

**Office of Continuing Professional Development  
in Medicine and Public Health**

University of Wisconsin School of Medicine  
and Public Health  
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# Green Medicine: *Healthy People, Healthy Planet*



**Sponsored by:**  
University of Wisconsin School of Medicine  
and Public Health  
Office of Continuing Professional  
Development in Medicine and Public Health  
and  
UW Health Integrative Medicine

**April 14-15, 2008**  
Monona Terrace® Community and Convention Center, Madison, WI  
**Pre-conference workshop April 13, 2008**  
UW Health Research Park Clinic (space is limited to 50 participants)

## TARGET AUDIENCE

This conference is designed for primary care physicians including family medicine and internal medicine, physician assistants, nurses, psychologists, social workers, and other health care professionals.

## STATEMENT OF NEED

The interaction between the health of the planet and the health of our population are closely connected. The faculty of this conference are uniquely qualified to discuss this relationship. This conference will explore the international sustainability movement, specifically the Natural Step; the effects of global warming on health; and contamination and its impact on development and learning. The clinical focus will include improving/enhancing/greening both the external environments and the internal one as we look at how negative and positive emotions influence health. This education will empower the clinician to practice "green medicine" in an ever changing global environment. Practical learning objectives to bring positive action to the issues discussed will be provided.

## EDUCATIONAL OBJECTIVES

At the conclusion of this activity, participants should be able to:

- Define and understand the Natural Step framework
- Understand how confronting global warming may provide health opportunities as well as risks
- Understand how contamination of food and water impacts development and learning
- Explore how transforming the mind leads to changes in the brain and body
- Explore how mindfulness and other internal resources can improve health
- Discuss environmental influences in primary care practice including:
  - Lessons from Lead
  - Autism Spectrum
  - Emerging Infectious Diseases
  - Epigenetics

## CREDIT

### Accreditation Statement

The University of Wisconsin School of Medicine and Public Health is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

### Credit Designation Statement

The University of Wisconsin School of Medicine and Public Health designates this educational activity for a maximum of 19 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Pre-conference workshop = 4.75 *AMA PRA Category 1 Credits™*

Two day conference = 14.25 *AMA PRA Category 1 Credits™*

### Continuing Education Units

The University of Wisconsin-Madison, as a member of the University Continuing Education Association (UCEA), authorizes this program for 1.9 continuing education units (CEUs) or 19 hours

### American Academy of Family Physicians (AAFP)

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

### Policy on Faculty and Sponsor Disclosure

As a sponsor accredited by the ACCME, it is the policy of the University of Wisconsin School of Medicine and Public to require the disclosure of the existence of any significant financial interest or any other relationship a faculty member or a sponsor has with either the commercial supporter(s) of this activity or the manufacturer(s) of any commercial product(s) discussed in an educational presentation. Detailed disclosure will be made in the course handout materials.

## GUEST FACULTY

### Dave Cieslewicz

Mayor, City of Madison  
Madison, WI

### Robin Pharo, BS

President, Healthy Homes; Director of Green Built Home  
Madison, WI

### Karl-Henrik Robèrt, MD, PhD

Founder of The Natural Step International, Adjunct Professor of Sustainable Product Development, Blekinge Institute of Technology  
Karlskrona, Sweden

## UNIVERSITY OF WISCONSIN FACULTY

### Bruce P. Barrett, MD, PhD

Assistant Professor, Department of Family Medicine

### Richard Davidson, PhD

Professor of Psychology and Psychiatry, Director of the Waisman Laboratory for Brain Imaging and Behavior

### Luke Fortney, MD

Clinical Instructor, Department of Family Medicine

### Donal G. Maccoon, PhD

Research Associate, Waisman Center

### Lucille R. Marchand, MD

Professor (CHS), Department of Family Medicine; Clinical Director, Integrative Oncology, UW Health Integrative Medicine

### George C. Mejicano, MD

Associate Professor of Medicine, Section of Infectious Disease

### Shilagh A. Mirgain, PhD

Clinical Assistant Professor, Department of Orthopedics and Rehabilitation

### Jonathan Patz, MD, MPH

Associate Professor, Department of Sustainability & Global Environment

### Rian Podein, MD

Assistant Professor, Department of Family Medicine

### Warren P. Porter, PhD

Professor of Zoology and Engineering Physics

### David P. Rakel, MD

Assistant Professor, Department of Family Medicine; Director, UW Health Integrative Medicine

### James A. Rindfleisch, MD, MPhil

Assistant Professor, Department of Family Medicine, UW Health Integrative Medicine

### Janice M. Singles, PsyD

Senior Psychologist, Department of Orthopedics and Rehabilitation

## PLANNING COMMITTEE

### Jacqueline Kuta Bangsberg, MS

Manager, Sports Medicine Fitness Center & Integrative Medicine Services, UW Health Integrative Medicine

