Creating Wellness: Integrative Medicine in Primary Care

March 27-28, 2014
Sheraton Ann Arbor Hotel | Ann Arbor

Brought to you by:

Michigan Integrative Medicine
FAMILY MEDICINE
UNIVERSITY OF MICHIGAN HEALTH SYSTEM
Integrative Medicine is a practice that builds on the basic techniques of many health care traditions by helping individuals work towards maximal health and wellness, using all of the evidence-based tools available both from conventional and alternative medicine. Addressing the realms of body, mind and spirit, integrative medicine pushes individuals beyond the simple absence of disease.

Creating Wellness: Integrative Medicine in Primary Care is a course designed to inspire collaboration among a wide range of health care professionals. With a focus on improving health and wellness among diverse populations, you will explore integrative approaches to a variety of conditions and participate in hands-on workshops.

Target Audience
Health care professionals who wish to further their scope of practice in Integrative and Holistic Medicine, including, but not limited to, physicians, nurses, physician assistants, chiropractors, physical therapists, psychologists, massage therapists, pharmacists, and dieticians. Resident and students are welcomed.

Course Highlights
- Increase your comfort and ability to work in multidisciplinary teams
- Explore areas of men's and women's health
- Take part in hands-on workshops in osteopathic manipulation and massage therapy
- Discover integrative approaches to rheumatology, endocrinology and oncology
- Acquire knowledge from a diverse faculty including naturopaths, massage therapists, chiropractors, dieticians, energy healers and integrative physicians, among others

Focused Topics
Integrative Medicine approaches to disease
Identify how utilizing techniques from a variety of realms can allow you to advise patients about lifestyle changes, supplements, botanicals, mind-body approaches and energy work to improve the health of those with specific disease symptoms.

Modality-based education
Discover new approaches to health and well-being from a variety of health care professionals, including practices of mindfulness and energy work through Tai Chi, chiropractic, massage and Traditional Chinese Medicine.

Hands-on workshops
Demonstrate practical skills in the areas of massage, chiropractic and osteopathic manipulation. Plus, have an opportunity to practice herbal preparation in an experiential session.

Healthier lifestyles for patients and providers
Knowledge of health promotion is taught through the implementation of pedometers and health coaches, using art to create empathy and facilitate healing, and performing a live cooking demo.

CME Credit
The Michigan Academy of Family Physicians (MAFP) Foundation is accredited by the Michigan State Medical Society to provide continuing medical education to physicians. The MAFP Foundation designates this live activity for a maximum of 14.75 AMA PRA Category 1 Credits™. Participants should claim only the credit commensurate with the extent of their participation in this activity. An application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending. Other credits by specialty may apply.
Amy B. Locke, MD, ABIHM  
**Course Director**  
Assistant Professor and Director of Integrative Medicine  
Director, University of Michigan Integrative Medicine Fellowship  
Department of Family Medicine, University of Michigan Medical School

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**Grace A. Adams, NCTM**  
NMT, MYO and Sports Massage  
Owner and Therapist, Body Conscious  
Ann Arbor

**Sara Al-Rawi, ND, MPH**  
Kaizen Therapeutic Arts  
Ann Arbor

**Ricardo R. Bartelme, MD, ABIHM**  
Assistant Professor of Family Medicine  
Anthroposophic Medicine  
Integrative Medicine  
Department of Family Medicine  
University of Michigan Medical School

**Rita Benn, PhD**  
Director, Faculty Scholars Program in Integrative Healthcare, Family Medicine  
Assistant Research Scientist, Institute for Social Research and Institute for Research on Women and Gender, University of Michigan

**Linda S. Berry, DC**  
Chiropractic Physician  
Co-owner/Clinical Director  
Complete Chiropractic and Bodywork Therapies

**Katherine Briggs Goldberg, MS, RD**  
Culinary Specialist  
MHealthy Health and Well-Being Services  
University of Michigan

