

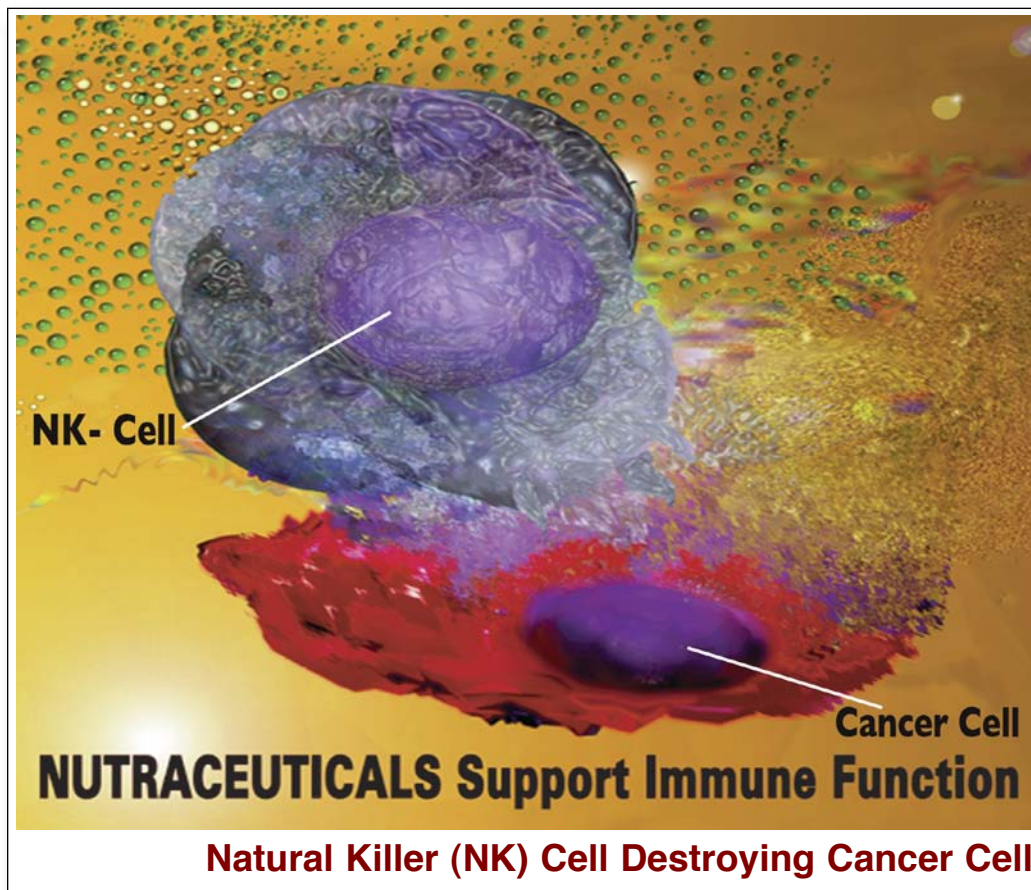


The American Nutraceutical Association's

# Nutraceuticals and Medicine Fall 2010 Conference

The Role of Diet, Nutraceuticals, Integrative Medicine, and Nutrition  
in Disease Management and Prevention

Saturday, October 16, 2010 • Gaylord Palms Hotel and Convention Center, Orlando, Florida



*A multi-disciplinary continuing education program for physicians, nurses, registered dietitians, pharmacists, and other healthcare professionals.*

*This conference is accredited for 5 AMA PRA Category 1 Credits™ for Physicians, 5 Nursing Contact Hours, 5 Hours Pharmacy CE\*, and 5 Hours CE for Registered Dietitians.*

## Conference Chair:

**Bernd Wollschlaeger, MD, FAAFP**

Associate Editor – *Journal of the American Nutraceutical Association*

Assistant Clinical Professor – Department of Family Medicine

University of Miami School of Medicine

Miami, Florida

Jointly Sponsored by the Foundation for Care Management and the  
American Nutraceutical Association



