

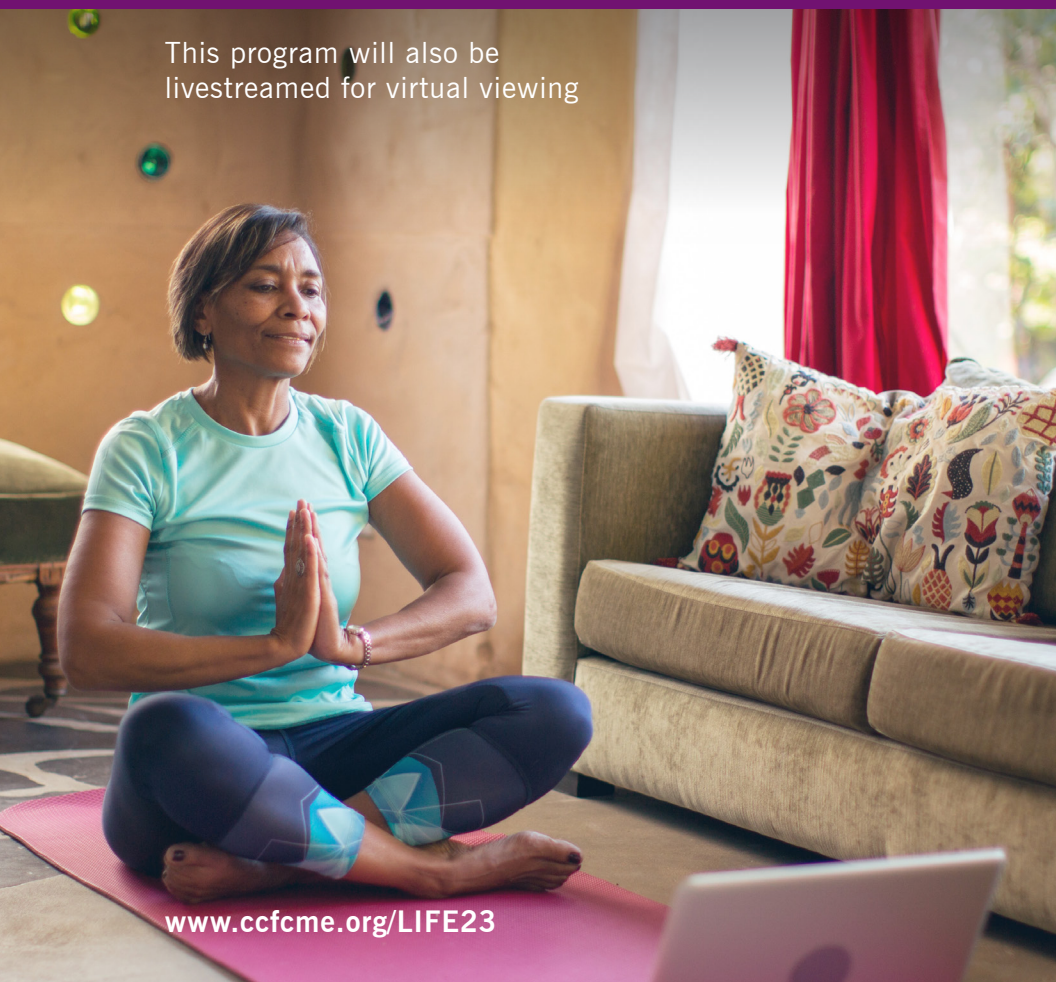


Lifestyle Interventions For Epilepsy (LIFE)

November 10–12, 2023

Cleveland Clinic Administrative Campus
Beachwood, Ohio

This program will also be
livestreamed for virtual viewing



www.ccfme.org/LIFE23

*This Cleveland Clinic symposium is supported by
the generosity of **The Charles L. Shor Foundation.***

Lifestyle Interventions For Epilepsy (LIFE)

Despite the availability of more than two dozen anti-seizure medications, there remains a sizable number of patients (between 33% and 54%) who continue to suffer from recurrent seizures. Epilepsy surgery is an available and proven treatment modality for focal epilepsies, but a significant number of patients with multifocal epilepsy or generalized epilepsy are not good surgical candidates. In addition, patients with epilepsy often have difficulty to address psychosocial determinants of health such as stress, loss of employment, divorce and psychiatric comorbidities, including depression, anxiety, PTSD, and psychosis. Therefore, there is an acute need for non-pharmacologic/non-surgical interventions that complement the available traditional treatments for patients with various types of epilepsy.

