

Dr. Roizen's Preventive, Lifestyle, and Integrative Medicine Conference

Focus: Longevity and Your Personal Environment

Plus Optional Short Course: What's the Data on Medical and Recreational Marijuana?

December 8 – 10, 2017

Four Seasons Hotel, Las Vegas

UP TO 23.75 HOURS OF FANTASTIC CME

Featured topic areas:

- What's New or Old, and Supplements That Have Substantial Human Data
- Calorie Restriction, Stem Cells, Immunity and Longevity
- Optimal Aging Inside and Out: Hormones, Sex and Diets
- The Easy Button for Plant-Based Diets
- 50 Shades: Sleep, Sex, and Lifestyle



PHOTO CREDIT: LAS VEGAS NEWS BUREAU

REGISTER TODAY! ccfcme.org/wellness

If you want to improve your patients' health to become physiologically younger, you will not want to miss this conference!

Overview

Preventive, integrative, and lifestyle approaches have greatly expanded and this conventional chronic disease prevention and reversal process has yielded some real results in health and dollar savings. Evidence on newer breakthroughs will also allow you to apply these different types of therapies into diverse patient populations, and conditions treated.

As these discoveries and therapies become more integrated into medicine, the sheer volume of different types of therapy and their clinical profiles combine to create gaps among practitioners and patients regarding their clinical efficacy and optimal use in practice.

This conference will focus on discussing the most recent data on these approaches, analyzing their impact, and assessing their best use in clinical practice for the entire family. Key topics to be discussed include aging issues, impact of the immune system, preventing and treating chronic conditions, plant-based and periodic diets and stem cell effects, and newer data on how to use hormone therapies.

The format will focus on evidence-based discussions by experts in preventive and integrative medicine. The overarching goal is to provide participants with the knowledge to understand the benefits and risks of these treatment options and how to integrate them into patient-specific management plans, which will ultimately translate into improved patient outcomes and lower costs.

Attend the optional Friday afternoon workshop that will analyze medical and recreational marijuana and receive 4 additional CME credits.

By Attending, You will Learn How to

- Review the evidence indicating that four wellness activities can radically improve health, change costs, and improve quality of life
- Critically appraise research on increasing life span
- Describe the human data supporting supplements to routinely add to patients' prescriptions
- Define why physical activity changes immunity and longevity
- Analyze the benefits and risks of testosterone and estrogen replacement therapies

Who Should Attend?

This conference is designed for all medical professionals with an interest in applying preventive, lifestyle, and integrative medicine approaches into their practice.

Activity Director



Michael F. Roizen, MD, FACP

Michael F. Roizen, MD, is Chief Wellness Officer for the Cleveland Clinic, and has written more than 175 peer-reviewed research papers and more than 200 editorials and review papers. He also coauthors a daily column syndicated to 134 newspapers.

Dr. Roizen has coauthored nine New York Times bestsellers, including four #1 bestsellers including *RealAge: Are You As Young As You Can Be?* and *YOU: The Owner's Manual, This Is Your Do-Over, The 7 Secrets to Losing Weight, Living Longer, and Getting a Second Chance at the Life You Want*.

His latest book *Age Proof Living Longer Without Running Out of Money or Breaking a Hip* is co-authored with Jean Chatzky.

Activity Co-Directors



Melinda Ring, MD, FACP

Melinda Ring, MD, is Executive Director of the Osher Center for Integrative Medicine at Northwestern University and is Clinical Associate Professor in the Department of Medicine and Medical Social Sciences at the Northwestern University Feinberg School of Medicine. Her special interests include culinary medicine, integrative women's health and herbal medicines. She serves on the Board of the American Board of Integrative Medicine offered through the American Board of Physician Specialties. Dr. Ring is the author of *The Natural Menopause Solution*.



Rosane Oliveira, DVM, PhD

Rosane Oliveira, DVM, PhD, Founding Director of the UC Davis Integrative Medicine program. She has over 20 years of scientific experience in genetic research, teaches behavioral change and lifestyle medicine at UC Davis, and writes weekly about health and nutrition in the program's popular blog.

Featured Guest Speakers



Mikhail Kogan, MD

Medical Director
GW Center for Integrative Medicine
Assistant Professor of Medicine
George Washington University
Washington, DC



Valter Longo, PhD

Professor of Gerontology
Professor of Biological Sciences
University of Southern California
Davis School of Gerontology
Los Angeles, CA

Cleveland Clinic Faculty

Andrew Bang, DC

Center for Integrative Medicine
Wellness Institute

Leonard H. Calabrese, DO

R.J. Fasenmyer Chair of
Clinical Immunology
Orthopaedic and
Rheumatologic Institute

