



Breast Cancer

One out of every eight women in the US will be diagnosed with breast cancer during their lifetime, a number that has been increasing steadily over the past decade. The prevalence of breast cancer in men is also on the rise. Given the number of people diagnosed with this serious disease, practitioners must be equipped with up-to-date, comprehensive information about prevention, treatment, and survivorship.

Breast cancer treatment is complex and demanding. It is understandable that busy providers might overlook what, in the past, were considered non-essential lifestyle factors while focusing on critical treatments. New research, however, highlights the fact that elements such as effective stress management, exercise, sleep, and healthy diet may improve outcomes and improve quality of life during both treatment and survivorship.

Practitioners trained in an integrative medicine model have the potential to improve outcomes, encourage optimism and resilience, and teach innovative, effective approaches to self-care in their patients. Information in this course will help practitioners better serve women and men with breast cancer in all stages of treatment.

Distinguished Faculty

Nearly 20 expert contributors, including:

- Sharon L. Taylor, MD
- Dawn Lemanne, MD, MPH
- Santosh Rao, MD
- Hilary McClafferty, MD, FAAP
- Maggie Coplin, MD, MS
- Rena Zimmerman, MD
- Steven Gurgevich, PhD

Cost

Physicians - **\$300**; other health care providers and public - **\$200**; students - **\$100**.

When can I start?

You can register and start immediately. Simply pay by credit card and receive your login information via email. You will have 90 days access to the course material.

Can I get continuing education credits?

CME – *10 AMA PRA Category 1 Credit(s)*[™] for physicians, and 10 CE credits have been requested for approval from the American Holistic Nurses Association. For up-to-date accreditation information, go to www.azcim.org/courses.

Curriculum

Prevention: risk factors for breast cancer, including insulin resistance and environmental toxins; strategies to help patients in prevention, screening, and lifestyle.

Treatment: patient-centered surgical options, drug therapies, radiation, and reconstructive surgery; methods to prevent or minimize side effects and complications, and aid in recovery.

Survivorship: long-term effects of ongoing treatment on the body and mental well-being; approaches to manage them and prevent recurrence.



For more information or to register visit: www.azcim.org/courses

The University of Arizona College of Medicine at the Arizona Health Sciences Center designates this educational activity for a maximum of *10 AMA PRA Category 1 Credit(s)*[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Release date: 8/3/2012 - For a period of 2 years - Expiration date 8/2/2014

Nursing: Application for approval continuing nursing education contact hours has been submitted to the American Holistic Nurses association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.