



DECEMBER 12-13, 2008



THE UNIVERSITY OF CHICAGO
Tang Center for Herbal Medicine Research
and



MAYO CLINIC
Complementary and Integrative Medicine Program

Chicago Annual Conference On Complementary and Alternative Medicine (CAM)

Evidence-Based Review for Your Medical Practice

The Drake Hotel, Chicago, Illinois

Special Guests:

Jaung-Geng Lin, MD, PhD
Distinguished Professor and World-Renowned Acupuncturist
China Medical University
Taiwan

George L. Bakris, MD, FAHA, FASN
Professor of Medicine and Director of the Hypertensive Diseases Unit
University of Chicago Pritzker School of Medicine
Chicago, IL

Yang Yang, PhD
Taiji and Qigong Master
Director, Center for Taiji and Qigong Studies
New York, NY

CONFERENCE OVERVIEW

Most current studies suggest that 40-60% of U.S. adults are using some form of Complementary and Alternative Medicine (CAM) as part of their overall approach to health and wellness. This presents both challenges as well as opportunities for physicians and other healthcare professionals. Educating patients so that they can make informed decisions about various CAM modalities is one challenge, especially in regards to therapies that pose significant risks. Making new, evidence-based therapies available to patients who can benefit from them is one opportunity. Equipping health care providers with these important tasks is the goal of the 2008 Chicago Annual Conference on CAM.

As in previous years, experts from the University of Chicago, Mayo Clinic and colleagues from around the world will share their expertise, advice and insights. Presentations will focus on many of the basic issues related to CAM and your practice, in an evidence-based and practical way that can help you guide your patients to good health. In addition, this year, several new speakers have been invited to address new research data that has emerged since last year, providing the most up-to-date and current trends and findings in this realm.



Those who have attended the conference previously will note a 2-day curriculum. This more intensive curriculum allows us to offer similar CME credits as in past years while holding tuition costs stable. We look forward to providing attendees once again with an exceptional conference that will empower you to return to your practice ready to proactively guide your patients to better health and wellness.



Conference Co-Chairs

Chun-Su Yuan, MD, PhD

Director

Tang Center for Herbal Medicine Research

University of Chicago

Brent A. Bauer, MD, FACP

Director

Complementary and Integrative Medicine

Program

Mayo Clinic

CONFERENCE SCHEDULE

DAY 1 SESSION		Friday, December 12
	CAM THERAPIES FOR COMMON MEDICAL CONDITIONS Moderator: Brent A. Bauer, MD, FACP	
7:00	Registration and Continental Breakfast	
7:45	Welcome and Introduction: Complementary Alternative Medicine and Integrative Medicine, <i>Dr. Bauer</i>	
8:10	CAM Therapies for Osteoarthritis: A Review of the Evidence, <i>Dr. Manek</i>	
9:00	Commonly Used Herbal Medicines and Herb-Drug Interactions: Efficacy and Safety Review for your Practice, <i>Dr. Yuan</i>	
9:50	CAM Therapies for Metabolic Syndrome, <i>Dr. Brown</i>	
10:35	Refreshments (During the break, a Taiji and Qigong interactive demonstration will be presented by Dr. Yang; Dr. Yang's lecture has been scheduled the following day)	
11:05	Antioxidant Herbal Medicines and their Cardiac Effects, <i>Dr. Vanden Hoek</i>	
11:50	CAM Therapies for Irritable Bowel Syndrome, <i>Dr. Rowland-Seymour</i>	
12:35	Lunch Break (on your own)	
1:35	CAM Therapies for Osteoporosis: Safety and Efficacy Evaluation, <i>Dr. Brown</i>	
2:20	Presentation/Workshop: Music as Medicine: Chinese Six Healing Sounds, <i>Ms. Yang</i>	
3:05	Cancer, QOL, and CAM: Research Experience at Mayo Clinic, <i>Dr. Bauer</i>	
3:50	Questions and Answers	
4:05	Adjourn	
5:30	Conference Reception	
DAY 2 SESSION		Saturday, December 13
	COMMONLY USED CAM MODALITIES AND YOUR PRACTICE Moderator: Chun-Su Yuan, MD, PhD	
7:00	Continental Breakfast	
7:30	A Brief Introduction to Traditional Chinese Medicine, <i>Dr. Yuan</i>	
7:45	Acupuncture: History, Usage, and Effectiveness, <i>Dr. Lin</i>	
8:35	Nutrition and Diet in Prevention and Treatment of Cardiovascular Disease, <i>Dr. Sorrentino</i>	
9:20	The Latest Dietary Supplements: Hype or Hope, <i>Dr. Bauer</i>	
10:05	Refreshments (During the break, a Taiji and Qigong interactive demonstration will be presented by Dr. Yang; Dr. Yang's lecture has been scheduled later in the morning)	
10:35	Homeopathic Approaches to Lowering Blood Pressure, Including Vertebrae Manipulation, <i>Dr. Bakris</i>	
11:15	Qigong, Taiji, and Cardiac Longevity, <i>Dr. Yang</i>	
12:05	Lunch Break (on your own)	
1:05	Integrative Approach to Rheumatoid Arthritis, <i>Dr. Manek</i>	
1:55	Massage and Other Touch Healing, and their Related Techniques, <i>Dr. Steinhorn</i>	
2:40	The Use of Medical Hypnosis for Chronic Medical Illness, <i>Dr. Rowland-Seymour</i>	
3:25	Questions and Answers	
3:40	Adjourn	

