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, dieticians 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

Lisa A. Kelly, PT, CScL, C/NDT
Director/Owner Alternative Physical Therapy, LTD
Toledo, Ohio

Marit Roth, MD
Family Medicine, Sports Medicine
Arrowhead Family Physicians
Munroe, Ohio

Kesari B. Sarikonda, MD, FACC, FSCAI, FHRS
Electrophysiology and Cardiovascular Medicine
Toledo Clinic and Outpatient Surgery Center
Toledo, Ohio

Ryan Serpeida, MD
ProMedica Physicians Physical Medicine & Rehabilitation
Toledo, Ohio
Friday, October 13, 2017

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 Fec includes breakfast, lunch, snacks and all conference materials.

Name _____________________________________ Credentials ____________________
Home address _____________________________________________ State _______ Zip __________
City ___________________________ State ___________________________ Home phone ________________________ Cell phone _________________________
Office phone ___________________________ Email address (required) _________________________
Employer ____________________________________________________________

Please check your primary discipline:
☐ MD/DO ☐ Resident ☐ MD/DO ☐ Other
☐ 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 [credit cards only]
(Chronic 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

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!

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 Szcipia, 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, CSCS, 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.
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 Effect 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.
• Discuss 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.

ProMedica is an approved provider of continuing nursing education by the Ohio Nurses Association, an approved accreditor by the American Nurses Credentialing Center’s Commission on Accreditation. (OBN-001-51) (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 #54418687626) 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.

© 2017 ProMedica 1.0949-C