

# **NUTRITION and AGING XXI:** *Advances in Nutrition, Exercise and Aging*

September 20-21, 2006

Peabody Hotel  
Three Statehouse Plaza  
Little Rock, AR



Jointly Sponsored by:

Geriatric Research Education and Clinical Center  
Central Arkansas Veterans Healthcare System



Arkansas Geriatric Education Center



Donald W. Reynolds Institute on Aging  
College of Medicine  
University of Arkansas for Medical Sciences



Office of Continuing Medical Education  
College of Medicine  
University of Arkansas for Medical Sciences

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## REGISTRATION FORM

### Nutrition & Aging XXI: *Advances in Nutrition, Exercise and Aging* September 20-21, 2006

Fee: \$210 Non-VA Registration Fee \$110 VA Employees

Make checks payable to **UAMS CME Foundation** and return to:  
UAMS Continuing Medical Education  
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Cancellation must be received in writing. A \$25 administrative fee will be retained for cancellations postmarked before September 18, 2006. No refunds will be made for cancellations postmarked after September 18, 2006.

**PRESENTED BY:** Geriatric Research Education and Clinical Center (GRECC), Central Arkansas Veterans Healthcare System; Arkansas Geriatric Education Center (AGEC), Donald W. Reynolds Institute on Aging and the Office of Continuing Medical Education, College of Medicine, University of Arkansas for Medical Sciences.

**TARGET AUDIENCE:** The target audience includes physicians, nurses, social workers, pharmacists, dietitians, nursing home administrators and other health professionals interested in the relationships that exist among nutrition, exercise, chronic disease and health maintenance in older adults.

**COURSE OBJECTIVES:** At the completion of this conference the attendee should be able to:

- 1) describe at least 4 aspects of the interrelationship among nutrition, exercise and age-related physiologic changes;
- 2) recognize the role of nutrition and exercise in the management of chronic disease in older adults;
- 3) discuss the various ways that nutrition and exercise interact in the maintenance of health and management of chronic disease; and
- 4) devise exercise prescriptions for older adults incorporating specific recommendations for chronic disease management.

**COURSE DESCRIPTION:** This is a two-day conference that will address the many relationships that exist among nutrition, exercise, chronic disease and health maintenance in older adults. Speakers will address the conditions commonly seen in elderly patients and advances made in recent years in the role of nutrition and exercise for management or maintenance of health.

**ACCREDITATION:** This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the University of Arkansas for Medical Sciences College of Medicine and the GRECC at the Central Arkansas Veterans Healthcare System. The UAMS College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to sponsor continuing medical education for physicians.

The UAMS College of Medicine designates this educational activity for a maximum of 9.75 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This educational activity is provided by the Central Arkansas Veterans Healthcare System (CAVHS). The CAVHS is an approved provider of nursing continuing education by the Arkansas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participation in this activity provides 11.7 contact hours of nursing continuing education credit.

It is the policy of the UAMS College of Medicine Office of Continuing Medical Education to encourage balance, independence, objectivity, and scientific rigor in all its educational programs. Speakers are expected to disclose to the program audience any real or apparent conflicts of interest related to the content of their presentations. Speakers are also expected to disclose when any product mentioned in their presentation is not labeled for the use under discussion or is still investigational.



The University of Arkansas for Medical Sciences College of Pharmacy is accredited by the Accreditation Council for Pharmacy Education as a provider of Continuing Pharmacy Education. ACPE #004-999-06-021-L04 **Continuing Education Credit:** This program provides pharmacy participants up to 9.75 contact hour(s). To receive credit, the pharmacy participant must follow the attendance procedure of the program and complete all program evaluation forms. If the attendance documentation is illegible then no statement of credit can be issued. Credit will be given based on percent of attendance down to the 0.75 contact hour. Statements of credit will be issued by the UAMS COP CE office within 15 business days of receipt of necessary materials from the co-sponsor Geriatric Research Education & Clinical Center, Central Arkansas Veterans Healthcare System. The co-sponsor has 30 business days to provide the necessary materials to the UAMS COP CE office. **Grievance Procedure:** This procedure represents a formal mechanism whereby any pharmacist may obtain a review of a complaint of unfair treatment. A pharmacist must file the grievance in writing within 30 days of the incident/activity generating the complaint. The complaint will be reviewed by the Director of Continuing Education and every effort will be made to resolve the problem of the complainant.

