17th Annual
Dr. Roizen’s
Preventive and Integrative Medicine Longevity Conference

Focus: State-of-the-Art on Stem Cell Therapies, Your Microbiome, Plant-Based Diets, Alternative Pain Therapies, and Medical Marijuana

Featuring Two Optional Workshops:
- Culinary Medicine and How to Dance with a Knife
- Supplements for Your Longevity

December 6-8, 2019
Four Seasons Hotel, Las Vegas

Featuring these Rock-Star Speakers!

T. Colin Campbell, PhD
Caldwell Esselstyn, MD
Stanley Hazen, MD, PhD
Marc Penn, MD
Stephen Corn, MD

REGISTER TODAY! ccfcme.org/wellness
There is no other conference that delivers data-driven learning which will impact you, your patients, and your family so much!

During the past decade, preventive and integrative medicine longevity approaches have greatly expanded with chronic disease prevention and reversal processes yielding real results in health and dollar savings. The latest data and processes of these approaches such as stem cell and microbiome will be shared and their science evaluated in this weekend conference which will allow you to apply different types of therapies into patient populations and conditions.

We will focus on discussing the most recent data on these approaches, analyzing their impact, and assessing their best use in clinical practice. Key topics include aging, current and future therapies using stem cells, the impact of the microbiome, preventing and treating chronic conditions, and newer data including a great supplement debate.

You will hear from the world’s experts in each of these fields to present evidence-based discussions which will provide you with knowledge to understand the benefits and risks of treatment options and how to integrate them into patient-specific management plans, which will ultimately translate into improved patient outcomes.

People say this is the one conference that changes their lives and their patients’ lives.

Optional workshops on Friday afternoon will feature practical take-home strategies to improve your health. “Culinary Medicine and How to Dance with a Knife” will be a hands-on learning activity that will combine the evidence-based science of food, nutrition, and medicine with the joy and art of cooking to better manage chronic conditions. Experts will present culinary medicine techniques so you will augment the taste and joy of your meals and your health!

Included in the registration cost is an apron, 8” Messermeister professional chef’s knife (a $149 value), and lunch.

The “Supplements for Your Longevity” workshop will feature a great debate covering safe therapies, LDL and glucose management, and the science for a younger patient.

By Attending, You Will Be Able To:

• Identify the latest status of stem cell treatments and their future
• Analyze the data on factors indicating the probability of living longer
• Summarize the debate on supplements to prevent heart disease, brain dysfunction, and LDL and glucose management
• Define the basics of healthy nutrition
• Explain the role of your microbiome in the treatment of heart disease and dementia
• Define alternatives for opioid pain therapy
• Summarize the optimal position and practices for living without pain

Who Should Attend?

This conference is designed for all medical professionals with an interest in applying preventive and integrative medicine approaches into their practice and their life.

Activity Director

Michael F. Roizen, MD, FACP

Michael F. Roizen, MD is Chief Wellness Officer Emeritus for Cleveland Clinic and has written more than 185 peer-reviewed research papers on wellness and more than 200 editorials and review papers. He also co-authors a daily medical column syndicated to over 100 newspapers.

Dr. Roizen has co-authored nine New York Times bestsellers, including four #1 bestsellers including RealAge: Are You As Young As You Can Be?; YOU: The Owner’s Manual, This Is Your Do-Over: The 7 Secrets to Losing Weight, Living Longer, and Getting a Second Chance at the Life You Want.

His latest book What to Eat When is co-authored with Michael Crupain, MD, MPH.

