

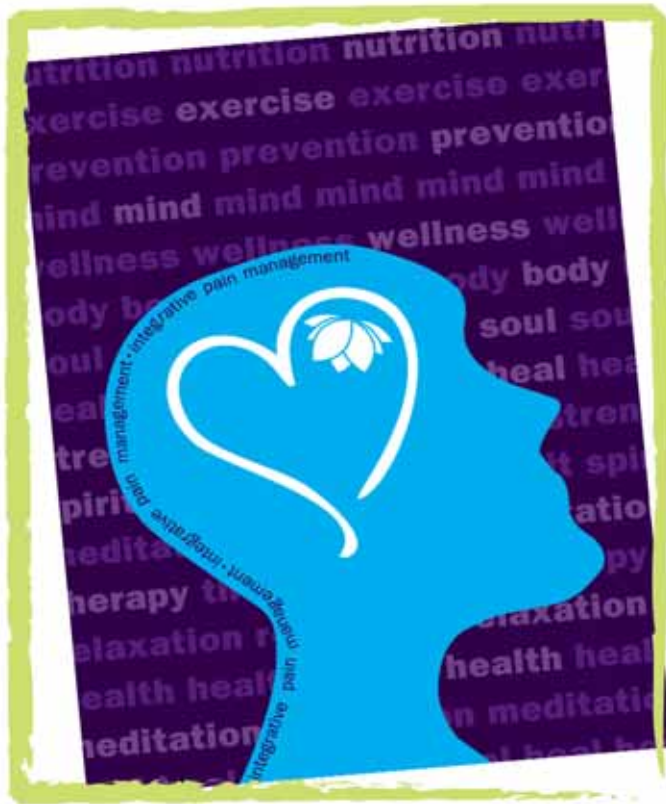


AMERICAN ACADEMY OF PAIN MEDICINE

In partnership with the Arizona Center for Integrative Medicine



# 20th Annual Clinical Meeting



## INTEGRATIVE PAIN MANAGEMENT FOR OPTIMAL PATIENT CARE

*More than 50 scientific presentations, symposia, plenary lunch sessions, hands-on courses, poster presentations, exhibits, awards, and much more!*

### KEYNOTE SPEAKERS



**Tieraona Low Dog, MD**  
The Role of Dietary Supplements  
in the Management of Pain



**Myra Christopher**  
Don't Be Afraid to Do the Right Thing:  
Ethical Treatment of Pain



**Victoria Maizes, MD**  
Integrative Medicine and Pain  
Management: A Winning Partnership

Co-Sponsored by University of the Pacific Thomas J. Long School of Pharmacy and Health Sciences and in Association with The Southern California University of Health Sciences

**ATTENDEES!**  
**REGISTER ONLINE AT**  
**[www.aapainmanage.org](http://www.aapainmanage.org)**

# CONTINUING EDUCATION CREDIT

Participants must attend the pre-meeting sessions and the clinical meeting to earn the total continuing education hours/credits. Successful completion of the requirements for continuing education will require a completed documentation of attendance form, daily sign-in, and the return of a program evaluation form at the

end of the sessions. These forms will be available onsite at the registration desk. Certificates of attendance will be mailed within 45 days after the meeting.\* If participants have any questions or concerns, they can contact Katie Arseniadis, Education Project Manager, at 212-532-4792 or aapmedu@aapainmanage.org

Discipline	Pre-mtg.	Meeting	Total	
Acupuncturists	9.0	19.0	28.0	Pending approval by the California Acupuncture Board, provider #CEP012.**
Chiropractors	9.0	19.0	28.0	This meeting is offered by the American Academy of Pain Management in association with Southern California University of Health Sciences. Courses will be accredited for chiropractors pending individual state approval.**
Counselors	9.0	19.0	28.0	The American Academy of Pain Management is an NBCC-Approved Continuing Education Provider (ACEP™) and may offer NBCC-approved clock hours for events that meet NBCC requirements. The Academy is solely responsible for all aspects of the program.
Dentists	9.0	19.0	28.0	The American Academy of Pain Management is an ADA CERP Recognized Provider. The Academy is also an approved provider of the California Board of Dental Examiners, registered provider #RP2743.
Doctors of Osteopathy	9.0	19.0	28.0	Pending approval by the American Osteopathic Association for Category 2-A CME.
Family Physicians	9.0	19.0	28.0	Application for CME credit has been filed with the American Academy of Family Physicians. <b>Determination of credit is pending.</b>
MDs	9.0	19.0	28.0	This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the American Academy of Pain Management. The Academy is accredited by the ACCME to provide continuing medical education for physicians and takes responsibility for the content, quality, and scientific integrity of this CME activity. The Academy designates this educational activity for a maximum 28.0 hours in <i>AMA Category 1 PRA Credit™</i> . Each physician should claim only those hours of credit he/she actually spent in the educational activity.
Myofascial Trigger Point Therapists	9.0	19.0	28.0	Pending approval by the National Association of Myofascial Trigger Point Therapists.
Naturopathic Physicians	9.0	19.0	28.0	Pending approval by the Oregon Board of Naturopathic Examiners.
Nurses	9.0	19.0	28.0	Pending approval by the University of the Pacific Thomas J. Long School of Pharmacy and Health Sciences. The University of the Pacific Thomas J. Long School of Pharmacy and Health Sciences is approved by the California Board of Registered Nursing.**
Pharmacists	9.0	19.0	28.0	Pending approval by the University of the Pacific Thomas J. Long School of Pharmacy and Health Sciences. The University of Pacific Thomas J. Long School of Pharmacy and Health Sciences is approved by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education.**
Physical Therapists	9.0	19.0	28.0	Pending approval by the Texas Board of Physical Therapy Examiners.
Psychologists	9.0	19.0	28.0	The American Academy of Pain Management is approved by the American Psychological Association to sponsor continuing education for psychologists. The American Academy of Pain Management maintains responsibility for this program and its content. **
Social Workers	9.0	19.0	28.0	Approved by the Florida Board of Clinical Social Work, Marriage and Family Therapy and Mental Health Counseling, provider #50-84. Expires 3/31/11.

