

Creating Wellness: An Integrative Approach to Primary Care



March 29 - 30, 2012
Kensington Court
Ann Arbor, MI

Course Description

This course is designed to provide an evidence-based update on integrative approaches to common health concerns for the practicing primary care provider. Integrative Medicine is the synthesis of conventional medicine with evidence-based complementary and alternative medicine therapies. It is a philosophy and a way of providing health care that reaffirms the importance of the relationship between practitioner and patient, focuses on the whole person, is informed by evidence, and makes use of all appropriate therapeutic approaches, healthcare professionals and disciplines to achieve optimal health and healing. Integrative Medicine focuses on promoting wellness within the patient, as well as the provider.

At the end of this course, participants will be able to:

- Incorporate nutrition, stress management, sexual health, and wellness promotion into care across the lifespan;
- Evaluate and apply safe, evidence-based integrative medicine therapeutics, such as herbs and supplements, for common health problems;
- Refer to community providers with expertise in evidence-based integrative medicine therapeutics, such as acupuncture;
- Blend effective therapies into integrative and holistic treatment plans.

The optional Friday afternoon workshop ‘Food and Mood: What’s the Connection?’ will offer an interactive exploration of how to approach eating and weight disorders through emotional techniques. This session will be led by Marilyn Migliore, MS, RD, ACSW, BCD, Cardiovascular Nutritionist and Clinical Social Worker at the University of Michigan. Ms. Migliore is the author of the book entitled *The Hunger Within*. She regularly leads a 12-week workshop by the same name at the University of Michigan Health System where she works with individuals to manage weight by focusing on underlying emotional issues. Her method encourages behavioral change while taking the focus off of food.

Participants attending this year’s Integrative Medicine Course will learn new information in the following areas:

- New Wellness Policies
- Overcoming Barriers to Adopting Healthy Behaviors
- Integrative approaches to common office problems including:
 - Osteoarthritis
 - GERD
 - Anxiety
 - Eczema
 - Obesity
- Integrative Cancer System Control
- Alternative Thyroid Treatments
- Bio-identical hormones
- Men’s Sexual Health
- Sexual Health for Women
- Introductions to useful therapies including:
 - Somatic Experiencing
 - Acupuncture
 - Nature Prescriptions
 - HeartMath Stress Reduction
 - Nutrition
- Featuring an interactive workshop on: Food and Mood

Who Should Attend?

Healthcare personnel who provide primary care, including physicians (family medicine, internal medicine, pediatrics, obstetrics & gynecology), midwives, nurses, nurse practitioners and physician assistants. The course is also relevant for pharmacists and other health care providers who deal with the effects of herbs on medical treatment. Residents and students are welcome.

Course Faculty

Course Co-Directors

Sara L. Warber, MD
Associate Professor
Integrative Medicine
Department of Family Medicine
University of Michigan

Amy B. Locke, MD, ABIHM
Assistant Professor
Integrative Medicine
Department of Family Medicine
University of Michigan

Course Faculty

Ricardo R. Bartelme, MD, ABIHM
Assistant Professor Integrative
Family Medicine
Anthroposophic Medicine
Department of Family Medicine
University of Michigan

Marnie Burkman, MD, ABIHM
President, Michigan Integrative
Psychiatry, PC
Board-certified in Psychiatry and
in Holistic Medicine

Alicia Cohen, MD, ABIHM
Integrative Medicine Fellow
Department of Family Medicine
University of Michigan

Sandra Finkel, MPH
Owner of Intentional Balance, LLC,
a human potential coaching and
training business

Sallie Foley, LMSW
AASECT Certified Sex Therapist
Director, University of Michigan
Sexual Health Certificate Program
Faculty/School of Social Work

Joel Heidelbaugh, MD
Associate Professor
Department of Family Medicine
University of Michigan

Amanda Kaufman, MD, ABIHM
Assistant Professor
Department of Family Medicine
University of Michigan

