COURSE DESCRIPTION

This program designed for physicians, dietitians, nurses and pharmacists will highlight selected nutrition issues encountered in ambulatory and hospital settings.

Ambulatory nutrition topics include advances in the comprehensive management of obesity, fad diets, nutrition supplements, herbal medicine, the role of nutrition in disease prevention & management (dyslipidemia, diabetes mellitus, and cancer), nutrition for athletes and public health nutrition.

Hospital topics include care-based use of tube feeding and parenteral nutrition, metabolic management and the transition of hospital tube feeding to home use.

COURSE LEARNING OBJECTIVES

At the conclusion of this course, the participants should be able to:

• Determine use of diet, exercise, behavior therapy and pharmacotherapy for the treatment of obesity.
• Review the role of nutrition in a selected variety of conditions, including dyslipidemia, diabetes mellitus and cancer.
• Review nutrition supplements, including vitamins, minerals and herbs.
• Develop appropriate management plans for hospitalized patients receiving nutrition support.

Attendance at this Mayo Clinic course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

INTENDED AUDIENCE

Critical Care, Endocrinology, Family Medicine, Gastroenterology, General Medicine, Preventive Medicine Physicians, and Nurses, Dietitians and Pharmacists.

CREDIT

Physicians: Mayo Foundation is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. Mayo Foundation designates this educational activity for a maximum of 13.75 hours in category 1 credit towards the AMA Physician’s Recognition Award. Each physician should claim only those hours of credit that he/she actually spent in the educational activity. This program has been reviewed and is acceptable for 12.5 prescribed hours from the American Academy of Family Physicians.

Dietitians: The Minnesota Dietetic Association (MDA) has approved this course for 14 hours of continuing professional education. Dietetic professionals practicing outside Minnesota will receive a certificate of attendance.

Nurses: This conference is designed in accordance with the Minnesota Board of Nursing continuing education guidelines. Nursing professionals will receive a certificate of attendance for requesting credits in accordance with state nursing boards.

Pharmacists: The Minnesota Board of Pharmacy (MBOP) has approved this course for 13.5 hours of continuing education credit. The program approval number is 3-388-011-01000. Pharmacy professionals practicing outside Minnesota will receive a certificate of attendance.

EDUCATIONAL GRANTS

This course is supported in part by educational grants in accordance with ACCME Standards. At the time of this printing, a complete listing of commercial supporters was not available. Appropriate acknowledgment will be given to all supporters at the time of the meeting.
DATE AND LOCATION

Mayo Clinic Nutrition in Health & Disease will be held September 20-22, 2001. Course headquarters will be located at Hyatt Regency Minneapolis, 1300 Nicollet Mall. The Hyatt Regency is in the heart of the downtown business, financial and shopping districts with direct access by skyway to the Minneapolis Convention Center and just one mile from the Guthrie Theatre, Walker Art Center and Domed Stadium. For more information about Hyatt Regency, visit www.hyatt.com.

REGISTRATION

To register, complete the attached registration form and return by mail or fax. The registration fee of $400 for physicians and $250 for dietitians, nurses and pharmacists includes tuition, comprehensive course syllabus, continental breakfasts, break refreshments, and the attendee reception on Thursday night. Early registration is strongly advised. A letter of confirmation will be sent upon receipt of payment and completed registration form. Please present the confirmation letter when checking in at the meeting registration desk.

CANCELLATION POLICY

Your registration fee, less a $50 administrative fee, will be refunded when written notification is received by the Mayo School of Continuing Medical Education before September 6, 2001. No refunds will be made after September 6.

TRAVEL

American Airlines is the official carrier for this Mayo course. Reduced airfares are available for participants by calling American Airlines at 800-433-1790 or our designated travel agency AAA at 800-888-5908. Please reference this course under star file #S9988 by destination and date. AAA can also assist you with ground transportation. Ask about special car rental rates available through Budget Rental Car. For reservations, phone 1-800-772-3773 and reference ID Code U062801. Please reference the Mayo Clinic Nutrition in Health and Disease course when making travel arrangements. The Hyatt Regency on Nicollet Mall is a short 15 minutes from the Minneapolis airport. Directions to the hotel will be sent with your registration confirmation letter.

ACTIVITIES

Welcome Reception – Thursday, September 20
Attendees and their guest(s) are cordially invited to join the course faculty for the Welcome Reception on Thursday, September 20 at 5:30-6:30 p.m. This reception welcomes you to Minneapolis, officially opens the course and offers you the perfect opportunity to make connections with existing and new colleagues. Pre-registration is requested.

At the Hotel:
Regency Health Club and Spa offers choice of a wide array of weight training and cardiovascular equipment, including free weights, exercise cycles, stair climbers, rowers, Cybex®, Nordic Track®, personal trainer; also tennis, racquetball, squash and aerobics. Complimentary exercise equipment is located in the pool area.