\* With the exception of nurses, pharmacists, and chiropractors. Since these certificates are issued directly by the accreditors, they will be mailed within 90 days of completion of the program.

\*\* Some classes may be excluded. Refer to website, [www.aapainmanage.org](http://www.aapainmanage.org), at a later date for details.

**This list is in the process of being updated. If you have any questions about CE applications, please contact Katie Arseniadis at 212-532-4792 or aapmedu@aapainmanage.org**

# ABOUT THE MEETING: *INTEGRATIVE PAIN MANAGEMENT FOR OPTIMAL PATIENT CARE*

The American Academy of Pain Management (the Academy), the nation's largest and only integrative professional pain management organization, invites you to join us in Phoenix at our 20th Annual Clinical Meeting and discover how, together, we can build an integrated and truly caring community among clinicians who treat people with pain.

Presented in partnership with the University of Arizona, Center for Integrative Medicine, the educational tracks and symposia that will be offered at this unique, first-of-its-kind gathering will provide education about the diagnosis and management of pain from an integrative perspective (including both conventional and complementary and alternative approaches), presented by top thought leaders in the field.

The educational programs at the Annual Clinical meeting will:

- Provide information about the diagnosis and management of pain from an integrative perspective, presented by thought leaders in the field.
- Discuss proper assessment and treatment strategies for a variety of pain conditions.
- Explore ways of collaborating with other clinicians to create individualized, patient-centered pain care.

## **Addressing Your Educational Needs: What *You* Will Gain from the Meeting**

The theme of this year's meeting is "Integrative Pain Management for Optimal Patient Care." Through hands-on sessions, didactic presentations, and networking with your peers, you can discover ways to use the model of integrative care to improve your practice. The Academy's definition of integrative care is that which

- is patient-centered and reaffirms the importance of the relationship between practitioner and patient;
- focuses on the whole person—mind, body, and spirit;
- is informed by evidence, and;
- makes use of, and brings together, all appropriate therapeutic approaches and healthcare professionals to reduce pain and achieve optimal health and healing.

As an organization that has advocated for increased collaboration among pain clinicians, the Academy supports integrative care as the gold standard for managing pain. We realize the immense economic,

political, and social challenges to achieving this, but believe that such an individualized, patient-centered model will lead to the best patient outcomes and advancement of the field overall.

Programs at the meeting will reflect the theme of integrative pain management. In response to requests for more hands-on, advanced sessions, the Academy has dedicated the pre-conference day to several such tracks on interventional therapies, hypnosis, physical therapy, and injections for head and facial pain. Throughout the rest of the meeting, didactic presentations on headache, CRPS, low back pain, and other conditions will include a discussion of the pathophysiology and treatment strategies. These courses will lead up to plenary sessions and keynote presentations on the practicalities of integrative care, such as a course taught by Robert Bonakdar, MD, and Christy Jackson, MD, on designing an integrative pain management program for headache.

A track on opioid therapies will also feature a plenary lunch on ethical issues that will include a discussion of medico-legal aspects of prescribing. In addition to introductory courses geared towards primary care physicians and others with limited pain management experience, there will be a 6-hour track on effective practice management for clinicians looking to improve their business practices. Other presentations will focus on a wide variety of topics ranging from myofascial trigger point injections to non-pharmacologic approaches to chronic pain in older adults. The content of these courses will reflect the Academy's commitment to evidence-based medicine and reinforce the integrative, "whole person" approach to managing pain.

## **Who Should Attend?**

The 20th Annual Clinical meeting will benefit clinicians and students who are dedicated to learning about pain management from an integrative perspective.

## **Learning Objectives**

After attending the meeting, you will be able to describe:

1. The benefits of using an integrative model of care to manage pain.
2. Effective assessment techniques that reflect the biopsychosocial aspects of pain.
3. Several strategies for managing pain for specific pain conditions.

### Disclosure Policy

The American Academy of Pain Management requires all meeting planners, committee members, staff, faculty, and others who are in a position to control the content of the meeting to disclose any significant financial interest or other relationships they may have. All presentations are reviewed by members of the Education Advisory Committee for scientific accuracy and for commercial bias. At the meeting, detailed disclosure information will be provided during each presentation and in the program book. Learners will also be informed when no relevant financial relationships exist.

### Continuing Education Credit

See chart on page 2.