Mladen Golubic, MD, PhD

Center for Lifestyle Medicine
Wellness Institute

Kristin Kirkpatrick, MS, RDN

Manager
Wellness Nutrition Services
Wellness Institute

James D. Perko, CEC, AAC

Executive Chef
Center for Integrative Medicine
Wellness Institute

Brenda Powell, MD

Center for Integrative Medicine
Wellness Institute

Roxanne B. Sukol, MD, MS, FACP

Preventive Medicine
Wellness Institute

Friday, December 8, 2017

7:00 am Registration, Continental Breakfast, and Exhibits

7:30 am Welcome and Introduction
*Rosane Oliveira, DVM, PhD;
Melinda Ring, MD; and
Michael F. Roizen, MD*

Session I: Optimal Aging: What's New or Old, and Supplements That Have Substantial Human Data

Moderator: *Melinda Ring, MD*

7:45 am What's New and Old in Aging Research
Part 1: What's Old?
How Cleveland Clinic Has Decreased All-in Medical Costs for 3 Years in a Row by Decreasing Chronic Disease and Getting 63+% of Employees to 6+1 Normals!
Michael F. Roizen, MD

8:45 am What's New and Old in Aging Research and Cleveland Clinic Wellness
Part 2: What's New?
Aging Research (If You Live to 2030) Will Probably Substantially Extend Your Life and Current Supplements to Stay Young
Dr. Mike's Fab 9+1: Why I Take 'Em and How I Gauge 'Em - From Vitamin D Levels to Inflammation, NAD, Probiotics and Omega-3 Index and More
Michael F. Roizen, MD

9:30 am Refreshment Break and Visit Exhibits

Session II: Optimal Aging: Calorie Restriction, Stem Cells, Immunity, and Longevity

Moderator: *Michael F. Roizen, MD*

10:00 am Exercise and Immunity
Leonard H. Calabrese DO

10:45 am Fasting Mimicking Diets and Multi-System Rejuvenation
Valter Longo, PhD

11:45 am Mindfulness and Immunity
Leonard H. Calabrese, DO

12:30 pm The Mighty TOR (Target of Rapamycin) and its Role in Health and Longevity
Rosane Oliveira, DVM, PhD

1:15 pm Questions and Answers
*Leonard H Calabrese, DO;
Valter Longo, PhD;
Rosane Oliveira, DVM, PhD;
Melinda Ring, MD; and
Michael F. Roizen, MD*

2:00 pm Adjourn

OPTIONAL SESSION

Separate Registration Required
\$175 includes lunch and an additional 4 CME credits!

Session III: Discussing Marijuana Decisions With Your Patients: What's the Data, Long Term Benefits and Consequences?

Moderator: *Rosane Oliveira, DVM, PhD*

2:00 pm What a Long Strange Trip It Has Been: Review of the Action of Marijuana and the Endocannabinoid System
Brenda Powell, MD

3:00 pm Cannabinoids in Palliative Care Medicine, Uses and Abuses: Cancer, Neurodegenerative Conditions, Pain, and Glaucoma
Mikhail Kogan, MD

4:00 pm Charlotte's Web, Not Your Usual Children's Story: Medical Uses for Marijuana
Brenda Powell, MD

5:00 pm Panel Discussion/Questions and Answers: Where Cannabinoids Will Go in the Next 3 Years
Moderator: *Rosane Oliveira, DVM, PhD;
Mikhail Kogan, MD; Brenda Powell, MD*

6:00 pm Adjourn

Saturday, December 9, 2017

7:00 am CME Roundtables with Speakers
Coffee will be served

Session IV: Optimal Aging Inside and Out: Hormones and Other Strategies

Moderator: Melinda Ring, MD

7:30 am My BRCA Experience: Take Home Messages for Your Patients
Roxanne B. Sukol, MD

8:15 am What's New and Old in Hormone Therapy for Women
Melinda Ring, MD

9:00 am Continental Breakfast and Visit Exhibits

9:45 am What's New and Old in Hormone Therapy for Men
Melinda Ring, MD

10:30 am Integrative Geriatrics/No Need for Cannabinoids: The Solution for Baby Boomers Growing Need to Maintain Optimal Health and Longevity
Mikhail Kogan, MD

Session V: Optimal Aging: Dietary Approaches and the Easy Button for Plant-based Diets

Moderator: Rosane Oliveira, DVM, PhD

11:15 am What's the Evidence: Are Plant-based Diets the Secret for Staying Young? What About Grass Fed Beef and Bison?
Mladen Golubic, MD, PhD

12:00 pm The Easy Button for Plant-based Techniques: How to Teach Culinary Medicine and Making Moist Without Added Fat, Sweet Without Added Sugars, and Savory Without Added Salt

James D. Perko, CEC, AAC, and Michael F. Roizen, MD

12:45 pm Lunch and Roundtables with Speakers

1:30 pm Fatty Liver Disease: Does Food Make a Difference

Kristin Kirkpatrick, MS, RDN

2:15 pm How to Reverse Fatty Liver Disease with Mouth Watering Culinary Medicine

Kristin Kirkpatrick, MS, RDN; James D. Perko, CEC, AAC; and Michael F. Roizen, MD