### Katherine A. Bonus, MA, MREd

Manager & Instructor, Mindfulness Program, UW Health Integrative Medicine

### Luke Fortney, MD

Clinical Instructor, Department of Family Medicine

### Michael T. Hernke, PhD

Research Fellow, School of Business, University of Wisconsin- Madison

### Michael L. Johnson, MA, CMT, LAT

Clinical Massage Therapist, UW Health Integrative Medicine

### Rian Podein, MD

Assistant Professor, Department of Family Medicine

### David P. Rakel, MD

Assistant Professor, Department of Family Medicine; Director, UW Health Integrative Medicine

# Schedule

## MONDAY, APRIL 14, 2008

### AM

- 7:00 Registration & Continental Breakfast
- 7:45 Welcome & Introduction  
*David P. Rakel, MD and Madison Mayor Dave Cieslewicz*
- 8:00 Unsustainability or Health: A Question Challenging Competence More Than Values  
*Karl-Henrik Robèrt, MD, PhD*
- 9:15 Confronting Global Warming: Grave Risks Yet Enormous Health Opportunities  
*Jonathan A. Patz, MD, MPH*
- 10:30 Refreshment Break
- 11:00 Common Low Level Contamination of Food and Water: Impact on Development, Learning and Immunity  
*Warren P. Porter, PhD*

12:00 Lunch

### PM Clinical Applications – Environmental Toxicity and Personal Health

- 1:00 Pollution in People: Is Your Body a Superfund Site?  
*Rian Podein, MD*
- 1:45 Body Burden Detoxification: Mind and Body Approaches to Reclamation  
*Luke Fortney, MD*
- 2:30 Refreshment Break
- 3:00 Sensivity and Health: The Canary in the Coal Mine  
*Adam Rindfleisch, MD, MPhil*
- 3:45 Creating Healthier Buildings  
*Robin Pharo, BS*
- 5:00 Adjourn

## TUESDAY, APRIL 15, 2008

### AM

- 7:00 Registration & Continental Breakfast
- 7:55 Welcome & Introduction  
*David P. Rakel, MD*
- 8:00 Neuroplasticity, Happiness and Health: Transforming the Mind and Changing the Brain and Body  
*Richard Davidson, PhD*
- 9:15 A Whole Life: A Mindful Approach to Sustainable Well-being  
*Donal G. Maccoon, PhD*
- 10:15 Refreshment Break
- 10:45 More Skills, Less Pills: Activating Internal Resources to Improve Health  
*Janice Singles, PsyD & Shilagh A. Mirgain, PhD*
- 12:00 Lunch

### PM Clinical Applications

- 1:00 Lessons from Lead: The Precautionary Principle is Key to a Healthy World  
*Bruce P. Barrett, MD, PhD*
- 2:00 The Autism Spectrum: Genetic and Environmental Interactions and Implications for Cause and Treatment  
*Lucille R. Marchand, MD*
- 3:00 Refreshment Break
- 3:30 Emerging Infectious Diseases  
*George C. Mejjicano, MD*
- 4:30 Epigenetics: How Environment (physical and emotional) Can Trump the Genetic Code  
*David P. Rakel, MD*
- 5:15 Adjourn

# Registration Form

## Pathways to Health and Healing Green Medicine: Healthy People, Healthy Planet APRIL 14-15, 2008

Please complete Steps 1-4 below in BLOCK letters

### Step 1. Participant Information:

Name \_\_\_\_\_  
First MI Last

Professional Degree (for name tag)  
 MD  DO  PhD  PA  RN  APNP  Other \_\_\_\_\_

Company Name \_\_\_\_\_

Work Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ FAX (\_\_\_\_) \_\_\_\_\_  
*(Where you can be reached from 9:00 am - 5:00 pm)*

E-Mail Address \_\_\_\_\_

### Step 2. Confirmation:

Work Address (as provided in Step 1) – or –

Home Address – please complete the following:

Home Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

### Step 3. Registration Fees:

Pre-Conference Workshop:  \$115

Conference Fees:  \$450 Physicians  \$325 Others

PO or check enclosed (payable to University of Wisconsin)

Please bill my company

Credit Card:  MasterCard  VISA  American Express

Cardholder's Name \_\_\_\_\_

Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

### Step 4. Send your Registration Form to:

Kathy Kneebone, The Pyle Center, 702 Langdon Street, Madison, WI 53706  
or Fax 1-800/741-7416 (in Madison Fax 265-3163).

The University of Wisconsin provides equal opportunities in employment and programming, including Title IX requirement.

The University of Wisconsin School of Medicine and Public Health fully complies with the legal requirements of the ADA and the rules and regulations thereof. If any participant in this educational activity is in need of accommodations, please notify Terese Bailey in order to receive service. Please call 608/240-2141.

