

# AUTONOMIC DISORDERS & SYNCOPE WORKSHOP



**Wednesday, November 3rd, 2010**

8:00 am – 5:00 pm

MARCO ISLAND, FLORIDA



**MARCO ISLAND**  
FLORIDA RESORT & SPA

**Marriott.**

**INTENDED AUDIENCE:**

Adult, pediatric and family primary care physicians, generalists in neurology, cardiology, endocrinology and gastroenterology

**PURPOSE:**

To provide much needed instruction in autonomic disorders, an area of medicine that is not taught in medical school or residency, yet dealing with highly prevalent disorders

**EDUCATIONAL OBJECTIVES:**

Upon completion of this conference, the participant should be able to:

- Describe the epidemiology of adult and pediatric autonomic disorders affecting the peripheral and central nervous systems.
- Differentiate “structural” disorders from “functional” disorders.
- Describe the key elements of the history and physical exam of patients with autonomic disorders.
- Appreciate the varied presentations of patients and explain the distinguishing characteristics that enable a differential diagnosis.
- Discuss reasons why recognition of autonomic disorders may be delayed or missed.
- List the co-morbidities that often accompany some types of autonomic disorders and appreciate the need for interdisciplinary approaches for diagnosis and treatment.
- Explain strategies for management and treatment of patients with autonomic disorders, recognizing and distinguishing the benefits of simple remedies for some patients and the need for advanced therapies and consultation for others.
- Describe the types, indications, limitations, and optimal timing of autonomic nervous system testing.
- Review management issues for patients with orthostatic hypotension and intolerance, bladder and bowel dysfunction, and sleep disturbances.

**DESCRIPTION:**

The American Autonomic Society is offering the first intensive patient-based workshop in the evaluation and treatment of autonomic disorders for primary care physicians, generalists in neurology, cardiology, pediatrics, and gastroenterology, and any other interested practitioners including physicians, nurses and medical assistants.

This all-day program will be divided into a morning session devoted to issues in the elderly such as orthostatic hypotension and neurogenic bladder, and an afternoon session devoted to issues in the young such as postural tachycardia syndrome, syncope, and functional gastrointestinal disorders.

Each session will begin with a 1 hour lecture setting up background information on evaluation, diagnosis and testing, with 1.5 hours then set aside for evaluation and management of live or recorded patient cases in small groups, followed by a 1 hour panel discussion to address optimal management of issues raised during the patient evaluations. Autonomic testing equipment will be employed to demonstrate autonomic testing.

Participants will be eligible for 7.75 hrs of CME credit. They are also encouraged to stay on for the scientific meetings of the American Autonomic Society that will begin the same evening and continue through Saturday, November 6th.

**MORNING SESSION**

- 7:30 Registration and continental breakfast
- 8:00 Lecture – **What are autonomic disorders?**  
**Thomas C. Chelimsky, MD**, Case Western Reserve School of Medicine
  - Spectrum across organ-systems, across ages
  - Distinguishing structural and functional disorders
  - Differentiating peripheral and central nervous system disorders
  - Presenting symptoms and diagnosis
  - Basics of Management
- 9:00 **Clinical Practicum Patient-based learning –**  
 Adult (Faculty – see Panel)  
 Participants will have a choice to rotate through 3 of 5 sessions involving live patients or patient video recordings emphasizing various aspects of management such as orthostatic hypotension, bladder or bowel disorders, or sleep disturbance.
  - Patients with parkinsonian syndromes or autonomic neuropathy as basis of learning
  - Present the history and have the patient answer questions
  - Bedside examination for the generalist
  - Role of testing, including autonomic testing and bloodwork as an aid to diagnosis
  - Management issues for orthostatic hypotension, bladder and bowel, sleep
- 10:30 Break
- 10:45 **Panel Discussion** with patient and experts in treatment of each area  
**Thomas Chelimsky, MD**  
**William Cheshire, MD**  
**Roy Freeman, MD**  
**David Goldstein, MD, PhD**  
**David Robertson, MD**  
**Paola Sandroni, MD**
- 11:45 Lunch and Choice of ANS Testing Demo #1 (11:45) or #2 (12:30)

**AFTERNOON SESSION**

- 1:15 Lecture – **Orthostatic Disorders**  
**Wouter Wieling, MD, PhD**, University of Amsterdam
- Differentiating the different orthostatic disorders, namely syncope, orthostatic hypotension (OH) and postural tachycardia syndrome (POTS)
  - Diagnosis
  - Management
- 2:15 **Clinical Practicum Patient-based learning** –  
*Pediatric and young adult* (Faculty – see Panel)  
 Participants will have a choice to rotate through 3 of 5 sessions involving live patients or patient video recordings emphasizing different aspects of these disorders such as syncope or postural tachycardia, and co-morbidities, such as functional abdominal pain, migraine, and syncopal migraine.
- Patients with POTS, syncope, syncopal migraine and co-morbidities
  - Present the history and have the patient answer questions
  - Bedside examination for the PCP
  - Address how ANS testing might be helpful
  - Expected co-morbidities of IBS, fibromyalgia, migraine headache, etc
- 3:45 Break
- 4:00 **Panel Discussion** with patient and experts in treatment of each area  
**Felicia Axelrod, MD**  
**Gisela Chelimsky, MD**  
**Qi Fu, MD, PhD**  
**Imad Jarjour, MD**  
**Julian Stewart, MD, PhD**  
**Wouter Wieling, MD, PhD**
- 5:00 Adjourn

