lambrides

10:30 Break

11:00 Integrative Palliative Care: Lessons from Myositis: Healing Through Affective Self Awareness
Rita Benn, PhD & Amy F. Saunders, MD, MPH

11:30 Integrative Physical Activity, Health & Well-Being—Evidence-Based Approach
Rev. Tom Burdette

12:30 Lunch

1:30 Workshops Group I
A. Mind-Body Therapies: Taking Care of Your Health
J. Todd Arnedt, PhD

B. The Challenge & Healing Potential
Edward (Lev) J. Linkner, MD, ABHM, MACP

C. Toxic Emotions: Improve Your State of Mind
Elizabeth A.R. Robinson, PhD

D. Is Medicine “Soully” Responsible for Healing?
Laurence E. Graber, MD

E. Pediatric Integrative Medicine: Alternative Medicine in Obstetrics
Caroline R. Richardson, MD

F. Integrative Medicine: News You Can Use in Caring for Our Patients
Andrew Heyman, MD, MHSA

10:15 Break

10:45 Sensitivity in Pediatrics
Amy F. Saunders, MD, MPH

11:15 The Role of Breastfeeding in Caring for Common Health Conditions
J. Use of Complementary & Alternative Medicine
Elizabeth A.R. Robinson, PhD

11:45 Lunch

12:15 Workshop Group II
A. The Latest in Yoga
Amy F. Saunders, MD, MPH

B. The Latest in Acupuncture
Daniele J. Merola, Acupuncture

C. The Latest in Massage Therapy
Bonnie Williams, LMT

1:30 Lunch

2:00 Workshop Group III
A. The Latest in Acupuncture
Daniele J. Merola, Acupuncture

B. The Latest in Massage Therapy
Bonnie Williams, LMT

C. The Latest in Yoga
Amy F. Saunders, MD, MPH

2:45 Lunch

3:15 Break

3:45 Integrating Complementary & Alternative Medicine into Practice
Edward (Lev) J. Linkner, MD, ABHM, MACP

4:15 Workshops Group III
A. The Latest in Acupuncture
Daniele J. Merola, Acupuncture

B. The Latest in Massage Therapy
Bonnie Williams, LMT

C. The Latest in Yoga
Amy F. Saunders, MD, MPH

4:45 Lunch

5:15 Adjournment

Friday, March 30, 2007
7:30 am Continental Breakfast

8:00 Welcome
8:15 Integrative Approaches to Treating Sleep Problems
Edward (Lev) J. Linkner, MD, ABHM, MACP

8:45 Integrative Approaches to Myositis: Healing Through Affective Self Awareness
Rita Benn, PhD & Amy F. Saunders, MD, MPH

9:00 Integrative Approaches to Treating Sleep Problems
Edward (Lev) J. Linkner, MD, ABHM, MACP

9:45 Integrative Approaches to Treating Sleep Problems
Edward (Lev) J. Linkner, MD, ABHM, MACP

10:15 Break

10:45 Integrative Approaches to Treating Sleep Problems
Edward (Lev) J. Linkner, MD, ABHM, MACP

11:00 Integrative Approaches to Treating Sleep Problems
Edward (Lev) J. Linkner, MD, ABHM, MACP

11:30 Integrative Approaches to Treating Sleep Problems
Edward (Lev) J. Linkner, MD, ABHM, MACP

12:30 Lunch

1:30 Workshops Group I
A. The Latest in Yoga
Amy F. Saunders, MD, MPH

B. The Latest in Acupuncture
Daniele J. Merola, Acupuncture

C. The Latest in Massage Therapy
Bonnie Williams, LMT

2:00 Lunch

2:30 Workshops Group II
A. The Latest in Acupuncture
Daniele J. Merola, Acupuncture

B. The Latest in Massage Therapy
Bonnie Williams, LMT

C. The Latest in Yoga
Amy F. Saunders, MD, MPH

3:15 Lunch

3:45 Integrating Complementary & Alternative Medicine into Practice
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4:15 Workshop Group III
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B. The Latest in Massage Therapy
Bonnie Williams, LMT

C. The Latest in Yoga
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4:45 Lunch

5:15 Adjournment