

AGENDA

7:30

Continental Breakfast & Registration

8:00 – 8:30

Perspectives on Integrative Medicine at SUNY Upstate Medical University

David Smith, MD, President,
SUNY Upstate Medical University

Perspectives on Integrative Medicine at Crouse Hospital

Paul Kronenberg, MD, President and
CEO, Crouse Hospital

8:30 – 9:30

Integrative Medicine in Palliative and Hospice Care

Giovanni Elia, MD, Clinical Medical
Director, San Diego Hospice and
Palliative Care

9:30 – 9:45 Break

9:45 – 10:45

Epigenetics: Environmental Influences on Health

Paula Scariati, DO, MPH
Associate Clinical Professor, Department
of Preventive Medicine, Loma Linda
University, Loma Linda, CA
Adjunct Clinical Instructor, Division of
Family Practice, Edward Via Virginia
College of Osteopathic Medicine,
Blacksburg, VA

10:45 – 11:45

Mindfulness in Medicine, Embodied Awareness and Personal Renewal for Physicians

Michael Krasner, MD
Primary Care Internal Medicine,
Olsan Medical Group, Strong Health,
Rochester, NY

11:45 – 12:45 Lunch (provided)

12:45 – 1:45

The Base of Evidence for Integrative Medicine: An Oncology Perspective

Carolyn Christie-McAuliffe, RN, NP, PhD
Director of Research, Hematology-
Oncology Associates of CNY

1:45 – 2:45

The Integrative Pharmacy: Supplements, Pharmaceuticals and Health

Natalia Daughton, RPh
Pharmacist, Kinney Drugs
Wellness Educator, Natur-Tyme

Integrative Medicine in Modern Healthcare

Saturday, September 20, 2008

Marley Education Center

765 Irving Avenue

(corner of Irving and Waverly Ave.)

Syracuse, NY 13210

For Physicians, Physician Assistants,
Nurses & Nurse Practitioners

SPONSORED BY



CROUSE HOSPITAL

Your care. In our hands.



State University of New York

Upstate Medical University

COMMERCIAL SUPPORTERS

Excellus

A nonprofit independent licensee of the BlueCross BlueShield Association

Hospice of CENTRAL
NEW YORK

Women's
WELLNESS PLACE

MBHA
Mind Body Health Alliance

HOA
HEMATOLOGY/ONCOLOGY ASSOCIATES
OF CENTRAL NEW YORK

NATUR-TYME
CNY'S PREMIER NUTRITIONAL HEADQUARTERS

For information, call 315/470-7441 or email IntegrativeMed@crouse.org

Crouse Hospital's Institute for Integrative Medicine

Through the Crouse Health Foundation, Crouse Hospital's Institute for Integrative Medicine was created to provide education about integrative medicine to the general public and to the medical community. The Institute is also committed to the provision and facilitation of evidence-based integrative medicine modalities for the benefit of our patients and employees. To help further the mission of the Institute, donations in any amount are kindly accepted. Please call 315/470-7002 to donate using a credit card or mail your check, payable to Crouse Health Foundation/IM Fund, to Crouse Health Foundation, 736 Irving Ave., Syracuse, NY 13210.

About Our Presenters



David Smith, MD, was appointed the sixth president of SUNY Upstate Medical University in June 2006. Prior to his appointment at SUNY Upstate, Dr. Smith served as the Chancellor of the Texas Tech University System. Prior to Texas Tech, Dr. Smith served for five years as the Commissioner of the Texas Department of Health, an agency with a \$7 billion annual operating budget. A board-certified pediatrician, he received his bachelor's degree from Cornell University and medical degree from the University of Cincinnati College of Medicine, and completed his pediatric residency and chief residency at the Children's Hospital of Philadelphia.



Paul Kronenberg, MD, was appointed President and CEO of Crouse Hospital in February 2004. He previously served as Chief of Medicine at Crouse for 20 years. Dr. Kronenberg, a board-certified internist, received his bachelor's degree from the University of Pennsylvania and medical degree from SUNY Upstate Medical Center. Dr. Kronenberg began his career as a full-time member of the faculty of SUNY Upstate in 1975, in charge of educational programs in the department of medicine. He currently serves on the Greater New York Hospital Association Board of Governors as Director and as Vice President.



Giovanni Elia, MD, is Clinical Medical Director of San Diego Hospice and Palliative Care. A former urogynecologist who developed an interest in end-of-life care, Dr. Elia completed a Fellowship at San Diego Hospice in 2007. He serves as Chair of the American Academy of Hospice and Palliative Medicine Professionals in Training Special Interest Group. Dr. Elia graduated summa cum laude from Universita Cattolica Del Sacro Cuore Medical School in Rome, Italy. From 1994 to 2000, he was a faculty member at SUNY Upstate Medical Center, in the departments of obstetrics/gynecology and urology, and since 1993 has been a faculty member at Edward Via Virginia College of Osteopathic Medicine.



Paula Scariati, DO, MPH, received her medical training in a 7-year combined BS/DO program at New York Institute of Technology/New York College of Osteopathic Medicine.

