

# 12th Annual **Dr. Roizen's Personalized, Preventive, and Integrative Medicine Conference**

***The Future of Healthcare:  
Focus on Women's Health***

Plus Fun Interactive Wellness Testing  
(Something You Can Take Home to Your Meetings)

**December 5 – 7, 2014**

Encore Hotel at Wynn Las Vegas

**REGISTER TODAY! [www.ccfcmc.org/wellness](http://www.ccfcmc.org/wellness)**

21 HOURS OF FANTASTIC CME (PLUS AN OPTION FOR 4 MORE)



# Attend the 12th Annual Dr. Roizen's Personalized, Preventive, and Integrative Medicine Conference



During the past decade, use of preventive and integrative medicines have greatly expanded along with the types of therapies, patient populations, and conditions treated. As these therapies become more integrated into medicine, the sheer volume of different types of therapy and their clinical profiles combine to create education and practice gaps regarding their clinical efficacy and optimal use in practice. In tandem with this increased popularity, research efforts on identifying unique genetic traits are providing more data on which to integrate personalized approaches into clinical practice.

This conference will focus on discussing the most recent data, analyzing its impact, and assessing its best use in clinical practice. Key topics to be discussed include the impact of nutrition and supplements on fertility, use of genetics and genetics testing in management strategies, and the impact of gender on diseases and wellness strategies, particularly in women's health.

The format is designed for you and will focus on evidence-based discussions by experts in personalized, preventive, and integrative medicine. The overarching goal is to provide you with the knowledge to understand the benefits and risks of these treatment options. This will ultimately integrate these therapies into patient specific management plans and translate to improve patient outcomes.

## Call for Abstracts

**Submission Deadline: September 12, 2014**

Go to [www.ccfcm.org/wellness](http://www.ccfcm.org/wellness) for information on topics, submission procedures, review process, and more. For more information, contact Linda Wisneski, [wisnesl@ccf.org](mailto:wisnesl@ccf.org), or by phone at 216.448.0793.

## By attending you'll be able to:

- Analyze the evidence on nutrition theories and supplements on fertility and pregnancy
- Recognize the different impact of autoimmune diseases on women
- Create a management plan for women's health that recognizes the impact of gender on different wellness strategies
- Summarize the evidence on the role of genetics in obesity, chronic fatigue, fibromyalgia, gut disorders, and musculoskeletal pain
- Analyze the effectiveness of herbs and supplements in different diseases
- Use genetics testing to create an individualized risk assessment and prevention plan for seniors that includes memory, osteoporosis, and cardiovascular disease

## Who should attend?

This conference is designed for medical professionals with an interest in use of preventive and integrative medical approaches.

## Conference Co-Chairs and Faculty



### **Michael F. Roizen, MD, FACP**

Michael F. Roizen, MD, is Chief Wellness Officer for Cleveland Clinic, the first such position in a major health care institution in the United States. Dr. Roizen has written more than 170 peer-reviewed research papers on wellness and more than 200 editorials and review papers.

Dr. Roizen has coauthored eight New York Times bestsellers, including *RealAge: Are You As Young As You Can Be?* and *YOU: The Owner's Manual*; coauthors a column syndicated to 134 newspapers; and has had appearances on several leading television shows.



### **Melinda Ring, MD, FACP**

Melinda Ring, MD, is medical director of the Osher Center for Integrative Medicine at Northwestern University and Clinical Assistant Professor in the Department of Medicine at the Northwestern Feinberg School of Medicine. She also serves on the executive committee of the Consortium of Academic Health Centers in Integrative Medicine, a group of national academic centers whose mission is to transform health care in the field of integrative medicine.

Dr. Ring was named one of Chicago's 100 Women of Influence by *Today's Chicago Woman* magazine in 2013 and is the author of *The Natural Menopause Solution*.