HONORED GUESTS AND FACULTY

George L. Bakris, MD, FAHA, FASN

Dr. Bakris is an Professor of Medicine and the Director of the Hypertensive Diseases Unit in the Section of Endocrinology, Diabetes and Metabolism at the University of Chicago, Pritzker School of Medicine. Dr. Bakris received his medical degree from the Chicago Medical School and completed residency in Internal Medicine at the Mayo Graduate School of Medicine where he also did a research fellowship in Physiology and Biophysics. Dr. Bakris has published over 400 articles and book chapters in the areas of kidney disease hypertension and progression of nephropathy. He is the Editor or Co-Editor of eight books, all dealing with Kidney Disease, Diabetes and the role of Hypertension. He chaired the National Kidney Foundation Consensus report on blood pressure and impact on renal disease progression (2000), and serves on many national committees and journal editorial boards. Dr. Bakris also was the past-president of the American College of Clinical Pharmacology (2000-2002) and the President-elect of the American Society of Hypertension (ASH).

E-mail: gbakris@gmail.com

Brent A. Bauer, MD, FACP

Dr. Bauer is the Director of the Complementary and Integrative Medicine Program at Mayo Clinic. He is board-certified in Internal Medicine, an Associate Professor of Medicine and has been on staff at Mayo Clinic for 16 years. His main research interest has been the scientific evaluation of Complementary and Alternative Medicine (CAM) therapies that patients and consumers are using with increasing frequency. He has authored several book chapters and papers on this topic, and is the Medical Editor of the *Mayo Clinic Book of Alternative Medicine*. He is a member of the NIH-NCCAM special emphasis review panel and is currently collaborating on over 20 studies being conducted at Mayo Clinic evaluating CAM therapies ranging from acupuncture to valerian. Most recently, Dr. Bauer spearheaded a collaboration between Mayo Clinic and GaiaM in the creation of a series of 10 DVD's (*Mayo Clinic Wellness Solutions*). These DVD's address common health problems (e.g. diabetes, obesity, high blood pressure) with integrative medicine approaches that empower patients to take charge of their health.