In the Area:
Millions of visitors are drawn to Minneapolis/St. Paul each year for its eclectic variety of culture, sports, theater, ballet, live music and shopping. For more information, visit www.twincities.com.
LODGING ACCOMMODATIONS

Blocks of guestrooms have been reserved with special course rates of $140 for single/double rooms at the Hyatt Regency Minneapolis. To ensure accommodations and the discounted rate, please call the hotel directly at 612-370-1234 to make your reservations by August 29, 2001. Please identify yourself as a participant of the Mayo Clinic Nutrition in Health and Disease course. If you prefer to complete a reservation card, one will be sent with your registration confirmation letter.

LAKE WALK/RUN

On Friday, September 21 from 6:00-7:00 a.m., please join us for a course fun walk/run around lovely Lake of the Isles. Participants will receive shuttle transportation, a t-shirt and refreshments. Cost of participating is $20.

FACULTY

Course Directors
M. Molly McMahon, M.D.
Donald D. Hensrud, M.D.
Vandanna Nehra, M.D.
Michael J. Murray, M.D.
Michael D. Jensen, M.D.

Coordinator of “Meet the Faculty”
Adele K. Neven, R.D., L.D., C.N.S.D.

Mayo Faculty
Haitham S. Abu-Lebdeh, M.D.
Robert C. Albright, D.O.
Margaret R. Baker, R.D., L.D., C.N.S.D.
Todd H. Baron, M.D.
Matthew M. Clark, Ph.D.
Maria Collazo-Clavell, M.D.
Stephen W. DeBoer, R.D.
Donald D. Hensrud, M.D.
Daniel L. Hurley, M.D.
Michael D. Jensen, M.D.
Rita K. Jones, R.D.
Frank P. Kennedy, M.D.
Martin E. Kochevar, R.Ph., M.S., B.C.N.S.P.
James A. Levine, M.D.
M. Molly McMahon, M.D.
Peggy A. Mentzel, R.D.
Michael J. Murray, M.D.
Vandanna Nehra, M.D.
Adele K. Neven, R.D., L.D., C.N.S.D.
Michael G. Sarr, M.D.
Thomas A. Sellers, Ph.D.
Julie A. Weaver, R.D., L.D., C.N.S.D.
Renee L. Wilson, R.N., B.S.N., C.N.S.N.

Guest Faculty
Gregory A. Plotnikoff, M.D.
Assistant Professor
Clinical Medicine and Pediatrics
University of Minnesota
M. Kathryn Schmitz, Ph.D., M.P.H.
Assistant Professor
Division of Epidemiology
University of Minnesota

FACULTY DISCLOSURE

As a provider accredited by ACCME, Mayo Foundation must ensure balance, independence, objectivity and scientific rigor in its educational activities. All faculty participating in a Mayo Foundation activity are required to disclose commitments to and/or relationships with pharmaceutical companies, biomedical device manufacturers or distributors, or others whose products or services may be considered to be related to the subject matter of the educational activity. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of these commitments and/or relationships will be published in course materials so those participants in the activity may formulate their own judgments regarding the presentation.
Program Schedule

THURSDAY, SEPTEMBER 20, 2001

Weight Management

7:00 a.m. Registration and Continental Breakfast
8:00 a.m. Welcome
  M. Molly McMahon, M.D.
8:10 a.m. Evaluation of the Patient with Obesity
  Michael D. Jensen, M.D.
8:30 a.m. Overview of Dietary Therapies for Weight Management
  Donald D. Hensrud, M.D.
9:00 a.m. Behavior Therapy
  Matthew M. Clark, Ph.D.
9:30 a.m. Fad Diets
  Donald D. Hensrud, M.D.
9:50 a.m. Panel
10:20 a.m. Break
10:50 a.m. Medical Evaluation and Management of Patients Before and
  After Bariatric Surgery
  Frank P. Kennedy, M.D.
11:15 a.m. Bariatric Surgery
  Michael G. Sarr, M.D.
11:25 a.m. Exercise Management of Obesity
  James A. Levine, M.D.
11:45 a.m. What’s On the Horizon for the Treatment of Obesity?
  Michael D. Jensen, M.D.
12:15 p.m. Breakout Sessions
  Pharmacotherapy – Case Management
    Haitham S. Abu-Lebdeh, M.D.
  Dietary Approaches to Obesity – Matching the Diet and Diet
    Instruction to the Needs of the Patient
    TBA
1:10 p.m. Adjourn
5:30-6:30 p.m. Welcome Reception for Attendees and Guests
  Casual Dress

FRIDAY, SEPTEMBER 21, 2001

Ambulatory Nutrition

5:45 a.m. Fun Walk/Run
7:00 a.m. Continental Breakfast
8:00 a.m. Welcome
  Donald D. Hensrud, M.D.
8:10 a.m. Dietary Supplements: To Take or Not to Take
  Gregory A. Plotnikoff, M.D.
9:00 a.m. M.D. and R.D. Collaborative Approaches to Dyslipidemia
  Frank P. Kennedy, M.D.
  Peggy A. Menzel, R.D.
9:35 a.m. Controversies in the Dietary Treatment of Type 2 Diabetes Mellitus
Maria Collazo-Clavell, M.D.
Rita K. Jones, R.D.

