

**MAYO CLINIC**  
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Rochester, MN 55905

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# UPDATES IN INTEGRATIVE MEDICINE & HEALTH

**KALAHARI RESORT & CONVENTION CENTER  
WISCONSIN DELLS, WISCONSIN  
NOVEMBER 9–11, 2017**

[GIMEDUCATION.MAYO.EDU/INTEGRATIVE2017](http://GIMEDUCATION.MAYO.EDU/INTEGRATIVE2017)

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## Mayo Clinic Integrative Medicine & Health

# UPDATES IN INTEGRATIVE MEDICINE & HEALTH

Evidence-Based Applications for  
You and Your Patients

21.0  
AMA PRA  
CATEGORY 1  
CREDITS™

**KALAHARI RESORT  
& CONVENTION CENTER  
WISCONSIN DELLS, WISCONSIN  
NOVEMBER 9–11, 2017**

**COURSE DIRECTORS:**  
Anjali Bhagra, M.D. & Brent Bauer, M.D.

**SECTION OF GENERAL INTERNAL MEDICINE**

## COURSE DESCRIPTION

- Evidence-based, up-to-date information on integrative approaches including mind-body medicine, wellness, acupuncture, massage therapy, dietary supplements
- Practical applications of therapies to patients with relevant diseases and conditions
- Promoting overall health and wellness for your patients
- Increase provider resiliency and reduce provider burn-out

## TARGET AUDIENCE

This course is designed for practicing physicians, residents, physician assistants, nurse practitioners, registered nurses and other members of the health care team who work with patients using or interested in using integrative medicine therapies.

## LEARNING OBJECTIVES

Upon conclusion of this program, participants should be able to:

- Discuss historical and current use of integrative medicine practices in the U.S.
- Synthesize existing scientific evidence regarding safe and practical applications of integrative medicine therapies for integration into conventional care.
- Discuss underlying principles to promote communication with patients (and their families) regarding issues and challenges related to the use of Integrative Medicine modalities.
- Reflect on integrative medicine and their clinical practice.

## REGISTER ONLINE

[GIMEDUCATION.MAYO.EDU/INTEGRATIVE2017](http://GIMEDUCATION.MAYO.EDU/INTEGRATIVE2017)

**\$780 USD** General Session\*

**\$100 USD** Optional ABFM Knowledge Self-Assessment: Health Behavior Module  
(Lunch provided for pre-registered participants)

*\*Includes tuition, electronic course syllabus, continental breakfast and break refreshments.*

## LODGING ACCOMMODATIONS

### Kalahari Resort & Convention Center

(877) 253-5466

Guest rooms have been reserved for attendees and their guests with special course rates. In order to receive the special rate, reservations must be made before the room block is filled or before the expiration date of **Wednesday, October 18, 2017**, whichever comes first. Please identify yourself as a participant of Mayo Clinic's Updates in Integrative Medicine and Health conference when making your reservation. Reservations will be taken following this date based on space and rate availability. Please visit [gimeducation.mayo.edu/integrative2017](http://gimeducation.mayo.edu/integrative2017) for hotel pricing.

## PROGRAM-AT-A GLANCE

For full program details, visit [gimeducation.mayo.edu/integrative2017](http://gimeducation.mayo.edu/integrative2017)

### Thursday, November 9, 2017

- 7:30 am Welcome & Course Overview
- 7:40
- Updates in Nutritional Supplements
  - Updates in Acupuncture
  - Updates in Massage Therapy
  - Updates in Fibromyalgia and Chronic Pain
- 10:10 Concurrent & Rotating Hands-On Sessions
- Animal Assisted Therapy
  - Acupuncture
  - Massage Therapy
- 12:20 pm Adjourn General Session
- 1:00 Optional ABFM Knowledge Self-Assessment: Health Behavior Module

### Friday, November 10, 2017

- 6:00 am Breakfast with the Experts & Yoga
- 7:15 Course Overview
- 7:20 Mindful Solution to Burnout: The SMART Program Part 1
- 9:05
- Integrative Medicine & Cardiovascular Health
  - Stress & Diabetes: Two Way Connection
- 10:35
- Mayo Clinic Experience: Managing Chronic Back Pain Symposium
  - Humanities in Medicine: Narrative Medicine & Medical Improv
- 12:20 pm Adjourn

### Saturday, November 11, 2017

- 6:00 am Breakfast with the Experts & Tai Chi
- 7:15 Course Overview
- 7:20
- Integrative Medicine & Menopause
  - Integrative Medicine & Cancer Survivorship
  - Nutrition & Supplements in Cancer: Questions Our Patients Ask
- 9:05
- Probiotics
  - Lifestyle Medicine
- 10:35
- Mindful Solution to Burnout: The SMART Program Part 2
  - Putting It All Together
- 12:35 pm Adjourn

## CREDIT

*Mayo Clinic College of Medicine and Science is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.*

*Mayo Clinic College of Medicine and Science designates this live activity for a maximum of 21 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.*

*ABIM MOC points – Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 17 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.*

*Participation information will be shared with ABIM through PARS.*

*AAFP Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.*

*Other Health Care Professionals A certificate of attendance will be provided to other health care professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.*