

CONQUERING PAIN

A BIOMED SEMINAR FOR NURSES: 6 CONTACT HOURS

Seminar registration is from 7:45 AM to 8:15 AM. The seminar will begin at 8:30 AM. A lunch break (on your own) will take place from approximately 11:30 AM to 12:20 PM. The course will adjourn at 3:30 PM, at which time course completion certificates are distributed.

PROGRAM / LECTURE

- **The Neurobiology of Pain.** Activation at Pain Pathways. The Role of Neurotransmitters and Hormones in Pain. How We Perceive Pain.
- **Hypersensitive Nerves.** Dental Pain. Complex Regional Pain Syndrome and Fibromyalgia.
- **The Psychology of Pain.** How Depression Increases Pain Perception. The Trap of Anger and Chronic Pain.
- **Grief, Loneliness, and Pain.** Anxiety, Anticipatory Pain, and Expectations.
- **Gender and Pain.** The Effects of the Menstrual Cycle and Menopause on Pain.
- **When Pain Serves No Purpose.** Neuropathic Pain Syndromes. Diabetes and Pain.
- **Carpal Tunnel Syndrome, Sciatica, Lyme Disease, and MS.** First-Line Medications for Neuropathic Pain.
- **Back Pain.** Herniated Disc Pain, Osteomyelitis, and Lumbar Spinal Stenosis. When Back Pain is Life-Threatening.
- **Neck and Shoulder Pain.** Bursitis, Trigger Points, and Polymyalgia Rheumatica.
- **Foot and Ankle Pain.** Plantar Fasciitis, Heel Spurs, Bunions, Achilles Tendinitis, Gout, Osteoarthritis, and Rheumatoid Arthritis.
- **Musculo-Skeletal Pain.** The Relentless Deep Ache: Osteomalacia and Myofascial Pain Syndromes.
- **The Sensitive Gut:** Chronic Abdominal and Pelvic Pain. Ulcerative Colitis, Crohn's Disease, and Irritable Bowel Syndrome. Sexual Abuse and Chronic Pain.
- **The Agony of Orofacial and Phantom Dental Pain.** Temporomandibular Disorders, Trigeminal Neuralgia (Tic Douloureux), Migraines, and Cluster Headaches.
- **Current Concepts in Pain Management.** Using NSAIDs Safely. Recent Controversies Over Acetaminophen. Drug-Drug Interactions That Compromise Pain Relief. Pregabalin (Lyrica).
- **Opioids and Chronic, Non-Cancer Pain.** The 4 A's of Pain Treatment Outcomes. The Problem of Undertreated Pain.
- **Adjunctive Medications For Pain Control:** Steroids, Antidepressants, Pain Patches, and Anticonvulsants. What Not to Waste Money On.
- **An Ounce of Prevention: Avoiding Addiction.** True Addiction and Pseudo Addiction.
- **The Role of Insomnia in Chronic Pain and Addiction.**
- **Overcoming Self-Defeating Thoughts.** How to Avoid Becoming One's Own Pain. The Danger of Alienating Friends, Family, and Co-Workers.
- **Expanding Pain-Relief Options.** Why Physical Therapy Deserves More Credit. Ergonomic Furniture Designs. Chiropractic Treatment. The Evidence for Acupuncture. Cognitive Therapies.
- **Practical Strategies for Self-Management of Pain.** Music Therapy, Meditation, Art Therapy, Pet Therapy, and Laughter: How They Change Brain Chemistry.
- **Military Medicine:** Morphine, PTSD, and Phantom Limb Pain. Amputation.

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MEETING TIMES & LOCATIONS

EDMONTON, AB

Wed., March 21, 2012
8:30 AM to 3:30 PM
Edmonton Hotel & Conv. Ctr.
4520 76th Ave.
Edmonton, AB

CALGARY, AB

Thu., March 22, 2012
8:30 AM to 3:30 PM
Executive Royal Inn
2828 23rd Street NE
Calgary, AB

EDMONTON, AB

Thu., April 19, 2012
8:30 AM to 3:30 PM
Edmonton Hotel & Conv. Ctr.
4520 76th Ave.
Edmonton, AB

CALGARY, AB

Fri., April 20, 2012
8:30 AM to 3:30 PM
Executive Royal Inn
2828 23rd Street NE
Calgary, AB

INSTRUCTORS

Dr. Michael E. Howard (Ph.D.) is a board-certified clinical neuro-psychologist and health psychologist who is an internationally-recognized authority on brain-behavior relationships, traumatic brain injury, dementia, stroke, psychiatric disorders, aging, forensic neuro-psychology, and rehabilitation.

Dr. R.S. Hullon (M.D., J.D.) is a physician and surgeon specializing in trauma and orthopedics. His medical experience includes diagnosis and treatment of infectious diseases, neurological disorders, neurodegenerative diseases (multiple sclerosis, Parkinson's, and Alzheimer's diseases) and psychiatric disorders (personality and mood disorders).

Biomed reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of Biomed.

ACCREDITATION INFORMATION

This program is designed to provide nurses with the latest scientific and clinical information and to upgrade their professional skills. Numerous registered nurses in Canada and the United States have completed this course. This activity is co-provided with Biomed.

Institute for Natural Resources is an approved provider of continuing nursing education by the Virginia Nurses Association, an accredited approver by the American Nurses' Credentialing Center's Commission on Accreditation.

For all inquiries, please contact customer service at
1-877-246-6336 or (925) 602-6140

TUITION \$109

CHECKS: \$109.00 (CANADIAN) per person with pre-registration or \$134.00 (CANADIAN) at the door if space remains. CREDIT CARDS: Charges by credit card will be processed in U.S. DOLLARS at the prevailing exchange rate. The tuition includes all applicable Canadian taxes. At the seminar, participants will receive a complete course syllabus. Tuition payment receipt will also be available at the seminar.

TO REGISTER

Please complete and return the registration form below. Or register toll-free with Visa, MasterCard, American Express, or Discover by calling **1-888-724-6633**. Or fax a copy of your completed registration form—including Visa, MasterCard, American Express, or Discover Number—to (925) 687-0860.

REGISTRATION INFORMATION

Please register early and arrive before the scheduled start time. Space is limited. Attendees requiring special accommodation must advise Biomed in writing at least 50 days in advance and provide proof of disability. Registrations are subject to cancellation after the scheduled start time. A transfer at no cost can be made from one seminar location to another if space is available. Registrants cancelling up to 72 hours before a seminar will receive a tuition refund less a \$35.00 (CANADIAN) administrative fee or, if requested, a full-value voucher, good for one year, for a future seminar. Other cancellation requests will only be honored with a voucher. Cancellation or voucher requests must be made in writing. If a seminar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled seminar or a full-value voucher, good for one year, for a future seminar. A \$35.00 (CANADIAN) service charge applies to each returned cheque. Fees are subject change without notice.

Please check course date:

- ___ Wed., March 21, 2012 (Edmonton, AB)
- ___ Thu., March 22, 2012 (Calgary, AB)
- ___ Thu., April 19, 2012 (Edmonton, AB)
- ___ Fri., April 20, 2012 (Calgary, AB)

PLEASE RETURN FORM TO
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Please enclose full payment with registration form. Check method of payment.
___ Cheque for \$109.00 (CANADIAN) (Make payable to **Biomed**)
___ Charge the equivalent of \$109.00 (CANADIAN) to my ___ Visa ___ MasterCard ___ American Express ___ Discover
Charges by credit card will be processed in U.S. dollars. The prevailing rate of exchange will be used.
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Please provide an e-mail address above to receive a confirmation and directions to the meeting site.