

ATLANTIC HEALTH *and*
THE FOUNDATION FOR INTEGRATED MEDICINE

present

SUPPLEMENTS IN CLINICAL PRACTICE CONFERENCE:

*Evidence-Based Solutions to
Common Clinical Problems*



Saturday, November 1, 2008
Morristown Memorial Hospital
Malcolm Forbes Amphitheater

8:00am – 5:00pm

Registration and Breakfast

7:00am – 8:00am



THE PASSION TO LEAD

SUPPLEMENTS IN CLINICAL PRACTICE

Introduction

The use of nutrition and supplements has become increasingly important to patients and clinicians alike for prevention and treatment of chronic conditions. Patients look to their health care provider for guidance in the use of nutraceuticals, an area of medicine that is growing yet unregulated. Join your fellow clinicians at this exciting conference within an hour's drive of New York City. Learn from nationally renowned experts about the evidence-based use of supplements in daily office practice including: heart disease, diabetes, metabolic syndrome, anxiety, depression and pediatric conditions.

At the conclusion of this educational activity, participants should be able to:

1. Summarize the rational evidence-based use of dietary supplements in defined clinical situations.
2. Describe the contribution of nutrition to development and amelioration of chronic disease.
3. Recognize evidence-based nutritional and nutraceutical solutions for common office problems.

Who should attend:

Physicians | Nurse Practitioners | Physician's Assistants | Chiropractors, Dietitians | Pharmacists | Acupuncturists | and other clinicians who advise patients on the use of dietary supplements

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Medical Society of New Jersey (MSNJ) through the joint sponsorship of Atlantic Health and The Foundation for Integrated Medicine. Atlantic Health designates this educational activity for a maximum of 7AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity. Atlantic Health is accredited by the Medical Society of New Jersey to provide continuing medical education for physicians.

■ Integrative Medicine at Atlantic Health

In 2008, Atlantic Health is celebrating fifteen years of delivering Integrative Medicine to the community, making it one of the oldest hospital-based Integrative Medicine programs in North America. The program has grown from a small stress reduction program to one that delivers inpatient, outpatient, family, community, and corporate programs of considerable depth and variety. Programs include an extensive multidisciplinary oncology program, cardiac inpatient, rehabilitation, and lifestyle modification programs, massage for all new mothers, bedside programs for pediatric patients, and family support and stress reduction interventions in the surgical and critical care areas. Atlantic Health is embarking on a five year plan that includes a healing culture and advanced nutrition applications as it continues to stay on the leading edge of Integrative Medicine.

The Foundation for Integrated Medicine was founded in 1997 to educate health professionals and consumers in the value of integrating advances in nutritional, environmental and behavioral science into clinical practice. The Foundation works in concert with other educational and health care institutions and maintains an educational website, www.mdheal.org. For the past three years the Foundation has been working with Atlantic Health to promote nutritional awareness and nutritional therapies at Morristown Memorial and Overlook Hospitals, emphasizing the role of an anti-inflammatory dietary pattern in health promotion and recovery from illness.

Atlantic Health (atlanticealth.org) is one of the largest non-profit health care systems in New Jersey and includes Morristown Memorial Hospital and Overlook Hospital in Summit. The hospitals provide a wide array of health care services to the five millions residents of 11 Northern and Central New Jersey counties. Specialty services include cardiovascular care, neurosciences, pediatrics, cancer care, orthopedics, diabetes care, gastroenterology, trauma and emergency medicine, behavioral health, minimally invasive surgery, radiology and advanced diagnostics, women's health and maternal fetal medicine, home and hospice care and rehabilitation services. Atlantic Health's hospitals are accredited by the Joint Commission.