**Alicia Cohen, MD, ABIHM**  
Clinical Lecturer  
Integrative Medicine  
Department of Family Medicine  
University of Michigan Medical School

**Sheeja Francis, MD**  
Clinical Instructor  
Division of Rheumatology  
Department of Internal Medicine  
University of Michigan Health System

**Andrew Heyman, MD, MHSA**  
Program Director of Integrative and Metabolic Medicine  
Department of Health Science  
George Washington University

**Amanda Kaufman, MD, ABIHM**  
Assistant Professor  
Department of Family Medicine  
University of Michigan Medical School

**Susan Levinsohn, MD**  
Fellow, Integrative Medicine  
Lecturer  
Department of Family Medicine  
University of Michigan Medical School

**Edward Linkner, MD, ABIHM**  
Associate Clinical Professor  
University of Michigan Medical School and School of Public Health  
Faculty St. Joseph Mercy Hospital Family Medicine Residency; Founding Member  
American Board of Integrative Holistic Medicine  
Solo Practice: Ann Arbor

**Caroline Richardson, MD**  
Associate Professor  
Department of Family Medicine  
University of Michigan Medical School  
Ann Arbor VA Center for Clinical Management Research; VA Diabetes QUERI Director

**Jay Sandweiss, DO, C-NMM/OMM, FAAMA**  
Integrative Medicine: Physician/ Teacher  
Board Certified: Neuromusculoskeletal Medicine, Osteopathic Manipulative Medicine

**Sahar Swidan, PharmD, BCPS, FAARFM, ABAAHP**  
CEO-Pharmacy Solutions  
Clinical Associate Professor of Pharmacy  
College of Pharmacy  
University of Michigan

**Wasentha Young, MA**  
Director, Peaceful Dragon School  
Ann Arbor

**Suzanna Zick, ND, MPH**  
Research Associate Professor  
Department of Family Medicine  
Research Associate Professor  
Environmental Health Sciences  
School of Public Health  
University of Michigan
8:00 - 8:15 a.m.  Welcome and Opening Remarks

8:15 - 8:45 a.m.  Probiotics in Primary Care: What, When, Where, Why and How Much?  
Alicia Cohen, MD, ABIHM  
Practical advice about how to recommend probiotics to patients

8:45 - 9:15 a.m.  Managing Pre-menstrual Symptoms from Adolescence to Menopause  
Amy Locke, MD, ABIHM  
Information on menstrual migraines and dysmenorrhea

9:15 - 9:45 a.m.  Pedometers in Context: Leveraging Health Coaches  
Caroline Richardson, MD  
How to use pedometers and health coaching to improve outcomes

9:45 - 10:00 a.m.  Movement

10:00 - 10:15 a.m.  Break

Breakout Session I
10:15 - 11:15 a.m. / 11:15 a.m. - 12:15 p.m.
1. Integrative Approaches to ADHD  
Ricardo R. Bartelme, MD  
Discover non-pharmacologic treatments to a common disorder

2. Integrative Approaches to Dyspareunia  
Alicia Cohen, MD, ABIHM  
Discuss women's health and improved sexual function

3. Herbal Medicine Making Workshop: Using Plants to Heal  
Suzanna Zick, ND, MPH  
Learn about herbal preparation in an experiential session

12:15 - 1:15 p.m.  Lunch and Movement

1:15 - 1:45 p.m.  Integrative Approach to Rheumatoid Arthritis  
Sheeja Francis, MD  
Discuss an approach to autoimmune disorders

1:45 - 2:45 p.m.  Stress and Cortisol: Reframing Adrenal Fatigue  
Andrew Heyman, MD, MHSA  
Understanding the relationship between stress and chronic fatigue

2:45 - 3:00 p.m.  Break

Breakout Session II
3:00 - 4:00 p.m. / 4:00 - 5:00 p.m.
1. Drug Induced Nutrient Depletions  
Andrew Heyman, MD, MHSA  
Identify the need for nutrient supplementation with common medications