David Leavitt, MD, ABIHM
Attending Psychiatrist, St Joseph
Mercy Hospital , Ann Arbor
Vice President, Michigan
Integrative Psychiatry, PC
Fellow in Integrative Medicine,
Center for Integrative Medicine,
University of Arizona College of
Medicine

Edward (Lev) Linkner, MD, ABIHM
Adjunct Clinical Professor,
University of Michigan
Founding Member American
Board of Integrative
Holistic Medicine
Solo practice, Ann Arbor, MI

Tara Master-Hunter, MD, ABIHM
Assistant Professor
Department of Family Medicine
University of Michigan

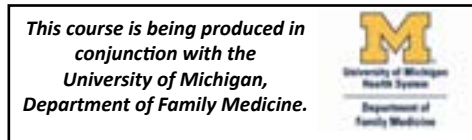
Marilyn Migliore, MS, RD, ACSW,
BCD
Cardiovascular Nutritionist at Car-
diovascular Medicine at Domino’s
Farms
Board Certified Diplomat in
Clinical Social Work in the
Department of Psychiatry
University of Michigan

John Stracks, MD, ABIHM
Clinical Assistant Professor of
Family and Community Medicine
Feinberg School of Medicine
at Northwestern University

Sahar Swidan, Pharm.D., BCPS,
ABAAHP
Pharmacy Solutions, President &
CEO
Clinical Associate Professor
University of Michigan

Jenna Wunder, MPH, RD
Whole Foods Nutrition Educator
Co-creator UM Healing Foods
Pyramid
Integrative Medicine
Department Family Medicine
University of Michigan

Suzanna M. Zick ND, MPH
Research Assistant Professor
Department of Family Medicine
University of Michigan



Program Schedule

Program Schedule

Thursday, March 29

- 8:00 a.m. Integrative Primary Care and the New Wellness Policies
Speaker: Sara L. Warber, MD
- 8:30 a.m. Information Isn't Enough: Overcoming Barriers to Adopting Healthy Behaviors
Speaker: Sanda Finkel, MPH
- 9:10 a.m. An Integrative Approach to Common Office Problems
Speaker: Amy B. Locke, MD, ABIHM
- 9:50 a.m. Osteoarthritis: Integrative Approaches to an Increasingly Common Problem
Speaker: Ricardo R. Bartelme, MD, ABIHM
- 10:30 a.m. BREAK - Seated Massage Therapy, Yoga and Tai Chi available at all breaks throughout the conference
- 12:00 p.m. LUNCH

Breakout Groups - Breakout groups are situated on either side of lunch as noted below, please choose two of the following, participants will attend one at 11:00 a.m. and one at 1:00 p.m.

- 11:00 a.m. or 1 p.m. Integrative Cancer Symptom Control
Speaker: Suzanna M. Zick ND, MPH
- 11:00 a.m. or 1 p.m. Somatic Experiencing: A Body-Based Approach to Healing Trauma
Speaker: Alicia Cohen, MD, ABIHM
- 11:00 a.m. or 1 p.m. Getting to the Point, Acupuncture: a Job Well Done
Speaker: Tara Master-Hunter, MD, ABIHM
- 11:00 a.m. or 1 p.m. How to 'Talk Nutrition' with your Patients: A Guide for Busy Clinicians
Speaker: Jenna Wunder, MPH, RD
- 11:00 a.m. or 1 p.m. Introduction to HeartMath: A Powerful Stress Reduction Tool
Speakers: Marnie Burkman, MD, ABIHM and David Leavitt, MD, ABIHM

- 2:00 p.m. - BREAK Seated Massage Therapy, Yoga and Tai Chi available at all breaks throughout the conference
- 2:30 p.m. Integrative Medicine Approach to GERD
Speaker: Joel Heidelbaugh, MD
- 3:10 p.m. Integrative Treatments For Anxiety: A Practical Guide
Speakers: Marnie Burkman, MD, ABIHM and MD, ABIHM and David Leavitt, MD, ABIHM
- 3:50 p.m. Sex matters for Women: What Women Wish we Would Talk About and Talk that Promotes Sexual Health
Speaker: Sallie Foley, LMSW, AASECT Certified Sex Therapist

