COURSE DESCRIPTION

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

Ambulatory nutrition topics include advances in the comprehensive management of obesity, nutrition supplements and the role of nutrition and physical activity in disease prevention and management.

Hospital topics include metabolic management, electrolyte and trace element issues, collaboration on nutrition screening for hospitalized patients and ethical and medical approaches to long-term tube feeding.

COURSE LEARNING OBJECTIVES

At the conclusion of this course the participant should be able to:

- Analyze the utility of diet, exercise, behavior therapy, medications and surgery in the treatment of obesity.
- Highlight specific recommendations for special conditions related to obesity, including weight gain following tobacco cessation.
- Explain effects of excesses and deficiencies of selected nutrients.
- Review innovative approaches to childhood obesity and web-based weight management.
- Develop appropriate management plans for hospitalized patients receiving hospital nutrition support.
- Outline practical applications of ethnic and vegetarian diets.
- Recommend the implementation of safe physical activity programs to your patients.

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

INTENDED AUDIENCE

This course is designed for physicians in the specialties of critical care, endocrinology, family medicine, gastroenterology, general internal and preventive medicine as well as dietitians, nurses and pharmacists.

CREDIT

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

Mayo Clinic College of Medicine designates this educational activity for a maximum of 15 category 1 credits 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.

The American Medical Association has determined that non-US licensed physicians who participate in this activity are eligible for AMA PRA category 1 credit. Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.
Dietitians – The Commission on Dietetic Registration has approved this course for 14 hours of continuing professional education. All dietetic professionals 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 – Continuing education credit for pharmacy professionals is pending with the Minnesota Board of Pharmacy (MBOP). Pharmacy professionals 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 & LOCATION

Mayo Clinic Nutrition in Health & Disease course will be held September 8-9, 2005. The course headquarters will be located at The Fairmont Chicago, 200 North Columbus Drive in downtown Chicago, Illinois.

REGISTRATION

To register, complete the attached registration form and return by mail or fax. The registration fee of $450 for physicians and $300 for dietitians, nurses and pharmacists includes tuition, course syllabus, continental breakfasts, break refreshments and lunch each day for course participant. 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 August 25, 2005.

TRAVEL

The Fairmont Chicago is located in downtown Chicago, near major cultural attractions, ½ block north of the new Millennium Park. Transportation from O’Hare International Airport to the hotel is available by taxi ($40 one way) or shuttle - Airport Express / Continental Air Transport ( $21 one-way or $39 roundtrip per person). Additional information will be included in your confirmation letter upon registering for the course.

For those who choose to drive, a discount of 25% has been extended to attendee’s valet parking charges for those staying at the hotel. Identify yourself as a hotel guest attending the Mayo Clinic Nutrition Course.
LODGING ACCOMMODATIONS

Blocks of guestrooms have been reserved with special course rates of $209 single or double occupancy, Fairmont Room; or $229 single or double occupancy, Deluxe King at The Fairmont Chicago. Each extra person (over 2) sharing a room will be charged an additional $25 per night. There is no charge for children 18 or under sharing a room with their parents. Currently the room rates are subject to tax rates of 3.0% city tax and 11.9% state hotel room tax. Check in time is 3 p.m. and check out time is 1 p.m. To ensure accommodations and the discounted rate, please make your reservations by August 7, 2005, by calling 1-800-441-1414 and identify yourself as a participant of the Mayo Clinic Nutrition in Health & Disease course. The Fairmont will be happy to extend the program rates, two days prior and two days after program dates, based on availability. Visit http://www.fairmont.com for additional information about the hotel.

ACTIVITIES

The Fairmont Chicago is located conveniently in the heart of downtown Chicago, near major cultural attractions, Navy Pier, the city’s business and financial district and the world renowned shopping along the Magnificent Mile. For information about activities, current theater presentations and concerts, please visit the website http://concierge.fairmont.com/location.process/OID_35/OLID_8854/

FACULTY

Course Directors
M. Molly McMahon, M.D.
Donald D. Hensrud, M.D.
Michael D. Jensen, M.D.

Guest Faculty
Robert F. Kushner, M.D.
Professor of Medicine
The Feinberg School of Medicine
Medical Director, Wellness Institute
Northwestern Memorial Hospital
Chicago, IL

Mayo Clinic Faculty
Haitham S. Abu-Lebdeh, M.D.
Maria L. Collazo-Clavell, M.D.
Matthew M. Clark, Ph.D.
Lowell C. Dale, M.D.
Kristine R. Fitzpatrick, R.D.

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 8, 2005

Obesity/Weight Management

7:00 a.m.  Registration and Breakfast
7:50 a.m.  Welcome
M. Molly McMahon, M.D.
8:00 a.m.  Obesity: An Overview
Donald D. Hensrud, M.D.
8:30 a.m.  Sleep Apnea: What’s New in the World of ZZZZZ
Eric J. Olson, M.D.
8:50 a.m.  “I Want to Quit Smoking, but Don’t Want to Gain Weight”
Lowell C. Dale, M.D.
9:10 a.m.  How to Lower the Energy Density in Your Diet
Kristine R. Fitzpatrick, R.D.
9:30 a.m.  Panel Discussion
10:00 a.m.  Refreshment Break and Exhibits
10:20 a.m.  Evaluation of Patients Considering Bariatric Surgery
Haitham S. Abu-Lebdeh, M.D.
10:40 a.m.  Laparoscopic Bariatric Procedures: Expectations and Reality
Michael L. Kendrick, M.D.
11:00 a.m.  Environmental Influences on Weight Control
Lisa M. Klesges, Ph.D.
11:20 a.m.  Devices as Treatment for Obesity?
Michael L. Kendrick, M.D.
11:40 a.m.  Panel Discussion
12:00 p.m.  Lunch with the Faculty