Since 1993, she has been a member of the faculty at Edward Via Virginia College of Osteopathic Medicine and recently was appointed associate clinical professor in the Department of Preventive Medicine at Loma Linda University, where she received a master's in Public Health, with an emphasis on nutrition. Dr. Scariati, a prolific author and rigorous researcher, also held faculty positions at Syracuse University and SUNY Upstate Medical Center. She maintains a private practice in San Diego.



Michael Krasner, MD, Associate Professor of Clinical Medicine at the University of Rochester School of Medicine and Dentistry and a Primary Care Physician with the university's Olsan Medical

Group, affiliated with Strong Health, Michael Krasner, MD, has led Mindfulness-Based Stress Reduction groups in the Rochester area for many years. His work has included a class for physicians at the Academy of Medicine in Rochester, and "The Contemplative Mind in Medicine," a course for medical students in the Division of Medical Humanities at the University of Rochester School of Medicine. He received his bachelor's degree in biochemistry from the University of California, Berkeley, and medical degree from the University of California's School of Medicine, San Diego.



Carolyn Christie-McAuliffe, RN, NP, PhD, received her doctorate in nursing, with a concentration in rural health, from Binghamton University, from which she also received her post master's family nurse practitioner certification in 2007. She received her BSN and MS in Nursing from SUNY Upstate Medical University. She is founder and president of Quality Health Services, based in Skaneateles, which develops corporate wellness programs based on personal responsibility for health and wellness. She serves as Director of Research at Hematology-Oncology Associates of Central New York, where she studies and promotes means of primary prevention through conventional and alternative methods.



Natalia Daughton, RPh, is a staff pharmacist and former supervising pharmacist at Kinney Drugs, Inc., one of Central New York's major drug retail centers. For many years, Ms. Daughton was a

staff pharmacist at Wegmans Food Markets. In addition to her position at Kinney Drugs,

she is an Integrative Pharmacist and Wellness Educator at Natur-Tyme health and wellness center in Dewitt, NY. She received her B.S. in Pharmacy from Albany College of Pharmacy and her associate's degree from Onondaga Community College. She is currently pursuing Family Herbalist certification from Clayton College of Natural Health.



Scott L. Treatman, DO, MPH, Conference Medical Director, is the Director of Crouse Hospital's Employee Health Service and Crouse Hospital's Institute for Integrative Medicine. Board certified in

family practice and occupational medicine, he is a graduate of the College of Osteopathic Medicine and Surgery, Des Moines University, and received his master's in Health Care Administration from the New School for Social Research and a master's in Public Health from the Medical College of Wisconsin. Dr. Treatman is also a graduate of the UCLA Medical Acupuncture for Physicians program. For more than a decade, he has taught Mindfulness-Based Stress Reduction programs in the community and for Crouse employees.

Faculty Disclosure Statements

None of the faculty for this conference have any relevant financial relationships to disclose.

Conference Objectives

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

- Cite the evidence that supports the featured integrative modalities
- List appropriate indications for alternative modalities in addition to conventional care
- Recognize the benefits of these modalities in hospice and oncologic care
- Name various mindfulness-based interventions in healthcare
- Apply mindfulness to enrich professional service and to reduce the possibility of burnout
- Describe and cite indications for supplements to augment patient care, health and well-being.

Conference Presentations

Perspectives on Integrative Medicine at SUNY Upstate Medical University and at Crouse Hospital

According to a Community Complementary (Alternative) Medicine Consumer Assessment Survey conducted in December 2007 by SUNY Upstate Medical University, the upstate New York community is actively seeking integrative medicine modalities as part of their personal health care. David Smith, MD, President of SUNY Upstate Medical University, and Paul Kronenberg, MD, President and CEO of Crouse Hospital, will welcome conference attendees and discuss what their respective organizations are doing to meet this growing consumer demand.

Integrative Medicine in Palliative and Hospice Care

Both palliative care and hospice care focus on relieving suffering and improving quality of life for anyone dealing with a serious illness, at any time, regardless of diagnosis, prognosis or treatment. Increasingly, integrative modalities are being used to supplement traditional forms of comfort care and pain management. Giovanni Elia, MD, Clinical Medical Director of San Diego Hospice and Palliative Care, will discuss the ways to effectively apply integrative medicine as patients approach the end of life.

Epigenetics: Environmental Influences on Health

Increasing prevalence of obesity, diabetes, and cancer, as well as metabolic syndrome, preclinical autoimmune diseases, digestive disorders, depression and learning difficulties define the medical milieu of the 21st century in which some predict declining life expectancy. Management of chronic diseases must focus on better understanding the web-like interaction between genes, environment and lifestyle that result in individual biologic expression. Paula Scariati, DO, MPH, will discuss epigenetics, and critique the value of lifestyle medicine as a key tool in addressing chronic disease.

Mindfulness in Medicine, Embodied Awareness and Personal Renewal for Healthcare Providers

Members of the medical community face the same stressors as their patients, but, perhaps, often ignore their own symptoms while caring for others. Burnout, loss of empathic connection and lack of attention to one's own physical and emotional well-being impact the health of medical providers and the safety and effectiveness of the healthcare system. Michael Krasner, MD, a primary care internist with Olson Medical Group, a part of Strong Health in Rochester, will highlight the effects of mindfulness-based interventions on the overall well-being of those in the medical profession.

