A State of the Art Symposium on Integrative Medicine
Featuring many distinguished speakers, faculty and post graduates of the University of Arizona Health Sciences Center Fellowship Program

New Mexico - The Land of Enchantment -
where mysteries unfold and legends come alive
Nurses

Enjoy an afternoon of informative pre-conference workshops.

**Invited Guest Speakers**
- Donald Abrams, MD
- Kristy Anderson, MD
- Timothy C. Birdall, MD, FABNO
- Sandra Canzone, DOM, LMT, RMTI
- L. Eduardo Cardona-Sanclemente, MSc, PhD, DSc
- Diane Chase, MA
- Bruce Cryer
- James E. Dalen, MD, MPH
- Stephen R. Devries, MD
- Ana Edwards, MA
- Russell Greenfield
- Mary L. Hardy, MD
- Satkiri Khanlas, MD
- Steven Komadina, MD
- Karen Lawson, MD
- Roberta Lee, MD
- James J. Lehman, DC
- Jamie McManus, MD, FAAFP
- Sonia Eliza Masocco, LMT
- Anne Nedrow, MD
- Sandy Newmark, MD
- Sunil Pai, MD
- David Rakel, MD
- Victor S. Sierpina, MD
- Jeffery S. Sollins, MD
- Amy Stein, MFA
- Chris Tufi, RPh
- Debbie Walhof, MD
- Harvey J. White, MD, FACC
- Jean Anne Zollars, MA, PT, BI-D

**The University Of Arizona Health Sciences Center Faculty**
- Randy Horwitz, MD, PhD
- David Kiefer, MD
- Tieraona Low Dog, MD
- Victoria Maizes, MD

**University of New Mexico and UNM Health Sciences Center Faculty**
- Onur Aydinoğlu, DOM, DAOM, DiplOM
- Kathy Burke, MD
- Scott Carroll, MD
- George Comerci, MD
- Michelle DeVal, MA
- Sally Fisher, MD, MS
- William Hunt, MD
- David Lang, LMT
- Beverly Lanzetta, PhD
- Warren Laskey, MD
- Judith Pentz, MD
- Patricia A. Repar, DMA
- David Riley, MD
- Robert E. Sapien, MD, CHt
- George Simmons, DC, AP-C
- Mary Smith-Fassler, RN, DOM
- William Sparks
- Eliseo “Cheo” Torres, EdD
- Barbara Weiler, RN, BAS, HNC, CHFP

Ingrid Yogiya Wengatz, PhD, LMT, NTS, RYT

**Course Director**
- Arti Prasad, MD, FACP
- Professor of Medicine
- Chief, Section of Integrative Medicine

**Director, Integrative Cancer Programs**
- University of New Mexico Health Sciences Center
- Clinical Associate Professor, Program in Integrative Medicine, University of Arizona Health Science Center
- Founder and Executive Director, UNM Center for Life – Integrative Medicine Specialty Clinic

**Advisory Committee**
- Kathy Burke, MD
- Mary L. Hardy, MD
- Victoria Maizes, MD
- Debbie Walhof, MD

For full faculty designation, see the UNM CME website at [http://hsc.unm.edu/som/cme](http://hsc.unm.edu/som/cme)

**Who should attend**

This symposium is designed for the following groups of people:
- Physicians
- Nurses
- Physician Assistants
- Pharmacists
- Dietitians
- Clergy
- Acupuncturists
- Naturopaths
- Body Workers
- Psychologists
- Other complementary care providers

**objectives**

During and after this symposium, participants will be able to:
- Assess some of the latest original research in the field of Complementary and Integrative Medicine, with special emphasis on Cardiology, Pediatrics, Oncology, Mental Health, and Women’s Health
- Explore the areas of Preventive Medicine, Life Style, Nutrition, Wellness, Spirituality, and Stress Management
- Delineate core concepts related to purity and standardization of food supplements and botanicals, and their usage and safety with conventional medical medications
- Understand the basic concepts of, differences between, and clinical applications of traditional healing systems such as Curanderismo, Native American medicine, and Ayurvedic medicine
- Participate in personal experiences with healing modalities such as art therapy, meditation, shamanic healing rituals, and movement therapies such as Yoga, Tai Chi, and Nia.

