Mayo School of Continuous Professional Development

19th Annual Mayo Clinic

Nicotine Dependence Conference

Treating Tobacco Dependence in the 21st Century

May 21-22, 2012

and

Post-Conference Workshops:
1. An Overview of the Treatment Program at Mayo Clinic's Nicotine Dependence Center
2. Coaching the Difficult Patient

May 23, 2012

Mayo Clinic

Siebens Building, Phillips Hall
Rochester, MN

Course Director
Richard D. Hurt, M.D.

Course Co-Director
Sheila K. Stevens, M.S.W.

Register Online Now!
http://www.mayo.edu/cme
COURSE DESCRIPTION

The 19th Annual Mayo Clinic Nicotine Dependence Conference offers a range of topics including treating people with mental illness, addressing issues specific to women, and understanding the physiological mechanisms and clinical correlations with smoking and pain.

In addition to an update on the risks and benefits of using FDA approved non-nicotine medications for treating tobacco dependence, we will also offer a presentation with what is known about “e-cigarettes” and some of the myths and controversy surrounding their use.

On the morning of Wednesday, May 23, two optional workshops designed primarily for Tobacco Treatment Specialists, counselors and other allied health professionals, will be offered. One focuses on the Nicotine Dependence Center’s Treatment offerings, and the other focuses on utilizing wellness coaching concepts when treating tobacco use and dependence. Enrollment will be limited to 35 participants for each workshop. Pre-registration is required.

COURSE LEARNING OBJECTIVES

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

- Describe the basic physiologic relationship between pain and tobacco use.
- Review the risks/benefits of use of FDA approved non-nicotine medications for treating tobacco dependence.
- Translate issues specific for women smokers into better treatment approaches.
- Discuss the mechanism of action and pharmacologic impact of “e-cigarettes.”

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.

INTENDED AUDIENCE

This program is designed for physicians and other healthcare professionals experienced in working with tobacco dependent patients, and who are interested in incorporating more effective treatment into their practice and/or developing more comprehensive services to meet the needs of highly tobacco dependent patients. Physicians, tobacco treatment specialists, nurse practitioners, physician assistants, dentists, pharmacists, psychologists, chemical dependency counselors, respiratory therapists, nurses, dental hygienists, social workers and other allied health professionals may find the conference beneficial in working with this challenging population of patients.

CREDIT

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

College of Medicine, Mayo Clinic, designates this live activity for a maximum of 18.25 (14.25 conference/4 workshop) AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This course meets requirements for 18 continuing education credits needed for Mayo Clinic’s Tobacco Treatment Specialist Certification.

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.

GRANTS AND EXHIBITS

At the time of this printing, a complete listing of commercial supporters (financial or in-kind) was not available. Appropriate acknowledgment will be given to all supporters at the time of the meeting.

Exhibits will be available for viewing at all scheduled breaks.
DATE AND LOCATION

The 19th Annual Mayo Clinic Nicotine Dependence Conference will be held May 21-22, 2012, with two concurrent post-conference workshops held Wednesday morning, May 23, 2012. Course headquarters will be located in Phillips Hall on the first floor of the Siebens Medical Education Building, Mayo Clinic, 200 Second Avenue Southwest, Rochester, Minnesota. Meeting facilities are easily accessible by skyway and pedestrian subway, which connect Mayo Clinic to shops, restaurants, and hotels.

PARKING

Parking is available in hotel, city, and Mayo patient/visitor ramps. The cost for parking is not included in the registration fee. A map indicating the location of downtown parking facilities will be mailed with the registrant confirmation letter.

REGISTRATION

To register online, visit http://www.mayo.edu/cme/internal-medicine-and-subspecialties-2012r403, or complete the attached registration form and return by mail or fax. The registration fee includes tuition, comprehensive course syllabus (print), continental breakfasts, break refreshments, reception, and tour. Although it is not Mayo School of Continuous Professional Development (CPD) policy to limit the number of registrants for a course, conference room facilities may necessitate closing of enrollment; therefore, early registration is 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.

