Exploring the Functional Medicine Model: A Case-Based Approach

Friday, November 4, 2016
InterContinental Hotel | Cleveland, OH
Register Today! ccfcmec.org/Functional
Functional Medicine is a personalized, systems-oriented model which empowers patients and practitioners to achieve the highest expression of health by working in collaboration to address the underlying causes of disease.

The primary drivers of the chronic disease epidemic are the daily interactions among an individual's genetics, environment, and lifestyle choices. Functional Medicine addresses these underlying causes of disease and equips health care practitioners to help their patients manage this complex, interconnected web.

The aim of Functional Medicine is to treat the entire body as a whole system and to use an understanding of common pathways of disease in a systems biology model to address fundamental causes, not just symptoms. This emerging model of diagnosis and treatment better matches the need to improve the management and prevention of chronic diseases.

To strengthen the patient’s involvement in care, Functional Medicine emphasizes a patient-centered approach involving identification of the antecedents, triggers, and mediators of disease along a detailed timeline of the patient’s complete story. This kind of therapeutic partnership helps to create both insight and cooperation in the development and implementation of treatment plans.

By Attending, You Will Be Able To:

- Develop foundational knowledge of systems biology and the fundamental clinical imbalances present in the expression of complex chronic disease
- Demonstrate how the systems biology approach and assessment of function/dysfunction expands the understanding of disease pathogenesis...and treatment
- Implement novel skills in anthropometrics, laboratory assessment, physical examination, and dietary history to improve the detection of nutrient imbalances, which contribute to complex chronic disease
- Describe how the Functional Medicine operating system utilizes root cause analysis of complex chronic diseases, thus expanding the palette of effective treatments

About the Cleveland Clinic Center for Functional Medicine

This distinctive collaboration with The Institute for Functional Medicine incorporates a new health care delivery model in which physicians gather information about a patient’s complete family history, map a personal health timeline, and review interactions among their genetic, environmental, and lifestyle factors which may influence long-term health and complex chronic disease.

Our aim is to focus on treating the body as an entire interactive system, one that treats the causes not only the symptoms, that sees the body as a whole organism rather than simply a collection of organs. This emerging model of diagnosis and treatment – called Functional Medicine – better matches the need to improve the management and prevention of chronic diseases.

By changing the disease-centered focus of medical practice to this patient centered approach, practitioners are able to support the healing process by viewing health and illness as part of a cycle in which all components of the human biological system interact dynamically with the environment. This process helps to seek and identify genetic, lifestyle, and environmental factors that may shift a person's health and well-being to illness.

Visit [ccfcme.org/functionalmedicine](http://ccfcme.org/functionalmedicine) for more information.

About The Institute for Functional Medicine

The Institute for Functional Medicine is the global leader in Functional Medicine. The mission of IFM is to serve the highest expression of individual health through widespread adoption of Functional Medicine as the standard of care.

Visit [functionalmedicine.org](http://functionalmedicine.org) for more information.

Who Should Attend

Physicians, advanced nurse practitioners, nurses, chiropractors, and health care professionals interested in learning how to integrate Functional Medicine into their practice including those specializing in family practice, primary care, cardiovascular disease, endocrinology, gastroenterology, genetics, neurology, oncology, pediatrics, pulmonology, biochemistry, public health, and naturopathic medicine.
Mark Hyman, MD
Chairman of the Board
The Institute for Functional Medicine
Director
Center for Functional Medicine
Cleveland Clinic

Mark Hyman, MD, is an internationally recognized leader in Functional Medicine and ten-time New York Times best-selling author. Dr. Hyman serves as Director of the Cleveland Clinic Center for Functional Medicine and also as Chairman of the Board for The Institute for Functional Medicine.

Dr. Hyman serves on the Board of Advisors of HealthCorps, which tackles the obesity epidemic by educating students about nutrition, fitness, and mental resilience and has testified before the White House Commission on Complementary and Alternative Medicine. He has also consulted with the Surgeon General on diabetes prevention.

Along with Dr. Michael Roizen, he crafted and helped introduce the Take Back Your Health Act of 2009 into the United States Senate, which provides for reimbursement of lifestyle treatment of chronic disease.

Dr. Hyman has been featured on 60 Minutes, Larry King Live, CNN, and MSNBC.

Patrick Hanaway, MD
Chief Medical Education Officer
The Institute for Functional Medicine
Medical Director
Center for Functional Medicine
Cleveland Clinic

Patrick Hanaway, MD, is Chief Medical Education Officer for The Institute for Functional Medicine and also Medical Director of the Cleveland Clinic Center for Functional Medicine. Dr. Hanaway is involved in developing the clinical model, supporting comparative effectiveness research, and promoting education change throughout Cleveland Clinic.

Dr. Hanaway serves on the Executive Committee for the American Board of Integrative Medicine. He co-founded Family to Family: Your Home for Whole Family Health and has been initiated as a Marakame (Shaman) by the Huichol people in the Sierra Madres of Central Mexico.