E-mail: bauer.brent@mayo.edu

Todd T. Brown, MD, PhD

Dr. Brown is an Assistant Professor of Medicine in the Division of Endocrinology and Metabolism at Johns Hopkins University. His clinical interests are in the medical management of diabetes, obesity, dyslipidemia, and osteoporosis in the general population and more specifically in HIV-infected patients. His research evaluates the safety and efficacy of various dietary supplements and investigational agents on metabolic diseases, such as cancer cachexia, obesity,

hypertriglyceridemia, and insulin resistance. He is an author of multiple articles and textbook chapters on complementary medicine in endocrine and metabolic diseases and has lectured widely on these topics.

E-mail: tbrown27@jhmi.edu

Jaung-Geng Lin, MD, PhD

Dr. Lin is a professor at China Medical University and National Taiwan University. Dr. Lin is certified to practice both Traditional Chinese Medicine and Western Medicine, and he was the first acupuncturist in Taiwan. His whole life he has engaged in medical teaching and clinical research in Traditional Chinese Medicine, and he has opened up Taiwan's medical diplomacy with Traditional Chinese Medicine and acupuncture. The main topics of his research include acupuncture evidence-based medicine, acupuncture analgesia, and acupuncture safety. He has published over 230 articles and many books of Traditional Chinese Medicine and acupuncture. Dr. Lin has performed acupuncture on many world leaders and has received numerous awards, such as the Golden Dress (Jinpao) Award from the Kingdom of Saudi Arabia, first prize for contribution to academics from the President of the Republic of El Salvador Yanni Christopher, and two presidential awards in the Republic of China to cite for his significant contribution to the country and Traditional Chinese Medicine.

E-mail: jglin@mail.cmu.edu.tw

Nisha Manek, MD, MRCP (UK)

Dr. Manek is an Assistant Professor of Medicine in the Division of Rheumatology at Mayo Clinic, Rochester, Minnesota. She completed her medical education at University of Glasgow, Scotland, and her specialty training in Rheumatology at Stanford University Medical Center, Palo Alto, California. As a Bravewell fellow, she completed the associate fellowship program in Integrative Medicine at University of Arizona, Tucson. Her major interests include research of botanicals as adjunctive treatment of inflammatory rheumatic diseases, specifically rheumatoid arthritis, as well as mind body approaches to help patients cope with chronic illnesses like arthritis. Dr. Manek serves on the Editorial Board of Mayo Clinic Women's HealthSource Letter, and was a contributor to the Mayo Clinic Wellness Solution and GaiaM DVD presentation in integrative management of arthritis.

E-mail: manek.nisha@mayo.edu

Anastasia Rowland-Seymour, MD

Dr. Rowland-Seymour is an Assistant Professor of Medicine at the Johns Hopkins University. She is a General Internist with specific training in Integrative Medicine. She completed her medical school education and residency training at Columbia University in New York. This was followed by a two-year residential fellowship at the Program in Integrative Medicine in Tucson, Arizona,



where she focused her training on nutrition, supplements, mind-body medicine and osteopathic manipulation. She is Board Certified in Internal Medicine, and an Approved Consultant in Clinical Hypnosis by The American Society of Clinical Hypnosis. She has lectured medical students and residents on Integrative Medicine approaches to chronic illness at multiple institutions. She has written several book chapters and articles on the subject, and has been a guest on public television. She is currently involved in expanding Integrative Medicine clinical services available at the Johns Hopkins Medical Institutions.

E-mail: arowlan2@jhmi.edu

Matthew J. Sorrentino, MD, FACC

Dr. Sorrentino is an Associate Professor of Medicine in the Section of Cardiology at the University of Chicago Pritzker School of Medicine where he completed his medical education. In addition, he served as Chief Medical Resident at the University of Chicago in 1988. He has been on the faculty in the Section of Cardiology at the University of Chicago since 1991. Dr. Sorrentino is a Non-Invasive Preventive Cardiologist with interest in lipid disorders and hypertension. He is a well-known lecturer on preventive cardiology.

