

16th Annual **Dr. Roizen's Preventive and Integrative Medicine Longevity Conference**

Focus: The Longevity Revolution: With Emphasis on
Hormone Therapies and Sleep Therapies

Featuring an Optional Workshop on "Tricks in Hormone
Therapy to Slow Aging: Food and Libido"

December 7 – 9, 2018

Four Seasons Hotel, Las Vegas

UP TO 24.50 HOURS OF FANTASTIC CME



Special Topics:

- Pain Therapies
- Role of Testing & Genetic Modification for Aging
- Economics of Aging

REGISTER TODAY! ccfcme.org/wellness

There is no other conference that delivers data-driven learning which will impact you, your patients, and your family!

During the past decade preventive, integrative, and lifestyle approaches have greatly expanded with chronic disease prevention and reversal processes yielding real results in health and dollar savings. The latest data and processes of these approaches will be shared in this weekend conference which will allow you to apply different types of therapies into patient populations and conditions.

We will focus on discussing the most recent data on these approaches, analyzing their impact, and assessing their best use in clinical practice. Key topics include aging issues, the impact of the microbiome, preventing and treating chronic conditions, chronobiology, and newer data including next uses of tests to help modify supplements, hormones, and drugs for aging, sleep, and pain.

You'll hear from experts in these fields to present evidence-based discussions which will provide you with the knowledge to understand the benefits and risks of treatment options and how to integrate them into patient-specific management plans, which will ultimately translate into improved patient outcomes.

Attendees will also be able to attend the optional Friday afternoon workshop on "Tricks in Hormone Therapy to Slow Aging: Food and Libido".

This conference will enable you to learn how to:

- Analyze the data on increasing life spans and chronobiology
- Summarize the debate on increasing life spans economic implications
- Define the basics of sleep physiology and the current state of sleep disorder treatment
- Review current states of hormone therapy and how food choices affect it
- Review prevention and newer treatments for dementia
- Explain the role of lifestyle and prevention in the treatment of dementia
- Describe the evidence for preventive testing as longevity increases
- Define alternatives for opioid pain therapy

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 185 peer-reviewed research papers on wellness and more than 200 editorials and review papers. He also coauthors a daily medical 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?*, *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 *AgeProof: 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. In her role at the Osher Center for Integrative Medicine, she oversees the clinical outpatient and inpatient Integrative Medicine programs, as well as medical student and resident education.

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 is Founding Director of the Integrative Medicine program and Adjunct Assistant Professor, Public Health Sciences at the School of Medicine at the University of California Davis. She has over 20 years of scientific experience in genetic research, writes about health and nutrition every week on the program's popular blog and teaches lifestyle medicine to medical students at UC Davis.

Faculty

Andrew Bang, DC
Center for Integrative Medicine
Wellness Institute
Cleveland Clinic

Judy Bar, E-RYT 500
Yoga Instructor
Wellness Institute
Cleveland Clinic

Michael Crupain, MD, MPH
Co-Author, *What to Eat When* (2019)
Medical Director of the Dr. Oz Show

Michelle Drerup, PsyD
Director of Behavioral Sleep Medicine
Sleep Disorders Center
Cleveland Clinic

Barbara Messenger-Rapport, MD, PhD
Preventive Medicine
Wellness Institute
Cleveland Clinic

Marwan N. Sabbagh, MD, FAAN, CCRI
Camille and Larry Ruvo Chair for Brain Health
Director
Cleveland Clinic Lou Ruvo Center for Brain Health-
Las Vegas

Raul Seballos, MD, FACP
Vice Chair
Preventive Medicine
Wellness Institute
Cleveland Clinic

Irina Todorov, MD
Medical Co-Director
Center for Integrative and Lifestyle Medicine
Wellness Institute
Cleveland Clinic

Friday, December 7, 2018

- 6:30 am

Sunrise Come as You are Yoga (non-CME)

Judi Bar, E-RYT 500
- 6:45 am

Registration, Continental Breakfast, and Visit Exhibits
- 7:30 am

Welcome and Introduction

Rosane Oliveira, DVM, PhD;
Melinda Ring, MD; and
Michael F. Roizen, MD

Session I: Optimal Aging
Moderator: Melinda Ring, MD

- 7:45 am

What's New in Aging Research: The Coming Longevity Revolution & What We Know You Can Use To Repair You Now

Michael F. Roizen, MD
- 9:15 am

The Economics of Longevity Today.