### About the American Academy of Pain Management

The American Academy of Pain Management (the Academy) is a non-profit organization that serves a broad range of clinicians who treat people with pain. Founded in 1988, the Academy has approximately 5,000 members and is the largest interdisciplinary pain organization in the United States. The Academy is committed to the concept that optimal pain management is best achieved through an integrative approach—one that relies on the cooperation, shared knowledge, and collective wisdom of healthcare professionals from many disciplines.



At the Annual Clinical Meeting, the Academy provides an open environment in which clinicians have the opportunity to network with one another and learn more about the variety of medical traditions and therapeutic modalities that can be used to manage pain.



### About the Arizona Center for Integrative Medicine

The Arizona Center for Integrative Medicine (AzCIM) is leading the transformation of healthcare by creating, educating, and actively supporting a community that embodies the philosophy and practice of healing-oriented medicine, addressing mind, body, and spirit. Integrative medicine is healing-oriented and takes account of body, mind, spirit and lifestyle, making use of conventional and alternative therapies as appropriate. Since its inception, AzCIM has focused its efforts on three areas: education, clinical care, and research—with the primary emphasis on education. To learn more about AzCIM, visit [www.integrativemedicine.arizona.edu](http://www.integrativemedicine.arizona.edu)

### About Phoenix

Phoenix is fantastic in October! It's an ideal time of year to visit. The wonderful Phoenix weather allows for plenty to do such as hiking, horseback riding, hot air ballooning and the most popular activity for visitors, golf. If you love to golf, the greater Phoenix area offers over 200 pristine golf courses. In addition, Phoenix is home to exquisite dining, fabulous malls, boutiques, and shops.

### Hotel Accommodations

#### Sheraton Phoenix Downtown Hotel

The Sheraton Phoenix Downtown Hotel is in the heart of Phoenix and the largest hotel in Arizona. This stunning new 31-story hotel redefines the Phoenix skyline. Chic urban style is reflected within the hotel's 1,000 guest rooms, meeting space, and restaurants. The Sheraton Phoenix Downtown Hotel is owned and operated by the City of Phoenix and is located adjacent to the Convention Center and shops.



All hotel accommodations should be made directly with the Sheraton Phoenix Downtown. When making your hotel reservations, please request the AAPM Clinical Meeting special rate of \$209. All reservations must be made by September 15, 2009 to be eligible for the special rates.

Sheraton Phoenix Downtown Hotel

340 North 3rd Street

Phoenix, Arizona, 85004

Phone: 602-262-2500 or 866-837-4213

To reserve your rooms online, visit:

<http://www.starwoodmeeting.com/Book/AAPINMANAGE>



### Exhibit Hall

The 20th Annual Clinical Meeting will feature approximately 80 booths showcasing products and services specifically to meet your needs as an interdisciplinary pain management clinician. When you visit the Exhibit Hall,



you will learn about new technologies, products, and services, and how you can incorporate these into your practice. In addition, the Exhibit Hall will include nonprofit advocacy organizations that will let you know

how you, as a clinician, can get involved and work toward improving pain management from the state to national level. Scientific poster sessions will provide an overview of current research in pain management.

### Annual Awards Dinner

The Academy will host its Annual Awards Dinner on Friday, October 9, 2009 from 6:00 pm to 9:00 pm. Each year, the Academy honors individuals who have made significant contributions to the field of pain management. These awards include the John Liebseskind Pain Management Research Award, the Janet Travell Pain Management Clinical Award, the Advocacy for People in Pain Award, the Richard S. Weiner Pain Education Award, the Legislative Policy and Advocacy Award, and Continuing Education Excellence Awards. Recipients include clinicians, researchers, legislators, and patients who advocate for others with pain. In addition, the Academy recognizes newly-accredited pain programs and Corporate Members. The cost is \$75 per person or \$2500 to sponsor a table for 10.

The Annual Dinner Awards Program is one of the highlights of the 20th Annual Clinical Meeting. At this event, the American Academy of Pain Management will honor those who have made significant contributions to the field of pain management. Join us as we congratulate those who have made a difference through research, advocacy, legislation, education, and clinical practice.

## DINNER & PROGRAM REGISTRATION FORM

Name(s): \_\_\_\_\_  
Company Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Phone ( \_\_\_\_\_ ) \_\_\_\_\_ Fax ( \_\_\_\_\_ ) \_\_\_\_\_ E-mail (required) \_\_\_\_\_  
Number attending \_\_\_\_\_ X \$75 = amount due \$ \_\_\_\_\_  
Table of 10 for \$2500 \_\_\_\_\_ (includes a reserved sign with your logo and a 100-word description of your company in the Awards Dinner Program)

### Payment:

Enclosed is my check or money order (US funds only) Total \_\_\_\_\_

Please charge to:  Visa  MasterCard  Discover  Amex

-     -     -

Expiration Date \_\_\_\_\_  
Verification Number \_\_\_\_\_

Name: \_\_\_\_\_ Billing Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_

Please make check payable to: American Academy of Pain Management. 13947 Mono Way Suite A, Sonoma, CA 95370. Questions, please call the Academy at 209-533-9744 or e-mail [aapm@aapainmanage.org](mailto:aapm@aapainmanage.org)

# AGENDA

**Wednesday** **October 7, 2009**

3:00 PM EARLY REGISTRATION

**Thursday** **October 8, 2009**

7:00 AM REGISTRATION OPENS

## Special Thursday Pre-meeting, Hands-on Workshops

Breaks for these workshops are 9:05 - 9:20 AM, and 11:20 - 12:00 PM

**Because these sessions have size limitations, we encourage you to register early.**

### 1. Practice Management: Getting What You Want from Your Practice – 9:20 AM - 4:20 PM

*Cathie O'Connell, PhD, and Steve Mann, PhD*

This six-hour program will examine the fundamentals of pain practice management. Experts who are all engaged in running practices will discuss how practitioners can lay the groundwork for making informed, effective decisions for their individual practices and describe the individual characteristics that inform these decisions. Presenters will offer practical information on marketing, billing and collections, and office policies and procedures that can be applied to successful management of pain practices. The option of running an insurance-free practice will also be explored.

