

**MAYO CLINIC**  
200 First Street SW  
Rochester, MN 55905

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MAYO CLINIC



**THE PARK CENTRAL SAN FRANCISCO  
SAN FRANCISCO, CALIFORNIA  
SEPTEMBER 25–26, 2017**

**CE.MAYO.EDU/NUTRITION2017**

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17th Annual  
**NUTRITION &  
WELLNESS**  
**IN HEALTH AND  
DISEASE**

Mayo Clinic School of Continuous Professional Development

**THE PARK CENTRAL SAN FRANCISCO  
SAN FRANCISCO, CALIFORNIA  
SEPTEMBER 25–26, 2017**

14.25  
**AMA & ABIM  
MOC CREDITS™**

Pre-Course Session  
ABFM Knowledge Self-Assessment – Health Behavior  
Sunday, September 24, 2017

## COURSE HIGHLIGHTS

- Ambulatory nutrition, wellness and physical activity topics with multidisciplinary faculty
- Obesity management update for children and adults and obesity-related conditions topics, including diabetes, dyslipidemia and non-alcoholic fatty liver disease
- Current literature updates, clinical topics, interactive case studies and panel discussions
- Many opportunities for interaction with course faculty

## TARGET AUDIENCE

This course is designed for physicians (general internal medicine, family medicine, endocrinologists, and subspecialists interested in nutrition), advanced practice clinicians (nurse practitioners and physician assistants), dietitians and health and wellness specialists.

## LEARNING OBJECTIVES

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

- Identify a nutrition, physical activity, behavioral, surgical and/or pharmacologic approach for overweight and obese adult and pediatric patients
- Describe the benefits of physical activity and develop programs
- Recognize the components of healthy eating for patients
- Identify helpful nutrition activities and diet applications
- Diagnose common medical conditions associated with obesity and evaluate nutrition management of those with diabetes and dyslipidemia
- Recognize the importance of burnout among health care providers and approaches to the problem

## COURSE DIRECTORS

*M. Molly McMahon, M.D.*

*Manpreet S. Mundi, M.D.*

*Donald D. Hensrud, M.D., M.P.H.*



## REGISTRATION

Register online at:

[CE.MAYO.EDU/NUTRITION2017](https://ce.mayo.edu/nutrition2017)

<b>\$650 USD</b>	Physicians/Scientists
<b>\$550 USD</b>	Residents, Physician Assistants, Nurse Practitioners, Dietitians and Allied Health
<b>\$200 USD</b>	Pre-Course Session: ABFM Knowledge Self-Assessment – Health Behavior

## CANCELLATION POLICY

Please visit [ce.mayo.edu/cancellation](https://ce.mayo.edu/cancellation) for more information.

## LODGING ACCOMMODATIONS

### Park Central Hotel San Francisco

Make reservations calling (888) 627-8561 or online at <https://www.starwoodmeeting.com/events/start.action?id=1702202423&key=CEOF214>

Reserve your room before the room block fills or August 24, 2017, whichever comes first, in order to receive a discounted rate (limited number available). Please identify yourself as a participant of the Mayo Clinic Nutrition and Wellness course when making your reservation.

## PROGRAM AT-A-GLANCE

### Sunday, September 24

Pre-Course Session: ABFM Knowledge Self-Assessment – Health Behavior  
*(Additional Fee Applies)*

### Monday, September 25

Obesity: Getting Started

- Introduction and Importance of Nutrition for Clinicians
- Office Assessment of Obesity
- Dietitian Approach to Obesity
- Behavioral Approach to Obesity

Obesity: Application

- Pediatric Obesity
- Food Allergies
- Clinical Aspects of Appetite Regulation

- Pharmacotherapy for Weight Loss: How to Get Started
- Patient with Obesity and Diabetes
- Post Bariatric Surgery Management
- Management of Dyslipidemia
- Hypertension
- Endometrial Cancer
- Fatty Liver
- Diabetes Management Update
- Enhancing Resiliency

### Tuesday, September 26

Dietary Approaches

- Individualized Diets/ Microbiome
- Food Additives
- Cultural Counseling
- Dairy

- Calcium
- Top 10 Wellness Articles
- Select Supplements
- Food Trends

Mind and Body

- Lifestyle and Cognitive Function
- Meditation
- Burnout: Proven Solutions that Work

Colloquium on Individualizing Physical Activity

- NEAT
- Flexibility and Balance
- Resistance Training
- High Intensity Interval Training

See the full schedule at:

[CE.MAYO.EDU/NUTRITION2017](https://ce.mayo.edu/nutrition2017)

## 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 14.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Additional AMA credits can be claimed if you sign up for the following module on September 29, 2016 (additional fees apply):

**ABFM SAM Module: Health Behavior** Mayo Clinic College of Medicine and Science designates this live activity for a maximum of 5.0 AMA PRA Category 1 Credits™.

**ABIM Maintenance of Certification (MOC)** Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 14.25 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.

**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.