

11th Annual

Dr. Roizen's Preventive and Integrative Medicine Conference

Focus on Inflammation: Where Does It Come From,
How To Detect It, and How to Prevent It

SPECIAL EMPHASIS ON YOUR JOINTS, MICROBIOME, FOODS,
AND SUPPLEMENTS

December 6 – 8, 2013

The Cosmopolitan of Las Vegas | Las Vegas, NV

REGISTER TODAY! www.ccfcmc.org/wellness

A SPECTACULAR CONFERENCE WITH GREAT SPEAKERS AND FUN FOR YOU!
THE CONFERENCE THAT WILL CHANGE YOUR LIFE



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Join us at the 11th Annual Dr. Roizen's Preventive and Integrative Medicine Conference



As use of preventive and integrative medical approaches increases, so does your need to know the current risk-benefit data, potential applications, and how to integrate these therapies into clinical practice. Acknowledging that many of the treatments are still outside mainstream medicine, this conference will help you become familiar with the evidence base for them and how to discuss them with patients or prescribe them.

At this conference, presenters will focus on inflammation and the microbiome, arthritis, supplements, and food. Expert faculty will discuss up-to-date scientific information on research evaluating the use of wellness treatments to prevent and treat inflammatory disorders.

This conference will provide you with current, scientific evidence on a variety of topics related to inflammation and associated disorders including pathology, autoimmune diseases, and the microbiome connection to autoimmune disorders. Other topics include the gluten-gut inflammation link and using weight loss to reduce osteoarthritis. A final set of presentations will review the effects of herbs, supplements, and stress modulators to reduce inflammation risk, including an evidence-based look at Omegas 3, 5, 7, and 9.

The format will focus on evidence-based discussions, helping you understand the benefits and risks of these treatments. Learn how to integrate them into a patient-specific management plan, which will ultimately translate into improved patient outcomes.

By attending you'll be able to:

- Discuss evidence showing the physiologic link between microbiomes and inflammation
- Provide an evidence-based review of the pathology of inflammation and gut microbes
- Summarize the linking food choices to inflammatory disorders
- Identify the pathophysiologic connection between microbiomes and asthma, rheumatoid arthritis, gout, and other autoimmune diseases
- Analyze the evidence base for using herbs, supplements, and stress modulators to treat inflammatory disorders
- Describe strategies for motivating patients to adopt healthy lifestyles

Who should attend?

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

Conference Co-Chairs

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 as well as more than 200 editorials and review papers. He has coauthored eight New York Times bestsellers, including *RealAge: Are You As Young As You Can Be?* and *YOU: The Owner's Manual*. Dr. Roizen currently coauthors a column syndicated to 134 newspapers and has appeared on many TV shows.

Richard S. Lang, MD, MPH, FACP, FACPM

Richard S. Lang, MD, is Vice Chairman of the Cleveland Clinic Wellness Institute and Chairman of the Department of Preventive Medicine. He is also a fellow of both the American College of Physicians and the American College of Preventive Medicine. Dr. Lang has coedited two editions of the textbook *Clinical Preventive Medicine* and serves as editor-in-chief of *Cleveland Clinic Men's Health Advisor*.

Melinda Ring, MD, FACP

Melinda Ring, MD, is Chief of Northwestern Integrative Medicine at Northwestern Memorial Hospital. Dr. Ring integrates approaches from other cultures to complement Western medicine treatments. Her philosophy embraces treating the whole person – physical, emotional, and spiritual dimensions – to achieve optimal health.

Rosane Oliveira, DVM, PhD

Rosane Oliveira, DVM, PhD, is Assistant Director of the Integrative Medicine Program at the University of California Davis Health System. The program focuses on lifestyle medicine, which utilizes the application of nutritional and other behavioral interventions combined with complementary and alternative medicine approaches to prevent and reverse chronic health conditions. Prior to her appointment with UCDHS, Dr. Oliveira spent 15 years doing research in fields encompassing molecular epidemiology of infectious diseases, microorganism resistance to drugs, cancer initiation and progression, and nutritional genomics.