SUPPLEMENTS IN CLINICAL PRACTICE SCHEDULE

November 1, 2008
8:00am – 5:00pm

7:00 to 8:00 am	Registration and Breakfast
8:00 to 8:15 am	Welcoming Remarks Moderator: Ken Storch, MD
8:15 to 9:05 am	Dan Lukaczer, ND Sweet, Hot and Deadly: The Link Between Glycemic Index, Inflammation, and Cardiovascular Disease
9:05 to 9:55 am	Ali Safayan, MD Cardiovascular Disease: Risk Stratification and Integrative Therapies
9:55 to 10:20 am	Refreshment Break
10:20 to 11:10 am	Leo Galland, MD Nutritional Approaches to Reversal of the Metabolic Syndrome and Prediabetes
11:10 to 12:00 pm	Alan Gaby, MD Natural Treatment of Anxiety and Depression in Adult and Pediatric Populations
12:00 to 1:00 pm	Anti-Inflammatory Luncheon A Mindful Eating Experience Patti Ingersoll, PT
1:00 to 1:50 pm	Frank Smart, MD Diet and Heart Failure: It is Not All About the Salt
1:50 to 2:40 pm	Choose one of two workshops: Ali Safayan, MD Office Use of Nutraceuticals in Cardiovascular Health Leo Galland, MD Pediatric Immunity Inside Out
2:40 to 3:10 pm	Refreshment Break
3:10 to 4:00pm	Choose one of two workshops: Dan Lukaczer, ND Using Diet and Nutraceuticals in Patients with Metabolic Syndrome and Type 2 Diabetes Alan Gaby, MD Common Pediatric Problems: Effective Treatments Using Natural Medicine
4:00 to 4:50 pm	Nancy Cotter, MD Therapeutic Properties of Chocolate / Lecture and Tasting

Course Directors

Nancy Cotter, MD

Medical Director
Atlantic Integrative Medicine
Morristown and Overlook Hospitals
Morristown and Summit, New Jersey

Leo Galland, MD, FACP

Director
Foundation for Integrated Medicine
New York, New York

Guest Faculty

Alan R Gaby, MD

Contributing Medical Editor
Townsend Letter for Doctors
Past President
American Holistic Medical Association
Concord, New Hampshire

Patti Ingersoll, PT

Integrative Physical Therapist
Atlantic Integrative Medicine
Morristown and Overlook Hospitals
Morristown and Summit, New Jersey

Dan Lukaczer, ND

Associate Director of Medical Education
Institute for Functional Medicine
Private Practice, Family Medicine
Fife, Washington

Ali Safayan, MD

Medical Director
Restorative Health
Washington DC

Frank Smart, MD

Chairman, Cardiovascular Medicine
Gagnon Cardiovascular Institute
Atlantic Health
Morristown and Summit, New Jersey

Kenneth Storch, MD, PhD

Director
Storch Medical Nutrition Center
Director
Medical Nutrition, Morristown Memorial
Hospital
Vice President
American Board of Physician Nutrition
Specialists



Conference Registration

Registration Fees	Before October 17th	After October 17th
All Atlantic Employees and Medical Staff*	\$125	\$150
Physicians and Allied Health	\$195	\$250
Students (non- credit)	\$50	\$75

Refund in full if cancellation received by October 24th;
No refunds after October 24th.

* Atlantic Health employees must be currently employed and medical staff must be in good standing at time of registration to qualify for discount.

Please complete the form and mail with your check made payable to Atlantic Health: Supplements in Clinical Practice. Send check to:

Atlantic Health Class Registration Service,
1000 American Road, Box 905, Morris Plains, NJ 07950

To pay by credit card, please call 800-247-9580.

Name: _____

Degree: _____

Address: Home Office _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Email: _____

For more information on the conference, please contact the Atlantic Health Events Monday through Thursday / 8:30am to 8:00pm and Friday 8:30am to 4:30pm 800-247-9580

This information is provided for general medical education purposes only and is not meant to substitute for the independent medical judgment of a physician relative to diagnostic and treatment options of a specific patient's medical condition. In no event will Atlantic Health be liable for any decision made or action taken in reliance upon the information provided through this activity.



ATLANTIC HEALTH
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Mind Body Center
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