

## Overview

This conference will focus on attaining wellness across the age spectrum through an integrative, holistic approach. Presentations by regional and local experts will include evidence-based information on complementary and conventional therapies. This year's focus is on the aging population, including the following topics: Regenerative Medicine Treatments for Aging Joints, Evidence Based Integrative and Lifestyle Medicine for Cancer Prevention and Treatment, The Exercise Cure: The Best Treatment for America's Biggest Health Problems, Effects of Stress on the Human Aging Process, Flexible Aging, Integrative Pain Management in the Aging Population, and Preventing Heart Disease.

## Audience

This activity is designed for physicians. It may also meet the educational needs of nurses, psychologists, dietitians and other healthcare professionals.

## Location

The Donald V. Kellermeyer Medical Education Center is located on the campus of ProMedica Toledo Hospital at 2113 Hughes Drive. Free parking is available in the parking structure located in front of the Education Center (Entrance P2).

## Conference Director and Faculty

### DIRECTOR

#### Mounir Elkhatib, MD

Director, The Great Lakes Center for Integrative Medicine  
Toledo Clinic, Inc.  
Clinical Associate Professor  
The University of Toledo College of Medicine  
Toledo, Ohio

### GUEST FACULTY

#### Naoki Umeda, MD

Assistant Professor  
Cleveland Clinic Lerner College of Medicine  
Center for Integrative and Lifestyle Medicine  
Cleveland Clinic  
Cleveland, Ohio

### LOCAL FACULTY

#### Cecilia Choi, MD

Medical Director  
Palliative Medicine/Supportive Care  
ProMedica Hospice  
Physicians and Continuum Services  
Sylvania, Ohio

### LOCAL FACULTY (cont.)

#### Lisa A. Kelly, PT, CSCI, C/NDT

Director/Owner Alternative Physical Therapy, LTD  
Toledo, Ohio

#### Matt Roth, MD

Family Medicine, Sports Medicine  
Arrowhead Family Physicians  
Maumee, Ohio

#### Kesari B. Sarikonda, MD, FACC, FSCAI, FHRS

Electrophysiology and Cardiovascular Medicine  
Toledo Clinic and Outpatient Surgery Center  
Toledo, Ohio

#### Ryan Szepicla, MD

ProMedica Physicians Physical Medicine & Rehabilitation  
Toledo, Ohio

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Continuing Medical Education Department  
Twin Oaks Building  
3949 Sunforest Court | Suite 203  
Toledo, Ohio 43623

# Wellness

ACROSS THE AGE SPECTRUM  
14<sup>th</sup> Annual Integrative Medicine Conference

FRIDAY, OCTOBER 13, 2017

Registration: 7 a.m. | Conference: 7:55 a.m. – 4 p.m.

ProMedica Toledo Hospital  
Donald V. Kellermeyer Medical Education Center Auditorium  
Toledo, Ohio



ProMedica's Continuing Medical Education Department Presents  

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2113 Hughes Drive | Toledo, Ohio 43606

PROMEDICA



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**Registration:** 7 a.m.  
**Conference:** 7:55 a.m. – 4 p.m.

### Registration Form

**Due by:** Friday, October 6, 2017 or until maximum capacity is reached.  
**Fee:** \$85 Fee includes breakfast, lunch, snacks and all conference materials.

Name \_\_\_\_\_ Credentials \_\_\_\_\_  
Home address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Home phone \_\_\_\_\_ Cell phone \_\_\_\_\_  
Office phone \_\_\_\_\_  
Email address (required) \_\_\_\_\_  
Employer \_\_\_\_\_

Please check your primary discipline:  
 MD/DO     Resident     NP     PA  
 Nurse     Psychologist     Dietician     Student     Other

### Method of Payment: Payment is required to process registration.

Personal check     Employer check (Payable to ProMedica CME)  
 Visa     MasterCard     Discover     American Express

Card number \_\_\_\_\_  
Expiration date \_\_\_\_\_ Amount \$ \_\_\_\_\_  
Signature of credit card holder \_\_\_\_\_

Phone registrations will not be accepted.