Program Planning Committee

Tanya Edwards, MD, MEd

Director, Center for Integrative Medicine
Cleveland Clinic

Mladen Golubic, MD, PhD

Director, Center for Lifestyle Medicine
Wellness Institute
Cleveland Clinic

Raul Seballos, MD, FACP

Vice Chair, Department of Preventive Medicine
Wellness Institute
Cleveland Clinic

Cleveland Clinic Faculty

Andrew Bang, DC

Andrew Bernstein, MD, ScD

Roxanne B. Sukol, MD, MS

Northwestern Faculty

John Stracks, MD

University of California, Davis Faculty

Jonathan Eisen, PhD

Special Guests

Leonard Calabrese, DO

Cleveland Clinic

Leonard Calabrese heads Cleveland Clinic's Section of Clinical Immunology and manages its Clinical Immunology Clinic. He specializes in diseases of the immune system – in particular immunodeficiency diseases, such as human immunodeficiency virus (HIV) and hepatitis C infections, which are the subject of both clinical care and investigation.

Dr. Calabrese is also Co-Director of the Center for Vasculitis Care and Research and has a particular interest in vascular inflammatory disease of the central nervous system.

Dr. Calabrese is the author of more than 300 published peer-reviewed articles, book chapters, and reviews.

Penny M. Kris-Etherton, PhD, RD

Distinguished Professor of Nutrition
Penn State University

Penny Kris-Etherton is a Distinguished Professor in the Department of Nutritional Sciences at The Pennsylvania State University. Dr. Kris-Etherton's expertise is cardiovascular nutrition. She conducts controlled clinical nutrition studies designed to evaluate the role of diet on risk factors for cardiovascular disease (CVD). Dr. Kris-Etherton has been President of the National Lipid Association, Chair of the American Society for Nutrition Medical Nutrition Council and currently serves as Vice-Chair of the American Heart Association Nutrition Committee. She is author/co-author of over 260 scientific publications.

M. Elaine Husni, MD, MPH

Cleveland Clinic

Elaine Husni is Vice-Chair of Rheumatology and Director of the Arthritis and Musculoskeletal Center. She is a staff physician in the Orthopedic and Rheumatologic Institute at the Cleveland Clinic and an Assistant Professor at the Cleveland Clinic Lerner College of Medicine.

Dr. Husni's research interests include examining health outcomes of patients with rheumatoid arthritis and psoriatic arthritis, specifically in the area of cardiovascular disease. She is the current recipient of the Clinical Investigator Award by the American College of Rheumatology for this work. She is involved in a number of rheumatology clinical trials at Cleveland Clinic and serves on the Executive Committee of the PRECISION trial.

She also has a research focus on orthopedic outcomes with a specific research interest in the use of clinical pathways in patients undergoing total joint arthroplasty. She is a past recipient of the Physician Scientist Development Award by the American College of Rheumatology.

Charles N. Serhan, MD, PhD

Brigham and Women's Hospital

Charles Serhan serves as Director of the Center for Experimental Therapeutics and Reperfusion Injury at Brigham and Women's Hospital. He is a Professor of Anaesthesia at Harvard Medical School and affiliated with the Department of Biological Chemistry and Molecular Pharmacology. The research undertaken in the Serhan laboratory focuses on structural elucidation of bioactive molecules. The overall mission is to identify novel pathways and cellular targets critical in regulating neutrophil-mediated inflammation and to establish the templates for physiologic small molecule-based interventions.

Jason Theodosakis, MD, MS, MPH

University of Arizona

Jason Theodosakis is the best-selling author of *The Arthritis Cure* (#1 NY Times Bestseller) and *Maximizing The Arthritis Cure*. He is also Clinical Associate Professor and former Director of the Preventive Medicine Residency Training Program at the University of Arizona College of Medicine in Tucson.