Barbara Messenger-Rapport, MD, PhD
- 10:00 am

Mini-Debate: The Economics of Longevity Now Are What They Will Be!

Pro:
Barbara Messenger-Rapport, MD, PhD
Con: Michael F. Roizen, MD
- 10:30 am

Refreshment Break and Visit Exhibits

Session II: Chronobiology of Longevity: When to Eat What, and How to Sleep Better
Moderator: Michael F. Roizen, MD

- 11:00 am

Basics of Sleep Physiology

Michelle Drerup, PsyD
- 11:45 am

Chronobiology of Longevity: Is When You Eat as Important as What You Eat?

Michael Crupain, MD, MPH
- 12:30 pm

Current State of Diagnosis and Treatment of Sleep Disorders- Differences in Sleep Therapies at Different Ages

Michelle Drerup, PsyD

- 1:15 pm

Question and Answer Session

Moderator: Michael F. Roizen, MD
- 2:00 pm

Adjourn

OPTIONAL SESSION

Separate Registration Required
\$175 includes lunch

Session III: Tricks in Hormone Therapy to Slow Aging: Food and Libido
Moderator: Melinda Ring, MD

- 2:00 pm

What's New and Old in Hormone Therapy for Women, and a Boot Camp in How to do it

Melinda Ring, MD
- 3:15 pm

What to Eat to Increase or Decrease Testosterone Levels, Estrogen Levels, and/or Libido

Michael Crupain, MD, MPH
- 3:45 pm

What's New and Old in Hormone Therapy for Men and a Short Boot Camp In How to do it

Melinda Ring, MD
- 4:45 pm

Why I Think Everyone Who Receives Hormone Therapy with an Estrogen, a Progesterone, or a Testosterone Should be Considered for a Baby Aspirin a Day

Michael F. Roizen, MD
- 5:00 pm

Panel Discussion/Questions and Answers: Where Hormone Therapy Will Go in the Next 3 Years?

Moderator: Rosane Oliveira, DVM, PhD
Michael Crupain, MD, MPH;
Melinda Ring, MD; and
Michael F. Roizen, MD
- 6:00 pm

Adjourn

Saturday, December 8, 2018

6:30 am	Sunrise Come as You are Yoga (non-CME) <i>Judi Bar, E-RYT 500</i>
6:45 am	Continental Breakfast and Roundtables with Speakers
Session IV: Optimal Longevity: Food Choices and Sleep; and Dementias Moderator: <i>Melinda Ring, MD</i>	
7:30 am	Your Brain Part 1: Dementia - Any Hope for Reversal, or is Prevention the Only Area with Real Data? <i>Marwan Sabbagh MD</i>
8:15 am	Chronobiology and Dementia: Can Meal Timing Help Prevent Cognitive Decline? <i>Michael Crupain, MD, MPH</i>
9:00 am	What Can You Teach and Prescribe to Prevent Falls and Sensory Deficits: Balance, Hearing, Smelling, and Tasting <i>Barbara Messinger-Rapport, MD, PhD</i>
9:45 am	Refreshment Break and Visit Exhibits
10:15 am	Your Brain Part 2: What's with New Therapies for Dementia? Bredeson and Keto Diets, Anti-inflammation and Anti-sugar - Is Treatment Just a Hoax? <i>Marwan Sabbagh MD</i>
11:15 am	Question and Answer Session Moderator: <i>Melinda Ring, MD;</i>
12:00 pm	Lunch

Session V: Longevity: Sleep, Sex, And Preventive Testing Moderator: <i>Rosane Oliveira, DVM, PhD</i>	
1:00 pm	The Best Positions, Mattresses, and Pillows to Increase Longevity with Sex and Sleep <i>Andrew Bang, DC</i>
1:45 pm	Integrative Medicine Approach to Treating Insomnia: Supplements, Herbs, and Beyond <i>Irina Todorov, MD</i>
2:30 pm	Refreshment Break and Visit Exhibits
3:00 pm	Preventive Tests Fostering Longevity Part 1: What preventive tests are indicated for a 45-year-old man? A 45-year-old woman? Does this change as each reaches 60? Are genetic tests indicated? <i>Raul Seballos, MD</i>
4:00 pm	Slow It All Down With Yoga: What it's Good For? Why? <i>Judi Bar, E-RYT 500</i>
4:45 pm	Preventive Tests Fostering Longevity Part 2: Which ones for an 80-year-old guy or an 80-year-old woman? Does it matter if they make choices in food, eating, toxins and stress management to stay healthy? Are genetic tests indicated for asymptomatic? When do we start for microbiome testing and what do we change? <i>Raul Seballos, MD</i>
5:45 pm	Question and Answer Session Moderator: <i>Rosane Oliveira, DVM, PhD</i>
6:00 pm	Adjourn