E-mail: msorrent@medicine.bsd.uchicago.edu

David M. Steinhorn, MD, FAAP

Dr. Steinhorn is the co-founder and is the Medical Director of the Judith Nan Joy Integrative Medicine Initiative at Children's Memorial Hospital. He is board-certified in Pediatrics, Pediatric Critical Care, and Hospice and Palliative Care Medicine. He currently is a Professor of Pediatrics at Northwestern University, an attending physician in critical care and medical director of the pediatric palliative care program at Children's Memorial. Dr. Steinhorn's primary research interest is in the understanding the role of complementary therapies in the in-patient pediatric setting. In addition, he is interested in the physiologic response to energy healing modalities. He holds seats on advisory groups developing national agendas for pediatric integrative medicine. Recent collaboration with the Pacific College of Oriental Medicine in Chicago has led to publication of novel observations in pattern diagnosis in children with cyclic vomiting system.

E-mail: d-steinhorn@northwestern.edu

Terry L. Vanden Hoek, MD

Dr. Vanden Hoek is the Director of Emergency Resuscitation Center at the University of Chicago, and Associate Professor of Medicine in the Section of Emergency Medicine at the University of Chicago Hospitals. Dr. Vanden Hoek graduated from University of Chicago Medical School with honors, and completed his Emergency Medicine residency program at the University of Cincinnati where he served as chief resident. He has published in both basic science and

clinical journals, taking a highly translational approach to his work investigating mechanisms of cardiovascular ischemia/reperfusion injury. His research focuses on improving resuscitation strategies for sudden cardiac arrest. In particular, he has worked to develop multi-disciplinary research involving basic scientists, bioengineers, and multiple healthcare professionals to treat lethal cardiovascular post-resuscitation injury.

E-mail: thoek@medicine.bsd.uchicago.edu

Yang Yang, PhD, Taiji and Qigong Master

Dr. Yang is a traditionally trained and internationally recognized Master Taiji/Qigong instructor and adjunct faculty of Kinesiology at the University of Illinois, Urbana-Champaign. His research has focused on the efficacy of Taiji and Qigong practice for older adults. He is Director of the Center for Taiji and Qigong Studies, New York, NY (www.centerfortaiji.com), author of the highly acclaimed book *Taijiquan, The Art of Nurturing, the Science of Power*, and in 2006 was honored as "Qigong Master of the Year" at the 9th World Congress on Qigong and Traditional Chinese Medicine.

Email: yyang5@illinois.edu

Yang Ying

Ms. Yang is a virtuoso erhu player and composer of qigong meditation and contemporary world-fusion music (www.yangying-music.com). In 1988 she won a Chinese national erhu competition, and from 1976-1994 she was the featured solo instrumentalist for the Central Song and Dance Ensemble of Beijing, the premier traditional song and dance troupe in China. A long-time practitioner of qigong meditation, Ying created the Elixir: Music for Moving and Still Meditation CD used in Dr. Yang Yang's Evidence-based Taiji and Qigong program.

Email: yangying6@gmail.com

Chun-Su Yuan, MD, PhD

Dr. Yuan is the Cyrus Tang Professor in the Department of Anesthesia & Critical Care, and Director of the Tang Center for Herbal Medicine Research, University of Chicago (Website: <http://tangcenter.uchicago.edu>). Supported in part by the NIH-NCCAM and Tang Foundation for Traditional Chinese Medicine Research, Dr. Yuan has published many articles on herbal medicine and other CAM therapies. He and Drs. Bauer and Bieber edited the *Textbook of Complementary and Alternative Medicine, 2nd Edition*. Dr. Yuan is also the Editor-in-Chief of the *American Journal of Chinese Medicine*, the oldest alternative medicine journal in the U.S.

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ACCREDITATION

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Chicago and Mayo Clinic. The University of Chicago Pritzker School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

CREDIT DESIGNATION

The University of Chicago Pritzker School of Medicine designates this educational activity for a maximum of 14 *AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Nurses and allied health care professionals will be provided with a certificate of participation, which may be used for recertification in accordance with state nursing board, specialty society, or other professional association requirements.