Obesity/Weight Management and Physical Activity

12:55 p.m.  Welcome
Donald D. Hensrud, M.D.
1:00 p.m.  Childhood Obesity: Prevention in the Balance
Lisa M. Klesges, Ph.D.
1:20 p.m.  Motivational Interviewing for Obesity Treatment
Matthew M. Clark, Ph.D.
1:40 p.m.  Barriers to Weight Management – And What to Do About Them
Donald D. Hensrud, M.D.
2:00 p.m.  Online Tools for Weight Management
Candace K. Kolars, Ph.D.
2:20 p.m.  Dairy Products, Calcium and Weight Control
Warren G. Thompson, M.D.
2:40 p.m.  Panel Discussion
3:10 p.m.  Refreshment Break and Exhibits
3:30 p.m.  How to Take a Hit and Still Stay Fit
Edward R. Laskowski, M.D.
3:50 p.m.  How to Get Moving Before Bariatric Surgery
Philip A. Orte, P.T.
4:10 p.m.  Strength Training: How to Throw Your Weight Around – Correctly
Edward R. Laskowski, M.D.
4:30 p.m.  Panel Discussion
5:00 p.m.  Adjourn
FRIDAY, SEPTEMBER 9, 2005

Controversies in Hospital Nutrition

7:15 a.m. Breakfast
7:50 a.m. Welcome
   M. Molly McMahon, M.D.
8:00 a.m. Collaborating on Nutrition Assessment Screening for Hospitalized Patients
   Joy L. Sobotta Page, R.N. and Amy S. Grandbois, R.D.
8:20 a.m. Electrolyte Issues in Patients Receiving Nutrition Support
   Amy W. Williams, M.D.
8:40 a.m. Hyperglycemia: Why the Concern?
   M. Molly McMahon, M.D.
9:00 a.m. Nutrient Spotlight: Trace Elements
   Martin E. Kochvar, M.S., R.Ph., B.C.N.S.P.
9:20 a.m. Case-Based Approach: Medical and Ethical Issues Related to
   Long-Term Tube Feeding
   Daniel L. Hurley, M.D. and M. Molly McMahon, M.D.
9:45 a.m. Panel Discussion
10:15 a.m. Refreshment Break and Exhibits
10:35 a.m. Does Your Patient Have Malabsorption?
   Vandana Nehra, M.D.
10:55 a.m. The Great Imitator - Celiac Disease
   Joseph A. Murray, M.D.
11:15 a.m. Evaluating and Treating Fat Soluble Vitamin Deficiencies
   Kurt A. Kennel, M.D.
11:35 a.m. Panel Discussion
12:00 p.m. Lunch with the Faculty

Ambulatory Nutrition I

12:55 p.m. Welcome
   Donald D. Hensrud, M.D.
1:00 p.m. Managing Nutrient Deficiencies Following Bariatric Surgery
   Robert F. Kushner, M.D.
1:20 p.m. Update on Dietary Guidelines and the Food Guide Pyramid
   Maria L. Collazo-Clavell, M.D.
1:40 p.m. Setting up Your Office for Nutritional Care Medicine
   Robert F. Kushner, M.D.
2:10 p.m. Changing the Dietary Paradigm at a Medical Center
   Donald D. Hensrud, M.D.
2:30 p.m. Panel Discussion
3:00 p.m. Refreshment Break and Exhibits
3:30 p.m. Go Veg: How to Counsel on Vegetarian Diets
   Peggy A. Menzel, R.D.
3:50 p.m. Nutrient Spotlight: Magnesium
   Kurt A. Kennel, M.D.
4:10 p.m. Healthy Ethnic Cuisine
   Peggy A. Menzel, R.D.
4:30 p.m. Panel Discussion
5:00 p.m. Adjourn
Mayo Clinic

Nutrition in Health & Disease

September 8 – 9, 2005

To register, complete the attached registration form and return by mail or fax. The registration fee is $450 for physicians and $300 for dietitians, nurses and pharmacists. The registration fee includes tuition, comprehensive course syllabus, continental breakfasts, break refreshments and lunch each day for course participant.

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

Telephone: 800-323-2688 or 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______________________________________________________________________________

Degree  MD     PhD    DO    RD    PH    RN    Other_______________

Institution __________________________________________________________________________

Medical Specialty____________________________________________________________________

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

Work Address______________________________________________________________________

City_________________State/PV________ZIP/Postal Code________Country_________________

Home Address______________________________________________________________________

City_________________State/PV________ZIP/Postal Code________Country_________________

Home Telephone (______)__________________Business Telephone (______)_________________

Int’l Telephone (Country code)_________(City code)_________(Phone)_______________________

FAX (______)__________________E-mail _______________________________________________

☐ Please check if you have special accommodation or dietary needs and indicate specific need(s): ___________________________________________________________________________________

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

☐ I will attend the lunch on Thursday (included in registration fee).
☐ I will attend the lunch on Friday (included in registration fee).

PAYMENT

Registration Fee:
Physician: $450 $ _____________
Dietitian, Nurse, Pharmacist: $300 $ _____________
Total Payment Enclosed: $ _____________

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

Card Number                                             Expiration date MO/yr

Signature                                             Date