Dr. Theo, as he is known, is a member of the oversight steering committee for the NIH's study on glucosamine and chondroitin and is widely known as a premier physician in Clinical Preventive Medicine. Moreover, he is considered to be one of the world's foremost authorities on arthritis treatment, including the use of a variety of treatments ranging from diet and exercise, biomechanical interventions, weight loss, and dietary supplements. Dr. Theodosakis has co-authored the first basic science research into the mechanisms of actions for hyaluronic acid and methylsulfonylmethane.

Agenda

Friday, December 6, 2013

7:00 am	Registration/Continental Breakfast/Visit Exhibits	11:45 am	Quick Update: Is Organic Produce More Anti-Inflammatory Than Conventional Produce? <i>Roxanne B. Sukol, MD</i>
7:55 am	Welcome and Introductions <i>Michael F. Roizen, MD; Melinda Ring, MD; Rosane Oliveira, DVM, PhD</i>	12:30 pm	Lunch – Exhibit Hall/Visit Exhibits
Session I:	Inflammation and Your Microbiome – The Issues Moderator: <i>Michael F. Roizen, MD</i>	1:15 pm	The OO Syndrome – Why Does Weight Loss Decrease Osteoarthritis <i>M. Elaine Husni, MD, MPH</i>
8:00 am	What is Inflammation and Where Does Osteoarthritis Come From – Your Gut? <i>M. Elaine Husni, MD, MPH</i>	2:05 pm	Novel Mechanisms and Mediators in the Resolution of Acute Inflammation <i>Charles Serhan, MD, PhD</i>
8:50 am	Meet your Microbiome <i>Jonathan Eisen, PhD</i>	2:55 pm	Right vs. Wrong: Is There a Right Microbiome and How Do We Get It? <i>Jonathan Eisen, PhD</i>
9:40 am	Gut Instincts: The Secrets of Your Second Brain <i>Melinda Ring, MD</i>	3:25 pm	Refreshments and Visit Exhibits
10:40 am	Questions and Answers Moderator: <i>Rosane Oliveira, DVM, PhD</i>	3:40 pm	Leaky Gut Syndrome: What it is and How to Fix it <i>Melinda Ring, MD</i>
10:45 am	Refreshments and Visit Exhibits	4:30 pm	A Food-Based Approach for Controlling Inflammation <i>Penny M. Kris-Etherton, PhD, RD</i>
Session II:	What You Can Do About Inflammation I: Food Choices Moderator: <i>Michael F. Roizen, MD</i>	5:20 pm	Questions and Answers Moderator: <i>Michael F. Roizen, MD</i>
11:00 am	Gluten and Inflammation – Is It More Than Celiac Disease? <i>John Stracks, MD</i>	5:40 pm	Adjourn

Saturday, December 7, 2013

6:45 am	Registration/Continental Breakfast/Visit Exhibits	10:20 am	Convincing Your Patient That Inflammation Matters <i>Leonard Calabrese, DO</i>
Session III:	The Inflammatory Diseases Moderator: <i>Rosane Oliveira, DVM, PhD</i>	11:05 am	Statins and Muscle Pain – How Do You Treat It <i>Andrew Bang, DC</i>
7:30 am	Novel Mediators in Resolution of Inflammation: What Does Nutrition Have To Do With Resolution? <i>Charles Serhan, MD, PhD</i>	11:40 am	OA and Other Arthritises: Rheumatoid, Gout, etc, and Anti-Inflammatories <i>Jason Theodosakis, MD, MPH</i>
8:30 am	Diet, Your Genes, Your Microbes, and YOU! <i>Rosane Oliveira, DVM, PhD</i>	12:40 pm	Inflammation and The Brain <i>Rosane Oliveira, DVM, PhD</i>
9:30 am	Calming Practices to Tame the Flame! <i>Mladen Golubic, MD, PhD</i>	1:10 pm	Questions and Answers Moderators: <i>Tanya Edwards, MD, MEd, and Melinda Ring, MD</i>
10:00 am	Refreshments/Visit Exhibits/Book Signing (All authors will be available to sign their books as has been requested by attendees at prior conferences)	1:30 pm	Adjourn