TARGET AUDIENCE

The conference welcomes and encourages the participation of researchers, practicing physicians, physicians in training, medical students, nurses, and allied health professionals seeking evidence-based information on CAM therapies.

DISCLOSURE STATEMENT

It is the policy of the University of Chicago to ensure balance, independence, objectivity, and scientific rigor in all its individually sponsored or jointly sponsored educational activities. All individuals 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. Mechanisms to ensure that presentations are free from commercial bias are in place. Faculty will also disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Full disclosure of this information will be published in the conference materials.

EDUCATIONAL GRANTS/COMMERCIAL SUPPORT

A complete listing of commercial support received will be provided in the conference materials.

LOCATION AND ACCOMMODATIONS

Come enjoy the holiday season in Chicago! The conference will take place at The Drake Hotel, located at 140 East Walton Place, in downtown Chicago. Perfectly located in Chicago's most exclusive area, the Gold Coast on The Magnificent Mile, just steps from Chicago's most prestigious boutiques.



The Drake Hotel Chicago

140 East Walton Place, Chicago, IL 60601

General Phone: 312/943-6678

Reservations: 800-55-DRAKE

Fax: 773/787-1431

<http://www.thedrakehotel.com>

The Drake Hotel is offering the special rate of \$225 US per night for single or double occupancy. All rates are subject to state and city taxes. The hotel requires a first night's deposit at time of reservation, which is refundable up to 48 hours in advance of conference date. Check-in time is 3 p.m. and check-out time is 12 p.m. In the event a check-out occurs prior to the reserved check-out date, the hotel will add an early check-out fee equal to one night room and tax unless guest notifies hotel at or before check-in.

To reserve a room at this special conference rate, please visit our website at <http://cme.uchicago.edu/courses> or call the Drake Hotel directly at 800-55-DRAKE and identify yourself as a participant in the University of Chicago Complimentary and Alternative Medicine Conference. Room reservations must be made by November 20, 2008 to guarantee the reduced rate. This special rate will be offered 3 days prior and 3 days after the conference dates, subject to availability at the time of reservation.

Chicago is truly a city with something for everyone!

To help plan your stay in Chicago visit: www.choosechicago.com

CONFERENCE REGISTRATION

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The registration fee includes conference registration and materials, continental breakfast, refreshment breaks, and reception. You may register:

ONLINE <http://cme.uchicago.edu/courses/>

VIA FAX **Credit Card Payments Only to:**
773-702-1736

VIA The University of Chicago
US MAIL The Center for Continuing Medical Education
c/o CAM 2008
950 East 61st Street, Suite 101
Chicago, IL 60637

CANCELLATION POLICY

If you cancel your participation in this conference, the registration fee, less a \$75 administrative charge, will be refunded when written notification is received by November 15, 2008. No refunds will be made after November 15, 2008.

ACCESSIBILITY

The University of Chicago is committed to providing equal access appropriate to need and circumstance and complies fully with the legal requirements of the Americans with Disabilities Act. If you are in need of special accommodation, please contact our office at 773-702-1056 or via email at cme@bsd.uchicago.edu.

REGISTRATION FEE

Physicians and Researchers

Nurses and other Allied Health Professionals

Residents, Fellows, and Students (with letter of verification)

Before October 31 After October 31

\$490

\$540

\$390

\$440

\$330

\$380

CONTACT INFORMATION

Name _____ Degree _____

Specialty _____

Organization _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ Fax _____

Email _____

Please check all that apply:

YES, I plan to attend the Friday, December 12th conference reception.

YES, I authorize the University of Chicago, Center for Continuing Medical Education to share my US mailing address with participating conference exhibitors (if applicable).

PAYMENT

Check enclosed (U.S. funds only) Payable to *The University of Chicago (Tax ID# 36-2177139)*

Charge Total \$ _____ to my MasterCard Visa American Express

Name as it appears on card: _____

Card # _____ Exp. Date ____/____

Signature: _____

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