The impact of lifestyle modifications on people with epilepsy is a growing field with various interventions that have shown potential for enhanced care. This inter-disciplinary program will critically review and discuss the current state of nonpharmacologic lifestyle approaches in epilepsy and its comorbidities by local, national and international experts. In addition, speakers will share best practices learned from treatment of other medical conditions.

Target Audience

This educational activity is intended for physicians, psychologists, nurse practitioners, physician assistants, therapists, social workers, scientists, researchers, professors, pharmacists, residents, fellows and other healthcare providers who interact with patients with epilepsy.

Learning Objectives

- Discuss the benefits and pitfalls of nonpharmacologic lifestyle interventions in select medical conditions
- Define the current state of the use of nonpharmacologic lifestyle interventions in epilepsy and its comorbidities
- Identify the current knowledge gaps of nonpharmacologic lifestyle interventions in epilepsy and its comorbidities
- Discuss the challenges and opportunities for the use of nonpharmacologic lifestyle interventions in epilepsy and its comorbidities
- Discuss the current knowledge about the mechanisms of these nonpharmacologic interventions
- Discuss opportunities for future research in genetic and molecular mechanisms and imaging

REGISTER ONLINE at www.cfcme.org/LIFE23

Lifestyle Interventions For Epilepsy (LIFE)

Program Faculty

Symposium Directors

Imad Najm, MD
Epilepsy Center

Robert Saper, MD, MPH
*Wellness and Preventative
Medicine*

Elizabeth Spurgeon, MD
Epilepsy Center

Advanced Practice Providers Planning Committee

Susan Stanton, PA-C
Peter Cebull, MSN

Faculty

Neha P Gothe, MA, PhD
*Northeastern University
Boston, MA*

Deepak Lachhwani, MD
*Cleveland Clinic
Cleveland, OH*

Chris Streeter, MD
*Boston University
Boston, MA*

Shirley Telles, MBBS, PhD
*National Institute of Mental
Health and Neurosciences
Bangalore, India*

Nandan Yardi, MD
*Yardi Epilepsy Clinic Kothrud,
Pune, India*

Non-CME Faculty

Maya Breuer, E- RYT 500
*Yoga Alliance
Warwick, RI*

Sat Bir Singh Khalsa, PhD
*Harvard Medical School
Boston, MA*

Sara Staggs
Portland, OR

Sara Taylor, PhD
*Cleveland Clinic
Cleveland, OH*

Registration Information

Lifestyle Interventions For Epilepsy (LIFE)

November 10–12, 2023

Cleveland Clinic AC Campus
Building 3
3050 Science Park Drive
Beachwood, OH 44122

Registration Fees

The Charles L. Shor Foundation has covered the registration cost for participants. In-person attendance includes continental breakfasts, lunches, refreshment breaks, welcome reception and syllabus. Virtual attendance includes access to symposium and faculty presentations in PDF format. This program will be recorded and available for viewing afterward.

Registration Deadline

Pre-registrations are accepted online until 5:00 p.m. November 8, 2023, for in-person and November 9, 2023, for virtual live-stream.

For questions about registration or the need to cancel, email 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 activity cancellations or changes.