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**Saturday, October 16, 2010**

**Gaylord Palms Resort and Convention Center, Orlando, FL**

- 7:00 am**      **Conference Registration**  
Continental breakfast will be served in the foyer outside the ballroom.
- 7:55**            **Welcome and Review of CME Requirements.**  
**Conference Chair, Bernd Wollschlaeger, MD, FAAFP**
- 8:00 – 9:15**    **Plant-based Diets and Health: Guidelines for Healthcare Professionals.**  
**Cyril Kendall, PhD.** Professor and Research Scientist, Department of Nutritional Sciences, Faculty of Medicine, University of Toronto. Dr. Kendall has extensive research experience in dietary studies on foods and cardiovascular disease, and diabetes. He serves as the International Managing Editor of the *Journal of the American College of Nutrition*.
- 9:15 – 10:30** **Vitamin D Deficiency: Identification, Consequences, Management.**  
**Robert P. Heaney, MD, FACP, FACN, FASN.** John A. Creighton University Professor, Professor of Medicine, Department of Medicine, Creighton University, Omaha, Nebraska. Dr. Heaney has worked for over 50 years in the study of osteoporosis, vitamin D, and calcium physiology. He is the author of three books and has published over 400 original papers, chapters, monographs, and reviews in scientific and educational fields. Dr. Heaney serves or has served on the editorial boards of all the major scientific publications in the field of bone biology. He served as a member of the panel on Calcium and Related Nutrients of the Food and Nutrition Board (NAS) in the most recent setting of the DRIs for bone-related nutrients.
- 10:30 – 10:45** **Coffee Break**
- 10:45 – 12:00** **Nutritional Supplements to Defuse Weapons of Mass Inflammation.**  
**Lorne J. Hofseth, PhD.** Associate Professor, South Carolina College of Pharmacy, University of South Carolina, Senior Scientific Member, South Carolina Cancer Center. Research in the Hofseth group focuses on identifying and inhibiting the key players involved in inflammation and the inflammation-to-cancer sequence. More recently, Dr. Hofseth has been studying the ability of complementary and alternative medicines to reduce inflammation. He is carrying out clinical trials to examine the role of juice extracts to reduce systemic inflammation, and improve overall health.
- 12:00 – 1:15**    **Nutrition and Immunity.**  
**Susan S. Percival, PhD.** Professor of Nutrition, Department of Food Science and Human Nutrition, University of Florida. Dr. Percival has conducted numerous research projects on modifications of the immune system by dietary factors. Her research has evaluated the health benefits of cranberries, tropical fruits, green tea, herbs and spices, and a fruit and vegetable concentrate.
- 1:15**            **Summary / Evaluation / Wrap Up - Conference Chair, Bernd Wollschlaeger, MD**

**To qualify for CME/CE credit and receive a certificate, all healthcare providers must complete a program evaluation form and return it to the ANA registration desk after the conference.**

## GOALS - OBJECTIVES

The goal of this program is to offer healthcare providers (physicians, physician assistants, pharmacists, nurses, registered dietitians, chiropractic and naturopathic physicians, and others) the opportunity to develop skills in using nutrition and nutraceuticals in their practices. The program is designed to provide dynamic interaction among participants and speakers using a case study approach in order to maximize the knowledge, understanding and best practices in the use of nutrition, nutraceuticals and botanicals into clinical practice to optimize their patients' health and quality of life.