Activity Co-Directors

Meliinda Ring, MD, FACP, ABOIM

Clinical Associate Professor
Department of Medicine and Medical Social Sciences
Northwestern University Feinberg School of Medicine
Executive Director
Osher Center for Integrative Medicine
Northwestern University

Rosane Oliveira, DVM, PhD

Adjunct Assistant Professor, Public Health Sciences
Founding Director, Integrative Medicine Program
University of California, Davis
Friday, December 6, 2019

6:30 am Registration, Continental Breakfast, and Exhibits

7:30 am Welcome and Introduction
Rosane Oliveira, DVM, PhD; Melinda Ring, MD; and Michael F. Roizen, MD

Session I: Optimal Aging
Moderator: Melinda Ring, MD

7:45 am What's New In Aging Research: The Coming Longevity Revolution and What We Know You Can Use to Repair You Now!
Michael F. Roizen, MD

9:15 am Longevity and Your Patient’s Bladder
Barbara Messinger-Rapport, MD, PhD

10:00 am Stem Cells I: The Theory and Current State
Marc Penn, MD, PhD

10:45 am Refreshment Break and Visit Exhibits

Session II: Medical Marijuana and the Endocannabinoid System
Moderator: Michael F. Roizen, MD

11:15 am Medical Marijuana- Where are We?
Stephen B. Corn, MD

12:00 pm Drug Interactions and Medical Marijuana
Barbara Messinger-Rapport, MD

12:45 pm The Endocannabinoid System: All You Need to Know Regarding CBD
Meredith Fisher-Corn, MD

1:30 pm Questions and Answers
Stephen B. Corn, MD; Meredith Fisher-Corn, MD; Barbara Messinger-Rapport, MD; and Marc Penn, MD, PhD

2:00 pm Adjourn

OPTIONAL SIMULTANEOUS SESSION III – additional 4 CME credits!
Separate Registration Required
Optional Workshop A: Supplements for Your Longevity ($199 includes lunch)
Moderator: Melinda Ring, MD

2:00 pm Dietary Supplements 101 – How to Safely and Effectively Use Dietary Supplements for You and Your Patients
Melinda Ring, MD

3:00 pm Dr Mike's Fab 8 +4 +1 +1: Preparing for the Great Age Re-boot
Michael F. Roizen, MD

3:45 pm What Supplements Would I Take: The Science for a Younger Patient
Michael Crupain, MD, MPH

4:30 pm What Supplements are Scientifically Valid for LDL and Glucose Management
Michael F. Roizen, MD

5:15 pm What Supplements Wouldn’t I Take? Debate
Barbara Messinger-Rapport, MD

5:40 pm Joined for the Great Supplement Debate
Michael Crupain, MD, MPH; Melinda Ring, MD; and Michael F. Roizen, MD

6:00 pm Adjourn
Saturday, December 7, 2019

6:30 am Sunrise Come as You are Yoga (non-CME)
Judi Bar, E-RYT 500

7:00 am Coffee, Continental Breakfast and Roundtables with Speakers

Session IV: Optimal Longevity: Food Choices Plants and What’s New with Your Microbiome
Moderator: Rosane Oliveira, DVM, PhD

7:30 am Reasons for Nutrition Confusion
T. Colin Campbell, PhD

8:30 am The Nutritional Reversal of Cardiovascular Disease: Fact or Fiction?
Caldwell Esselstyn, Jr, MD

9:45 am Refreshment Break and Visit Exhibits

10:15 am Omnivores, Vegans, Gut Microbes and Cardiovascular Disease?
Stanley Hazen MD, PhD

11:15 am Questions and Answers
T. Colin Campbell, PhD; Caldwell Esselstyn, Jr, MD; and Stanley Hazen, MD, PhD

12:00 pm Lunch and Roundtables with Faculty

Session V: Longevity: Food Choices - Plants and Keto, Yoga, and the Future of Stem Cells
Moderator: Melinda Ring, MD

1:00 pm Stem Cells II and Predictions for the Future
Marc Penn MD, PhD

2:00 pm Hormones, Supplements, and Longevity: Inner + Outer Beauty
Melinda Ring, MD

2:45 pm Yoga Benefits: Joints, Digestive, Longevity, and How to Discuss with Patients
Judi Bar, E-RYT 500

