Mayo School of Continuing Medical Education

Mayo Clinic

Nutrition in Health & Disease

September 23 - 24
2004

The Saint Paul Hotel
St. Paul, MN

Course Directors
M. Molly McMahon, M.D.
Donald D. Hensrud, M.D.
Michael D. Jensen, M.D.
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 nutrition support, metabolic management, transplant nutrition and ethical and palliative care issues related to nutrition.

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
- Provide practical information to your patients on healthy grocery shopping
- Recommend the implementation of safe and effective activity programs to your patients
- Explain effects of excesses and deficiencies of selected nutrients
- Recognize the importance of pediatric nutrition as it relates to obesity
- Develop appropriate management plans for hospitalized patients receiving hospital nutrition through commonly encountered clinical situations
- Recognize the ethical and clinical perspective in the use of nutrition in palliative care and dementia.

Attendance at this Mayo 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 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 15.25 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 15 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 and Location

Mayo Clinic Nutrition in Health & Disease course will be held September 23-24, 2004. The course headquarters will be located at The Saint Paul Hotel, 350 Market Street, downtown St. Paul, Minnesota.

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 two lunches. 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 10, 2004.

Travel

The Saint Paul Hotel is conveniently located in downtown St. Paul, MN near interstate highways 35 and 94, and a short distance from Minneapolis-St. Paul International Airport. Super Shuttle offers van shuttle service between the airport and The Saint Paul Hotel for approximately $11 one way or $17 round trip. Taxi fares are approximately $20 one way.

Lodging Accommodations

Blocks of guestrooms have been reserved with special course rates of $159.00 single or double occupancy at The Saint Paul Hotel. To ensure accommodations and the discounted rate, please make your reservations by September 1, 2004, by calling 1-800-292-9292 and identify yourself as a participant of the Mayo Clinic Nutrition in Health & Disease course. In the very heart of St. Paul, Minnesota’s Capital City, The Saint Paul Hotel combines turn-of-the-century charm and European-inspired elegance with every conceivable modern-day convenience. Theaters, shopping, museums, parks and area attractions are all closely located to The Saint Paul Hotel. Visit www.stpaulhotel.com/ for additional information about the hotel.

Activities

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

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

**Mayo Clinic Faculty**
Brent A. Bauer, M.D.
David J. Brandhagen, M.D.
Michael R. Charlton, M.B.B.S.
Matthew M. Clark, Ph.D.
Maria L. Collazo-Clavell, M.D.
Sara R. DiCecco, R.D.
Margaret A. Fasbender, R.Ph.
Donald D. Hensrud, M.D.
Daniel L. Hurley, M.D.
Aminah Jatoi, M.D.
Michael D. Jensen, M.D.
Darlene G. Kelly, M.D., Ph.D.
Michael L. Kendrick, M.D.
Kurt A. Kennel, M.D.
Martin E. Kochvar, M.S., R.Ph., B.C.N.S.P.
Iftikhar J. Kullo, M.D.
Lorraine Lanningham-Foster, Ph.D.
M. Molly McMahon, M.D.
John M. Miles, M.D.
Jill M. Minette, M.A., L.D., R.D.
Timothy J. Moynihan, M.D.
W. Frederick Schwenk, M.D.
Jay Smith, M.D.
Beth A. Warren, M.B.A.

**Guest Faculty**
Charles J. Billington, M.D.
Minneapolis VA Medical Center
Minneapolis, MN

**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.
Thursday, September 23, 2004

Obesity/Weight Management

7:00 a.m.    Registration and Breakfast
7:50 a.m.    Welcome
              Michael D. Jensen, M.D.
8:00 a.m.    How the Body and Brain Communicate to Regulate Weight
              Charles J. Billington, M.D.
8:30 a.m.    Components of an Obesity Treatment Program
              Michael D. Jensen, M.D.
8:50 a.m.    Advances in Behavior Therapy
              Matthew M. Clark, Ph.D.
9:10 a.m.    Smart Shopping for Weight Management
              Jill M. Minette, M.A., L.D., R.D.
9:30 a.m.    Panel Discussion
10:00 a.m.   Break
10:20 a.m.   Different Types of Bariatric Surgery
              Michael L. Kendrick, M.D.
10:40 a.m.   Psychological Evaluation of Patients Considering Bariatric Surgery
              Matthew M. Clark, Ph.D.
11:00 a.m.   Medications for Weight Loss – Present and Future
              Michael D. Jensen, M.D.
11:20 a.m.   Update on Low Carbohydrate Diets
              Donald D. Hensrud, M.D.
11:40 a.m.   Panel Discussion
12:00 p.m.   Lunch with a Faculty Member

