

Obesity rates continue to climb at an alarming rate in the United States and many other developed countries. Rates of related medical conditions such as type 2 diabetes, metabolic syndrome, sleep apnea, hypertension and osteoarthritis are also on the rise. This two-day educational event will focus on ways to create effective and lasting impacts on these types of health problems through the science and practice of lifestyle medicine.

About Lifestyle Medicine

Lifestyle medicine is the use of therapeutic lifestyle interventions in the treatment and management of disease. Lifestyle interventions are intentional therapeutic changes in lifestyle choices, including things such as tobacco use, diet, activity and attitude. Lifestyle factors are widely recognized as risk factors with powerful potential to prevent disease. However, recent science has shown they also have significant therapeutic effects on existing disease. In a society where chronic conditions are becoming the norm, lifestyle interventions represent the most potent interventions over the lifespan because they treat the underlying causes of illness, not just symptoms. This conference will present the science supporting these conclusions, as well as examples of evidence-based interventions to implement the science.

Conference Objectives

The conference is intended for physicians. Other healthcare providers, educators, scientists, and anyone with an interest in the management and prevention of major illnesses may also benefit and are encouraged to attend.

Upon completion of the conference, participants will be able to:

- *Discuss ways to collaborate with other professionals to enhance health improvement in individuals and groups.*
- *Identify evidence-based lifestyle interventions to treat obesity and chronic disease.*
- *Demonstrate ways to design exercise/activity programs that model health practices and assist patient change.*
- *Explain how to help patients identify and act upon health change goals.*

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Medical Society of Virginia through joint sponsorship of Carilion Clinic's CME Program and the Carilion Clinic Family Medicine Residency Program and Carilion Clinic Department of Psychiatry and Behavioral Medicine.

Carilion Clinic's CME Program is accredited by The Medical Society of Virginia to provide continuing medical education for physicians. Carilion Clinic's CME Program designates this live activity for a maximum of 14.5 **AMA PRA Category 1 Credit(s)**[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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Carilion Clinic Family Medicine – Roanoke-Salem
1314 Peters Creek Road
Roanoke, VA 24017



Lifestyle Medicine *Focus on Integration and Collaboration*

October 7th and 8th

This event is sponsored by the Carilion Clinic Family Medicine Residency Program and the Carilion Clinic Department of Psychiatry and Behavioral Medicine with support from the Roanoke College Department of Psychology and hosted by Roanoke College.



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Speakers:

Joel Fuhrman, M.D., established the Center for Nutritional Medicine, renowned speaker and author (*Eat to Live*) in Lifestyle Medicine

Linda Smith, P.A. Director of Professional & Public Programs, Duke Integrative Medicine, certified health coach, chief medical editor for *The Duke Encyclopedia of New Medicine: Conventional and Alternative Medicine for All Ages*

Jon Seskevich, R.N., nurse clinician, Duke University Medical Center, member of Duke Hospital's Advanced Clinical Department's Stress Management Consult Team, numerous publications/presentations on stress management

John Kelly, M.D., M.P.H., founder of the American College of Lifestyle Medicine (ACLM), director of the Lifestyle Health Center in Rocky Mount, VA

Rick Seidel, Ph.D., associate professor of Psychiatry, VTC School of Medicine; director of Research, Department of Psychiatry and Behavioral Medicine, Carilion Clinic

Michael Jeremiah, M.D., associate professor of Family Medicine, VTC School of Medicine and Medical Director of the Carilion Clinic Family Medicine Residency Program

Del Bolin, M.D., associate professor – Division of Sports Medicine at the Edward Via Virginia College of Osteopathic Medicine, head team physician Radford University, member of the Via Wellness Committee

Allison Bowersock, M.S., CSCS, program director, clinical coordinator and assistant professor, Health and Exercise Sciences Program at the Jefferson College of Health Sciences

The conference planning committee: Michael Jeremiah, M.D., Nancy Misicko, M.D., Richard Truxillo, D.O., Rick Seidel, Ph.D., Dedria Tuck, R.N., Cindy Neathawk, R.N., Lynne Lewis and Evonne Toliver have reported no financial conflicts of interest.

Registration Information:

To register, please call 800-422-8482

Tuition and Fees

Registration: \$225 per day; \$325 for the entire conference lunch included. Please call 800-422-8482 for pricing if you are a full time student, Roanoke College faculty or Carilion employee.

Conference Location and Information

Roanoke College
Colket Center
221 College Lane
Salem, VA 24153

Hotel and Direction Information

Comfort Suites, 100 Wildwood Road, Salem, VA 24153, 540-389-7171

Holiday Inn Roanoke, 3315 Ordway Drive, Roanoke, VA 24017, 540-362-4500

Conference Agenda

Friday, October 7

- 8:30 a.m. **Keynote: Joel Fuhrman, M.D.**
Eat to Live: breaking the food addiction
- 9:30 a.m. **Plenary One: John Kelly, Jr., M.D., M.P.H.**
Corporate Wellness Using the C.H.I.P. Model
- 10:30 a.m. Break
- 10:45 a.m. **Plenary Two: Linda Smith, P.A.**
Integrative Health Coaching
- 11:45 a.m. Lunch
- 1 p.m. **Plenary Three: Rick Seidel, Ph.D.**
Love the Grind: creating performance excellence
- 2 p.m. **Plenary Four: Allison Bowersock, M.S., CSCS**
Exercise Prescriptions
- 3:15 p.m. Break
- 3:30 p.m. **Breakout Sessions:**
Joel Fuhrman, M.D. – Micronutrient Balance
Linda Smith, P.A. – Coaching mini-workshop
Allison Bowersock, M.S., CSCS – Exercise Rx mini-workshop
- 4:30 p.m. **Panel Discussion: Collaborative Wellness**
Linda Smith, P.A.
John Kelly, M.D., M.P.H.
Dedria Tuck, R.N.
Michael Jeremiah, M.D., moderator
- 5:30 p.m. Adjourn
- 7 p.m. **General Public/Resident/Student Presentation:**
Joel Fuhrman, M.D.

Saturday, October 8th

- 8:30 a.m. **Plenary Five: Michael Jeremiah, M.D.**
Teaching Wellness
- 9:30 a.m. **Keynote: Joel Fuhrman, M.D.**
Winning the War on Cancer
- 10:30 a.m. Break
- 10:45 a.m. **Plenary Six: Jon Seskevich, R.N.**
Stress Management for Patients, Providers and Staff
- 11:45 a.m. Lunch
- 1 p.m. **Plenary Seven: Del Bolin, M.D.**
Microscopic & Macroscopic Implications of Exercise & Inactivity
- 2 p.m. **Breakout Sessions:**
Jon Seskevich, R.N. – Stress Reduction – mini-workshop
Del Bolin, M.D. – Finding ways to “Walk the Talk”
Rick Seidel, Ph.D. – Where’d My Motivation Go?—I had it here someplace
- 3:15 p.m. Break
- 3:30 p.m. **Plenary Eight: Joel Fuhrman, M.D.**
Disease-Proofing Your Child
- 4:30 p.m. **Panel Discussion: Collaborative Wellness**
Michael Jeremiah, M.D.
Jon Seskevich, R.N.
Joel Fuhrman, M.D.
Rick Seidel, Ph.D., moderator
- 5:30 p.m. Adjourn