

12th Annual
Head of the Lakes
Arthritis Symposium

**Living with Arthritis Today;
Hope for the Future**

This conference is set up to address health care professional and community issues. The two tracks will be separate in the morning sessions and combined in the afternoon.

PROFESSIONALS:

Registration 7:30 - 8:00 am

- Half-day
- Full-day

Both options include continental breakfast and AM breaks. Lunch and PM breaks are included with the Full-day option.

Continuing Education Units:

Full-day Professional: 6 hrs or 0.6 CEUs
Half-day Professional: 3.5 hrs or 0.35 CEUs

Application for CME credit has been filed with the American Academy of Family Physicians.
Determination of credit is pending.

COMMUNITY: Registration 8:30 - 9:00 am

Full-day program which includes a continental breakfast, morning and afternoon breaks and a luncheon.



Registration available online at:

www.uwsuper.edu/health

Click on "Online Registration" and then "Health & Human Issues 2008-2009"

Click on "12th Annual Head of the Lakes Arthritis Symposium"

Arthritis Symposium - Thur, June 11, 2009

UW-Extension uses the following anonymous demographic information when developing its programs. Please mark the boxes next to the categories that are appropriate to you. Thank you.

GENDER
 Male
 Female

AGE
 Under 18
 18-34
 35-49
 50-64
 65+

OCCUPATION
 Agriculture/Forestry
 Educational Services
 Engineering/Architecture/Surveying
 Finance/Insurance/Real Estate
 Health Services
 Manufacturing
 Protective Services
 Public Administration/Gov't
 Retail Trade
 Social/Recreation/Religious/Serv
 Transportation/Communication/Utilities

HERITAGE
 Black
 Asian/Pacific Islander
 American Indian/Alaskan Native
 Hispanic
 White

Are you enrolled in this program for career purposes?
 Yes No

Registration Return to UW-Superior, Center for Continuing Ed., Old Main 102, Belknap & Catlin, Superior, WI 54880-4500 800-370-9882 or 715-394-8469

Physician Asst / Nurse Practitioner or Physician AM Only \$90 All Day \$110
 Professional Track AM only \$70 All day \$90 Student \$35.00
 Community Track: Adults under 55 years of age: \$45.00 Adults 55 and over: \$30.00
 Full-day registration includes continental breakfast, lunch and afternoon break

Name _____
 SS# (required if you deduct fees for tax purposes) _____
 Firm/Organization _____
 Title/Position _____
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 TEL day _____ TEL evening _____
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12th Annual
Head of the Lakes
Arthritis Symposium

**LIVING WITH
ARTHRITIS TODAY;
HOPE FOR THE
FUTURE**

A full-day conference with both health care professional and community educational tracks

Thursday, June 11, 2009

*Barker's Island Inn
300 Marina Drive
Superior, WI*

Brought to you by

- Arthritis Foundation North Central and Wisconsin Chapters
- University of Wisconsin-Superior, Center for Continuing Education
- Wisconsin Department of Health and Family Services (DHFS)
- Wisconsin Arthritis Council

"Physical Activity. The Arthritis Pain Reliever"

PROFESSIONAL TRACK

Morning

- 7:30-8:00 Registration, Continental Breakfast, Exhibits
- 8:00-9:15 “Update on Arthritis Care and Referral Guidelines for Primary Providers”
Erik Peterson, MD
- 9:15-9:30 Break with Exhibits
- 9:30-10:45 “Fur and DNA: How Animal Models and Human Genetics Advance our Understanding of Inflammatory Arthritis”
Erik Peterson, MD
- 10:45 - Noon What’s new in Arthritis Medications
Karen Bastianelli, PharmD

COMMUNITY TRACK

Morning

- 8:30-9:00 Registration, Continental Breakfast, Exhibits
- 9:00-10:00 What’s new in Arthritis Medications
Karen Bastianelli, PharmD
- 10:00-10:45 Improving Arthritis Treatment Outcomes (weight reduction, exercise, diet and more)
Anne Kissack, MPH, RD
- 10:45-11:00 Break with Exhibits
- 11:00-Noon Inflammatory Arthritis: New Lessons from Human Genetic Studies”
Erik Peterson, MD
Daniel G Malone, MD

COMBINED TRACKS

Afternoon

- Noon - 1:00 Luncheon
- 1:00-2:15 Advances in surgery and rehabilitation (such as for joint replacement)
Carolyn Fisher
- 2:15-2:30 Break
- 2:30-3:30 “Living Well” with Chronic Conditions
Anne Kissack, MPH, RD

This and all health conferences are designed to meet the requirements of:

- Minnesota Board on Nursing (most Wisconsin nurses do not require CEUs but often need or want them for employment purposes)
- Wisconsin Board on Social Work (Minnesota social workers can apply on their own and approval is likely)
- Licensed Marriage and Family Therapists
- Licensed Professional Counselors

Professional Presenters



Erik Peterson, MD

is an Assistant Professor in the Division of Rheumatic and Autoimmune Diseases at the University of Minnesota Medical School, Minneapolis, MN. He is a Key Faculty member in the University’s Rheumatology Fellowship training program. He is also a member of the University’s interdisciplinary Center for Immunology and its Autoimmunity Program. His scientific interests include the genetic bases of autoimmunity and inflammatory arthritis. He is a practicing rheumatologist with clinical interests in psoriatic and rheumatoid arthritis.



Karen Bastianelli, PharmD

is a licensed pharmacist practicing in Minnesota and Wisconsin. She currently is working for the University of Minnesota-College of Pharmacy on the Duluth campus. She is responsible for ensuring that students are competent and compassionate pharmaceutical care providers. In addition, Dr. Bastianelli provides Medication Therapy Management services which offer patients information to encourage that medications are used as safely and effectively as possible. She has served pharmacy organizations at the local, state, and national levels and has been recognized for her teaching and commitment to improving patient medication information.



Anne Kissack, MPH, RD

received her Bachelors in Science, Dietetics from Purdue University and Masters in Public Health from The University of Iowa. Anne is the Program Coordinator for the Wisconsin Arthritis Program. The program is funded through a CDC cooperative agreement for a State Public Health Approach to Arthritis. The program is a partnership between the Wisconsin Department of Health Services, Division of Public Health and community organizations to focus on primary and secondary prevention of arthritis. As the Coordinator, Anne implements strategies in surveillance, awareness, health communication, evidence based programming, policy, and systems change.

Carolyn Fisher

Lakeshore Lutheran Home, Duluth, MN

Physical Activity: The Arthritis Pain Reliever

The U.S. Surgeon General Reports that - for people with arthritis - regular moderate aerobic or resistance-training exercise relieves symptoms and improves function (*Health Education & Behavior*)

Drugs used to be standard treatment for arthritis pain, with hopes for improved function. Now we’re shifting away from drugs to physical activity, especially exercise, as the most accepted treatment. (*Arthritis & Rheumatism: Arthritis Care & Research*)