**community ritual for healing**

with Scott Carroll, MD and Karen Lawson, MD

Join these two physicians, who have studied and trained with modern day shamans, to experience the power of ritual for your own life. The focus of this evening will be to support participants in manifesting increased balance and wholeness in their life. The ritual, created using ancient techniques, will be unique for this group. It will take place in an unimproved, natural setting with limited accessibility. The cost is $50 per person and includes transportation from the Marriott to the ritual site. Please contact the Office of CME (505)272-3942, for clarification if you have any mobility limitations or intolerance of smoke before signing up for the ceremony. Maximum of 30 participants; registration must occur by 10/1; advance preparation instructions will be sent out electronically to confirm registrants.

**accreditation**

**Physicians**

The University of New Mexico School of Medicine, Office of Continuing Medical Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The Office of Continuing Medical Education designates this educational activity for a maximum of 20.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Nurses**

This activity is approved for 20.0 contact hours by the University of New Mexico Office of Continuing Medical Education, an approved provider of continuing nursing education by the New Mexico Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

Physicians Nurses Physician Assistants Pharmacists Dietitians Clergy Acupuncturists Naturopaths Body Workers Psychologists Other complementary care providers Massage Therapists Chiropractors Health Benefits Administrators

For additional information, please contact the Office of CME at (505) 272-3942 or visit the CME website at [http://hsc.unm.edu/som/cme/2010/SIMPLE/SIMPLE.shtml](http://hsc.unm.edu/som/cme/2010/SIMPLE/SIMPLE.shtml)
Name: ___________________________________________________________________
Title (please circle): MD  DC  DOM  ND  PA  RN  Therapists  Other: __________
Street: __________________________________________________________________
City: ___________________________________________________________________
State: _____________
Zip: ____________________
Daytime Telephone: ( ) __________________ FAX Number: ( ) ________________
E-mail: __________________________________________

PLEASE PRINT CAREFULLY.  THE ABOVE INFORMATION WILL BE USED FOR YOUR NAME TAG.

Early Bird Registration (on or before September 3, 2010)  *With 10% Discount:
MD, DO $595.00 $535.00
CAM Providers
(DC, DOM, ND and Other CAM Doctors) $495.00 $445.00
Nurse, Physician Assistant, Therapist and Others $425.00 $382.00
AFTER September 3, 2010
MD, DO $635.00 $571.00
CAM Providers
(DC, DOM, ND and Other CAM Doctors) $535.00 $481.00
Nurse, Physician Assistant, Therapist and Others $465.00 $418.00
ON SITE:
MD, DO $695.00 $625.00
CAM Providers
(DC, DOM, ND and Other CAM Doctors) $595.00 $535.00
Nurse, Physician Assistant, Therapist and Others $525.00 $472.00

*10% discount for 3 or more individuals from the same organization. Please submit registrations together.

NOTE: UNM Tuition Remission may be used for Conference Registration but not for the Community Healing Ritual Meals:
☐ Non-Vegetarian  ☐ Vegetarian  ☐ Vegan

Method Of Payment:
☐ Check (Make payable to UNM Office of CME)
☐ UNM Tuition Remission Form (copy enclosed)
☐ Institutional Purchase Order Number____________________
☐ VISA
☐ MASTERCARD  ☐ "V" Code _______  (last 3 numbers on back of card)
☐ Your Practice  (Not Eligible for CME Credit)
Expiration Date: ______________  Amount: ______________

Cardholder’s Signature: __________________________________________

ATTENTION UNM FACULTY AND STAFF!
Use your tuition remission form when paying for this conference.
cancellation policy
If you pre-register and cannot attend, the Office of Continuing Medical Education will refund tuition, less a $40.00 administrative fee provided it is received in writing prior to October 1, 2010. No refunds will be issued after this date or for non-attendance. Conferences are subject to cancellation. In the event this conference is cancelled, the Office of Continuing Medical Education is not responsible for any airfare, hotel, or other costs incurred by participants.