Sunday, December 8, 2013

7:15 am	Registration/Continental Breakfast/Visit Exhibits	10:40 am	Refreshments/Visit Exhibits/Book Signings (All Authors will be available to sign their books)
Session IV:	What You Can Do About Inflammation II: The Herbs, Supplements, and Stress Modulators Moderator: <i>Melinda Ring, MD</i>	11:00 am	Exercise and Inflammation: Is There a Proper Dose? <i>Leonard Calabrese, DO</i>
7:50 am	Introduction <i>Melinda Ring, MD</i>	11:50 am	A Single Meal – Can it Cause Long-Term Inflammation? <i>Adam Bernstein, MD, ScD</i>
7:55 am	Drowning in Omega-6s: The Standard American Inflammatory Diet (SAD) <i>Roxanne B. Sukol, MD</i>	12:35 pm	Questions and Answers Moderator: <i>Rosane Oliveira, DVM, PhD</i>
8:35 am	The Odd Omegas – 3, 7, (and maybe 5 and 9): Do They Work and What To Look For To Make Sure You Are Getting the Stuff That Stops Inflammation and Not the Inactive Stuff <i>Michael F. Roizen, MD</i>	12:50 pm	Closing Remarks
9:40 am	The Marketing of the Gut and the Joint – Anti-Inflammatories For All? <i>Jason Theodosakis, MD, MPH</i>	12:55 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 master sommeliers, and, of course, the brightest lights.

Drawing an influx of designers and upscale specialty boutiques, Las Vegas has become one of the premium world-class shopping destinations in the country. Headliners such as Harry Winston, Manolo Blahnik, Juicy Couture, Jimmy Choo, and Dolce and Gabbana now populate the Strip at the Fashion Show, Forum Shops at Caesars, Mandalay Place, Miracle Mile Shops, Grand Canal Shoppes, Via Bellagio, and the shops at Wynn Las Vegas.

While planning an evening of entertainment, look to the growing roster of gourmet restaurants and unparalleled wine and food adventures in Las Vegas. 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, and Wolfgang Puck.

Optional Show Tickets

A limited number of tickets are available at a reduced price to the Jersey Boys performance. Tickets are available on a first-come, first-served basis to registrants and their families. Tickets will be distributed at the course registration desk. No refunds once tickets are ordered.



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 of 2006 that takes you up the charts, across the country and behind the music of Frankie Valli and The Four Seasons. As Clive Barnes in the *New York Post* says, "It's just too good to be true." 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 both the Mid Mezzanine Section for \$75 and Mid Center and Side Orchestra seating for \$150 on Friday, December 6, at 7:00 pm, and Saturday, December 7, at 8:15 pm.



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Registration Form

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Two Ways to Register



ONLINE

ccfcme.org/wellness

Cleveland Clinic and Cleveland Clinic Health System employee fees and registration are available online only.



BY MAIL

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

Make check payable:

The Cleveland Clinic Educational Foundation

Total check amount enclosed: \$ _____

Please Print Complete the information below if registering by mail.

First Name: _____ MI: _____ Last Name: _____ Degree: _____

Institution Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____ Fax Number: _____

Email Address: _____ Specialty: _____

Practice Type: ☐ Office-Based ☐ Hospital Staff ☐ Resident/Fellow ☐ Other

☐ I require a vegetarian lunch

Fees

Fee includes: PowerPoint presentations in PDF format will be available online, continental breakfast, Friday lunch, and refreshment breaks.

	On or Before October 4, 2013	After October 4, 2013
☐ Physician	\$495	\$595
☐ Resident*/Fellow*	\$295	\$395
☐ Nurse/Nonphysician	\$395	\$495

*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.



