

The University of Arizona Arthritis Center

The University of Arizona Arthritis Center is committed to patient care and research to improve the quality of life for people of all ages with arthritis. The Arthritis Center operates within the dynamic network of the University of Arizona Health Sciences, recognized as one of the major health-care facilities in the United States, and the University of Arizona, one of the country's leading research institutions.

www.arthritis.arizona.edu

DIRECTIONS From the intersection of N. Campbell Avenue and E. Speedway Boulevard, travel west on E. Speedway Boulevard to Cherry Avenue. Turn right (north) on Cherry Avenue. Free parking is in the Lot Specific 2012 parking lot next to HSIB on Cherry Avenue, between Mabel Street and Drachman Avenue, and the Lot Specific 2147 parking lot across the street from HSIB on Cherry Avenue between Helen and Mabel Streets (please see map below). Additional free parking is available in all Lot Specific parking lots surrounding the Health Sciences campus and in the Health Sciences Garage.



Thank you to our sponsors:



THE UNIVERSITY OF ARIZONA
COLLEGE OF MEDICINE TUCSON

Arthritis Center

*Patient-Centered, Grounded in Science
and Driven by Innovation*

**2020
LIVING
HEALTHY
WITH ARTHRITIS
Conference**

Saturday, February 8, 2020 | 9:00 - 3:00 p.m.

**UNLOCKING THE
SECRETS OF THE
MICROBIOME**

For information please call (520) 626-5040
or Email: livinghealthy@arthritis.arizona.edu



THE UNIVERSITY OF ARIZONA
COLLEGE OF MEDICINE TUCSON

Arthritis Center

REGISTRATION

Event Location:

The University of Arizona Health Sciences Building
1670 E. Drachman Avenue, Tucson, AZ 85721

Cost: \$20 Free to current members of the University of Arizona Arthritis Center Friends (registration required).

Registration fee reserves your place at the lectures and breakout sessions and includes lunch. This cost is not tax-deductible and is non-refundable.

Registration closes on January 29, 2020
or before if event capacity is reached.

Name _____

Address _____

City _____

Phone _____

Email _____

State Zip _____

Yes, I plan to attend Stretch and Relax (optional) 9:00 – 9:30 a.m.

CHOOSE BREAKOUTS

Session I – 12:30 – 1:30 p.m. **Session II – 1:45 – 2:45 p.m.**
(Choose one) (Choose one)

- | | |
|--|---|
| <input type="radio"/> A. Optimal Aging | <input type="radio"/> E. Feed Your Gut |
| <input type="radio"/> B. Current Non-Pharmacologic and Pharmacologic Treatments for Lupus | <input type="radio"/> F. All About Osteoporosis and Osteopenia |
| <input type="radio"/> C. Fortify Your Wellness Fortress | <input type="radio"/> G. The Bacteria Battle |
| <input type="radio"/> D. Know Your Medications | <input type="radio"/> H. Joint Health Jeopardy! |

Lunch sandwich or wrap selection

(Choose one)

- Turkey Roast Beef Ham Tuna Hummus Hummus wrap
(vegan) (gluten-free)

For online registration and payment by credit card, please visit our web-site at www.arthritis.arizona.edu. To pay by check, please mail this form along with a check payable to: UAF/UAAC

Mail to: The University of Arizona Arthritis Center - LHWA
1501 N. Campbell Ave., Room 8303
Tucson, AZ 85724-5093

If you have questions concerning access or disability-related accommodations, please contact us at (520) 626-5040 or livinghealthy@arthritis.arizona.edu.

Space is Limited | Register Today!