2. Integrative Approaches to Fibromyalgia  
Sheeja Francis, MD  
The rheumatologist's approaches to a common condition

3. Coaching the Creative Voice: Unmasking Empathy, Compassion and Human Connection in Medicine  
Susan Levinsohn, MD  
Using art to create empathy and facilitate healing
8:00 - 8:30 a.m.  
**Low Dose Naltrexone: Exciting Clinical Applications**  
*Sahar Swidan, PharmD, BCPS, FAARFM, ABAAHP*  
Up-and-coming therapy for immune system disorders

8:30 - 9:30 a.m.  
**An Integrative Medicine Approach to Post-Whiplash Syndrome**  
*Jay Sandweiss, DO, C-NMM/OMM, FAAMA*  
A multi-dimensional case that integrates osteopathic, Chinese and functional medicine

9:30 - 10:00 a.m.  
**Get Prepped: Fast, Fresh and Fabulous Healthy Meals**  
*Katherine Briggs Goldberg, MS, RD*  
Live cooking demo from the MHealthy team

10:00 - 10:15 a.m.  
Break

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Break

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10:15 a.m. - 12:15 p.m.  
**Breakout Session IIIA**  
**Direct and Indirect Manual Techniques for Treating Common Extremity Complaints**  
*Jay Sandweiss, DO, C-NMM/OMM, FAAMA*  
A variety of highly effective hands-on treatments for problems in the knee, ankle, foot, elbow and wrist

10:15 a.m. - 11:15 a.m.  
**Breakout Session IIIB**  
2. **Applying Mindfulness to Support Health and Well-Being in Families, Schools and Children**  
*Rita Benn, PhD*  
A psychologist will show how mindfulness techniques can be used with children

3. **Integrative Energy Work**  
*Wasentha Young, MA*  
Use of Tai Chi and other therapies

12:15 - 1:15 p.m.  
**Lunch and Movement**

1:15 - 1:45 p.m.  
**Chiropractic, Massage Therapy and the Management of Chronic Pain**  
*Linda S. Berry, DC*  
Learn a chiropractic approach to physical assessment and treatment

1:45 - 2:45 p.m.  
**Love the Prostate: An Integrative Holistic Approach to Evaluation, Prevention and Treatment of Prostate Cancer**  
*Edward Linkner, MD, ABIHM*  
A comprehensive look at prostate health

2:45 - 3:00 p.m.  
Break

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3:00 - 4:00 p.m. / 4:00 - 5:00 p.m.  
**Breakout Session IV**  
1. **Shoulder, Head and Neck Release Workshop for Chronic Headaches**  
*Grace A. Adams, NCTM*  
Hands-on massage workshop to learn specific techniques for headache

2. **Chiropractic Management of Chronic Pain: A Hands-On-Workshop**  
*Linda S. Berry, DC*  
Learn a chiropractic approach to physical assessment and treatment

3. **Using Ancient Wisdom to Balance Modern Day Living:**  
*Amanda Kaufman, MD, ABIHM*  
*Elements of Traditional Chinese Medicine**  
*Sara Al-Rawi, ND, MPH*  
Emphasis on self-care from the paradigm of Traditional Chinese Medicine

*Schedule is subject to change.*
Course Location
Sheraton Ann Arbor Hotel | 3200 Boardwalk | Ann Arbor
Phone: 734.996.0600 | www.sheratonannarbor.com

Hotel Accommodations
The Sheraton Ann Arbor Hotel group discount room rate for course participants is $119 per night (plus applicable taxes and fees). You are responsible for making your own reservation by calling the hotel at 1.888.627.7098 and identifying yourself with the MAFP/UM March Conference to receive the group discount rate. (Note: the rate cannot be changed upon check-in or check-out if you fail to identify your affiliation with the group at the time of making your reservation.) The discount rate is available until February 26, 2014, and after this date reservations will be accepted on a space/rate available basis.