ADMIT ONE

**Tickets at \$75 or \$150 per
ticket for Jersey Boys
on Friday, December 6 and
Saturday, December 7**

- ☐ I would like tickets to Jersey Boys on
Friday, December 6, 2013, at 7:00 pm
 - ☐ I would like tickets to Jersey Boys on
Saturday, December 7, 2013, at 8:15 pm
- \$75 each (Mid Mezzanine)**
Number of Tickets: _____
- \$150 each (Mid Center & Side Orchestra)**
Number of Tickets: _____

Tickets are non-refundable and are available on a first-come, first-served basis.
Payment must accompany this registration and must be paid at time of registration.

For registration questions, please email cmeregistration@ccf.org or call 216.448.0777

Cleveland Clinic recognizes the importance of protecting the privacy and security of information provided to us. Therefore, we are no longer requesting credit card data in writing, including on registration forms or faxes. If you would like to register using a credit card, please log in to www.ccfcme.org/wellness or call 216.448.0777 where it will be handled directly by a certified processor.

General Information

Hotel Accommodations

The Cosmopolitan of Las Vegas Hotel
3708 Las Vegas Blvd.
Las Vegas, NV



A limited block of rooms has been reserved at The Cosmopolitan of Las Vegas until Tuesday, November 5, 2013. To make your reservations, contact the Hotel Reservations Department at 1-800-499-6311 or 702-698-7000. Identify yourself as being with the Cleveland Clinic Preventive Medicine Conference for a special rate of **\$150 single/double (plus tax) plus \$25 resort fee.**

Ground Transportation

Taxi service is available from the airport to the hotel.

Information

For further information about the conference, contact the Cleveland Clinic Center for Continuing Education at:

Local: 216.448.0770
Toll Free: 800.238.6750

Web Address:
www.ccfcmc.org/wellness

Registration and Cancellation

Preregistrations are accepted online until 2:00 pm ET December 5, 2013. After this date, please register on-site. In case of cancellation, a full refund will be made if canceled by November 11, 2013. After November 12, 2013, a \$100 cancellation fee will be deducted from your refund. Written notification of your cancellation is required in order to process your refund. **NO REFUNDS WILL BE ISSUED AFTER JANUARY 9, 2014.**

Parking

Valet and self-parking is complimentary for all hotel guests.

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 19.0 *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.

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 19.0 physician *AMA PRA Category 1 Credits™* will be accepted for nursing credits. Nurses from other states should contact their State Board of Nursing.

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.

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.



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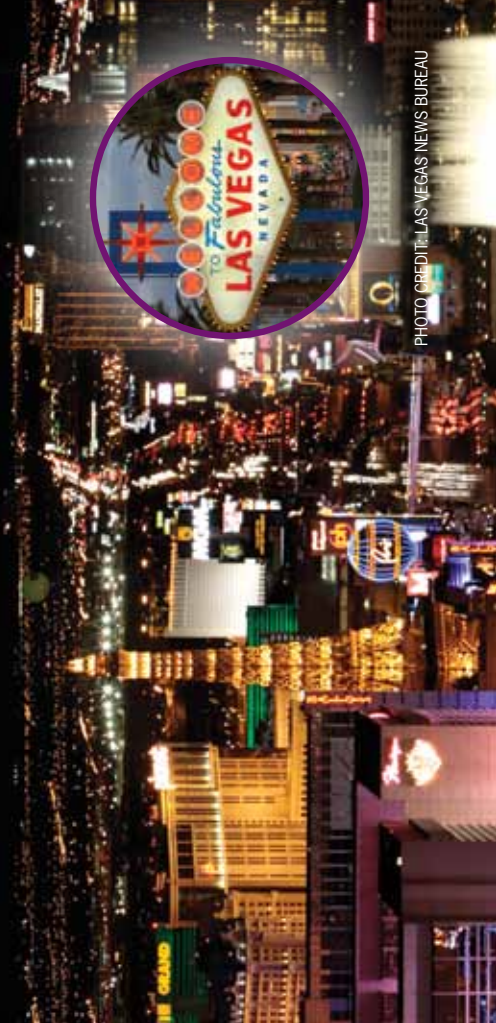


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