### Registration Options:

**ONLINE** [promedica.cloud-cme.com](http://promedica.cloud-cme.com) (credit cards only)  
(Chrome internet browser required)

Or forward this completed form to:

**MAIL** ProMedica  
Continuing Medical Education Department  
Twin Oaks Building  
3949 Sunforest Court | Suite 203  
Toledo, Ohio 43623

**FAX** 419-479-6003 – credit card number required to process registration.

**EMAIL** [kimberly.roberts@promedica.org](mailto:kimberly.roberts@promedica.org)

### Agenda

- 7 a.m.** Registration and Breakfast
- 7:55 a.m.** Welcome and Introductions  
**Mounir Elkhatib, MD**
- 8 a.m.** Regenerative Medicine Treatments for Aging Joints  
**Ryan Szepiela, MD**
- Describe stem cell treatments.
  - Explain degrees of osteoarthritis and different treatments.
  - Identify appropriate candidates for stem cell treatments.
  - Discuss post treatment expectations.
- 9 a.m.** Flexible Aging: The Key to Living Longer and Loving It  
**Lisa A. Kelly, PT, CSCI, C/NDT**
- Dispel belief that stiffness and pain are necessary part of aging process.
  - Recognize importance of proper body alignment.
  - Discuss value of mental and emotional flexibility.
- 9:40 a.m.** Break and Exhibits
- 10:10 a.m.** The Exercise Cure: The Best Treatment for America’s Biggest Health Problems  
**Matt Roth, MD**
- Explain how exercise can fit into current healthcare treatment model.
  - Review effectiveness of exercise in treating and preventing common medical conditions.
  - Discuss ways to write an effective patient specific exercise prescription.
- 10:50 a.m.** The Effects of Stress on the Human Aging Process  
**Mounir Elkhatib, MD**
- Describe spectrum of stress.
  - Identify biological effects of stress.
  - Explain clinical manifestations of stress.
  - Discuss management of stress and its manifestations in the aging population.
- 11:30 a.m.** Lunch featuring foods from Beirut Restaurant
- 12:30 p.m.** West Meets East – Evidence Based Integrative and Lifestyle Medicine for Cancer Prevention and Treatment  
**Naoki Umeda, MD**
- Describe use of evidence based integrative therapies during and after cancer treatment.
  - Discuss effectiveness of integrative and lifestyle medicine for cancer prevention.
  - Explain importance of Mind-Body medicine for cancer patients.
- 1:30 p.m.** “What Else Can My Dad Do For His Pain?” – Integrative Pain Management in the Aging Population  
**Cecilia Choi, MD**
- Review trends in pain medication use in aging population.
  - Describe three non-pharmacological strategies for addressing pain in aging patients.
- 2:30 p.m.** Break and Exhibits

- 2:45 p.m.** Preventing Heart Disease: What You Can Do  
**Kesari B. Sarikonda, MD, FACC, FSCAI, FHRS**
- Recognize prevalence of heart disease.
  - Identify risk factors of heart disease.
  - Discuss preventive practices that can impact development of heart disease.
- 3:45 p.m.** Evaluation
- 4 p.m.** Adjournment

### Educational Credits

ProMedica is accredited by the Ohio State Medical Association to provide continuing medical education for physicians.

ProMedica designates this live educational activity for a maximum of 6 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.

AAPA accepts certificates of participation for educational activities certified for AMA PRA Category 1 Credit™ from organizations accredited by ACCME or a recognized state medical society. Physician assistants may receive a maximum of 6 hours of AMA PRA Category 1 Credit™ for completing this program.

ProMedica is an approved provider of continuing nursing education by the Ohio Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation. (OBN-001-91) (OH-069/4-1-18)

ProMedica Academic Health Center Corporation is approved by the Ohio Psychological Association – MCE Program to offer continuing education for psychologists. ProMedica Academic Health Center Corporation (Provider #341887062) maintains responsibility for the program. Psychologists earn 6 hours CE for this activity.

### Refund/Cancellation Policy

The registration fee, minus a \$25 administrative fee, will be refunded if a cancellation is received (in writing or by phone) no later than **Friday, October 6, 2017**. Refunds will not be given for failure to attend. Substitutions may be made at any time (in writing or by phone) without an additional charge. **If this meeting is cancelled for any reason, including labor strikes or acts of nature, liability is limited to a full refund of registration fees.**

For more information, please call the ProMedica Continuing Medical Education Department at 419-291-4650.

We ask you to help support ProMedica’s fight against hunger by donating a non-perishable food item to this conference which will be donated to a local food bank. Thank you!