His interests are in the continued development of health care delivery models that learn from traditional medical systems and promote research to demonstrate improved value in patient outcomes per dollar.
7:00 am  Registration, Visit Exhibits, and Continental Breakfast

8:00 am  The Functional Medicine Approach to Chronic Disease: Identifying and Treating the Cause  
Mark Hyman, MD  
Functional Medicine is more than an alternative set of treatments for chronic disease; it is a systems-based, methodological approach to medicine. This discussion will outline the rationale for the Functional Medicine approach to health care and compare, contrast and integrate with the current disease care model.

8:30 am  The Functional Medicine Approach to Cardiometabolic Syndrome  
Patrick Hanaway, MD  
Functional Medicine focuses on finding the root causes of dysfunction, and then employs individualized treatment plans to improve health and wellbeing. This lecture will present a typical case of cardiometabolic syndrome to guide participants through a variety of exercises to help build an understanding of the Functional Medicine model, including the use of the timeline, matrix, and the concepts of antecedents, triggers, and mediators (ATMs).

10:00 am  Refreshment Break and Visit Exhibits

10:30 am  Mapping the Territory: Clinical Imbalances Underlying Cardiometabolic Syndrome  
Mark Hyman, MD  
This session will more deeply explore the approach to cardiometabolic syndrome and identify the clinical imbalances underlying cardiometabolic conditions, including dysinsulinism, inflammation, the presence of toxins, altered blood lipids, and abnormal body fat distribution. Participants will prioritize these clinical imbalances using the concepts presented earlier.

12:00 pm  Lunch (provided)

1:30 pm  ABCDs of the Nutritional Evaluation  
Patrick Hanaway, MD  
Using the case developed earlier, participants will build practical skills for identifying nutritional deficiencies. These evaluations include an assessment of the ABCDs of nutritional evaluation: anthropometrics, biomarkers, clinical assessment, and diet evaluation. This skill set is a cornerstone for improving and personalizing dietary choices.

2:45 pm  Refreshment Break and Visit Exhibits

3:15 pm  Exploring the Expanded Palette of Therapeutic Options  
Mark Hyman, MD  
A discussion of clinical imbalances described earlier will be reviewed as the basis for exploring the expanded treatment options prioritized and ordered based on the ATMs and clinical imbalances specific to the case.

4:30 pm  Clarifying the Way Ahead  
Mark Hyman, MD, and Patrick Hanaway, MD  
Functional Medicine is a paradigm based on evidence and systems biology. This Q & A session will summarize the challenges and tasks in bringing this model into the mainstream.

5:00 pm  Adjourn
Location
InterContinental Hotel
9801 Carnegie Avenue
Cleveland, OH 44106
Phone: 216.707.4100 or 877.707.8999

Hotel Accommodations
A limited block of rooms has been reserved at the InterContinental Hotel only until 5:00 pm ET October 4, 2016.
To make your reservations, contact the hotel at 216.707.4100 or 855.765.8709 and identify yourself as an attendee for Functional Medicine for special rates:
$199 plus tax (online code GJ4)
Visit www.positivelycleveland.com for additional information on things to do in Cleveland.

Parking
Parking is available in the East 100th Street Visitor’s Parking Garage at prevailing rates. Valet Parking is available at the hotel for an additional charge.

Information
For further information about this activity, contact the Cleveland Clinic Center for Continuing Education.
Local: 216.448.8710
Website: ccfcme.org/Functional

Accreditation
The Cleveland Clinic Foundation Center for Continuing Education is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.
The Cleveland Clinic Foundation Center for Continuing Education designates this live activity for a maximum of 6.5 AMA PRA Category 1 Credits(TM). Physicians should claim only the credit commensurate with the extent of their participation in the activity.
Participants claiming CME credit from this activity may submit the credit hours to the American Osteopathic Association for Category 2 credit.

Other Health Care Professionals
A certificate of attendance will be provided to other health care professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

Faculty Disclosure
The Cleveland Clinic Foundation Center for Continuing Education has implemented a policy to comply with the current Accreditation Council for Commercial Support requiring resolution of all faculty conflicts of interest. Faculty declaring a relevant commercial interest will be identified in the activity syllabus.

Americans with Disabilities Act
The Cleveland Clinic Foundation Center for Continuing Education fully intends to comply with the legal requirements of the Americans with Disabilities Act. If you need assistance, please notify us at least two weeks prior to the activity.

Recording or reproducing of this activity in any format is prohibited.

Fees
Fee includes: Online access to faculty presentations in PDF format, continental breakfast, refreshment breaks, and lunch.

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Visit www.ccfcme.org/Functional for complete registration information.

Registration and Cancellation
Preregistrations are accepted until 2:00 pm ET November 3, 2016. Register on site after this date. In case of cancellation, a full refund will be made if canceled by October 28, 2016. After October 28, 2016, a $75 cancellation fee will be deducted from your refund. Email notification of your cancellation by November 1, 2016 is required to process your refund. For questions about registration or cancellation, email us at cmeregistration@ccf.org or call 216.448.8710.

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 trip cancellations or changes.
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What past attendees are saying:
“This practice has changed the way I think about the starting point for a patient. This is what I had been searching for as a guiding point and advancement in my education.”

“I have never attended a conference I have found so informative. It leaves me feeling that I have chosen the correct path”