The Base of Evidence for Integrative Medicine: An Oncology Perspective

Integrative medicine combines conventional medical treatment with complementary therapies. Encouragingly, a growing body of research exists documenting its safety and efficacy. Carolyn Christie-McAuliffe, RN, NP, PhD, director of research at Hematology-Oncology Associates of Central New York, will address the differences between "complementary," "alternative," and "holistic" treatments, and how evidence-based modalities are of particular benefit to cancer patients.

The Integrative Pharmacy: Supplements, Pharmaceuticals and Health

More and more consumers say that vitamins and other supplements are a regular part of their healthcare regime. Often, these substances are not prescribed by a physician or other care giver—either because of general lack of knowledge or because patients do not disclose their usage. Natalia Daughton, RPh, has spent her career in traditional pharmacy settings and, most recently, as an Integrative Pharmacist and Wellness Educator at Natur-Tyme. Increase your knowledge of the impact of integrating supplements and pharmaceuticals on overall health and wellness to better serve your patients.

Directions

From New York State Thruway:

Take Exit 36 to Route 81 South. Take Exit 18 (Harrison/Adams) to Adams St. Turn left onto Adams St. and go up the hill. At the light at the top of the hill, turn right onto Irving Ave. and continue up straight on Irving. Turn left at 2nd light, and garage entrance is on the immediate left.

From Route 81 South:

Take Exit 18 (Harrison/Adams) to Adams St. Turn left onto Adams St. and go up the hill. At the light at the top of the hill, turn right onto Irving Ave. and continue up straight on Irving. Turn left at 2nd light, and garage entrance is on the immediate left.

From Route 81 North:

Take Exit 18 (Harrison/Adams) to Adams St. Turn right onto Adams St. and go up the hill. At the light at the top of the hill, turn right onto Irving Ave. and continue up straight on Irving. Turn left at 2nd light, and garage entrance is on the immediate left.

From Route 690 East:

Exit onto Rte. 81 South. Take Exit 18 (Harrison/Adams) to Adams St. (second light). Turn left onto Adams St. and go up the hill. At the light at the top of the hill, turn right onto Irving Ave. and continue up straight on Irving. Turn left at 2nd light, and garage entrance is on the immediate left.

From Route 690 West:

Take Exit 13 and turn left onto Townsend St. Take Townsend St. to Adams St. Turn left onto Adams St. and go up the hill. At the light at the top of the hill, turn right onto Irving Ave. and continue up straight on Irving. Turn left at 2nd light, and garage entrance is on the immediate left.

Parking

Parking is free in the Marley Center Garage (Irving Ave. & University Pl.) or the Crouse Hospital Garage (E. Adams St. & Irving Ave.).

Registration Form

State University of New York



Upstate
Medical
University

CROUSE HOSPITAL
Your care. In our hands.

September 20, 2008

Fee: \$85 for MD/DO
\$50 for PA/NP/RN

For phone registrations:
315/470-7002

Full Name: Last, First, Middle Initial		Degree	
Mailing Address: Street		City	State Zip Code
Daytime Phone	Fax Number	Email Address	
Profession	Principal Specialty	Organization Affiliation	

FORM OF PAYMENT

- Check is enclosed:** Please make your check payable to Crouse Health Foundation/IM Fund and mail with registration form to:
Crouse Health Foundation, 736 Irving Ave., Syracuse, NY 13210
- Bill my credit card:** VISA MasterCard Discover American Express

Credit Card Number	Expiration Date	Tuition Fee
Signature	Name as it Appears on Card	

Registrations by credit card may also be made by calling 315/470-7002.

Check here if vegetarian meal is desired.



NON-PROFIT ORG.
US POSTAGE
PAID
SYRACUSE, NY
PERMIT NO. 460

Institute for Integrative Medicine
736 Irving Avenue
Syracuse, NY 13210

Integrative Medicine in Modern Healthcare

Saturday, September 20, 2008



Intended Audience

The Integrative Medicine in Modern Healthcare Conference is primarily intended for physicians, physician assistants, nurses, and nurse practitioners who are seeking to learn more about the science, theories and modalities of integrative medicine that patients today are increasingly seeking to augment their traditional medical care.

Registration Fees

Registration for physicians is \$85. Registration for physician assistants, nurses and nurse practitioners is \$50. The fee includes the full-day conference, refreshments, lunch and free parking in the Marley Center and Crouse Hospital garages.

Accreditation Statement

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 SUNY Upstate Medical University and Crouse Hospital. SUNY Upstate Medical University is accredited by the ACCME to provide continuing medical education for physicians.

SUNY Upstate Medical University designates this educational activity for a maximum of 5.0 AMA PRA Category I Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Accreditation Statement

Crouse Hospital Educational Services is an approved provider of continuing nursing education by the New York State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

5.0 contact hours

Continuing Education Credits for the Conference

Physicians

5.0 contact hours

Physician Assistants

5.0 contact hours

Nurses/Nurse Practitioners

5.0 contact hours