

Mayo School of Continuing Medical Education

The Interface of Medical Illness and Depression/Anxiety

January 22-24, 2009

El Conquistador Resort
LAS CROABAS, PUERTO RICO



General Information

Course Description

This course is designed for all internal medicine physicians, family practice physicians, psychiatrists, other sub-specialty physicians, nurse practitioners and physician assistants. Its focus is on addressing practical clinical issues that arise with various medical illnesses complicated by co-morbid depression.

Course Learning Objectives

Upon completion of this conference participants should be able to:

- List a number of medical illnesses that increase risk for developing depression.
- Describe the significance of co-morbid depression or anxiety with a number of medical illnesses.
- Choose antidepressant therapy options with consideration given to co-morbid medical conditions.
- Discuss the significance of the cytochrome P450 system and drug-drug interactions with the use of antidepressant medications.
- Distinguish between hypokinetic delirium and depression.
- Describe how cognitive behavioral therapy (CBT) and self-management strategies can be used to improve depression.
- Distinguish between sleep disorders and sleep problems with depression.
- Discuss ways to optimize the treatment of depression and anxiety in children.
- Discuss the interaction between pain disorders and depression.
- Discuss the complexities that arise in treating bipolar depression.
- Discuss the neuroanatomy of depression.

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

Credit

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

College of Medicine, Mayo Clinic designates this educational activity for a maximum of 13.5 hours of *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Application for CME credit has been filed with the American Academy of Family Physicians.

Determination of credit is pending.

Mayo Clinic is approved by the American Psychological Association to sponsor continuing education for psychologists. Mayo Clinic maintains responsibility for this program and its content. Up to 13.5 Continuing Education Hours may be earned.

Other health care professionals will be provided a certificate of attendance for requesting credits in accordance with state nursing boards, specialty societies or other professional associations.

Educational Grants

This course is supported in part by educational grants from multiple pharmaceutical companies 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

The medical education course "The Interface of Medical Illness and Depression/Anxiety" will be held January 22-24, 2009. Course headquarters will be located in El Conquistador Resort, Las Croabas, Puerto Rico.

Registration

To register, complete the attached registration form and return by mail or fax. The registration fee includes tuition, comprehensive course syllabus, continental breakfasts, and break refreshments. Although it is not Mayo School of Continuing Medical Education policy to limit the number of registrants for a course, conference room facilities may necessitate closing of enrollment; therefore, 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 \$75 administrative fee, will be refunded when written notification is received by the Mayo School of Continuing Medical Education before January 8, 2009 (fax#: 507-284-0532). No refunds will be made after January 8, 2009.

Travel

You may contact Carlson Wagonlit at 866-629-6885, Prompt 3 for Group/Meeting Reservations and then Prompt 1 as a traveler attending the meeting for further travel assistance.

To take maximum advantage of discounted rates, it is strongly recommended that flights be booked 60 or more days prior to actual travel.

Travel arrangements are the sole responsibility of the individual.

Ground Transportation

The preferred method of ground transportation to the resort is the motor coach available through El Conquistador. The resort provides an economical motor coach service from the Luis Muñoz Marín International Airport (SJU) in San Juan. The cost is \$66.00* roundtrip per adult and \$48.00* roundtrip per child 12 years old and under. Airport staff is available in the baggage claim area to facilitate

your arrival to the resort at all times provided El Conquistador has your flight information.

*Local tax may apply; prices subject to change without notice.

You do not need to purchase tickets for the motor coach as the charge will be applied directly to your room bill. Please provide El Conquistador with your flight information (airline, flight numbers and arrival/departure times) in advance by calling the Resort Concierge at 787.863.1000. Greeters are located outside the baggage claim areas holding El Conquistador signs and the motor coach boarding location is between terminals B & C on the arrival level.