### 2. Hypnosis (Part I) – 7:00 - 11:20 AM

*Jan M. Burte, PhD, and Marlene L. Levy, PhD*

This hands-on workshop will be an introduction to hypnosis for pain management. Participants will learn basic concepts of psychosemantics, induction, intervention, and post-hypnotic suggestion relevant to treating chronic pain and its related issues.

### 3. Hypnosis (Part II) – 12:00 - 4:20 PM

*Jan M. Burte, PhD, and Marlene L. Levy, PhD*

This course will be a follow-up to Hypnosis in the Management of Pain (Part 1) and cover more advanced topics related to the therapy. Participants will have multiple opportunities to witness inductions and to practice their skills gained from Part 1 in a small group setting under supervision.

### 4. Interventional Treatments for Pain (Cadaver Course) – 7:00 AM - 4:20 PM

*Christian D. González, MD*

This intensive, all-day course will cover interventional treatments for pain management. Participants will have the opportunity to perform procedures on cadavers, including epidural steroid injection and spinal cord stimulation implantation. (This course is located at Barrow Neurological Institute. Transportation from the hotel will be provided.)

Course descriptions and learning objectives will be available on the Academy's website: [www.aapainmanage.org](http://www.aapainmanage.org)

## 5. Injections for Upper Quarter Pain and Headaches – 7:00 - 11:20 AM

*Barry Glassman, DMD*

While trigger point therapy is well documented and frequently utilized in pain management, there is much to be gained by understanding the role of entheses injury and injection of ligament insertions in the treatment of upper quarter pain, including cervicogenic headache and facial pain. This track will explore the role of injections of the sphenopalatine ganglion as well as the use of sphenopalatine drip treatment.

## 6. Qi-KHT: QiGong and Korean Hand Therapy for Pain Management – 12:00 - 4:20 PM

*Nadia Linda Hole, MD*

This hands-on course provides a practical and fun introduction to QiGong and Korean Hand Therapy (KHT) for pain management. QiGong is an energy healing system from China that is based on the breath. KHT is a methodical, easy-to-learn, needleless technique that uses an acupuncture microsystem based on hand-body hologram correspondence points. Participants will learn how to energetically balance body meridians through Qi-KHT to relieve pain, improve range of motion, and restore function.

## 7. Auricular Therapy – 7:00 AM - 4:20 PM

*Robert A. Bonakdar, MD*

This all-day workshop will provide an overview of auricular therapy for pain management. The didactic portion will provide an overview of current research on the procedure and indications for this therapy. The hands-on part will allow participants to practice using auricular diagnostic and treatment skills so that they can incorporate the therapy into an integrative treatment plan.

## 8. Physical Therapy for Pain Management – 7:00 AM - 4:20 PM

*Thomas Watson, PT, DPT, MEd, and Debbie Arnold, PT*

This all-day track on physical therapy for pain management is geared toward both physical therapists and other clinicians who would like to be better informed or could use the hands-on techniques in their practices. Topics to be discussed include basic anatomy and physiology; arthrokinematics; evaluation strategies focusing on movement, posture and gait; body awareness; quality of movement; and total motion release therapy. Participants will have an opportunity to practice assessment skills and gentle mobilization techniques, including graded oscillation and stretching during the hands-on portion of the course.

**Course descriptions and learning objectives will be available on the Academy's website: [www.aapainmanage.org](http://www.aapainmanage.org)**

# AGENDA

**Thursday**

**October 8, 2009**

7:00 AM

REGISTRATION OPENS

4:25-5:30 PM	<b>Keynote Address: Integrative Medicine and Pain Management: A Winning Partnership</b> – Victoria Maizes, MD
5:30-7:30 PM	<b>President's Reception in the Exhibit Hall</b>