For additional information, contact:
Mayo School of Continuous Professional Development
Plummer 2-60
200 First Street SW
Rochester, MN 55905

Website: www.mayo.edu/cme
E-mail: cme@mayo.edu
Phone: 800-323-2688 or 507-284-2509
Fax: 507-284-0532

CANCELLATION POLICY

If you cancel your participation in this course, your registration fee, less a $75 administrative fee, will be refunded when written notification is received by Mayo School of CPD before May 7, 2012 (cme@mayo.edu or fax#: 507-284-0532). No refunds will be made on or after May 7, 2012. Canceled registrations are non-transferable.

Mayo School of CPD reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event Mayo School of CPD must cancel or postpone this course, Mayo School of CPD will refund the registration fee, but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.

TRAVEL

Rochester, Minnesota, is a friendly city that greets thousands of visitors from around the world each year. The city is serviced by a modern international airport with multiple flights daily via American or Delta Airlines. Access to and from the airport is provided by taxi, shuttle service, and rental car. The airport is located approximately 10 miles from the Mayo Clinic campus.

Mayo Clinic’s appointed travel company, Ultramar Travel, is available to assist with your travel arrangements. To make your reservation, phone Ultramar Travel toll-free at 1-866-629-6885.

Note to Travelers: Several cities in the United States are named Rochester. When you make airline reservations and check your baggage, be sure that your destination is Rochester, Minnesota (RST) and that your baggage has been properly tagged.

Travel arrangements are the sole responsibility of the individual registrant.
LODGING ACCOMMODATIONS

Guest rooms have been reserved for attendees and their guests with special course rates at each of the following downtown Rochester hotels. In order to receive the special rate, reservations must be made before the room block is filled or before the expiration date of April 29, 2012, whichever comes first. Reservations will be taken following this date based on space and rate availability. Please identify yourself as a participant of the Nicotine Dependence Conference when making your reservation.

Hilton Garden Inn
225 South Broadway
800-445-8667 or 507-285-1234
$109.00 single/double

Kahler Grand Hotel
20 Second Avenue SW
800-533-1655 or 507-282-2581
$94.00 single/double

DoubleTree Hotel
(formerly the Radisson Hotel)
101 First Avenue SW
877-623-7775 or 507-280-6000
$129.00 single/double

Rochester Marriott Hotel
150 South Broadway
507-281-8000
$139.00 single/double

The hotels listed above are connected by skyway and pedestrian subway to conference facilities, downtown shops, and restaurants. You may wish to visit the Rochester Convention and Visitors Bureau website (www.rochestercvb.org) and/or www.rochester411.com for additional accommodation options and area information.

Lodging arrangements are the sole responsibility of the individual registrant.

Mayo School of CPD is not responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the meeting. Costs incurred by the registrant such as airline or hotel fees or penalties are the responsibility of the registrant.

FACULTY

Course Director
Richard D. Hurt, M.D.

Course Co-Director
Sheila K. Stevens, M.S.W.

Mayo Faculty
Michael V. Burke, Ed.D.
Ivona T. Croghan, Ph.D.
Barbara Dallavalle, M.A.
Patrick T. Draper, M.S.W.
Jon O. Ebbert, M.D.
Jim K. Garrett, R.R.T.
Thomas R. Gauvin, M.A.
J. Taylor Hays, M.D.
W. Michael Hooten, M.D.
David D. McFadden, M.D.
Timothy J. Milbrandt, M.S.
Jennifer S. Moran, M.A.
Thomas C. Spelsberg, Ph.D.

Guest Faculty
Thomas J. Payne, Ph.D.
Professor and Director of Research
Otolaryngology & Communicative Sciences
University of Mississippi Medical Center

Jill M. Williams, M.D.
Associate Professor of Psychiatry
Director of the Division of Addiction Psychiatry
UMDNJ-Robert Wood Johnson Medical School

FACULTY DISCLOSURE

As a provider accredited by ACCME, College of Medicine, Mayo Clinic (Mayo School of Continuous Professional Development) must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course director(s), planning committee, faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of this information will be published in course materials so those participants in the activity may formulate their own judgments regarding the presentation.
Program Schedule

