

LAS VEGAS 2008

American Academy of Osteopathy

President: **Guy A. DeFeo, DO**
Program chairwoman: **Natalie A. Nevins, DO**

Fit and Healthy: An Osteopathic Approach to Fitness and Obesity

Saturday, October 25

Noon-6 pm

Workshop

***Avoiding Disaster:
Osteopathic Approach to the Flu Pandemic***

Sunday, October 26

See Conventionwide Activities

Turn to pages C9-C11.

6:30 am-7:45 am

Breakfast Seminar

***Shining a Light into the Dark:
Bringing Depression into Light***
*Supported by an educational grant
by Eli Lilly and Company
(Must sign in for extra CME)*

Monday, October 27

6:30 am-7:45 am

Breakfast Seminar

***Motivating Patients to Become Compliant:
An Illusion or Just Elusive?***
*Supported by an educational grant
by Merck/Schering Plough
(Must sign in for extra CME)*

8 am-9 am

Opening Session of the 113th Annual Convention and Scientific Seminar

Keynote Address

9:15 am-9:30 am

AAO Welcome and Introductions

Natalie A. Nevins, DO

9:30 am-11:45 am

Joint Session with the AOASM

9:30 am-10:15 am

Happy Feet: Posture and Athletic Shoes
Scott L. Cook, DO

10:15 am-11 am

Happy Feet: Treating Foot Injuries
Gregory W. Coppola, DO

11 am-11:45 am

***Silver Sneakers:
Exercise and the Geriatric Patient***
Kurt P. Heinking, DO

11:45 am-12:45 pm

Thomas L. Northup Memorial Lecture

Karen M. Steele, DO

1:15 pm-2:30 pm

Alumni Luncheons

3 pm-4 pm

***The Weekend Warrior:
How to Prevent Injuries***
Rebecca E. Giusti, DO

4 pm-5 pm

***The Weekend Warrior:
Warm Up, Cool Down and
Stretching Workshop***
Rebecca E. Giusti, DO

Tuesday, October 28

6:30 am-7:45 am

Breakfast Seminar

***Atherothrombosis from Head to Toe: Extending
Secondary Prevention of Cardiovascular Diseases
Throughout the Vasculature***
*Supported by an educational grant
by BMS/Sanofi-Aventis
(Must sign in for extra CME)*

LAS VEGAS 2008



Joint Session with AOASM and ACOP

8 am-9 am

Fit and Healthy Pediatrics

Jaime Brenkus

9 am-9:45 am

Weight Training for the Overweight Child:

Exercise Prescribing

Marcia E. Whalen, DO

9:45 am-10:15 am

Visit the Exhibits

10:15 am-11 am

Preventing Obesity and Creating Fit Kids

Deborah M. Mulgrew, DO

11 am-noon

Preventing Pediatric Overuse Injuries

Jane E. Carriero, DO

Seminar focuses on flu pandemic: Are you prepared?

The American Academy of Osteopathy and the American Osteopathic Association are hosting a one-day workshop "Avoiding Disaster: Osteopathic Approach to the Flu Pandemic" from noon to 6 pm on Saturday, October 25 at The Palazzo Resort-Hotel-Casino, the newly completed connected sister property of The Venetian Resort-Hotel-Casino.

Every fall season brings up concerns about influenza. A relatively low impact outbreak can mean 10,000 to 20,000 deaths in the United States. In addition, days lost from work or family totals hundreds of thousands for those who have 3-5 days of illness.

Concerns have been raised about the possibility of another flu pandemic on the scale of the 1918 Spanish Flu pandemic, known as "The Last Great Plague," which resulted in the deaths of 500,000 Americans and upwards of 20 million people worldwide.

All states and municipalities in the United States are mandated to develop disaster preparedness plans for such a scenario. However, many of the typical medical interventions, anti-viral medications, hygienic protocols, and vaccinations may prove inadequate given time constraints and viral mutations. Historically, the osteopathic profession has had more to offer in osteopathic manipulative medicine by treating patients to maximize their own innate abilities.

Reports in the *JAOA—The Journal of the American Osteopathic Association* in 1919 and 1920 appear to indicate a 1/40th mortality for those treated by osteopathic physicians. The purpose of this program is to prepare physicians to be ready to

incorporate these means along with the other accepted interventions as well as train others.

During the workshop participants will complete the following objectives:

- Review the osteopathic profession's interventions and research for infectious diseases
- Review and practice osteopathic manipulative technique modalities and protocols to facilitate patient responsiveness and immunity
- Review standard protocols for flu pandemic preparedness including hygiene, vaccines, antiviral medications and isolation.
- Be trained to instruct other physicians and health-care providers in flu preparedness and treatment
- Participate in data collection and technology resources

The program anticipates being approved for 6 hours of AOA Category 1-A CME credit pending approval by the AOA CCME. Those interested in participating in this workshop should have a basic understanding of functional anatomy.

Registration rate for physicians is \$25. To register for or to obtain more information regarding this workshop, please contact Diana Finley at (317) 879-1881 or email: dfinley@academyofosteopathy.org.

You may also register on-line at www.academyofosteopathy.org.