UNM tuition remission
All eligible UNM Faculty and Staff may enroll using a UNM Tuition Remission (waiver) to cover tuition costs listed on the registration form. Properly completed remissions must accompany the registration form. Proper completion includes all required signatures. No refund or credit will be issued for non-attendance. The on-line UNM Tuition Remission form may be accessed at: http://hr.unm.edu/Forms/benefits/TRFormSpring2009.pdf

registration information
If you are paying by credit card, we now have on-line registration capability at the UNM CME website: http://hsc.unm.edu/som/cme/ A confirmation letter will be e-mailed to you. Please present your confirmation letter at the registration desk upon arrival at the conference. If you do not receive a confirmation letter, please contact the Office of CME at (505) 272-3942 to verify your attendance. Your registration fee includes conference materials, continental breakfasts and yoga on Monday – Wednesday, reception on Monday, lunch on Monday and Wednesday, as well as refreshment breaks each day of the conference. Please confirm your registration prior to making travel arrangements. Minimum and maximum numbers have been established for this conference.
A copy of the purchase order must accompany the registration. Any registrations faxed without a Visa or MasterCard number, or a copy of the purchase order cannot be processed. The Office of CME does not maintain a petty cash fund. Cash payments must be made in the exact amount. It is UNM policy to charge offerer $15 plus normal merchant bank fees for each returned check.

accommodations
The SIMPLE Conference will be held at the Albuquerque Marriott, 2101 Louisiana Blvd NE, Albuquerque, New Mexico 87110. A block of rooms have been reserved at the Albuquerque Marriott. Special rates of $99.00 are available for the nights of October 9-12, 2010 if reservations are made no later than September 22, 2010. The Albuquerque Marriott is within walking distance to the Uptown Business District, ABQ Uptown Living Center, and the Coronado Mall, which features dozens of your favorite restaurants, world-class shopping, and more.
All reservations will be guaranteed with a major credit card. To make room reservations, participants should call Marriott reservations at (800) 334-2086 or on-line at www.marriott.com/abqnm Please identify yourself as a participant of the UNM SIMPLE 2010 conference. Rates will not be changed at check-in or checkout for attendees who fail to identify their affiliation with the meeting at the time the reservation is requested. Check-in time is 4:00pm and check-out time is 12:00pm. The Hotel will make every reasonable effort to accommodate early arrivals and late check-out requests will be reviewed based on hotel demand. Free parking is available at the hotel.

conference syllabus
We will again be selling Flash Drives for $20, which will have all of the presentations we receive prior to the conference. We will not be printing handouts for this conference. Your confirmation letter will have the link to the website. The handouts will be available on the website a week prior to the conference, as well as an updated agenda. The conference facility will be fully equipped with free wireless internet access.
We will have a very limited number of extra flash drives for sale on site. Include your $20 along with your registration fee, so you can pre-order your flash drive. We will have them available at the conference.

focus group discussion
An optional focus group discussion, Integrative Approaches to Addiction Disorders, led by Jaye T. Swoboda, MD, will be held at 12:00 pm - 1:30 pm, on Tuesday, October 12 (Lunch provided). This discussion is limited to 20 participants. Registration is free and will be taken on site on a first come, first serve basis. For more information, please visit http://hsc.unm.edu/som/cme/2010/SIMPLE/SIMPLE.shtml

balloon fiesta
The dates of the conference coincide with the 39th Annual Albuquerque International Balloon Fiesta, one of the world’s most photographed events. For nine days in October, the New Mexico skies are painted as hundreds of balloons lift off from Albuquerque’s Balloon Fiesta Park. Whimsical special shapes and Balloon Glows create a magical landscape for spectators to wander.
The Fiesta dates are October 2-10, 2010. A free shuttle from the Albuquerque Marriott to a Balloon Fiesta Express Park & Ride location will be provided on Saturday and Sunday, October 9 & 10. For more information about the park and ride services, ascensions and other scheduled events, visit http://www.aibf.org.