MONDAY, MAY 21, 2012
7:00 a.m.  Registration, Continental Breakfast & Exhibits
7:45 a.m.  Welcome Remarks, Course Introduction
Richard D. Hurt, M.D.
8:00 a.m.  Smoking, Mental Illness and Other Addictions – A Bio-psychosocial Understanding of Co-Morbidity
Jill M. Williams, M.D.
8:45 a.m.  Better Safe Than Sorry? Update on the Risks and Benefits of Varenicline for Tobacco Dependence Treatment
J. Taylor Hays, M.D.
9:30 a.m.  Smoking and Pain: Physiological Mechanisms and Clinical Correlations
W. Michael Hooten, M.D.
10:15 a.m. Break & Exhibits
10:45 a.m. Tobacco Dependence Treatment Approaches for Individuals with Mental Illness and Other Addictions
Jill M. Williams, M.D.
11:30 a.m. Lunch
12:00 p.m. Panel Discussion with Former Patients
Barbara Dallavalle, M.A.
12:45 p.m. Break & Exhibits
1:00 p.m.  E-Cigarettes: The Pro(pylene)s and Cons
Jon O. Ebbert, M.D.
1:45 p.m.  Global Tobacco Control Initiatives
Richard D. Hurt, M.D.
2:15 p.m.  A Respiratory Approach to Smoking Cessation
Jim K. Garrett, R.R.T.
3:00 p.m.  Training Health Care Providers to Provide Brief Tobacco Interventions: Strategies and Impact
Thomas J. Payne, Ph.D.
3:30 p.m.  Secondhand Smoke: The Science and the Tobacco Industry’s Smoke Screen
Richard D. Hurt, M.D.
4:15 p.m.  Panel
5:00 p.m.  Wrap Up
Richard D. Hurt, M.D.
5:15 p.m.  Adjourn

TUESDAY, MAY 22, 2012
7:15 a.m.  Registration, Continental Breakfast & Exhibits
8:00 a.m.  Q&A
Richard D. Hurt, M.D.
8:15 a.m.  Women & Smoking
Ivana T. Croghan, Ph.D.
9:00 a.m.  Tailoring Tobacco Treatment Services Based on Psychological Factors
Thomas J. Payne, Ph.D.
9:45 a.m.  Break & Exhibit
10:15 a.m. Smoking Cessation and Weight Gain--a Current Review
David D. McFadden, M.D.
11:00 a.m. Motivational Interviewing: An Update on the Research
Michael V. Burke, Ed.D.
11:45 a.m. Lunch
12:15 p.m. Human Origins, World Migrations, and the Myth of Race
Thomas C. Spelsberg, Ph.D.
1:00 p.m.  Break & Exhibits
1:30 p.m.  Training Health Care Providers to Provide Brief Tobacco Interventions: Strategies and Impact
Thomas J. Payne, Ph.D.
2:15 p.m.  A Respiratory Approach to Smoking Cessation
Jim K. Garrett, R.R.T.
3:00 p.m.  Break & Exhibits
3:30 p.m.  Secondhand Smoke: The Science and the Tobacco Industry’s Smoke Screen
Richard D. Hurt, M.D.
4:15 p.m.  Panel
5:00 p.m.  Wrap Up
Richard D. Hurt, M.D.
5:15 p.m.  Adjourn
Post-Conference Workshops

WEDNESDAY, MAY 23, 2012

Coaching the Difficult Patient

Concepts from Mayo Clinic’s Wellness Coaching Model will be presented. The audience will have an opportunity to participate in discussions about what helps enhance a person’s intention to stop smoking and take effective steps toward being tobacco-free. Skills to assess and enhance motivation, information about treating difficult patients, and how to work on the patient’s wellness goals will be discussed.

Patrick T. Draper, M.S.W.
and Jennifer S. Moran, M.A.

7:30 a.m. Registration & Continental Breakfast
8:00 a.m. Coaching the Difficult Patient
9:45 a.m. Break
10:00 a.m. Coaching the Difficult Patient (continued)
12:15 p.m. Adjourn

An Overview of the Treatment Program at Mayo Clinic’s Nicotine Dependence Center

This workshop will focus on the various types of interventions offered through Mayo Clinic’s Nicotine Dependence Center (NDC). Two counselors from the NDC will discuss outpatient consultations, hospital interventions, and the Residential Treatment Program. During the last part of the morning, the two counselors will be available on a panel to discuss topics and answer questions from the participants.

Thomas R. Gauvin, M.A.
Timothy J. Milbrandt, M.S.