Sunday, December 9, 2018

6:15 am	Sunrise Come as You are Yoga (non-CME) <i>Judi Bar, E-RYT 500</i>
6:30 am	Continental Breakfast and Roundtables with Speakers
Session VI: Optimal Longevity: Alternatives to Opiates for Pain Therapy Moderator: <i>Michael F. Roizen, MD</i>	
7:00 am	Alternatives to Opioids for Pain Therapy: The Best Rubs, Gels, and Creams: Which One and When to Use it? <i>Andrew Bang, DC</i>
7:40 am	Fasting for Health and Longevity <i>Rosane Oliveira, DVM, PhD</i>
8:20 am	Alternatives to Opioids for Pain Therapy: How I Approach the Chronic Pain Therapy Patient <i>Irina Todorov, MD</i>
9:05 am	Lifestyle Medicine: How to Bridge the Gap from Knowing to Doing! <i>Rosane Oliveira, DVM, PhD</i>

9:50 am	Refreshment Break, Visit Exhibits, and Book Signing
Session VII: Optimal Longevity: The Grand Summary Moderator: <i>Michael F. Roizen, MD</i>	
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: <i>Michael F. Roizen, MD; Rosane Oliveira, DVM, PhD; and Melinda Ring, MD</i>
11:00 am	What Did We Learn? You Asked For It Again! <i>Michael F. Roizen, MD</i>
12:15 pm	Question and Answer Session Moderator: <i>Michael F. Roizen, MD</i>
12:30 pm	Adjourn

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 Hotel only until November 5. Make your reservation early before the block fills up and receive the special rate of \$219, plus \$30 resort fee and tax. After that date, discounted rates may not be available. Rooms are on a first-come, first-served basis.

Make your reservations online at ccfme.org/WellnessHotel or call the hotel direct at 702.632.5000.

Information

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

Local: 216.448-8717
Website: ccfme.org/wellness

Welcome to Las Vegas!

From comedians to performers, you'll enjoy your night out with family and friends. And don't forget Vegas is a family-friendly town and the non-smoking, non-gaming Four Seasons is the ideal setting. While here, take a couple of extra days and explore Utah's Mighty 5 including Zion, Bryce, Canyonlands, Arches, and Capitol Reef National Parks.

This is the city that attracts more than 36 million visitors a year! You'll be able to take-in fabulous shows plus enjoy fantastic restaurants created by Emeril Lagasse, Wolfgang Puck, Giada De Laurentiis, and others- so make time to enjoy them!

Visit visitlasvegas.com and plan your trip!



Accreditation

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

The Cleveland Clinic Foundation Center for Continuing Education designates:

- Dr. Roizen's 16th Annual Preventive and Integrative Medicine Longevity Conference live activity for a maximum of 20.50 AMA PRA Category 1 Credits™.
- The optional workshop "Tricks in Hormone Therapy to Slow Aging: Food and Libido" live activity for a maximum of 4 AMA PRA Category 1 Credits™

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

Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other Health Care Professionals

A certificate of participation will be provided to other health care professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

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.

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	\$750	\$850
Cleveland Clinic Alumnus	\$675	\$775
Non-Physician/Resident*/Fellow*	\$650	\$750

The optional workshop **"Tricks in Hormone Therapy to Slow Aging: Food and Libido"** on Friday, December 7, 2018 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 Tuesday, December 4, 2018. Register on site after this date.

In case of cancellation, an email notification is required to process your refund. A full refund will be issued if canceled by November 9, 2018. After November 9, 2018, a \$150 cancellation fee will be deducted from your refund. No refunds will be issued after December 1, 2018.

For questions about registration or cancellation, email us at cmeregistration@ccf.org or call 216.448.8717.

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 meeting cancellations or changes.

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Cleveland Clinic

The Cleveland Clinic Foundation
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Cleveland, OH 44195

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