acknowledgements
Special thanks to the following companies and individuals for their support of the Symposium:
GOLD
National University of Health Sciences
InnoVision Health Media

FRIENDS
American BioSciences, Inc.
HeartMath, LLC
Integrative Therapeutics, Inc.

arts-in-medicine at UNM
Music for the SIMPLE Program is provided by Art-in-Medicine; http://artsinmedicine.unm.edu.
Sunday, October 10, 2010
Pre-Conference Workshops
1:00 PM - 5:00 PM Health Coaching
Karen Lawson, MD

3:00 PM - 5:00 PM
Karen Lawson, MD
Healing the Self through Self Portraits – A Drawing Workshop
Amy Stein, MFA

Medicine for the Soul: An Integrative Approach to Spiritual Suffering and Healing
Beverly Lanzetta, PhD

Tools for Stress Reduction: Adding HeartMath’s Heart Rhythm Technology to Your Practice (Not Eligible for CME Credit)
Bruce Cryer and David Riley, MD

Ayurveda: A Solution for Our Epidemic Obesity
L. Eduardo Cardona-Sanclemente, MSc, PhD, DSc

Monday, October 11, 2010
6:30 AM Sunrise Yoga and Meditation
(Not Eligible for CME Credit)
Satkirin Khalsa, MD

7:00 AM Pre-registration and Continental Breakfast
Featuring Artist-in-Medicine

8:00 AM Welcome
Arti Prasad, MD, FACP and Victoria Maizes, MD

8:30 AM Opening Remarks
Pope Moseley, MD

Keynote Presentation
Moderator: Arti Prasad, MD, FACP

8:45 AM The Future of Integrative Medicine
James E. Dalen, MD, MPH

9:45 AM Pre-Conference Workshops
1:00 PM - 5:00 PM Health Coaching
Karen Lawson, MD

3:00 PM - 5:00 PM
Karen Lawson, MD
Healing the Self through Self Portraits – A Drawing Workshop
Amy Stein, MFA

Medicine for the Soul: An Integrative Approach to Spiritual Suffering and Healing
Beverly Lanzetta, PhD

Tools for Stress Reduction: Adding HeartMath’s Heart Rhythm Technology to Your Practice (Not Eligible for CME Credit)
Bruce Cryer and David Riley, MD

Ayurveda: A Solution for Our Epidemic Obesity
L. Eduardo Cardona-Sanclemente, MSc, PhD, DSc

Monday, October 11, 2010
6:30 AM Sunrise Yoga and Meditation
(Not Eligible for CME Credit)
Satkirin Khalsa, MD

7:00 AM Pre-registration and Continental Breakfast
Featuring Artist-in-Medicine

8:00 AM Welcome
Arti Prasad, MD, FACP and Victoria Maizes, MD

8:30 AM Opening Remarks
Pope Moseley, MD

Keynote Presentation
Moderator: Arti Prasad, MD, FACP

8:45 AM The Future of Integrative Medicine
James E. Dalen, MD, MPH

Monday, October 11, 2010
6:30 AM Sunrise Yoga and Meditation
(Not Eligible for CME Credit)
Satkirin Khalsa, MD

7:00 AM Pre-registration and Continental Breakfast
Featuring Artist-in-Medicine

8:00 AM Welcome
Arti Prasad, MD, FACP and Victoria Maizes, MD

8:30 AM Opening Remarks
Pope Moseley, MD

Keynote Presentation
Moderator: Arti Prasad, MD, FACP

8:45 AM The Future of Integrative Medicine
James E. Dalen, MD, MPH

9:45 AM Refreshment Break

Breakout Sessions
10:00-11:30 AM Spirit 1

1. Meet the Experts – “Integrative Medicine Movement” Panel and Q&A
   Victor S. Sierpina, MD; James E. Dalen, MD, MPH

2. Ayurveda: The Science of Life
   Ingrid Yogita Wengatz, PhD, LMT, NTS, RYT

3. Food Allergies & Sensitivities in Adults
   Randy Horwitz, MD, PhD

4. Integrative Pain Management Panel
   George Comerci, MD; Mary Smith-Fassler, RN, DOM; David Lang, LMT; William Hunt, MD; George Simmons, DC, AP-C