7:30 a.m. Registration & Continental Breakfast
8:00 a.m. Overview of NDC Treatment Program
9:45 a.m. Break
10:00 a.m. Overview of NDC Treatment Program (continued)
12:15 p.m. Adjourn

AVAILABLE NOW ON DVD!

Mayo Clinic’s “A Comprehensive Review for the Treatment of Smokeless Tobacco Use and Dependence”

This DVD is designed for healthcare professionals who are interested in learning how to intervene with patients who use smokeless tobacco products. This includes learning Mayo Clinic’s Nicotine Dependence Center treatment model. Featuring Jon O. Ebbert, M.D., an internationally recognized expert and smokeless tobacco researcher. Visit http://cmestore.mayo.edu/ for additional details.
**REGISTRATION FORM**

**19th Annual Mayo Clinic Nicotine Dependence Conference**

**May 21-22, 2012 • Mayo Clinic • Rochester, Minnesota**

**Post-Conference Workshops: May 23, 2012**

**Mail or FAX form with payment to:**
Mayo School of Continuous Professional Development  
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

**Online Registration:** http://www.mayo.edu/cme/internal-medicine-and-subspecialties-2012r403

**Contact Information**

<table>
<thead>
<tr>
<th>Name of Registrant - first name, middle name or initial, and last name</th>
<th>Degree - select all that apply</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>MD</td>
</tr>
<tr>
<td></td>
<td>PA</td>
</tr>
</tbody>
</table>

| Name of Institution | Medical Specialty |

| Preferred Mailing Address - select one | Work/Business | Home |

| Work/Business Address - street address | Work Phone - include all country and city/area codes as needed along with complete phone number |

| City | State or Province | ZIP or Postal Code | Country |

| Home Address - street address | Home Phone - include all country and city/area codes as needed along with complete phone number |

| City | State or Province | ZIP or Postal Code | Country |

| E-mail Address | FAX - include all country and city/area codes as needed along with complete phone number |

| FAX Location - select one | Work/Business | Home |

**SPECIAL NEEDS**

If you have special assistance needs or dietary restrictions, describe here:

**Registration Fee**

<table>
<thead>
<tr>
<th>Reception – May 21, 2012, 5:00 p.m. – 7:00 p.m. • The Kahler Grand Hotel, Elizabethan Room, Lobby Level</th>
</tr>
</thead>
<tbody>
<tr>
<td>Please indicate if you will attend:</td>
</tr>
<tr>
<td>Yes, I will attend (Complimentary)</td>
</tr>
</tbody>
</table>

| Conference  
Physicians/Scientists  
Residents, Physician Assistants and Nurse Practitioners, Treatment Tobacco Specialists, Counselors | $ 550 USD $ _________ |
| Post-Conference Workshop (May 23, 2012) - Select one:  
An Overview of the Treatment Program at Mayo Clinic’s Nicotine Dependence Center  
Coaching the Difficult Patient | $ 390 USD $ _________ |

| Post-Conference Workshop (May 23, 2012) - Select one:  
An Overview of the Treatment Program at Mayo Clinic’s Nicotine Dependence Center  
Coaching the Difficult Patient | $ 80 USD $ _________ |

<table>
<thead>
<tr>
<th>Payment Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Check is enclosed in the amount shown at right - make checks payable to Mayo Clinic</td>
</tr>
<tr>
<td>Payment Total*</td>
</tr>
<tr>
<td>Credit Card - select one</td>
</tr>
<tr>
<td>Discover</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Account Number</th>
<th>Exp Date - mm/yy</th>
</tr>
</thead>
</table>

| Name of Cardholder - as it appears on the card | Signature of Cardholder - required |

*US funds only. Wire transfers will be assessed a $25 USD fee.*
Register Online Today!
http://www.mayo.edu/cme

Mayo School of Continuous Professional Development
19th Annual Mayo Clinic
Nicotine Dependence Conference

Treating Tobacco Dependence in the 21st Century
May 21-22, 2012

Post-Conference Workshops:
1. An Overview of the Treatment Program at Mayo Clinic’s Nicotine Dependence Center
2. Coaching the Difficult Patient
May 23, 2012

If you already received a copy of this brochure, please give this brochure to an interested colleague.