### **Rosane Oliveira, DVM, PhD**

Rosane Oliveira, DVM, PhD, is Director of the Integrative Medicine Program at the University of California Davis Health System. The program focuses on lifestyle medicine and the role that stress reduction, physical activity and (mostly) diet play in the prevention and reversal of chronic health conditions. Prior to her appointment with UC Davis, Dr. Oliveira spent 15 years doing research on molecular epidemiology of infectious diseases, cancer initiation and progression, and nutritional genomics.



### **Kathryn A. Teng, MD, FACP**

Kathryn A. Teng, MD, FACP is a Staff Physician in the Medicine Institute at Cleveland Clinic as well as an Assistant Professor at the Cleveland Clinic Lerner College of Medicine of Case Western University. She has led Cleveland Clinic's efforts to integrate personalized healthcare into clinical practice and has created two key programs – MyFamily and the Personalized Medication Program.

## Northwestern Medicine Faculty

**John Stracks, MD**  
Osher Center for Integrative Medicine

## Cleveland Clinic Faculty

**Abby Abelson, MD, FACP**  
Department of Rheumatic Disease

**Tom Abelson, MD**  
Department of Head and Neck Surgery

**Andrew Bang, DC**  
Center for Integrative Medicine

**Adam Bernstein, MD, ScD**  
Department of Lifestyle Medicine

**Cristie Cole, JD**  
Department of Bioethics

**Mladen Golubic, MD, PhD**  
Department of Lifestyle Medicine

## University of California, Davis Faculty

**M. Eric Gershwin, MD**  
Chief of Rheumatology, Allergy, and Clinical Immunology

**Rocio Moran, MD**  
Genomic Medicine Institute

**Brenda Powell, MD**  
Center for Integrative Medicine

**Galina Veresciak Roofener, LAc**  
Center for Integrative Medicine

**Roxanne B. Sukol, MD, MS, FACP**  
Department of Preventive Medicine

**Melissa Young, MD**  
Center for Integrative Medicine

## Special Guests



**Julie Gerberding, MD, MPH**  
**Merck Vaccines**

Julie Gerberding, MD, is President of Merck Vaccines and is responsible for Merck's current portfolio of vaccines, planning for the introduction of vaccines from the company's pipeline, and accelerating efforts to broaden access to Merck's vaccines around the world.

Dr. Gerberding has served as Director of the U.S. Centers for Disease Control and while in this position, led the agency through more than 40 emergency responses to public health crises, including anthrax bioterrorism, SARS, food-borne disease outbreaks, and natural disasters. She also advised governments around the world on urgent issues such as pandemic preparedness, AIDS, obesity, tobacco, and cancer.

Dr. Gerberding has received more than 50 awards and honors, including the United States Department of Health and Human Services (DHHS) Distinguished Service Award for her leadership in responses to anthrax bioterrorism and the September 11, 2001 attacks. She was named to *Forbes Magazine's* 100 Most Powerful Women in the world in 2005 through 2008 and to *TIME Magazine's* 100 Most Influential People in the World in 2004.



**Eric Gershwin, MD**  
**University of California, Davis**

Eric Gershwin, MD, is a world renowned authority in clinical immunology, especially allergy and rheumatology, and an international expert on environmental health, including such issues as food safety, mold, allergens, and asbestos. He has written over 800 scientific articles and 25 clinical books.

He is a "Master" of both the American College of Physicians and the American College of Rheumatology and has received numerous international honors, which include an honorary doctorate from the University of Athens for lifetime achievement in clinical immunology.

Dr. Gershwin has been a consultant to the FDA, FTC, USDA, NIH, and DOD and an advisor/consultant for multiple governmental agencies, including Japan, the United Kingdom, Netherlands, Germany, Italy, and Australia. He also holds several patents in immunology.



**Dan Sindelar, DMD**  
**Private Practice**

Daniel Sindelar, DMD, is a practicing dentist and expert in oral systemic health. He is co-founder, recent president, and current board member of the American Academy for Oral Systemic Health and has earned preceptorship certification by participating with cardiologists in the prevention of heart attack, stroke, and diabetes. Dr. Sindelar is also the founder and director of Oral Genomics, LLC and the Editor-in-Chief of the OSH News Network.