LAS VEGAS 2008

Noon-2 pm
Visit the Exhibits

Joint Session with AOASM and ACOP Continued

2 pm-2:30 pm
Growing Pain in Young Athletes
Patrick F. Leary, DO

2:30 pm-3 pm
Management of Spondylolysis
Steven J. Karageanes, DO

3 pm-5 pm
Lecture and Workshop
Treatment of Overuse Injuries
Jane E. Carriero, DO

7 pm-10 pm
AOA/AOA Presidents' Reception

Wednesday, October 29

6:30 am-7:45 am

Breakfast Seminar

Managing the Whole Patient: An In-depth Look at Key Factors of Metabolic Risk
Supported by an educational grant by Merck (Must sign in for extra CME)

Joint Session with the AOCPMR

8 am-9 am
Lumbar Pain in Athletes: Evaluation and Common Problems
Marcel P. Fraix, DO

Joint Session with AOAMI

9 am-10 am
Going Live—Facts and Fiction
Natalie A Nevins, DO
Megan McBride, DO

10 am-11 am
The Psychology of Obesity: Overcoming Barriers to Weight Loss
TBA

Joint Session with AOCPMR

11 am-noon
Lumbar Spine OMM
Marcel P. Fraix, DO

Joint Session with the ACOOG

1:30 pm-2:15 pm
Getting Your OMT Skills in Shape: A New DVD Curriculum
Anita L. Showalter, DO

AAO offers osteopathic diagnosis and treatment education

Each year at the AOA convention, the American Academy of Osteopathy (AAO) offers its free osteopathic diagnosis and treatment education sessions to convention goers, including guests and exhibitors. These sessions are provided for educational purposes only.

DOs from all specialties are invited to volunteer to provide care for the AAO program. The AAO welcomes osteopathic physicians who want to volunteer. One half-hour Category IA CME credit is given for each person the physician sees.

The AAO prefers advance notice from osteopathic physicians who want to volunteer, but we will accept on-site registration.

For more information about this event, contact Diana Finley on site in Las Vegas. Volunteers must have their own professional liability coverage.

All sessions will be held at The Palazzo Resort-Hotel-Casino, the newly completed connected sister property of The Venetian Resort-Hotel-Casino. The dates and times of the sessions are as follows:

Monday, October 27

9 am-noon
3 pm-5 pm

Tuesday, October 28

9 am-noon
2 pm-5 pm

Wednesday, October 29

9 am-noon
2 pm-5 pm



Northup award to study that explores the cellular mechanisms of OMT

During the opening session of the 113th Annual AOA Convention and Scientific Seminar in Las Vegas, *JAOA—The Journal of the American Osteopathic Association* will bestow its prestigious George W. Northup, DO, Medical Writing Award on an article written by Kate R. Meltzer, MS, and Paul R. Standley, PhD, from the University of Arizona College of Medicine—Phoenix. Dr. Standley is a former member of the *JAOA* Editorial Board and a former faculty member at the Midwestern University/Arizona College of Osteopathic Medicine in Glendale.

Published in December 2007, the award-winning article is titled “Modeled Repetitive Motion Strain and Indirect Osteopathic Manipulative Techniques in Regulation of Human Fibroblast Proliferation and Interleukin Secretion.” The Northup Award is bestowed annually to the best article published in the *JAOA* the previous year, based on the article’s potential to change the way osteopathic physicians think, practice medicine and conduct research.

The criteria that the *JAOA* Editorial Advisory Board uses in selecting the Northup recipient are originality, study design, scientific validity, osteopathic medical content, and clinical and academic significance.

The award honors the late Dr. Northup, who was the AOA’s editor in chief for 26 years and the AOA’s 1958-59 president.

In their article, Meltzer and Standley investigate human fibroblast proliferation and interleukin secretory profiles in response to modeled repetitive motion strain (RMS) and modeled indirect osteopathic manipulative techniques (IOMT). The authors hypothesized that the RMS model would increase fibroblast proliferation and proinflammatory interleukin secretion, while the IOMT model would reverse these effects.

“This is by far the most original and unique approach to studying [OMT] methods as they affect connective tissue,” observed *JAOA* Editorial Advisory Board member Michael A. Seffinger, DO, in voting on the Northup Award finalists. “The article really changes the way in which clinicians and researchers think. Mechanotransduction and the interleukin connection are awe-inspiring and exciting, and they will have far-reaching implications, moving the field of manual treatments much farther ahead than what would have occurred at its current pace.”

Echoing Dr. Seffinger, fellow Advisory Board member Stephen C. Shannon, DO, MPH, noted, “This level of biomedical research offers the type of validity necessary to move [OMT] techniques in a broader research direction, laying a foundation for more conclusive clinical level evaluation.”

2:15 pm-3 pm

OMT and the Obstetric Patient Workshop

Teresa A. Hubka, DO

3 pm-3:15 pm

Break

3:15 pm-5:15 pm

OMT and the Obstetric Patient

Anita L. Showalter, DO

Teresa A. Hubka, DO

6 pm-9 pm

AOA Dinner Seminar

New Neuronal Targets in Migraine Therapy

Supported by an educational grant by Merck

(Must sign in for extra CME)

Thursday, October 30

6 am-7 am

Continental Breakfast

6:30 am-9:30 am

Joint Session

Appreciating ADHD as a Major Life Barrier: Improving Diagnostic and Treatment Outcomes for Patients Across the Life Span

Supported by an educational grant

By Eli Lilly and Company

(Must sign in for extra CME)