

Goodbye Diabetes:

The Lifestyle Medicine Approach to Defining, Detecting, Defying, and Defeating Diabetes

Presented By
Wes Youngberg, DrPH, MPH, CNS, FACLM

About the Program...

The didactic lecture will give an overview of lifestyle medicine principles that can be used in a busy medical practice to help patients prevent and potentially reverse diabetes.



Questions

For any questions, please contact Calyn Zahl, MBA, Medical Education Coordinator, in the Medical Staff Office at czahl@iuhealth.org or call 219-326-2636.

About the Speaker...

Dr. Wes Youngberg is a practicing clinical nutritionist and lifestyle medicine specialist in Southern California. He was trained at Loma Linda University where he serves as assistant clinical professor for the Department of Preventive Medicine at the School of Medicine. He spent 14 years on Guam researching the diabetes epidemic on the Micronesian islands of the Western Pacific providing public health education, screenings, and professional training for diabetes prevention and care. Dr. Youngberg has over 20 years of experience using integrative therapies for diabetes control, depression recovery, cardiovascular disease reversal, optimizing digestive health, and effective management of many chronic health conditions. He is a founding director and fellow of the American College of Lifestyle Medicine. His new book *Goodbye Diabetes: Preventing and Reversing Diabetes the Natural Way* is dedicated to all who are willing to do what it takes to reverse disease.

Program Schedule

Thursday, September 26, 2013

6:00-6:45 pm CST: Registration, Meet & Greet, and Buffet Dinner

7:00-8:30 pm CST: CME/CEU Presentation

Accreditation

IU Health La Porte Hospital is accredited by the Indiana State Medical Association to sponsor continuing medical education for physicians.

IU Health La Porte Hospital (OH-415, 12/1/2015) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

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

Credit

IU Health La Porte Hospital designates this educational activity for a maximum of 1.5 credit hour in AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Disclosure

All presenters are expected to disclose relationships with commercial grantors or products. Presenters are also expected to identify trade names, investigational products, and unlabeled uses that are discussed in their presentations.

Dr. Wes Youngberg has indicated he receives royalties from Hart Books for the authorship of his book on Diabetes. The planning committee has indicated no financial relationships or affiliations to disclose relating to the subject matter of this presentation.

Registration

Mail Registration Form
& Payment To:

Medical Staff Office
Attention: Meghan Gilliland, CPCS
Director, Medical Staff Services
IU Health La Porte Hospital
1007 Lincolnway
La Porte, Indiana 46350

Goodbye Diabetes:
The Lifestyle Medicine Approach to
Defining, Detecting, Defying,
and Defeating Diabetes

Thursday, September 26, 2013

First Name: _____

Last Name: _____

MD DO ARNP/PA RN Other: _____

Organization: _____

Street Address: _____

City: _____

State: _____ Zip Code: _____

Please choose your Affiliation

- IU Health La Porte Hospital/Starke Hospital/La Porte Physicians
 IU Health System Hospitals
 Other _____

Please choose type of CME/CEU

_____ Physician (CME)	\$45.00
_____ Healthcare Providers (CEU)	\$25.00
_____ Nursing (CEU)	\$25.00

Dietary Preference

_____ Chicken/Beef
_____ Vegetarian
_____ Vegan

Total Payment Enclosed:

(US Dollars only)

- Check is enclosed in the amount shown for Total Payment.
 Credit Card (select one): Visa MasterCard Discover

Account Number _____

Expiration Date _____

Name of Cardholder (as it appears on the card):

Signature of Cardholder (required):

X _____

Who Should Attend...

This program is designed for physicians, health care providers, and all other health care professionals who provide care for patients dealing with diabetes. Residents, physician assistants, nurse practitioners, registered nurses, or any other member of the health care team may benefit from this program.

Objectives

The attendees should be able to:

1. Discuss the diagnostic test for diabetes, which is most sensitive, and catches diabetes earlier than other tests.
2. Understand possible complications of controlling blood sugars exclusively without, also, addressing the underlying metabolic dysfunction.
3. Learn effective, yet simple, lifestyle medicine tips that can be used when educating diabetic patients during short office visits.

Registration Fees

All colleagues of IU Health La Porte Hospital/Starke Hospital and IU Health La Porte Physicians may attend at no charge. Other IU Health System physicians and colleagues may attend at a 50% discount on the registration fee. Please be prepared to show your IU Health badge for the 50% discount.



Location

**Blue Chip Casino,
Hotel & Spa**
Stardust Event Center
777 Blue Chip Drive
Michigan City, IN 46360

Directions

From La Porte, IN: Take US Hwy 35 North to US Hwy 20. Turn left (west) on US Hwy 20. Turn right (north) on US Hwy 12 and go over the bridge. At the first stop light, turn right into the main entrance of Blue Chip Casino, Hotel & Spa. Park on the right side near the Stardust Event Center.

From Chicago, IL (I-94 West):

Take Exit 34B Michigan City. Merge onto US 421 North. Turn right on 11th Street. Turn left on Pine Street. Turn right (north) on US Hwy 12. Turn right into the main entrance of Blue Chip Casino, Hotel & Spa. Park on the right side near the Stardust Event Center.

From St. Joseph, MI (I-94 East):

Take Exit 40B Michigan City. Merge onto US 421 North. Turn right on 11th Street. Turn left on Pine Street. Turn right (north) on US Hwy 12. Turn right into the main entrance of Blue Chip Casino, Hotel & Spa. Park on the right side near the Stardust Event Center.

From South Bend/Toll Road (I-80/90):

Take Exit 49 La Porte to State Road 39 North. Turn right (north) on State Road 39 until US Hwy 20. Turn left (west) on US Hwy 20 and go approximately six miles to US Hwy 12. Turn right (north) on US Hwy 12 and go over the bridge. At the first stop light, turn right into the main entrance of Blue Chip Casino, Hotel & Spa. Park on the right side near the Stardust Event Center.

Upcoming Events

IU Health La Porte Hospital is pleased to sponsor a CME/CEU event on **Thursday, November 14, 2013** at the Blue Chip Casino, Hotel & Spa.

Yippee! Another Day in Paradise!

... Driving Negativity
Out of the Workplace

Presented By **Liz Jazwiec**

Thursday November 14, 2013

6:00-6:45 pm CST:
Registration, Meet & Greet,
and Buffet Dinner

7:00-8:30 pm CST:
CME/CEU Presentation



Indiana University Health

La Porte Hospital | Starke Hospital | La Porte Physicians

LET THE TRANSFORMATION BEGIN



CONTINUING MEDICAL EDUCATION & CONTINUING EDUCATION

Sponsored by IU Health La Porte Hospital

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Clinical Nutritionist & Lifestyle Medicine Specialist

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Blue Chip Casino, Hotel & Spa

Stardust Event Center | 777 Blue Chip Drive | Michigan City, IN 46360



Indiana University Health

La Porte Hospital | Starke Hospital | La Porte Physicians