Course Materials and Evaluations
Course materials will be provided on a flash drive at no cost; you may purchase a hard copy syllabus for $50. Please indicate your preference on the registration form on the following page. Participants are encouraged to bring a fully-charged laptop or electronic device to view course materials and to complete CME credit evaluations online. Notepads and pens will be available for additional note-taking. Complimentary Wi-Fi is provided in the meeting rooms.

Five Easy Ways to Register
2. Mail - Complete the registration form on the next page (or download a form from www.mafp.com/integrativemedicine), and mail it with payment to the address listed on the bottom of the form.
3. Fax - Complete the registration form on the next page (or download a form from www.mafp.com/integrativemedicine), and fax it to 517.347.1289.
4. Email - Complete the registration form on the next page (or download a form from www.mafp.com/integrativemedicine), and scan email it to info@mafp.com.
5. Phone - Call 517.347.0098 between 8:30 a.m. - 5:00 p.m. Monday - Friday to speak with an MAFP staff member.

Cancellation Policy
All cancellations and refund requests must be submitted in writing to the MAFP office. Cancellation will incur a $50 administrative fee. The final date for refunds will be March 18, 2014—no refunds will be granted thereafter. Substitutions are accepted in lieu of cancellation and will be charged the appropriate registration fee, if different from original registration.

Additional Questions?
For questions or more information, call MAFP at 517.347.0098, email at info@mafp.com, or visit www.mafp.com/integrativemedicine.
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Rates (select rate)

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<thead>
<tr>
<th></th>
<th>Physician</th>
<th>Allied Health/ Retired</th>
<th>Physician in Training/ Student</th>
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<tbody>
<tr>
<td><strong>Full Course</strong></td>
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<tr>
<td>Thursday, March 27</td>
<td>$600*/$650</td>
<td>$405*/$455</td>
<td>$90*/$140</td>
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<tr>
<td>Friday, March 28</td>
<td>$320*/$350</td>
<td>$225*/$255</td>
<td>$50*/$80</td>
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| *Early bird registration rate (listed first) is available if you register on or before February 14, 2014.

Contact Information

- Dr.  Mr.  Mrs.  Ms.  MD  DO  PhD  PA  NP  RN  PharmD  RD

Name ____________________________
Address __________________________
City/State/Zip ______________________
Phone ____________________________ Email ____________________________
Specialty __________________________ Special Needs ______________________
How did you hear about this course?

Course Materials & CME Evaluations

- Course Syllabus (select one)
- CME Evaluations (select one)
  - Flash Drive (FREE!)
  - Hard Copy* ($50)
  - Complete Electronically
  - Complete Hard Copy

Breakout Session Selection (select talks for each session time below)

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<thead>
<tr>
<th>THURSDAY, MARCH 27</th>
<th>FRIDAY, MARCH 28</th>
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<tbody>
<tr>
<td>Talk # (refer to schedule)</td>
<td>1</td>
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<tr>
<td>Session I - 10:15/11:15 a.m.</td>
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<td>Session II - 3:00/4:00 p.m.</td>
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<td>Session IV - 3:00/4:00 PM</td>
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*For Session III, please choose either IIIA or both sections for IIIB as IIIA is two hours.

Payment Information (payment due at time of registration)

- Check (payable to MAFP Foundation)
- MasterCard  Visa  Discover  AMEX

Card Number ____________________________
Exp. Date ________ CVV ________ Billing Zip ____________________________ Total $ __________

Card Holder Name ____________________________
Signature ____________________________

Please return the completed registration form with payment to:
Michigan Academy of Family Physicians Foundation
2164 Commons Parkway | Okemos, MI 48864
Phone: 517.347.0098 | Fax: 517.347.1289 | Email: info@mafp.com
Register online at www.mafp.com/integrativemedicine
Register by January 31 to save up to $50!
And don’t forget to share this with your colleagues!