**Friday**

**October 9, 2009**

7:00 AM

REGISTRATION OPENS

6:30-7:30 AM	<b>QiGong</b> – Nadia Linda Hole, MD			
6:00-7:30 AM	<b>10. Breakfast Symposium – Fibromyalgia Syndrome: Practical Strategies for Improving Diagnosis and Patient Outcomes *</b>			
	<b>Advanced Topics in Headache</b> <i>Lawrence D. Robbins, MD</i>	<b>Update on Research and Management of Fibromyalgia</b> <i>Philip J. Mease, MD</i>	<b>Effective Assessment and Treatment of Low Back Pain</b> <i>Gary W. Jay, MD</i>	<b>Integrative Pain Management</b> <i>Victoria Maizes, MD</i>
7:30-8:30 AM	<b>11. Approaches to the Treatment of Migraine</b> <i>Bert B. Vargas, MD</i>	<b>15. Mechanisms in Fibromyalgia and Related Conditions</b> <i>Daniel J. Clauw, MD</i>	<b>19. Neuropathic Low Back Pain</b> <i>Gary W. Jay, MD</i>	<b>22. The Integrative Approach to Assessment of Pain (EP)</b> <i>Ann Marie Chiasson, MD</i>
8:35-9:35 AM	<b>12. Post-traumatic Headache</b> <i>Roger K. Cady, MD</i>	<b>16. Clinical Implications of Research on Central Sensitization Syndromes</b> <i>Lesley M. Arnold, MD</i>	<b>20. Non-radicular Low Back Pain (EP)</b> <i>R. Norman Harden, MD</i>	<b>23. Do We Really Want to Know? The Role of Past Abuse in Chronic Pain</b> <i>Bettina Herbert, MD</i>
9:35-10:00 AM	<b>Break</b> —Exhibit Hall open 9:30 AM-3:30 PM, with snacks 9:35-10:00 AM.			
			<b>The Interventional Approach to Pain</b>	
10:00-11:00 AM	<b>13. Temporomandibular Disorders and Headache</b> <i>Steven B. Graff-Radford, DDS</i>	<b>17. New Treatments for Fibromyalgia</b> <i>Philip J. Mease, MD</i>	<b>21. Interventional Pain Management Practice: Why and How (EP)</b> <i>Jackie Rowles, CRNA, MBA, MA</i>	<b>24. Acupuncture for Chronic Pain (EP)</b> <i>Donald K. Warne, MD, MPH</i>
11:05-12:05 PM	<b>14. Outpatient Treatments for Refractory Headaches</b> <i>Lawrence D. Robbins, MD</i>	<b>18. Integrative Approaches to Chronic Fatigue Syndrome and Fibromyalgia (EP)</b> <i>Melinda Ring, MD</i>		<b>25. Motivating Our Pain Patients to Become Physically Active (EP)</b> <i>Patricia Lebensohn, MD</i>
12:05-1:35 PM	<b>26. Plenary Lunch: Integrative Approaches to Headache Management (EP)</b> – Robert A. Bonakdar, MD, and Christy M. Jackson, MD			
1:35-3:00 PM	<b>Poster Sessions, Snacks, Exhibits</b> —Exhibit Hall open 9:30 AM-3:30 PM, with snacks 1:35-2:00 PM. Poster sessions 1:35-3:00 PM in Exhibit Hall.			
3:00-4:00 PM	<b>27. Keynote Address: The Role of Dietary Supplements in the Management of Pain</b> – Tieraona Low Dog, MD			
4:05-5:05 PM	<b>28. Keynote Address: Increasing Self-Management of Pain via Motivational Interviewing</b> – Robert Rhode, PhD			
5:05-6:05 PM	<b>General Session: Opportunities for Advocacy (non-CME/CE program)</b>			
6:05-9:00 PM	<b>Awards Dinner (tickets required, see page 5)</b>			

\* Supported by a grant from Forest Laboratories, Inc.

In the past, the Academy has conducted a “pre-exam” track for those who are interested in taking the Credentialing Exam. This year, we have marked on the agenda, with (EP) (Exam Prep), fundamentals of pain management courses, which might support those who are taking the test.

**Course descriptions and learning objectives will be available on the Academy's website: [www.apainmanage.org](http://www.apainmanage.org)**



# AGENDA

Saturday

October 10, 2009

7:00 AM

REGISTRATION OPENS

6:00-7:30 AM	<b>Breakfast Non-CME Symposia:</b> <b>6:00 to 6:45 AM - TBD</b> <b>and</b> <b>6:45 to 7:30 AM - Come Learn about Ryzolt™ (tramadol HCl extended-release tablets)</b> <b>and Other Purdue Product and Program Updates*</b>		
6:30-7:30 AM	<b>QiGong – Nadia Linda Hole, MD</b>		
<b>Moderator(s)</b>	<b>Managing Pain with Opioids: Protecting the Patient and the Prescriber</b> <i>Jennifer P. Schneider, MD, PhD, and Alfred V. Anderson, MD, DC</i>	<b>Update on CRPS: Diagnosis and Treatment</b> <i>R. Norman Harden, MD</i>	<b>Psychological and Emotional Components of Chronic Pain</b> <i>Eldon Tunks, MD</i>
7:30-8:30 AM	<b>29. A Practical Introduction to the Use of Opioids for Chronic Pain (EP)</b> <i>Jennifer P. Schneider, MD, PhD</i>	<b>33. Pathophysiology of CRPS (EP)</b> <i>R. Norman Harden, MD</i>	<b>37. Limbic Influences on Pain and Pain Perception</b> <i>Roger K. Cady, MD</i>
8:35-9:35 AM	<b>30. Denying Opioid Treatment of Pain: Is it Ever Appropriate?</b> <i>Jane C. Ballantyne, MD</i>	<b>34. Diagnosis Issues in CRPS</b> <i>Stephen Bruehl, PhD</i>	<b>38. The Psychological Assessment of Pain (EP)</b> <i>Michael J. Lewandowski, PhD</i>
9:35-10:00 AM	<b>Break</b> —Exhibit Hall open 9:30 AM-3:30 PM, with snacks 9:35-10:00 AM.		
10:00-11:00 AM	<b>31. Truth About Pain Management: Treating the Patient with Known Substance Misuse (EP)</b> <i>Howard A. Heit, MD</i>	<b>35. Treatment Options in CRPS: Pharmacologic Therapies and Functional Restoration Techniques (EP)</b> <i>Steven P. Stanos, DO</i>	<b>39. Chronic Pain and Psychological Comorbidities: Both the Chicken and the Egg</b> <i>Eldon Tunks, MD</i>
11:05-11:35 AM	<b>Case Studies/Q&amp;A – 11:35-12:05 PM</b>	<b>36. Interventional Treatments for CRPS</b> <i>Faculty TBD</i>	<b>40. Sleep Disturbance and Chronic Pain (EP)</b> <i>Rubin Naiman, PhD</i>
11:35-12:05 PM			
12:05-1:35 PM	<b>42. Plenary Lunch: Don't Be Afraid to Do the Right Thing: Ethical Treatment of Pain – Myra Christopher</b>		
1:35-3:00 PM	<b>Poster Sessions, Snacks, Exhibits</b> —Exhibit Hall open 9:30 AM-3:30 PM, with snacks 1:35-2:00 PM. Poster sessions 1:35-3:00 PM in Exhibit Hall.		
3:00-4:00 PM	<b>32. Effective and Appropriate Documentation</b> <i>Alfred V. Anderson, MD, DC</i>	<b>41. Non-Pharmacologic Pain Relief in Older Adults (EP)</b> <i>Sharon A. Bell, PsyD</i>	
4:05-5:05 PM	<b>43. TBD</b>		
5:05-7:05 PM	<b>Dinner Non-CME Symposia:</b> <b>5:05 to 5:50 PM - Innovative Pain Management Options **</b> <b>and 5:50 to 7:05 PM - TBD</b>		