Ambulatory Nutrition and Physical Activity

12:50 p.m.   Welcome
              Donald D. Hensrud, M.D.
1:00 p.m.    Medications that Cause Weight Gain
              Maria L. Collazo-Clavell, M.D.
1:20 p.m.    Drugs and Tube Feeding Interactions
              Martin E. Kochevar, M.S., R.Ph., B.C.N.S.P.
1:40 p.m.    Common Nutritional Problems After Gastric Bypass Surgery
              Maria L. Collazo-Clavell, M.D.
2:00 p.m.    Nutrient Spotlight: Iron
              David J. Brandhagen, M.D.
2:20 p.m.    Common Clinical Nutrient Deficiencies
              Donald D. Hensrud, M.D.
2:40 p.m.    Panel Discussion
3:00 p.m.    Break
3:30 p.m.    Proper Approaches to Exercise
              Jay Smith, M.D.
3:50 p.m.    Physical Activity for the Severely Obese Patient
              Beth A. Warren, M.B.A.
4:10 p.m.    Monitoring Physical Activity
              Lorraine Lanningham-Foster, Ph.D.
4:30 p.m.    Panel Discussion
5:00 p.m.    Adjourn
**Program Schedule**

**Friday, September 24, 2004**

**Hospital Nutrition**

7:15 a.m.  Breakfast
7:50 a.m.  Welcome  
*M. Molly McMahon, M.D.*
8:00 a.m.  Completing a Nutritional Assessment  
*M. Molly McMahon, M.D.*
8:20 a.m.  Role of Immunomodulation  
*John M. Miles, M.D.*
8:40 a.m.  Nutrient Spotlight: Evaluating Calcium Disorders  
*Kurt A. Kennel, M.D.*
9:00 a.m.  Recognizing and Treating Fat Soluble Vitamin Deficiencies  
*Daniel L. Hurley, M.D.*
9:20 a.m.  Hot Topics for a Nutrition Pharmacist  
*Margaret A. Fasbender, R.Ph.*
9:40 a.m.  Panel Discussion
10:00 a.m.  Break
10:20 a.m.  Nutrition Support in the Transplant Setting  
*Sara R. DiCecco, R.D.*
10:40 a.m.  Pitfalls of Nitrogen Balance Studies  
*John M. Miles, M.D.*
11:00 a.m.  Evaluating the Patient with Dementia for a PEG  
*M. Molly McMahon, M.D.*
11:20 a.m.  Palliative Care Perspective on Nutrition  
*Timothy J. Moynihan, M.D.*
11:40 a.m.  Panel
12:00 p.m.  Lunch with a Faculty Member

**Ambulatory Nutrition II**

12:50 p.m.  Welcome  
*Donald D. Hensrud, M.D.*
1:00 p.m.  Appropriate Home Parenteral Nutrition for Your Patients  
*Darlene G. Kelly, M.D., Ph.D.*
1:20 p.m.  Unexplained Weight Loss and Drugs  
*Kurt A. Kennel, M.D.*
1:40 p.m.  10 Most Dangerous Herbal Products  
*Brent A. Bauer, M.D.*
2:00 p.m.  Nutrition and Cancer Prevention  
*Aminah Jatoi, M.D.*
2:20 p.m.  Herbal and Other Non-Traditional Weight Loss Medications  
*Brent A. Bauer, M.D.*
2:40 p.m.  Panel
3:00 p.m.  Break
3:30 p.m.  Non-Alcoholic Fatty Liver Disease  
*Michael R. Charlton, M.B.B.S.*
3:50 p.m.  Pediatric Obesity  
*W. Frederick Schwenk, M.D.*
4:10 p.m.  Nutrition and Novel Cardiac Risk Factors  
*Iftikhar J. Kuloo, M.D.*
4:30 p.m.  Lactation and Nutritional Implications  
*W. Frederick Schwenk, M.D.*
4:50 p.m.  Panel Discussion
5:10 p.m.  Adjourn
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Mail or FAX this completed registration form 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
E-mail: cme@mayo.edu
Website: www.mayo.edu/cme

Registration Fee

Physician: $450 $________________
Dietitian, Nurse or Pharmacist: $300 $________________

Total Payment Enclosed: $________________

Check (payable to Mayo Foundation)
Credit Card: □ Visa    □ MasterCard    □ Discover

Cardholder’s Name

Card Number    Expiration Date

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

Name___________________________________________________________________________
Degree  [ ] MD  [ ] PhD  [ ] DO  [ ] RD  [ ] RPh  [ ] RN  [ ] Other__________________
Institution ______________________________________________________________________
Medical Specialty__________________________________________________________________
E-mail Address ____________________________________________________________________
Which is your preferred 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 _____________________________________________________________________________

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

□ Please check if you have any special assistance needs or dietary restrictions.
Please indicate your needs here:  ____________________________________________________
__________________________________________________________________________________

Registration Form
Mayo Clinic

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