For more information about the shuttle, please visit http://www.elconresort.com/contact_form/faq.cfm or call 787.863.1000

Lodging Accommodations

A block of guestrooms has been reserved with special course rates at El Conquistador Resort in Las Croabas, Puerto Rico. The negotiated rates are:
\$285.00 per day, single/double, Run of House, Ocean View

\$315.00 per day, single/double, Deluxe Ocean View
\$425.00 per day, one bedroom Garden View Casita
\$515.00 per day, one bedroom Ocean View Casita
Suites and two and three bedroom Casitas are also available. Call El Conquistador for rates.

Room rates are subject to an eleven percent (11%) Resort Room Tax and fourteen percent (14%) Resort Fee, per room per day, applicable to all guestrooms utilized. Resort Tax and Resort Fee are subject to change. The following service charges will also apply: bellman gratuity charges are \$10.00 roundtrip per person, housekeeping service charges are \$3.00 per room, per day.

Attendees may make their reservations by calling **800.468.5228** or **506.637.0354**. To ensure accommodations and the discounted rate, make your reservations by December 17, 2008, and identify yourself as a participant of the Mayo Clinic's "The Interface of Medical Illness and Depression" course. Any reservations received after the cut-off date (December 17, 2008), will be handled on a space available basis. Group rates will be honored three days pre/post the course based on availability. **This resort will sell out over the dates of this meeting. When the room block closes on December 17, there will likely be no rooms available. Please book well in advance of December 17, 2008.** Check-in time is 4:00 p.m. and check-out time is 11:00 a.m.

There is no charge for children sixteen (16) years of age and under, sharing the same room as the parents and using existing bedding. There will be an additional charge of forty dollars (\$40.00) for any person seventeen (17) years of age or older in a room. The maximum number of persons per room is three (3) adults or two (2) adults and two (2) children.

Location/Leisure Activities

Palomino Island

Visit your own private paradise, Palomino Island, complete with beach chairs and towels with only a short ride (8 minutes) in one of the new catamarans. Additional services include beach service, water sports, casual dining and horseback riding (first come, first served). There is also a sunning beach (swimming not permitted) adjacent to the pool at La Marina. There is not a daily fee to access Palomino Island, however, a resort fee is applied to your room account.

Water Sports on Palomino Island

The resort has motorized (wave runners and Banana Boat rides) and non-motorized (kayaks, windsurf equipment and snorkel gear) equipment available for your entertainment. Rental rates and information available at Palomino Island.

Coqui Water Park

A personalized experience awaits you in the newest addition to El Conquistador Resort & Golden Door® Spa, Coqui Water Park. Due to high demand and limited exclusive seating and space, tickets are for sale to Resort Guests for a nominal fee. Included in the price of admission are inner tubes, pool towels, and luxury lounge chairs. Also included is endless Water Entertainment in the Most Exclusive Water Park Destination in the Caribbean.

Ticket Pricing is as Follows:

ADULTS \$19.95* **CHILDREN** (ages 3-12) \$14.95*
Tickets available through the Concierge Desk, Marina Activities and Ticket Center, and be available on-line.

*Local tax may apply; prices subject to change without notice.

Other Resort Activities

Visit http://www.elconresort.com/resort_activities/resort_activities.cfm for a complete list of resort activities.

Information on what to do in Puerto Rico:
<http://www.gotopuertorico.com/>

Faculty Disclosure

As a provider accredited by ACCME, College of Medicine, Mayo Clinic must ensure balance, independence, objectivity and scientific rigor in its educational activities. All faculty participating in a College of Medicine, Mayo Clinic 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

Course Director

Shirlene M. Sampson, M.D., M.Sc.

Thursday, January 22, 2009

7:15-7:55 a.m. Course Registration & Continental Breakfast

7:55-8:00 a.m. Welcome
Shirlene M. Sampson, M.D., M.Sc.

Session I

8:00-8:30 a.m. The Use of TMS in Treating Depression and Pain
Shirlene M. Sampson, M.D., M.Sc.