REGISTER ONLINE at www.ccfme.org/LIFE23

Lifestyle Interventions For Epilepsy (LIFE)

AGENDA DAY 1: Friday, November 10, 2023

- 6:00–7:00 p.m. **Keynote: Yoga for Epilepsy: From Ancient Practice to Modern Therapy** *Robert Saper, MD, MPH*
- 7:00–9:00 p.m. **Reception**

AGENDA DAY 2: Saturday, November 11, 2023

- 8:00–9:00 a.m. **Neurophysiology of Yoga and Potential Applications**
Chris Streeter, MD
- 9:00–10:00 a.m. **Physiology of Volitional Yoga Breathing**
Shirley Telles, PhD
- 10:00–11:00 a.m. **Yoga for Epilepsy – Possible Mechanisms:
The Autonomic Brain**
Nandan Yardi, MD
- 11:00–11:30 a.m. **Break**
- 11:30–12:30 p.m. **Experiential Session Yoga (Non CME)**
Maya Breuer
- 12:30–1:30 p.m. **Lunch**
- 1:30–2:30 p.m. **Yoga and Cognition**
Neha Gothe, PhD
- 2:30–3:30 p.m. **Roundtable Discussion with Faculty**
- 3:30–4:30 p.m. **Patient Experiences Panel Discussion**
*Moderated by Robert Saper, MD, MPH and
Deepak Lachhwani, MD*
- 4:30–5:00 p.m. **Break**
- 5:00–6:00 p.m. **The Shor Lifestyle Study for Epilepsy:
Initial Results (Non-CME)**
Sara Taylor, PhD
- 6:00 p.m. **Reception**

A five-minute question and answer period is included in each presenter's allotted time.

REGISTER ONLINE at www.cfcme.org/LIFE23

Lifestyle Interventions For Epilepsy (LIFE)

AGENDA DAY 3: Sunday, November 12, 2023

All Sessions Non-CME

- 8:00–9:00 a.m. **Yoga and the BIPOC Community**
Maya Breuer
- 9:00–10:00 a.m. **Yoga and PTSD**
Sat Bir Khalsa, PhD
- 10:00–10:30 a.m. **Break**
- 10:30–11:30 a.m. **Self-care in Epilepsy**
Sara Staggs
- 11:30–12:15 p.m. **Mindfulness/Meditation Workshop for Epilepsy**
Shirley Telles, PhD and Robert Saper, MD, MPH
- 12:15–1:00 p.m. **Lunch and Adjourn**

A five-minute question and answer period is included in each presenter's allotted time.

REGISTER ONLINE at www.cfcme.org/LIFE23

Lifestyle Interventions For Epilepsy (LIFE)

Location

Cleveland Clinic AC Campus, Building 3
3050 Science Park Drive
Beachwood, OH 44116

Hotel Reservations

A block of rooms for \$105/night + tax has been reserved at the Homewood Suites by Hilton Cleveland-Beachwood, 25725 Central Parkway, Beachwood, OH 44122, 216.464.9600

Parking

Free surface lot parking is available for program participants.

Faculty Disclosure

The Cleveland Clinic Center for Continuing Education has implemented a policy to comply with the current Accreditation Council for Continuing Medical Education Standards for Integrity and Independence requiring mitigation of all faculty conflicts of interest. Faculty declaring a relevant financial relationship will be identified in the activity syllabus.

American with Disabilities Act

The Cleveland Clinic Center for Continuing Education fully intends to comply with the legal requirements of the Americans with Disabilities Act. If you need assistance, please notify Shana Spade at spades@ccf.org or 216.213.9575 at least two weeks prior to the activity.

For further information about this activity, contact Shana Spade at spades@ccf.org or 216.213.9575.

Health & Safety

All applicable Centers for Disease Control (CDC), state, and local safety protocols will be enforced for this event. Additional attendance requirements may be implemented to ensure attendee health and safety.

Accreditation

In support of improving patient care, Cleveland Clinic Center for Continuing Education is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

- **American Medical Association (AMA)**

Cleveland Clinic Center for Continuing Education designates this live activity for a maximum of 7 *AMA PRA Category 1 Credits*[™]. 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.

- **American Nurses Credentialing Center (ANCC)**

Cleveland Clinic Center for Continuing Education designates this live activity for a maximum of 7 ANCC contact hours.

- **American Academy of PAs (AAPA)**

Cleveland Clinic Center for Continuing Education has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is designated for 7 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

REGISTER ONLINE at www.ccfme.org/LIFE23