# General Information

## PRE-CONFERENCE WORKSHOP

Date: April 13, 2008

Place: UW Health Research Park Clinic  
621 Science Drive  
Madison, WI 53711

## CONFERENCE

Dates: April 14-15, 2008  
Place: Monona Terrace® Community and Convention Center  
One John Nolen Drive  
Madison, WI 53703  
608/261-4100

### Conference Housing

#### Hilton Madison Monona Terrace

9 East Wilson Street  
Madison, WI 53703  
608/255-5100; 866/403-8838  
Room rate is \$157. The Hilton will release these rooms to the public on **March 13, 2008**. Please mention **Group Code CME** when reserving a room.

#### Best Western Inn on the Park

22 South Carroll  
Madison, WI 53703  
608/257-8811; 800/279-8811  
Room rate is \$114 (s); \$124 (d); \$144 (suite). The Best Western Inn on the Park will release these rooms to the public on **March 17, 2008**. Please mention **Group Code CME0804** when reserving a room.

### Pre-Conference Workshop Fee

The Pre-Conference Workshop fee of \$115 includes the cost of tuition, materials, and lunch. Should you cancel your registration up to 72 hours prior to the conference; you will be refunded the entire Pre-Conference Workshop Fee except the \$50 nonrefundable portion. No refunds will be made after that time.

### Conference Fee

The conference fee of \$450 for physicians and \$325 for others includes the cost of tuition, materials, continental breakfasts, lunches, breaks, and a nonrefundable registration fee of \$50. Should you cancel your registration up to 72 hours prior to the conference; you will be refunded the entire conference fee except the \$50 nonrefundable portion. No refunds will be made after that time.

### Conference Attire

Please wear casual, comfortable clothing for the entire event. To ensure your comfort in the conference room, please bring a sweater or jacket to accommodate temperature variations.

### Four Easy Ways to Register

By Mail: Return your completed registration form and payment.  
By Phone: 608/262-1397. Please call and give your billing information or pay by MasterCard, VISA, or American Express  
By Fax: 800/741-7416 (in Madison Fax 265-3163)  
On Line: www.ocpd.wisc.edu/course\_catalog

### Confirmations

All registrations are confirmed in writing. If you do not receive a confirmation, please call 608/262-1397.

### For Further Information

For conference information please contact: Terese Bailey, OCPD, 2701 International Lane, #208 Madison, WI 53704; 608/240-2141 or tmbailey@wisc.edu.

# Pre-Conference Workshop

## APRIL 13, 2008 • MADISON, WISCONSIN Ourselves, Our Patients, Our Planet: The Science and Practice of Mindfulness

During this workshop, the multiple facets of Mindfulness-Based Stress Reduction (MBSR) will be presented and examined through scientific literature. A range of applications of Mindfulness in medicine will be explored. Participants will practice methods used in Mindfulness training and explore these effects in their own role of Mindfulness in enhancing patient care and patient physician communication and relationship will be explored.

The day is designed to introduce and practice four formal mindfulness practices and integrate research understanding and application to healthcare. We ask that all electronic devices be turned off so that each participant can be fully present for deep listening and participation. If you need to be contacted, an emergency phone number at 608-263-7936 can be used. Lunch will be provided.

### Intended Audience

The workshop is designed for physicians and health care providers of all specialties.

### Learning Objectives

At the conclusion of this activity, participants should be able to:

- Describe the scientific basis of Mindfulness practice and how processes changed by such practice (mechanisms) relate to immune response, emotion regulation, and the body/brain's response to stress
- Describe the scientific evidence for use of Mindfulness in chronic diseases such as psoriasis, anxiety disorders, chronic pain syndromes, depression, and cancer.
- Understand the role of Mindfulness in enhancing psychological well-being and enhancing resilience in health care providers

### Schedule:

AM	PM
9:00 Check In	12:30 Walking Meditation <i>Donal G. Maccoon, PhD</i>
9:30 Welcome & Introductions <i>Katherine A. Bonus, MA, MREd</i>	12:45 Somatic Awareness Movement Training <i>Luke Fortney, MD</i>
9:45 Historical & Scientific Background on Mindfulness & Mindfulness in Medicine <i>Donal G. Maccoon, PhD</i>	1:15 Common Questions <i>Katherine A. Bonus, MA, MREd, Luke Fortney, MD, Donal G. Maccoon, PhD</i>
10:30 Getting in your Body. Be Here Now, <i>Katherine A. Bonus, MA, MREd</i>	1:45 Working with Problems, Dealing with Pain and Frustration <i>Katherine A. Bonus, MA, MREd</i>
11:15 Connection Between Mindfulness and Medicine <i>Luke Fortney, MD</i>	2:15 Questions & Answers - Group Wrap Up <i>Katherine A. Bonus, MA, MREd, Luke Fortney, MD, Donal G. Maccoon, PhD</i>
11:45 Lunch (in silence)	3:15 Adjourn

### Faculty

**Katherine A. Bonus, MA, MREd**  
Manager & Instructor, Mindfulness Program, UW Health Integrative Medicine

**Luke Fortney, MD**  
Clinical Instructor, Department of Family Medicine

**Donal G. Maccoon, PhD**  
Research Associate, Waisman Center