8:30-9:00 a.m. Chronic Pain and Depression
W. Michael Hooten, M.D.

9:00-10:00 a.m. Dementia & Hypokinetic Delirium vs Depression in the Medically Ill
James R. Rundell, M.D.

10:00-10:30 a.m. Panel Discussion with Q & A

10:30-11:00 a.m. Refreshment Break

Session II

11:00-11:30 a.m. Issues in Bipolar Depression
Brent Solvason, M.D.

11:30-12:00 p.m. Chronic Headaches and Depression
Robert D. Sheeler, M.D.

12:00-12:30 p.m. Antipsychotic Medication Complications
Dahlia Saad, M.D.

12:30-1:00 p.m. Panel Discussion with Q & A

Friday, January 23, 2009

7:15-8:00 a.m. Continental Breakfast

8:00-10:00 a.m. Concurrent Workshops I & II

Workshop I - An Update on the Neuroanatomy of Emotion- What Brain Stimulation is Teaching Us About Key Pathways Involved in Depression and Somatic Symptoms

Shirlene M. Sampson, M.D., M.Sc. & Cynthia M. Stonnington, M.D.

Workshop II - Depression and Anxiety Management for Medical Patients: Improving Outcomes Through Use of Brief CBT and Self-management Strategies
Karen Grothe, Ph.D.

10:00-10:30 a.m. Refreshment Break

Session III

10:30-11:00 a.m. Sleep Disorders & Depression
Lois E. Krahn, M.D.

11:00-11:30 a.m. Mood & Anxiety Responses to Traumatic Events
James R. Rundell, M.D.

11:30-12:00 p.m. Obsessive Compulsive Disorder
Katherine M. Moore, M.D.

12:00-12:30 p.m. Rheumatologic Diseases and Depression
Kemuel L. Philbrick, M.D.

12:30-1:00 a.m. Panel Discussion with Q & A

Saturday, January 24, 2009

7:15-8:00 a.m. Continental Breakfast

8:00-10:00 a.m. Concurrent Workshops III & IV

Workshop III - Case Presentations: Diagnostic and Treatment Dilemmas at the Interface of Medical Illness and Depression
J. Michael Bostwick, M.D., Lois E. Krahn, M.D. & Donald E. McAlpine, M.D.

Workshop IV - Managing Depression and Anxiety in Children and Adolescents
Cosima Swintak, M.D. & Christopher Wall, M.D.

10:00-10:30 a.m. Refreshment Break

Session IV

10:30-11:30 a.m. Psychogenomics and Drug Metabolism
Donald E. McAlpine, M.D.

11:00-11:30 a.m. Do Medications Prevent Suicide?
J. Michael Bostwick, M.D.

11:30-12:00 p.m. Smoking and Depression
Timothy Lineberry, M.D.

12:00-12:30 p.m. Heart Disease and Depression
Shirlene M. Sampson, M.D., M.Sc.

12:30-1:00 p.m. Panel Discussion with Q & A

1:00 p.m. Course Adjourns

Faculty

Course Director

Shirlene M. Sampson, M.D., M.Sc.

Mayo Clinic Course Faculty

J. Michael Bostwick, M.D.
Karen Grothe, Ph.D.
W. Michael Hooten, M.D.
Lois E. Krahn, M.D.
Timothy Lineberry, M.D.
Donald E. McAlpine, M.D.
Katherine M. Moore, M.D.
Kemuel L. Philbrick, M.D.
James R. Rundell, M.D.
Dahlia Saad, M.D.
Robert D. Sheeler, M.D.
Cynthia M. Stonnington, M.D.
Cosima C. Swintak, M.D.
Christopher A. Wall, M.D.