3:00 pm How to Switch to a Plant-based Diet: Our Experience for the Masses

Rosane Oliveira, DVM, PhD

3:45 pm From "Atkins to Zone": With Interesting and Unexpected Observations and Conclusions
Roxanne B. Sukol, MD

4:30 pm Questions and Answer Session

5:30 pm Adjourn

Sunday, December 10, 2017

7:00 am CME Roundtables with Speakers
Continental breakfast will be served

Session VI: Optimal Aging: Sleep, Sex, and Lifestyle Plus

Moderator: Rosane Oliveira, DVM, PhD

7:30 am 50 Shades of Sleeping: The Dirty Truth About Sleeping Pain Free
Andrew Bang, DC

8:15 am Expanding the Universe of Lifestyle Changes: What's After Avoiding Toxins, Food, Exercise, Stress, and Sleep?
Mladen Golubic, MD, PhD

9:00 am 50 Shades of White: Avoiding Joint and Muscle Pain While Having Sex
Andrew Bang, DC

9:45 am Refreshment Break, Visit Exhibits, and Book Signing

Session VII: Optimal Aging: The Grand Summary

Moderator: Michael F. Roizen, MD

10:30 am Do the Speakers Practice What They Preach? My Diet, My Stress Management Practices, My Physical Activities, My Supplements, and My Hazards
Moderator: Michael F. Roizen, MD; Rosane Oliveira, DVM, PhD; and Melinda Ring, MD

11:15 am What Did We Learn? You Asked For It Again!
Michael F. Roizen, MD

12:15 pm Questions and Answers

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! In a city known for excess, attendees will be able to enjoy fantastic restaurants created by Hubert Keller, Alain Ducasse, Emeril Lagasse, Wolfgang Puck, Giada De Laurentiis, and others- so make time to enjoy them!

And be sure to check out the many shows while in town. From comedians to performers, you'll enjoy your night out with family and friends.

General Information

Location

Four Seasons Hotel
3960 Las Vegas Boulevard South
Las Vegas, NV 89119
702.632.5000

Hotel Accommodations

A limited block of rooms has been reserved at the Four Seasons Las Vegas Hotel only until November 18 at a special rate of \$215, plus \$25 resort fee and tax. After that date, discounted rates may not be available. Make your reservation as early as possible since rooms are on a first-come, first-served basis.

To make your reservations, log onto www.ccfme.org/wellness-hotel

Information

For further information about this activity and American Disabilities Act, contact the Cleveland Clinic Center for Continuing Education.

Local: 216.444.9990
Website: ccfme.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.

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:

- Dr. Roizen's Preventive, Lifestyle, and Integrative Medicine Conference
Focus: Longevity and Your Personal Environment live activity for a maximum of 19.75 AMA PRA Category 1 Credits™.
- Optional Session: What's The Data on Medical and Recreational Marijuana? Does It Improve Quality and Extend Life, or Not? live activity for a maximum of 4 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.

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

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.

Register Online at ccfme.org/wellness

Fee includes: continental breakfasts, refreshment breaks, Saturday lunch, and faculty PowerPoint presentations in PDF format, available online.

Category	Early-Bird Fee On or Before September 1	Late Fee After September 1
Physicians	\$695	\$795
Cleveland Clinic Alumnus	\$625	\$725
Non-Physician/Resident*/Fellow*	\$595	\$695

Optional Session **Discussing Marijuana Decisions With Your Patients:**

What's the Data, Long Term Benefits and Consequences on Friday, December 8, 2017 is an additional \$175 and includes lunch.

*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.

Visit www.ccfme.org/wellness for complete registration information.

Registration and Cancellation

Preregistrations are accepted until 2:00 pm ET, Wednesday, December 6. Register on site after this date. In case of cancellation, a full refund will be made if canceled by Friday, December 1. After that date, a \$150 cancellation fee will be deducted from your refund. No refunds will be issued after December 1.

For questions about registration or cancellation, email us at cmeregistration@ccf.org or call 216.448.8710.

Cleveland Clinic Center for Continuing Education reserves the right to cancel or postpone an activity at 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.

Dr. Roizen's Preventive, Lifestyle, and Integrative Medicine Conference

December 8 – 10, 2017
Four Seasons Hotel, Las Vegas



PHOTO CREDIT: LAS VEGAS NEWS BUREAU

REGISTER TODAY! ccfcme.org/wellness



Cleveland Clinic

The Cleveland Clinic Foundation
9500 Euclid Avenue, TR204
Cleveland, OH 44195

NON-PROFIT ORG.
U.S. Postage
PAID
Cleveland, OH
Permit No. 1918