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Application for credit has been filed with the American Academy of Family Physicians. Determination of credit is pending. The Arkansas Dietetic Association has approved 10 hours of credit for dietetic practitioners (Program #052). Application for CEU's has also been made for nursing home administrators and other disciplines.

**LOCATION:** Peabody Hotel, Three Statehouse Plaza, Little Rock, Arkansas

**ACCOMMODATIONS:** A block of rooms has been reserved at the Peabody Hotel for those participants wanting overnight accommodations on September 19-21, 2006 (**room block reserved until 8/27/06**). A special occupancy rate of \$114 single/double or \$124 triple/quad is available if you identify yourself as a member of the "Nutrition & Aging" seminar. You may make reservations directly with the hotel by calling (501) 906-4000 or 1-800-PEABODY.

### PLANNING COMMITTEE

Ronni Chernoff, PhD, RD, Central Arkansas Veterans Healthcare System; Arkansas Geriatric Education Center

William J. Evans, PhD, Central Arkansas Veterans Healthcare System, University of Arkansas for Medical Sciences

Kay Guthrie, AO, Central Arkansas Veterans Healthcare System

Dennis H. Sullivan, MD, Central Arkansas Veterans Healthcare System

Rebecca M. Reach, MSN, RN, BC, Central Arkansas Veterans Healthcare System

**FEE:** \$210 Non-VA Registration Fee / \$110 VA Employees

### COURSE CO-DIRECTORS:

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## Nutrition and Aging XXI: Advances in Nutrition, Exercise and Aging September 20-21, 2006

### Ballroom Level – Salon A

Wednesday, September 20

7:15-8:30am **Registration**

8:30-8:45am **Opening Remarks**  
Ronni Chernoff, PhD, RD/Dennis Sullivan, MD

8:45-9:30am **The Underappreciated Role of Muscle in Health and Disease**  
Robert R. Wolfe, PhD

9:30-10:15am **Exercise and Aging: Molecular Mechanisms of Sarcopenia and Muscle Hypertrophy**  
Charlotte A. Peterson, PhD

10:15-10:45am **BREAK**

10:45-11:30am **Exercise, Weight Loss and Diet: Effects on Insulin Action**  
William J. Evans, PhD

11:30-12:15pm **Interactions Among Androgens, Exercise and Nutrition**  
Dennis H. Sullivan, MD

12:15-1:30pm **LUNCH (provided)**  
Salon B

1:30-2:15pm **Orixisenic Agents in Nutritional Health**  
Donald L. Bodenner, MD

2:15-2:30pm **BREAK**

2:30-3:15pm **Exercise and Bone Health: Twists on the Concept of "No Pain, No Gain"**  
Wendy Kohrt, PhD

3:15-4:00pm **Physical Activity, Nutrition and Cardiovascular Disease in Older Adults**  
Ian Janssen, PhD

### Ballroom Level – Salon A

Thursday, September 21

7:30-8:30am **Registration**

8:30-9:15am **Body Composition, Diet and Exercise in the Elderly**  
Roger A. Fielding, PhD

9:15-10:00am **Role of Diet and Exercise in the Management of Obesity in Elderly People**  
Dennis T. Villareal, MD

10:00-10:30am **BREAK**

10:30-11:15am **Metabolic Syndrome: Obesity Gone Bad**  
Philip A. Kern, MD

11:15-12:00noon **Initiating and Sustaining Community-based Exercise Programs**  
James M. Raczynski, PhD, FAHA, FSMB

12noon-1:30pm **LUNCH (on your own)**

1:30-2:15pm **Exercise in Older Adults with Cognitive Impairment**  
Kathy Richards, PhD, RN, FAAN

2:15-3:00pm **MOVE! The VA's Answer to the Growing Epidemic of Obesity and Physical Inactivity**  
Jacob B. Blumenthal, MD

3:00pm **Adjourn**

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4301 W. Markham (Slot 525)  
Little Rock, Arkansas 72205

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