Guest Faculty

Brent Solvason, M.D., Ph.D.
Stanford University

*The Interface of Medical Illness and Depression:
A Clinical Review for Primary Providers*

January 22-24, 2008 • El Conquistador Resort • Las Croabas, Puerto Rico

Mail form and payment to:

Mayo School of Continuing Medical Education
Plummer 2-60
200 First Street SW
Rochester, MN 55905

Phone 800-323-2688 or 507-284-2509
FAX 507-284-0532
E-mail cme@mayo.edu
Web site www.mayo.edu/cme

Registration on-line at <http://www.mayo.edu/cme/jan2009.html>

Contact Information

Name of Registrant - <i>first name, middle name or initial, and last name</i>		Degree - <i>select all that apply</i> <input type="checkbox"/> MD <input type="checkbox"/> PhD <input type="checkbox"/> DO <input type="checkbox"/> PA <input type="checkbox"/> NP <input type="checkbox"/> Other - <i>specify</i>	
Name of Institution		Medical Specialty	
Preferred Mailing Address - <i>select one</i> <input type="checkbox"/> Work/Business <input type="checkbox"/> Home			
Work/Business Address - <i>street address</i>		Work Phone - <i>include all country and city/area codes as needed along with complete phone number</i>	
City	State or Province	ZIP or Postal Code	Country
Home Address - <i>street address</i>		Home Phone - <i>include all country and city/area codes as needed along with complete phone number</i>	
City	State or Province	ZIP or Postal Code	Country
E-mail Address	FAX - <i>include all country and city/area codes as</i>	FAX Location - <i>select one</i> <input type="checkbox"/> Work/Business <input type="checkbox"/> Home	
<div style="background-color: #000080; color: white; padding: 2px; display: inline-block;">SPECIAL NEEDS</div> If you have special assistance needs or dietary restrictions, describe here:			

Registration

Type of credit that you are interested in receiving: <input type="checkbox"/> AMA/PRA Category 1™ <input type="checkbox"/> AAFP			
<i>Please select one workshop in each group:</i>			
8:00 – 10:00, Friday January 23, 2009			
<input type="checkbox"/> Workshop I - An Update on the Neuroanatomy of Emotion- What Brain Stimulation is Teaching Us About Key Pathways Involved in Depression and Somatic Symptoms			
<input type="checkbox"/> Workshop II - Depression and Anxiety Management for Medical Patients: Improving Outcomes Through Use of Brief CBT and Self-management Strategies			
8:00 – 10:00, Saturday January 24, 2009			
<input type="checkbox"/> Workshop III- Case Presentations: Diagnostic and Treatment Dilemmas at the Interface of Medical Illness and Depression			
<input type="checkbox"/> Workshop IV - Managing Depression and Anxiety in Children and Adolescents			
Registration Fee:			
	Before 12/17/08	After 12/17/08	
Physicians/Scientists –	\$ 525	\$ 575	\$ _____
Residents, Physician Assistants and Nurse Practitioners –	\$ 425	\$ 475	\$ _____

Payment Information

<input type="checkbox"/> Check is enclosed in the amount shown at right - <i>make checks payable to Mayo Clinic</i>		Payment Total
Credit Card - <i>select one</i> <input type="checkbox"/> Discover <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa	Account Number	
Name of Cardholder - <i>as it appears on the card</i>		Signature of Cardholder - <i>required</i> X



200 First Street SW
Rochester, Minnesota 55905

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El Conquistador Resort

LAS CROABAS, PUERTO RICO

Check the Mayo School of Continuing Medical Education website at <http://www.mayo.edu/cme/jan2009.html> for the online brochure.

Additional Information

Requests for additional information should be sent to the attention of the CME Registrar, Mayo School of Continuing Medical Education via e-mail at cme@mayo.edu or FAX to 507-284-0532.

Make Your Hotel Reservations First!

Special discounted hotel rates are available and must be booked by December 17, 2008. Please note this hotel has historically sold out over the dates of the course due to high demand. Please book early! Book online at www.elconresort.com. Click on reservations, then Groups and enter the attendee code CC3301. Or call Central Reservations department at 1-800-468-5228 and ask for the Mayo Clinic Interface of Medical Illness Course.



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