\* A promotional presentation by Purdue Pharma L.P.  
 \*\* Supported by a grant from King Pharmaceuticals Inc.

In the past, the Academy has conducted a “pre-exam” track for those who are interested in taking the Credentialing Exam. This year, we have marked on the agenda, with (EP) (Exam Prep), fundamentals of pain management courses, which might support those who are taking the test.

**Course descriptions and learning objectives will be available on the Academy’s website: [www.apainmanage.org](http://www.apainmanage.org)**

**Sunday**

**October 11, 2009**

7:00 AM

REGISTRATION OPENS

6:30-7:30 AM	<b>QiGong – Nadia Linda Hole, MD</b>			
<b>Moderator</b>	<b>Risk Management Strategies</b>	<b>Creating the Interdisciplinary Team</b>	<b>Therapeutic Approaches in the Military</b> <i>Joan Walter, PA, JD</i>	<b>Perspectives on Myofascial Pain</b>
7:30-8:30 AM	<b>44. Methadone: Friend or Foe?</b>  <i>W. Clay Jackson, MD, DipTh</i>	<b>47. The Role of Advanced Practice Nurses and Physician Assistants in the Multidisciplinary Paradigm of Pain Management (EP)</b>  <i>Theresa Mallick-Searle, MS, NP</i>	<b>51. An Integrative Behavioral Approach to Pain Management in a Military and Veteran Population</b>  <i>Kathleen Brown, PhD</i>	<b>55. New Frontiers in the Pathophysiology of Myofascial Pain: Enter the Matrix</b>  <i>Jay P. Shah, MD</i>
8:35-9:35 AM	<b>45. Clinical Use of Sublingual Buprenorphine for Opioid Dependence and Challenges in Chronic Pain and Addiction</b>  <i>Anthony H. Dekker, DO</i>	<b>48. Understanding and Incorporating Acupuncture into an Interdisciplinary Pain Management Clinic (EP)</b>  <i>Robert Doane, LAc</i>	<b>52. Clinical and Research Initiatives in Integrative Care for Combat Troops</b>  <i>Richard Petri, MD, LTC(P)</i>	
9:35-9:55 AM	<b>Break</b>			
9:55-10:55 AM	<b>46. Communicating with the Patient and Caregiver (EP)</b>  <i>Faculty TBD</i>	<b>49. Naturopathic Physical Medicine for the Evaluation and Treatment of Chronic Pain</b>  <i>Michael J. Cronin, ND</i>	<b>53. Therapeutic Approaches to Pain and Stress</b>  <i>Mona Bingham, PhD, RN, LTC</i>	<b>56. The Compartmentalization of Medicine: A Double-Edged Sword for Myofascial Pain</b>  <i>George S. Pellegrino, LMT, CMTPT, RMTI</i>
11:00-12:00 PM		<b>50. Self-regulation and Pain Control</b>  <i>Gabriel E. Sella, MD, MPH, MSc</i>	<b>54. Therapeutic Approaches in the Military TBD</b>  <i>Faculty TBD</i>	<b>57. The Need for a Multidisciplinary Approach in the Treatment of Myofascial Pain Syndromes</b>  <i>Victoria L. Magown, CMTPT, LMT, RMTI</i>

**The Academy reserves the right to make changes in the program at any time.**

The Academy is accredited by the ACCME to provide continuing medical education for physicians and seeks accreditation for other disciplines. If a speaker introduces unapproved content or opinion, or violates compliance criteria, the Academy reserves the right to deny CME/CE credit to the program.

Some of the courses presented at this meeting may be outside your scope of practice and are intended to provide an understanding of practices or procedures and how they relate to effective interdisciplinary pain management. These courses are not intended to confer competency. The courses do not prepare or authorize you to add these practices to your scope of practice.