10:10 a.m. Panel Discussion / Questions

10:40 a.m. Break

11:10 a.m. The Role of Nutrition in Cancer Prevention
Thomas A. Sellers, Ph.D.

11:35 a.m. Nutritional Aspects of Osteoporosis
Daniel L. Hurley, M.D.

12:00 p.m. Nutrition for the Athlete
Stephen W. DeBoer, R.D.

12:25 p.m. The Public as a Patient: Population-Based Obesity Treatment and Prevention Approaches
M. Kathryn Schmitz, Ph.D., M.Ph.

1:10 p.m. Adjourn

SATURDAY, SEPTEMBER 22, 2001

Hospital Nutrition

7:00 a.m. Continental Breakfast - Meet the Faculty

8:00 a.m. Welcome
Michael D. Jensen, M.D.

8:10 a.m. Nutrition Support of the Malnourished Patient
M. Molly McMahon, M.D.

8:30 a.m. Case-Based Nutrition
Parenteral Nutrition - M. Molly McMahon, M.D.
Enteral Nutrition - Vandana Nehra, M.D.

9:10 a.m. Nutrition in the Critically Ill Ventilator - Dependent Patient
Michael J. Murray, M.D.

9:30 a.m. Metabolic and Nutritional Management of Patients on Dialysis
Robert C. Albright, D.O.

10:00 a.m. Panel Discussion / Questions

10:30 a.m. Break

11:00 a.m. Radiology Tips: Catheter and Feeding Tube Placement
TBA

11:30 a.m. Drug Therapy - Enteral Nutrition Interactions
Martin E. Kochvar, R.Ph., M.S., B.C.N.S.P.

11:55 a.m. Enteral Tube Feeding - From Hospital to Home
Daniel L. Hurley, M.D.
Adele K. Neven, R.D., L.D., C.N.S.D.
Renee L. Wilson, R.N., B.S.N., C.N.S.N.

12:35 p.m. Advances in Endoscopic Placement of Long-term Feeding Tubes
Todd H. Baron, M.D.

1:00 p.m. Adjourn
Mayo Clinic Nutrition in Health & Disease

September 20-22, 2001 • Hyatt Regency on Nicollet Mall • Minneapolis, MN

To register, complete the attached registration form and return by mail or fax. The registration fee is $400 for physicians and $250 for dietitians, nurses and pharmacists. The registration fee includes tuition, comprehensive course syllabus, continental breakfasts, break refreshments and the welcome reception on Thursday evening.

Mail or FAX form with payment to:
Mayo School of Continuing Medical Education
200 First Street SW
Rochester, MN 55905

Telephone: 800-323-2688
507-284-2509
FAX: 507-284-0532
Website: www.mayo.edu/cme
E-mail: cme@mayo.edu

Please print or type all information. You may duplicate this form for multiple registrations.

Name_________________________Credentials________________________
  First Name       M.I.       Last Name
  M.D.  P.H.D.  D.O.  Other

Institution_____________________________________________________
Medical Specialty______________________________________________
E-mail________________________________________________________

Which do you prefer to be your mailing address:  ☐ Work/Business  ☐ Home

Work Address___________________________________________________
City________________________State/Province________________________ZIP/Postal Code________
Country________________________________________________________

Home Address___________________________________________________
City________________________State/Province________________________ZIP/Postal Code________
Country________________________________________________________

Home Telephone (______)________________Business Telephone (______)________________
Int’l Telephone (Country code)________(City code)________Telephone_________________
FAX________________________________________________________________________

Type of credit that you are interested in receiving:
☐ AMA/Category 1  ☐ AAFP  ☐ MDA  ☐ MBOP  ☐ Certificate of Attendance

☐ Please check if you have any special assistance needs or dietary restrictions.
Please indicate your needs here:________________________________________________________
_________________________________________________________________________________

WELCOME RECEPTION – Thursday, September 20 (5:30 – 6:30 PM)
I plan to attend:  ☐ Yes  ☐ No  ☐ Total # attending: _______

Please print or type all information. You may duplicate this form for multiple registrations.

PAYMENT

Registration Fees:
Physician: $400 $___________
Pharmacist, Nurse, Dietitian: $250 $___________
Fun Walk/Run: $20 $___________

Size of T-Shirt: Sm ☐ Med ☐ Lg ☐ XL ☐
Total Payment Enclosed: $___________

☐ Check Enclosed (make checks payable to Mayo Foundation)
☐ Credit Card: ☐ Visa ☐ MasterCard ☐ Discover

Card Number ___________________________ Expiration Date ___________________________

Signature _____________________________ Date ___________________________

E-mail: cme@mayo.edu