3:15 pm Refreshment Break and Visit Exhibits

3:45 pm Keto vs. Whole Food, Plant-Based vs. Plant-Based Keto: What the Science Says
Rosane Oliveira, DVM, PhD

4:15 pm Reasons for Nutrition Renaissance
T. Colin Campbell, PhD

5:00 pm The How and the Wow of Plant-Based Nutrition
Ann Esselstyn

5:45 pm Questions and Answers
Judi Bar, E-RYT 500; T. Colin Campbell, PhD; Ann Esselstyn; Marc Penn, MD, PhD, and Melinda Ring, MD

6:00 pm Adjourn

Sunday, December 8, 2019

6:30 am Sunrise Come as You are Yoga (non-CME)
Judi Bar, E-RYT 500

7:00 am Continental Breakfast and Roundtables with Speakers

Session VI: Optimal Longevity: Musculoskeletal System and Habits
Moderator: Michael F. Roizen, MD

7:40 am Do Popular Exercise Programs Work? (Exploring Crossfit®, Orange Theory®, PureBarre®) Is there research? Should I refer my patients?
Andrew Bang, DC

8:20 am Role of Plant-based Diets in Changing Inflammation
Caldwell Esselstyn, Jr, MD

9:05 am Habits: How to Bridge the Gap from Knowing to Doing!
Rosane Oliveira, DVM, PhD

9:50 am Refreshment Break, Visit Exhibits

Session VII: Optimal Longevity: Avoiding Pain and the Grand Summary
Moderator: Michael F. Roizen, MD

10:20 am Avoiding Pain from our Activities of Daily Living (Sleep, Sex, Texting, Driving)
Andrew Bang, DC

11:00 am What Did We Learn: You Asked for More of It, Again!
Michael F. Roizen, MD

12:15 pm Questions and Answers
Andrew Bang, DC; Caldwell Esselstyn, Jr, MD; and Rosane Oliveira, DVM, PhD

12:30 pm Adjourn
Register Online at ccfcme.org/wellness

Fee includes: continental breakfasts, refreshment breaks, lunch on Saturday, and on-line faculty presentations after the course.

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<th>Optional Workshop: Culinary Medicine</th>
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The optional workshop: “Culinary Medicine and How to Dance with a Knife” is an additional $329. Included in the registration cost is an apron, chef’s knife, and lunch. Participants are required to sign a waiver since a knife will be used by participants. This workshop is on a space-available basis.

The optional workshop “Supplements for Your Longevity” is an additional $519. Included in the registration cost is an apron, chef’s knife, and lunch. Participants are required to sign a waiver since a knife will be used by participants. This workshop is on a space-available basis.

*Letter from program director is required to receive the discounted fee. If letter is not received two weeks prior to the activity, the full physician fee will be charged.

Registration and Cancellation
Pre-registrations are accepted until 12:00 pm ET Tuesday, December 3, 2019. Register on site after this date. In case of cancellation, email notification is required to process your refund. A full refund will be issued if canceled by Friday, November 1, 2019. After Friday, November 1, 2019 a $200 cancellation fee will be deducted from your refund. No refunds will be issued after Friday, November 29, 2019. After September 1, additional cancellation fees will apply for the workshops. A $250 cancellation fee will be deducted from your refund for cancelling the Culinary Medicine Workshop and a $100 cancellation fee will be deducted from your refund for cancelling the Supplements Workshop.

For questions about registration or cancellation, email us at cmeregistration@ccf.org or call 216.444.9990.

Cleveland Clinic Center for Continuing Education reserves the right to cancel or postpone an activity at our sole discretion. In the unlikely event that this occurs, any registration fee(s) paid will be refunded. Be advised that Cleveland Clinic is not responsible for related costs including airline tickets, hotel costs, or any similar fee penalties incurred as a result of any meeting cancellations or changes.
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24.75 hours of fantastic CME including these special topics:
- Current and future therapies using stem cells
- Impact of the microbiome
- Preventing and treating chronic conditions
- Hands-on workshop on plant-based culinary medicine

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