5. Activating Life Force: Chi in Daily Life
   Energize and Relax with Therapeutic Movement Practices
   Diane Chase, MA, LMT

6. Mindfulness Based Stress Reduction
   Michelle DuVal, MA

7. Native American Healing Practices
   William Sparks

8. Mexican Folk Healing
   Eliseo “Cheo” Torres, EdD

11:30-1:00 PM Lunch Provided

Plenary Sessions – Integrative Cardiology
Moderator: Stephen R. Devries, MD

1:00 PM “Vascular Health: What is it? How do I get it? How do I keep it?”
   Warren Laskey, MD

2:00 PM “Expanding the Opportunities in Preventive Cardiology: Natural Options for Treatment of Cholesterol and Beyond”
   Stephen R. Devries, MD

3:00 PM Refreshment Break

Breakout Sessions
3:15-4:45 PM Spirit 2

9. Meet the Expert – Integrative Cardiology Discussion and Q&A
   Stephen R. Devries, MD

10. “Undernutrition” and “Overnutrition” – What We Know About Their Roles in Heart Disease
    Jamie McManus, MD, FAAFP

11. Yoga Therapy for Cardiovascular Health
    Satkirin Khalsa, MD

12. Prayer, Healing and the Soul: Fiction, Fact or Faith?
    Beverly Lanzetta, PhD and Jeffery S. Sollins, MD

13. Some Chocolate for you?
    Roberta Lee, MD

14. Vein Health: An Integrative Approach to Managing Chronic Venous Disorders
    Harvey J. White, MD, FACC

15. Heart Rhythm Coherence and Physiology of Health and Wellness
    David Riley, MD

16. Nia – Movement is Life!
    Ana Edwards, MA

Tuesday, October 12, 2010
6:30 AM Tai Chi
(Not Eligible for CME Credit)
Victor S. Sierpina, MD

7:00 AM Continental Breakfast
Featuring Artist-in-Medicine

Plenary Sessions – Integrative Oncology
Moderator: Arti Prasad, MD, FACP

8:00 AM Integrative Oncology: Caring for the Whole Person
   Donald Abrams, MD

9:00 AM Integrative Therapies in Breast CA
   Mary L. Hardy, MD

10:00 AM Refreshment Break

Breakout Sessions
10:30-12:00 PM Spirit 3

17. Meet the Experts – Integrative Oncology Panel and Q&A
   Mary L. Hardy, MD and Donald Abrams, MD

18. Naturopathic Approaches to Cancer Care, within a Patient Empowered Care™ Model
    Timothy C. Birdal, ND, FABNO

19. Clinical Application and Safety of Chinese Herbal Medicine in Integrative Oncology
    Onur Aydinoglu, DOM, DAOM, DiplOM
20. Rituals in Health and Healing  
Karen Lawson, MD

21. Restorative Qualities of Oncology Massage  
Sandra Canzone, DOM, LMT, RMTI

22. Energy Medicine Use with the Oncology Patient  
Barbara Weler, RN, BJS, HNC, CHTP/I

23. Yoga for Breast Cancer  
Satkirin Khalsa, MD

24. Enriching Palliative Care through the Arts  
Patricia A. Repar, DMA

12:00-1:30 PM Lunch on Your Own

12:00-1:30 PM Optional Focus Group Discussion  

Plenary Sessions – Integrative Pediatrics  
Moderators: Kathy Burke, MD and Debbie Walhof, MD

1:30 PM  
Do 2.5 Million Children Really Need Ritalin? An Integrative Approach to the Evaluation and Treatment of ADHD  
Sandy Newmark, MD

2:30 PM  
Integrative Pediatrics – Separating Wheat from Chaff  
Russell Greenfield, MD