In the past, the Academy has conducted a “pre-exam” track for those who are interested in taking the Credentialing Exam. This year, we have marked on the agenda, with **(EP)** (Exam Prep), fundamentals of pain management courses, which might support those who are taking the test.

**Course descriptions and learning objectives will be available on the Academy’s website: [www.aapainmanage.org](http://www.aapainmanage.org)**

# KEYNOTE PRESENTATIONS AND SATELLITE SYMPOSIUM

**Thursday, October 8th**

Keynote Address  
4:25-5:30 PM

## **Integrative Medicine and Pain Management: A Winning Partnership**

*Victoria Maizes, MD*

This presentation will present a compelling case for the alignment between the principles and practices of integrative medicine and pain management. By investing in a therapeutic partnership and utilizing a myriad of treatments from conventional and alternative systems of medicine, pain can often be lessened and suffering alleviated. The synergistic impact of approaches such as diet, supplements, mind-body strategies, manual therapies, acupuncture, and energetic treatments will be discussed as will the potential for these approaches to augment, or at times replace, pharmacologic therapies and more invasive procedures.



**Friday, October 9th**

Plenary Lunch  
12:05-1:35 PM

## **Integrative Approaches to Headache Management**

*Robert A. Bonakdar, MD, and Christy M. Jackson, MD*

This presentation will provide an evidence-based review of integrative approaches to headache management. Many headache patients who only take medications are dissatisfied with their care. This course will discuss preventative strategies and non-pharmacologic therapies that may benefit these patients. Clinicians will learn ways that they can incorporate integrative approaches more easily into their practices and be introduced to relevant point of care resources to continue their education.



Keynote Address  
3:00-4:00 PM

## **The Role of Dietary Supplements in the Management of Pain**

*Tieraona Low Dog, MD*

National surveys indicate that the use of complementary and alternative medicine in general, and dietary supplements in particular, is very high in people with chronic pain conditions. Many people use dietary supplements due to perceived safety, as a means of self-treatment, and as a way to maintain some control in their life. There is a growing body of evidence demonstrating that many botanicals and natural compounds can modulate inflammatory mediators by impacting histamine release, immunoglobulin and cytokine secretion, lymphocyte proliferation, and cytotoxic activity. This session will explore the science and appropriate clinical application of essential fatty acids, botanical anti-inflammatories, and nutraceuticals in the management of pain.



# KEYNOTE PRESENTATIONS AND SATELLITE SYMPOSIUM

**Friday, October 9th**

Keynote Address  
4:05-5:05 PM

## **Increasing Self-Management of Pain via Motivational Interviewing**

*Robert Rhode, PhD*

Motivational interviewing is a style of helping patients which has been found to increase their internal motivation. This presentation will assist clinicians in deciding if this approach might help their patients engage in behaviors that manage their pain. A healthcare provider who uses these tools in addition to giving information or advice will likely see better patient outcomes.



**Saturday, October 10th**

Plenary Lunch  
12:05-1:35 PM

## **Don't Be Afraid to do the Right Thing: Ethical Treatment of Pain**

*Myra Christopher*

This presentation will frame the treatment of pain as core to the covenant between the healthcare provider and patient and discuss how fear of regulatory scrutiny is a major reason clinicians give for not “doing the right thing.” The tension between what are sometimes seen as competing public health agendas—the undertreatment of pain and the diversion of prescription pain medications—has led to tension between healthcare professionals and law enforcement agents with patients left to suffer the consequences. The Balanced Pain Policy Initiative, a project of the Center for Practical Bioethics, the Federation of State Medical Boards, and the National Association of Attorneys General, will be described. Through policy discussions, research, and publications, this initiative has attempted to minimize the so-called “chilling effect” and, ultimately, prevent the undertreatment of pain. Efforts to improve related clinical and legal practice will also be explained.



**Friday, October 9th**

Breakfast Symposium  
6:00-7:30 AM

## **Fibromyalgia Syndrome: Practical Strategies for Improving Diagnosis and Patient Outcomes**

This symposium is a case-based, interactive program designed to provide clinicians with a better understanding of the mechanisms underlying the pain of fibromyalgia, improved knowledge about therapeutic options, and guidance on the diagnosis, management, and education of their fibromyalgia patients. Video-based doctor-patient case simulations will be presented and discussed. This activity is jointly sponsored by Purdue University and Health Education Alliance, Inc., and is approved for 1.25 *AMA PRA Category 1 Credits™*. The symposium is supported by an educational grant from Forest Laboratories, Inc.

# Awards 2009

## John Liebeskind Pain Management Research Award

*Gary W. Jay, MD*



This award is given to an individual who has made a significant accomplishment in research and/or teaching in the field of interdisciplinary pain management. This year's recipient is Gary W. Jay, MD. Dr. Jay is currently the Clinical Disease Area Expert - Pain at Pfizer in New London, Connecticut. Prior to this position, he treated

patients for 25 years at his own interdisciplinary pain center. Dr. Jay has published three medical textbooks, with the fourth due out this year, as well as over 60 textbook chapters and peer-reviewed journal articles. He is an internationally recognized speaker on various types of pain, including headache and minor traumatic brain injury.