His practice is focused on advanced cosmetic rehabilitation, comprehensive periodontal management, dental sleep medicine, neuromuscular dentistry and facial pain, and headache and TMJ/TMD therapy. He has a passion for helping his patients and the general public understand the important link between oral health and overall well-being.

Dr. Sindelar is the author of *Refresh Life*, a book on the importance of oral health on overall health and well-being and has written for various dental publications. He has been featured in several cover stories in *Dental Economics*.

# Agenda

## Friday, December 5, 2014

|           |                                                                                                                                  |            |                                                                                                                                 |
|-----------|----------------------------------------------------------------------------------------------------------------------------------|------------|---------------------------------------------------------------------------------------------------------------------------------|
| 7:00 am   | Registration/Continental Breakfast/Visit Exhibits/Poster Session                                                                 | 12:45 pm   | Questions and Answers with Session Speakers                                                                                     |
| 7:30 am   | Welcome and Introduction<br><i>Michael F. Roizen, MD<br/>Kathryn Teng, MD<br/>Rosane Oliveira, DVM, PhD<br/>Melinda Ring, MD</i> | 1:15 pm    | Lunch in Exhibit Area                                                                                                           |
| Session I | <b>In Your 30s – Immunity and Thyroid Disorders</b><br><i>Moderator: Michael F. Roizen, MD</i>                                   | Session II | <b>In Your Midlife – Genetics, Microbiome, Fertility, Fatigue, and Nutrition</b><br><i>Moderator: Rosane Oliveira, DVM, PhD</i> |
| 7:45 am   | Autoimmune Disease – Why Women? Why Personalized?<br><i>Eric Gershwin, MD</i>                                                    | 1:45 pm    | Genetics of Obesity and Foods – What to Do and What to Tell Patients<br><i>Rosane Oliveira, DVM, PhD</i>                        |
| 8:35 am   | Clinician as Communicator – Crossing the Health Literacy Divide<br><i>Julie Gerberding, MD</i>                                   | 2:35 pm    | The Hygiene Hypothesis: Is Dirt Great or What? When and What Should You Clean?<br><i>Eric Gershwin, MD</i>                      |
| 9:25 am   | Is Family Health History Key to Preventive Visits or Not Needed?<br><i>Kathryn Teng, MD</i>                                      | 3:25 pm    | Refreshments/Visit Exhibits/Networking                                                                                          |
| 10:15 am  | Refreshments/Visit Exhibits/Networking                                                                                           | 3:50 pm    | Sexual Health, Fertility, GU: Integrative Therapies and Supplements<br><i>Melinda Ring, MD</i>                                  |
| 10:35 am  | Why Won't Your Mother Get a Hearing Aid?<br><i>Tom Abelson, MD</i>                                                               | 4:30 pm    | Customized Treatment of Chronic Fatigue and Fibromyalgia<br><i>Brenda Powell, MD</i>                                            |
| 11:25 am  | Hashimoto's Disease: The Need to Treat the Immune System in Addition to the Thyroid<br><i>John Stracks, MD</i>                   | 5:10 pm    | The Treatment of Leaky Gut, The Role of Genetics (of Your Microbiome?)<br><i>Melissa Young, MD</i>                              |
| 12:05 pm  | Nutrigenomics from a Patient Perspective: Specifics of Mercury, BPA, BPS, and Pregnancy<br><i>Adam Bernstein, MD, ScD</i>        | 5:50 pm    | Questions and Answers with Session Speakers                                                                                     |
|           |                                                                                                                                  | 6:05 pm    | Adjourn                                                                                                                         |

## Saturday, December 6, 2014

|             |                                                                                                                                |          |                                                                                                                                                                                  |
|-------------|--------------------------------------------------------------------------------------------------------------------------------|----------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7:00 am     | Continental Breakfast Roundtables with Selected Speakers/Visit Exhibits/Poster Session                                         | 10:40 am | Refreshments/Visit Exhibits/Networking                                                                                                                                           |
| Session III | <b>Personalized, Preventive, Integrative – A Patient-Centered Approach</b><br><i>Moderator: Kathryn Teng, MD</i>               | 11:10 am | The Genetics of Stress and Stress Management – Are Female Employees Different in Responses to Learning Stress Management and Gaining Vitality?<br><i>Adam Bernstein, MD, ScD</i> |
|             | <b>In Your Midlife – Genetics, Stress, Inflammation (Arthritis, Gum, and CV Disease)</b><br><i>Moderator: Kathryn Teng, MD</i> | 11:40 am | The Genetics of Cardiovascular Disease as a Model for Personalized Care<br><i>Rocio Moran, MD</i>                                                                                |
| 7:30 am     | Empower Your Patients: How to Demystify Genetics<br><i>Rocio Moran, MD</i>                                                     | 12:20 pm | Optimizing Brain Functioning and Well-being: The Female Brain<br><i>Roxanne B. Sukol, MD</i>                                                                                     |
| 8:20 am     | The Genetics of Arthritis – Are Personalized Solutions Predictable?<br><i>Abby Abelson, MD</i>                                 | 1:00 pm  | The Importance of and the Genetics of Gum Disease – Are Women Different?<br><i>Dan Sindelar, DMD</i>                                                                             |
| 9:10 am     | Genomic Risk and What This Means to Patients<br><i>Cristie Cole, JD</i>                                                        | 1:40 pm  | Questions and Answers with Session Speakers                                                                                                                                      |
| 9:50 am     | Personalized, Preventive, and Integrative Medicine: Has the Time Come? (Patient Stories)<br><i>Melissa Young, MD</i>           | 2:00 pm  | Adjourn                                                                                                                                                                          |

Saturday, December 6, 2014

OPTIONAL SESSION (seperate registration required):

|         |                                                                                                                                                          |         |                                                                                                                                |
|---------|----------------------------------------------------------------------------------------------------------------------------------------------------------|---------|--------------------------------------------------------------------------------------------------------------------------------|
|         | <b>The New and The Bold</b><br>Moderators:<br>Michael F. Roizen, MD<br>Brenda Powell, MD                                                                 | 3:30 pm | <b>Oriental Medicine (Acupuncture and Herbs) for Treatment of Headache: What are the Alternatives?</b><br>Galina Roofener, LAc |
| 2:00 pm | <b>Chinese Herbs: Why You Need to See a Board Certified Chinese Herbalist (and What That Means): Pulse, Tongue, and Symptoms</b><br>Galina Roofener, LAc | 4:00 pm | <b>Genetic Influences and Food Choices (Including Soy) on Breast and Prostate Cancer</b><br>Mladen Golubic, MD, PhD            |
| 2:30 pm | <b>Musculoskeletal Pain: Is There a Genetic Predisposition? The Best Treatment Approach</b><br>Andrew Bang, DC                                           | 4:30 pm | <b>Neck Pain in Women: A Chiropractic Approach</b><br>Andrew Bang, DC                                                          |
| 3:00 pm | <b>Weight Loss Supplements and Metabolic Syndrome: Is Fat the Genetic Link?</b><br>Brenda Powell, MD                                                     | 5:00 pm | <b>Nutrigenomics – What Tests to Get</b><br>Mladen Golubic, MD, PhD                                                            |
|         |                                                                                                                                                          | 5:30 pm | <b>Legal Aspects of Personalized and Genetic Tests – Who Has The Right To Your Data?</b><br>Cristie Cole, JD                   |
|         |                                                                                                                                                          | 6:00 pm | Adjourn                                                                                                                        |

Sunday, December 7, 2014

|            |                                                                                                                                                                                                                                                                                                              |          |                                                                                                                                                                                                                  |
|------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 7:00 am    | Continental Breakfast<br>Roundtables with Selected Speakers/Visit Exhibits                                                                                                                                                                                                                                   | 9:50 am  | Refreshments/Visit Exhibits/<br>Book Signing                                                                                                                                                                     |
| Session IV | <b>Baby Boomers and Beyond: Your Brain, Bones, and Supplements</b><br>Moderator: Rosane Oliveira, DVM, PhD                                                                                                                                                                                                   | 10:10 am | <b>How Can You Personalize Hormone Therapy for Women? Can You Use Genomics to Determine if a Woman Should Try Hormones? Should They Be Bio-identical?</b><br>Melinda Ring, MD                                    |
| 7:30 am    | <b>Pharmacogenomics for Clinical Practice, Minimizing Adverse Drug Events</b><br>Kathryn Teng, MD                                                                                                                                                                                                            | 10:50 am | <b>Are CV and Brain Manifestation of Oral Disease Different Due To Gender?</b><br>Dan Sindelar, DMD                                                                                                              |
| 8:20 am    | <b>Personalizing Fracture Risk – The Role of Genetics, Environment, and Patient Preferences</b><br>Abby Abelson, MD                                                                                                                                                                                          | 11:35 am | <b>Supplements, Vitamins, and Minerals – Don't Test, Just Give These Specific Groups of Women These, or 3 Supplements For Every Woman – Is This Real BS (bad science) or The Truth?</b><br>Michael F. Roizen, MD |
| 9:10 am    | <b>Insomnia from A to Zzzzzz – The Woman's Disadvantage, or Not: An Overview for Caregivers</b><br><br>Or<br><b>Taking the Reins: Teaching Your Patients to Improve the Nutrition, Value, and Health of Their Households</b><br><br>(you will get a vote on which talk she'll give!)<br>Roxanne B. Sukol, MD | 12:20 pm | <b>Questions and Answers with Session Speakers</b>                                                                                                                                                               |
|            |                                                                                                                                                                                                                                                                                                              | 12:35 pm | Adjourn                                                                                                                                                                                                          |



## Welcome to Las Vegas!

Las Vegas continues to build on its reputation as a vibrant showcase for the extraordinary. This is the city that attracts more than 36 million visitors a year by offering the grandest hotels, the biggest stars in entertainment, the highest caliber of award-winning chefs, and shopping.

A host of fine dining and lifestyle magazines– including *Bon Appetit*, *Wine Spectator*, and *Gourmet* – have honored the city for its fantastic fare created by the likes of Bradley Ogden, Hubert Keller, Alain Ducasse, Emeril Lagasse, Wolfgang Puck, Giada De Laurentiis, and others.

## Optional Show Tickets

A limited number of tickets are available to **Jersey Boys** and **Michael Jackson ONE by Cirque du Soleil** for reduced prices to attendees and their families. Tickets are available on a first-come, first-served basis and are non-refundable. Tickets will be distributed at the course registration desk.

In **Cirque du Soleil's** latest creation, four misfits get sucked into a magical world inspired by the music and imagination of Michael Jackson. Throughout the show, our four heroes are encouraged by Jackson as they each wear an iconic piece of his wardrobe – glove, shoes, hat, and sunglasses.

Featuring cutting-edge video and light effects, state-of-the art surround-sound environment and amazing dance numbers, the star of the show is Michael Jackson who appears both aurally and visually. The theater's stage and walls have been transformed to create the most dynamic and immersive video displays to be experienced in Las Vegas.



**Tickets are available in Section 102 for \$208 for Saturday, December 6, at 7:00 pm.**



How did four blue-collar kids become one of the greatest successes in pop music history? Find out at Broadway's runaway smash-hit, **Jersey Boys**, the Tony Award-winning Best Musical that takes you up the charts, across the country and behind the music of Frankie Valli and The Four Seasons. Discover the secret of a 40-year friendship: four blue-collar kids working their way from the streets of Newark to the heights of stardom. And experience electrifying performances of the golden greats that took these guys all the way to the Rock and Roll Hall of Fame: "Sherry," "Big Girls Don't Cry," "Can't Take My Eyes Off You," "Dawn," "My Eyes Adored You," and more. The New York Times says, "The crowd goes wild!"

**Tickets are available in Orchestra Center Section for \$150 for Saturday, December 6, at 8:15 pm.**



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## General Information

### Location

**Encore Las Vegas**  
3131 Las Vegas Blvd. South  
Las Vegas, NV 89109  
702.770.7000  
888.320.7123

### Hotel Accommodations

A limited block of rooms has been reserved until Tuesday, November 11, 2014 and are on a first-come, first-served basis.

To make your reservations, contact the Hotel Reservations Department at 866.770.7555 and identify yourself as being with the Cleveland Clinic Preventive Medicine Conference for a special rate of **\$209 single/double (plus 12% tax)**. An additional charge of \$50 will apply for double queen accommodations on weekdays and \$70 per night for weekends.

### Information

For further information about this activity, contact the Cleveland Clinic Center for Continuing Education at: 216.448.0770 or 800.238.6750.

Website: [ccfcme.org/wellness](http://ccfcme.org/wellness)

### Faculty Disclosure

The Cleveland Clinic Foundation Center for Continuing Education has implemented a policy to comply with the current Accreditation Council for Continuing Medical Education Standards for Commercial Support requiring resolution of all faculty conflicts of interest. Faculty declaring a relevant commercial interest will be identified in the activity syllabus.

## Two Ways to Register



#### ONLINE

**[ccfcme.org/wellness](http://ccfcme.org/wellness)**

Cleveland Clinic employee fees and registration are available online only.



#### BY MAIL

The Cleveland Clinic Educational Foundation  
PO Box 931653, Cleveland, OH 44193-1082

**Registration form can be downloaded from the activity website.**

## Fees

**Your registration fee includes:** Daily continental breakfast, refreshment breaks, lunch on Friday, electronic syllabus in PDF form. Optional registration for Saturday afternoon also includes lunch.

|                        | Before<br>September 5 | After<br>September 5 | Optional<br>Saturday Session |
|------------------------|-----------------------|----------------------|------------------------------|
| Physicians/Researchers | \$595                 | \$695                | \$175                        |
| Resident*/Fellow*      | \$395                 | \$495                | \$175                        |
| Non Physicians         | \$395                 | \$495                | \$175                        |

\*Letter from program director is required to receive the discounted fee. If letter is not received two weeks prior to the activity, the full physician fee will be charged.

**For registration questions, please email [cmeregistration@ccf.org](mailto:cmeregistration@ccf.org) or call 216.448.0777**

## Registration and Cancellation

Preregistrations are accepted until 2:00 pm ET December 3, 2014. Register on site after this date. In case of cancellation, a full refund will be made if canceled by November 28, 2014. After that date, a \$100 cancellation fee will be deducted from your refund upon written notification of your cancellation. NO REFUNDS WILL BE ISSUED AFTER January 31, 2015.

For questions about registration, email us at [cmeregistration@ccf.org](mailto:cmeregistration@ccf.org) or call 216.448.0777.

*Cleveland Clinic Center for Continuing Education reserves the right to cancel or postpone activity in our sole discretion. In the unlikely event that this occurs, any registration fee(s) paid will be refunded. Be advised that Cleveland Clinic is not responsible for related costs including airline tickets, hotel costs, or any similar fee penalties incurred as a result of any trip cancellations or changes.*

## Americans with Disabilities Act

The Cleveland Clinic Foundation Center for Continuing Education fully intends to comply with the legal requirements of the Americans with Disabilities Act. If you need assistance, please notify us at least two weeks prior to the activity.

## Accreditation

The Cleveland Clinic Foundation Center for Continuing Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Cleveland Clinic Foundation Center for Continuing Education designates this live activity for a maximum of 25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Participants claiming CME credit from this activity may submit the credit hours to the **American Osteopathic Association** for Category 2 credit.

**The Ohio Board of Nursing** will accept at face value the number of contact hours awarded for an educational activity that has been approved for CE by a nationally accredited system of CE approval. Therefore, the 25 *AMA PRA Category 1 Credits™* will be accepted for nursing credits.

Application for CME credit has been filed with the **American Academy of Family Physicians**. Determination of credit is pending.

**Recording or reproducing of this activity in any format is prohibited.**

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**Cleveland Clinic**

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