Friday, March 30

- 8:00 a.m. Nature Deficit Disorder and Nature Prescriptions: Promoting Holistic Well-being
Speaker: Sara L. Warber, MD
- 8:40 a.m. Food and Mood: What's the Connection? An Introduction
Speaker: Marilyn Migliore, MS, RD, ACSW, BCD
- 9:20 a.m. Bio-identical Hormones: Pearls for your Practice
Speaker: Sahar Swidan, Pharm.D., BCPS, ABAAHP
- 10:00 a.m. BREAK - Seated Massage Therapy, Yoga and Tai Chi available at all breaks throughout the conference
- 10:30 a.m. T3 or not T3: Questions and Conundrums about Alternative Thyroid Treatments
Speaker: John Stracks, MD, ABIHM
- 11:10 a.m. The Holistic Approach to Itchy Skin
Speaker: Amanda Kaufman, MD, ABIHM
- 11:50 a.m. Men's Sexual Health and Testosterone Replacement
Speaker: Edward (Lev) Linkner MD, ABIHM
- 12:30 - 1:30 p.m. LUNCH (only participants attending the optional workshop are included in lunch)

*OPTIONAL WORKSHOP (lunch included)

- 1:30 p.m. - 4:30 p.m. Food and Mood: What's the Connection? An Interactive Workshop
Speaker: Marilyn Migliore, MS, RD, ACSW, BCD

***The optional Friday afternoon workshop 'Food and Mood: What's the Connection?' will offer an interactive exploration of how to approach eating and weight disorders through emotional techniques. This session will be led by Marilyn Migliore, MS, RD, ACSW, BCD, Cardiovascular Nutritionist and Clinical Social Worker at the University of Michigan. Ms. Migliore is the author of the book entitled "The Hunger Within". She regularly leads a 12-week workshop by the same name at the University of Michigan Health System where she works with individuals to manage weight by focusing on underlying emotional issues. Her method encourages behavioral change while taking the focus off of food.**

Accreditation & Credit Designation

The Michigan Academy of Family Physicians is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. The Michigan Academy of Family Physicians designates this educational activity for a maximum of *13.5 AMA PRA Category 1 Credits*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

An application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Other credits by specialty may apply.



Registration Information

Course Registration

Online: To register for this event online, please visit the Michigan Academy of Family Physicians website at www.mafp.com/education-events/upcoming-events.

Mail or Fax: To register for this event by mail or fax, please complete the enclosed Course Registration Form and return it with payment to the Michigan Academy of Family Physicians Foundation.

Fax Course Registration Form to: 517-347-1289

Mail Course Registration Form to: Michigan Academy of Family Physicians
2164 Commons Parkway
Okemos, MI 48864

Onsite: Onsite registration will also be available.

Registration fees include educational materials, as well as meals.

Conference registrations will be confirmed by email. Confirmations will include course information and program location details. If you do not receive confirmation one week prior to the event, or if information is in question, please call the Michigan Academy of Family Physicians at 800-833-5151.

Lodging: The hotel designated for this conference is the Kensington Court, Ann Arbor.

The Kensington Court, Ann Arbor is located at South State Street and Interstate 94 in the Briarwood Shopping Mall circle, only 2.5 miles from downtown Ann Arbor and the University of Michigan, and 25 miles from Detroit Metropolitan Airport.

Conveniently located at I-94 and South State Street (Exit #177) adjacent to Briarwood Shopping Mall Center in Ann Arbor.

Course Fees:

Fees Full Course Including Optional Workshop:
\$615 Physician
\$430 Retired Physician, RN & Allied Health
\$135 Physician-in-Training and Students

Fees - Optional Workshop Only:
\$215 Physician
\$150 Retired Physician, RN & Allied Health
\$50 Physician-in-Training and Students



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