The Eva M. Holtby Endowed KEYNOTE SPEAKER

Donata Vercelli, MD

Professor, Cellular and Molecular Medicine, UA College of Medicine - Tucson

Professor, UA BIO5 Institute

Professor, UA Genetics Graduate Interdisciplinary Program
Director, Arizona Center for the Biology of Complex Diseases
Associate Director, Asthma and Airway Disease Research Center

The Henry and Phyllis Koffler Award Winner for Excellence in Research, Scholarship and Creative Activity



PROGRAM AGENDA

8:00 - 9:30 a.m. Check-in and Expo Visitation

(you may check in at any time within this window)

9:00 - 9:30 a.m. Stretch and Relax (optional)

Learn and practice flexibility techniques to expand your health, vitality and relaxation

Karma Kientzler

Founding Spa and Fitness Director, Canyon Ranch Wellness Resort
Member, the University of Arizona Arthritis Center Advisory Board

9:45 a.m. Welcome and Introductions

C. Kent Kwoh, MD

Director, the University of Arizona Arthritis Center
Chief, Division of Rheumatology

Professor of Medicine and Medical Imaging, UA College of Medicine – Tucson
The Charles A. L. and Suzanne M. Stephens Endowed Chair in Rheumatology

10:00 - 11:15 a.m. The Eva M. Holtby Endowed Keynote

Unlocking the Secrets of the Microbiome

An expert look at the human microbiome and its critical impact on health and disease

Donata Vercelli, MD

Professor, Cellular and Molecular Medicine, UA College of Medicine - Tucson
Professor, UA BIO5 Institute

Professor, UA Genetics Graduate Interdisciplinary Program
Director, Arizona Center for the Biology of Complex Diseases
Associate Director, Asthma and Airway Disease Research Center
The Henry and Phyllis Koffler Award Winner for Excellence in Research, Scholarship and Creative Activity

11:15 a.m. - 12:15 p.m. Lunch Distribution and Expo Visitation

12:30 p.m. – 1:30 p.m. Breakout Session I

A. Optimal Aging

The importance of mental health and well-being as we age

Amanda Sokan, PhD

Assistant Professor, Mel and Enid Zuckerman College of Public Health

B. Current Non-Pharmacologic and Pharmacologic Treatments for Lupus

Treatment options for systemic lupus erythematosus

Ernest R. Vina, MD, MS

Associate Professor of Medicine, Rheumatology, UA College of Medicine – Tucson

C. Fortify Your Wellness Fortress

How to prepare for the health challenges of life ~ illness, injury, surgery, trauma ~ so you can rebound to the fullest enjoyment of life

Mike Siemens, MS

Corporate Director of Exercise Physiology, Canyon Ranch Wellness Resort

D. Know Your Medications ~ Understanding Benefits and Risks

The short and long-term impact of over-the-counter and prescription medications for arthritis, pain and related conditions

Todd Vanderah, PhD

Head, Department of Pharmacology, UA College of Medicine - Tucson

Professor; Anesthesiology, Neurology, Neuroscience, Pharmacology and Physiological Sciences

1:45 p.m. – 2:45 p.m. Breakout Session II

E. Feed Your Gut - An Expert's Look at Nutrition and Inflammation

Explore how nutrition can impact inflammation: dietary strategies, lifestyle choices and our microbiome

Ann Skulas-Ray, PhD

Assistant Professor, UA Department of Nutritional Sciences

F. All About Osteoporosis and Osteopenia

An inside look at prevention, diagnosis, treatment and the latest research

Marcia Woodburn, RN, MSN, CCRN, AGANP

Fracture Liaison Service Program Coordinator/Clinician, Banner - University Medicine

G. The Bacteria Battle: The Good, the Bad, and the Copper

The science of novel, potentially lifesaving research: Using copper in the fight against dangerous infections

Michael Johnson, PhD

Assistant Professor, Immunobiology, UA College of Medicine - Tucson; BIO5 Institute

H. Joint Health Jeopardy!

Learn how to maintain joint health and treat joint pain in a fun and interactive format

Venkat Ganapathy, MD

Assistant Professor, UA Department of Orthopaedic Surgery

3:00 p.m. Closing

The Healing Power of Breath

Breathing and meditation to conclude your day of empowerment

Karma Kientzler

Founding Spa and Fitness Director, Canyon Ranch Wellness Resort
Member, the University of Arizona Arthritis Center Advisory Board