### Upon completion of this CME/CE conference the healthcare provider will be able to:

- Discuss dietary options for lowering serum cholesterol and the short and longer term effects of dietary combinations (Portfolio) on lipids, blood pressure and other coronary heart disease risk factors.
- Identify the principles underpinning the physiological effects of low glycemic index foods as “slow release” or “lente” carbohydrates and review the rationale for the use of low glycemic index foods in the prevention and treatment of diabetes.
- Determine dietary approaches that can be utilized to aid individuals in achieving a healthier plant-based diet.
- Describe vitamin D deficiency and identify the functional indicator of vitamin D status.
- Recognize the mechanism by which vitamin D operates in the human body.
- Outline several diseases in which vitamin D deficiency plays a role.
- Apply one or more repletion strategies for vitamin D deficiency.
- Discuss the scientific evidence linking chronic inflammation to disease.
- Describe the key components involved in the link between inflammation and disease.
- Analyze clinical studies that demonstrate the beneficial effects of complementary and alternative strategies to suppress inflammation.
- Recognize the basics of immunity, and how key immune cells are supported by phytonutrients.
- Explain how phytonutrients are important for disease prevention as antioxidants and their support for the human immune system.
- Implement evidence-based integrative treatment modalities into clinical practice for better patient outcomes.

## 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 Foundation for Care Management (FCM) and the American Nutraceutical Association (ANA). FCM is accredited by the ACCME to provide continuing medical education for physicians.

FCM designates this educational activity for a maximum of 5 *AMA PRA Category 1 credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The Foundation for Care Management is an approved provider of continuing nursing education by the Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Approval Period: July 1, 2009 – June 30, 2012. Provider # FCM-0612.



The Foundation for Care Management is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. Program # 0347-9999-10-026-L01-P. \*This CE activity is knowledge based.

This program has been submitted to the American Dietetic Association for approval of 5 hours of continuing education credit for registered dietitians.

**This conference is supported, in part, by an educational grant from:  
NSA, LLC.**

## CONFERENCE PRICE AND REGISTRATION INFORMATION

Early bird registration fee if registration is received by September 1:  
ANA Member-\$225 • Non-Member-\$250. After August 30, the fee increases \$25.

## CANCELLATION

A full refund less a \$25 administrative fee is made if cancellation is received before October 10, 2010. After October 10, 2010, no refunds will be made, although you may transfer your registration to another person or to a future conference.

To register for the conference by phone using a credit card, call the ANA Customer Service Department:  
800-566-3622, Monday-Friday, 8 AM to 4 PM Central Time. Outside the USA: 205-338-2740.

To register via the Internet go to [www.ana-jana.org](http://www.ana-jana.org). To register by fax, send a completed registration form to 205-991-9302, or mail it to the American Nutraceutical Association, 5120 Selkirk Drive, Suite 100, Birmingham, AL 35242

For technical questions regarding the conference or to accommodate special needs please call  
the ANA executive office at 205-213-2294

## ACCOMMODATIONS

The conference fee includes the conference, continuing education fee, course syllabus, and continental breakfast. It does not include hotel accommodations. To make hotel reservations, please contact Travelennium at 800-807-0761 and mention that you are attending the ANA Medical Conference in Orlando to receive a special discounted hotel rate of \$174 for 1-4 guests in a non-atrium view room and \$194 for atrium view. (does not include \$15/day resort fee). Rooms at the Gaylord Palms Resort and Convention Center are limited and available on a first come basis. Reservation deadline for rooms is September 8, 2010.



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**Conference registration and payment may be faxed or mailed to:**  
The American Nutraceutical Association, 5120 Selkirk Drive, Suite 100, Birmingham, AL 35242  
Fax: 205-991-9302

To register by phone: 800-566-3622 – 8 AM to 4:30 PM CST, Monday – Friday  
Outside the USA phone: 205-980-5710. Website: [www.ana-jana.org](http://www.ana-jana.org)

**Conference Registration (Please use a separate form for each person. Copies of form are allowed.)**

Please indicate your medical designation for nametag/certificate:

MD  DO  RPh  DC  RD  PA  NP  ND  DDS  RN  LPN  DDS  LMT  PhD  ND  
 other \_\_\_\_\_ ANA Member  Yes  No

Name \_\_\_\_\_

Please print name and medical designation (MD, RN, RPh, RD, etc.) as you wish it to appear on your conference badge/certificate.

Company affiliation \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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Payment Form:  Check (payable to ANA )  Visa  MasterCard  Amex  Discover

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I agree to the above charges. \_\_\_\_\_ Date \_\_\_\_\_

signature