**COURSE DIRECTORS:**

**Mark W. Chapleau, Ph.D.**

Professor of Medicine & Molecular  
Physiology and Biophysics  
The University of Iowa Carver College  
of Medicine  
Iowa City, IA

**Thomas C. Chelimsky, M.D.**

Professor of Neurology  
Case Western Reserve School  
of Medicine  
Cleveland, OH

**WORKSHOP FACULTY:**

**Felicia B. Axelrod, M.D.**

Professor of Pediatrics and Neurology  
New York University School of Medicine  
New York, NY

**David S. Goldstein, M.D., Ph.D.**

Chief, Clinical Neurocardiology Section  
CNP/DIR/NINDS/NIH  
Bethesda, MD

**Gisela Chelimsky, M.D.**

Associate Professor of Pediatrics  
Case Western Reserve School of  
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Associate Professor of Pediatrics and  
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Professor of Medicine, Pharmacology  
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**William P. Cheshire, M.D.**

Professor of Neurology  
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Mayo Clinic College of Medicine  
Rochester, MN

**Roy Freeman, M.D.**

Professor of Neurology  
Harvard Medical School  
Boston, MA

**Julian M. Stewart, M.D., Ph.D.**

Professor of Pediatrics, Physiology  
and Medicine  
New York Medical College  
Valhalla, NY

**Qi Fu, M.D., Ph.D.**

Assistant Professor of Internal Medicine  
and Cardiology  
University of Texas Southwestern  
Medical Center at Dallas  
Dallas, TX

**Wouter Wieling, M.D., Ph.D.**

Associate Professor of Internal Medicine  
University of Amsterdam  
Amsterdam, The Netherlands

**CO-SPONSORED BY:**

The American Autonomic Society and The University of Iowa Roy J. and Lucille A. Carver College of Medicine.

**ACCREDITATION:**

The University of Iowa Roy J. and Lucille A. Carver College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

**CONTINUING EDUCATION CREDIT:**

Physicians: The University of Iowa Carver College of Medicine designates this educational activity for a maximum of 7.75 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**CONTENT:**

Determination of educational content for this educational activity and the selection of speakers/facilitators are responsibilities of the activity directors. Any commercial firms providing financial support did not have input in these areas.

**DISCLOSURE POLICY:**

Everyone in a position to control the content of this educational activity will disclose to the CME provider and to attendees all relevant financial relationships with any commercial interest. They will also disclose if any pharmaceuticals or medical procedures and devices discussed are investigational or unapproved for use by the U.S. Food and Drug Administration (FDA).

**REGISTRATION FEES:**

Physicians \$200 registration fee by October 1, 2010  
\$250 late registration fee

Trainees & Allied Health Professionals, CNP and NP \$100 registration fee by October 1, 2010  
\$150 late registration fee

**HOTEL INFORMATION:**

A limited number of rooms are available at the Marco Island Marriott Beach Resort and Golf Club, 400 S. Collier Blvd., Marco Island, FL 34145. Make reservations prior to October 3, 2010 to insure the group rate of \$179 excluding taxes for a standard guest room. Registrants are responsible for making their own housing arrangements and may do so by contacting the hotel at 1-800-438-4373. When making hotel room reservations, be sure to state you are attending the "Autonomic Disorders & Syncope Workshop" sponsored by the American Autonomic Society in order to receive the special conference room rates. The most convenient airport connection is through the Southwest Florida International Airport (RSW) located in Fort Myers, Florida. The Miami International Airport is another option.

**DISABILITY STATEMENT:**

The University of Iowa and the American Autonomic Society prohibit discrimination in employment, educational programs, and activities on the basis of race, national origin, color, creed, religion, sex, age, disability, veteran status, sexual orientation, gender identity, or associational preference. Individuals with disabilities are encouraged to attend all University of Iowa and American Autonomic Society sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact Ms. Anita Zeller in advance at (952) 469-8424.

**FOR ADDITIONAL INFORMATION, PLEASE CONTACT:**

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AAS Executive Secretary  
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Check here if you do NOT want to be included in a class list distributed to course attendees: \_\_\_\_\_

For Office Use Only Category 1 AMA credit earned _____ CEUs _____ Date _____
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**REGISTRATION FEES**

Physicians – \$200 by October 1, 2010 (\$250 after October 1)  
 Allied Health Professionals, NP, Trainees – \$100 by October 1, 2010 (\$150 after October 1)

**METHOD OF PAYMENT**

I enclose a check made payable to  
*The American Autonomic Society* in the amount of \$ \_\_\_\_\_

Please charge my:  
 VISA     MasterCard

Cardholder name (please print): \_\_\_\_\_

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**Four ways to register: Mail, Phone, Fax or Online**

Mail:        Ms. Anita Zeller  
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