## Advocacy for People with Pain Award

*James W. Broatch, MSW*

This award is given to an individual who has demonstrated outstanding commitment to assisting and advocating for people with pain. This year's recipient is James W. Broatch, MSW, Executive Director of the Reflex Sympathetic Dystrophy Syndrome Association (RSDSA), a national not-for-profit organization headquartered in Milford, Connecticut. RSDSA's mission is to fund critical research, promote greater awareness, and earlier recognition of Complex Regional



Pain Syndrome (CRPS), and provide emotional support to people living with CRPS. Under Mr. Broatch's leadership, RSDSA has increased its revenue by 300 percent and has funded more than \$1.2 million in CRPS-related research grants and fellowships. The organization also published Clinical Practice Guidelines for the diagnosis, treatment, and management of CRPS and has conducted an annual national conference for medical professionals and people with CRPS. RSDSA's informative website attracts 27,000 unique visitors each month and the organization manages a listserv that has more than 5,400 subscribers. Prior to working for RSDSA, Mr. Broatch served as the Executive Director of the Obsessive Compulsive Foundation.

## Richard S. Weiner Pain Education Award

*David M. Glick, DC*

This award is given to an individual who has contributed to the advancement of the field of interdisciplinary pain management through the training of pain management professionals. This year's recipient is David M. Glick, DC. Dr. Glick practices in Richmond, Virginia, specializing in the evaluation of chronic and complicated musculoskeletal pain as well as electrodiagnosis. He currently serves on several committees for the American Academy of Pain Management and the American Society of Pain Educators, and lectures frequently on neck and back pain for a variety of organizations. Dr. Glick acted as a section editor and was a contributing author for *Weiner's Textbook of Pain Management*.





# Awards 2009

## Janet Travell Pain Management Clinical Award

*Roger K. Cady, MD*

This award is presented to a clinician who has contributed to the advancement of the field of pain management and the welfare of others through direct clinical services. Roger K. Cady, MD is this year's recipient of the award. Dr. Cady is the Director of the Headache Care Center, Director of Clinvest, and Founder of Primary Care Network, all located in Springfield, Missouri. Dr. Cady has authored/co-authored over 100 peer-reviewed journal articles and has written and contributed to numerous books, chapters, and abstracts. He is the principal investigator in multi-center studies on migraine, post-traumatic headache, and other pain disorders.



## Legislative Policy and Advocacy Award

*Will Rowe, Chief Executive Officer of the American Pain Foundation*



This award is given to an individual who has demonstrated an outstanding commitment to pain advocacy and who has achieved a notable milestone in either federal or state legislation that advances the field of interdisciplinary pain management. This year's recipient is Will Rowe, Chief Executive Officer of the American Pain Foundation. Mr. Rowe,

who has more than 20 years of experience in leadership and management of social service organizations, has

helped the APF develop strong alliances to numerous organizations and fulfill its mission of improving the quality of life for people in pain. Recently, he has been actively involved in legislative issues regarding pain, and was instrumental in getting the National Pain Care Policy Act passed in the House of Representatives. A candidate for a PhD in philosophy from Duke University, he has also taught at numerous schools, including the University of Maryland and the University of Erlangen.

## Head Heart Award

*Myra Christopher*

This award is given to an individual who has exhibited both extraordinary knowledge and compassion in his or her work. This year's recipient is Myra Christopher, President and Chief Executive Officer of the Center for Practical Bioethics in Kansas City, Missouri. Ms.



Christopher writes and speaks frequently on bioethical issues and consults with hospitals, health plans, and integrated systems on clinical and organizational ethics. She acted as a consultant to former Sen. John Danforth (R-MO) in the drafting of the Patient Self-Determination Act and served as the Director of Robert Wood Johnson Foundation's national program, Community State-Partnerships to Improve EOL Care. Ms. Christopher is currently a member the National Advisory Board for the Duke Institute for Care at the End-of-Life, the Kansas State Board of Healing Arts, the advisory board for the Federation of State Medical Boards, the board of the American Pain Foundation, and the University of Kansas School of Nursing Advisory Board. She also serves on a Technical Advisory Group for Medicare, exploring reimbursement for palliative care.

# FACULTY BIOGRAPHIES

**Alfred V. Anderson, MD, DC**, is the Medical Director of Medical Pain Management in Minneapolis, Minnesota. Dr. Anderson is also a member of the Minnesota Board of Medical Practice and a fellow of the Federation of State Medical Boards. He currently serves on the Board of Directors of the American Academy of Pain Management and is an author and section editor of the 7th edition of *Weiner's Pain Management*.

**Debra J. Arnold, PT**, has been in practice for 34 years, specializing in chronic pain management for the last 29 years. She is currently the Clinic Administrator of Headache Care Center in Springfield, MO, and serves on the Pain Program Advisory Board and Education Advisory Committee for the American Academy of Pain Management, and the Project Team for Headache Education and Support Group for the National Headache Foundation. She is also a member of both the Missouri and American Physical Therapy Associations.

**Lesley M. Arnold, MD**, is Director of Women's Health Research and Professor in the Department of Psychiatry at the University of Cincinnati College of Medicine in Cincinnati, Ohio. Dr. Arnold's research focuses primarily on fibromyalgia, women's health, and mood and anxiety disorders. She has published more than 70 articles on these subjects and is on the editorial board for *Pain Medicine News*. