

PREVENTING AND REVERSING VASCULAR DISEASES

TUE & WED, 7 – 8 OCTOBER
8:00 AM – 5:00 PM

Learn the latest greatest rehabilitation research on how to reverse and prevent vascular diseases

**IMPROVING LIVES & SAVING LIVES ...
maybe even yours**

NEW TWO-DAY PRE-CONFERENCE COURSE



This two-day translational course will present evidence-based research on how to most effectively prevent, arrest, and reverse vascular diseases including:

- ◆ angina pectoris (chest pain)
- ◆ myocardial infarction (heart attack)
- ◆ intermittent claudication (leg cramping)
- ◆ gangrene (tissue decay/death)
- ◆ impotence (erectile dysfunction)
- ◆ hypertension (high blood pressure)
- ◆ cerebral infarction (stroke)
- ◆ senility (restricted oxygen to vital brain tissue)
- ◆ hearing loss (restricted oxygen and nutrients to tissues)
- ◆ visual loss (restricted oxygen and nutrients to tissues)

LIMITED TIME SPECIAL:

ONLY \$295 student, \$395 member

REGISTER: ACRM.org/vascular

The number one cause of death in patients with a spinal cord injury is vascular disease. Vascular complications can be avoided and even reversed by providing insight, knowledge, and motivation to patients with spinal cord injury. Through a better dietary lifestyle, these patients can modify their comorbidities such as overweight, hypertension, depression, and hypercholesterolemia.

For rehabilitation and non-rehabilitation patients, this program may assist in prevention as well as initiate the reversal process of common vascular disease.

COURSE INCLUDES

- ◆ Two days of evidence-based training
- ◆ CME/CEU credits in your choice of 10 disciplines
- ◆ Non-members receive 6-months introductory ACRM membership with a subscription to the journal, *Archives of Physical Medicine and Rehabilitation*

CONTINUING EDUCATION CREDITS

CME/CEU credit is included for the following rehabilitation professionals: Physician (ACCME), Nurse (ANCC), Case Manager (CCM), Rehabilitation Psychologist, Certified Rehab Counselor, Occupational Therapist, Physical Therapist, Speech Pathologist (ASHA), Disability Management Specialist, Dieticians (CDR)

DISTINGUISHED FACULTY



HANS DIEHL, DRHSDC, MPH, FACN

Founder of the CHIP Program, best-selling author and international radio show host, president, Lifestyle Medicine Institute, Loma Linda, CA



R. JAMES BARNARD, PHD

Distinguished professor emeritus, Pritikin Longevity Center, Miami, FL, member UCLA Department of Integrative Biology and Physiology, research director, Nathan Pritikin Research Foundation and Pritikin Longevity Center, author of 200+ studies focused on diet, exercise, and disease prevention



ROBERT A. VOGEL, MD

Chief medical director, Pritikin Longevity Center, Miami, FL, named one of the best doctors in America by Good Housekeeping magazine, weight and heart consultant to the National Football League, diet consultant to the National Health Institute, professor of medicine, University of Maryland, College Park, MD



MICHAEL GREGER, MD

Director of public health and animal agriculture, Humane Society of the United States and Humane Society International, Washington, DC, founder of the American College of Lifestyle Medicine



DAVID J.A. JENKINS, MD, PHD, DSC

Professor, Department of Nutritional Sciences, University of Toronto, ON, Canada, credited with developing the concept of the Glycemic Index



CYRIL W.C. KENDALL, PHD

Department of Nutritional Sciences, Faculty of Medicine, University of Toronto



BOB FRANCESCHELLI

President, Pritikin ICR



ELIZABETH FRATES, MD

Director of medical education at the Institute of Lifestyle Medicine and professor at Harvard Medical School, Boston, MA, member of the Scientific Advisory Board for Curves



WAYNE DYSINGER, MD, MPH

Director of the Lifestyle Medicine Institute, chair, Department of Preventive Medicine, director, Lifestyle Medicine Track of the Family and Preventive Medicine Residency, Loma Linda University, Loma Linda, CA



HEATHER JAVAHERIAN, OTD

Associate professor, and director of the Doctor of Occupational Therapy Program, Loma Linda University, Loma Linda, CA



CINDY BERNER, MS, RD, LD

Director of Nutrition, Pritikin ICR

ACRM
91st Annual Conference



PROGRESS IN
REHABILITATION RESEARCH

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