3:00 PM  
Refreshment Break

Breakout Sessions

3:30-5:00 PM Spirit 4

25. It’s Not Just What They Breathe - Protecting Children from Environmental Hazards  
Russell Greenfield, MD

26. Meet the Experts – Integrative Pediatrics Panel and Q&A  
Kathy Burke, MD and Debbie Walhof, MD

27. Autism as a Systemic Disease: New Paradigm- New Evaluation and Treatment  
Sandy Newmark, MD

28. Safety and Efficacy of Chiropractic Medicine in Adults and Children  
James J. Lehman, DC

29. Homeopathy in Daily Practice  
Kristy Anderson, ND

30. Visceral Manipulation: An Alternative Treatment for Children with Gastrointestinal Problems  
Jean Anne Zollars, MA, PT, BI-D

31. Healing with Hypnotherapy in Children  
Robert E. Sapien, MD, CHt

32. Indigenous Healing Traditions  
Scott Carroll, MD

5:00 PM  
Adjourn for the Day

6:00 - 10:00 PM Community Ritual for Healing  
Scott Carroll, MD and Karen Lawson, MD

Wednesday, October 13, 2010

6:30 AM  
Sunrise Yoga and Meditation  
(Not Eligible for CME Credit)  
Satkirin Khalsa, MD

7:00 AM  
Continental Breakfast  
Featuring Artist-in-Medicine

Plenary Sessions – Integrative Women’s Health  
Moderator: Victoria Maizes, MD

8:00 AM  
Core Strength: Lifestyle Medicine For Women  
Anne Nedrow, MD

9:00 AM  
For Women and Caregivers: New Ideas on Managing Chronic Stress  
Roberta Lee, MD

10:00 AM  
Refreshment Break

Breakout Sessions

3:30-5:00 PM Spirit 5

33. Meet the Experts - Women’s Health Panel Q&A  
Roberta Lee, MD and Mary L. Hardy, MD

34. Integrative Medical Home: Five Year Experience of Retainer Model at Oregon Health & Science University  
Anne Nedrow, MD

35. Building Better Bones: Osteoporosis Prevention and Treatment  
Victoria Maizes, MD

36. Nutrition for Women  
Sally Fisher, MD, MS

37. Chair Yoga for Fibromyalgia, Chronic Pain, and Obesity  
Satkirin Khalsa, MD

38. Vitamin D – Not Just for Bones! Research Update 2010  
Jamie McManus, MD, FAAFP

39. Rituals in Health and Healing  
Karen Lawson, MD

40. What Influences Healing in the Clinical Encounter? Creating a Salutogenesis Oriented Session (SOS)  
David Rakel, MD

12:00 – 1:30 PM Lunch Provided

Plenary Sessions – Integrative Pharmacy  
Moderator: Arti Prasad, MD, FACP

1:30 PM  
Integrative Pharmacy: The Future  
Tieraona Low Dog, MD

2:30 PM  
Beyond Capsules: Grounding Our Herbal Prescribing in (Ethno)botany  
Dave Kiefer, MD

3:00 PM  
Refreshment Break

Breakout Sessions

3:30-5:00 PM Spirit 6

41. Herbal Kitchen  
Tieraona Low Dog, MD

42. Discover the Truth About Purity, Potency and Quality of Dietary Supplements  
Sunil Pai, MD

43. Ayurvedic Pharmacy  
Sonia Elisa Masocco, LMT

44. Optimizing the Gut Ecosystem: Reducing Systemic Inflammation through the Gut-immune Barrier  
David Rakel, MD

45. Meet the Experts – Botanicals Panel, Show and Tell, and Q & A  
Mary L. Hardy, MD and David Kiefer, MD

46. Compounding Pharmacy  
Chris Turf, RPh

47. Are all Omega 3s Created Equal?  
Steven Komadina, MD

48. To Supplement or Not: Dietary Supplements in Mental Health  
Judith Pentz, MD

5:00 PM  
Conference Adjourns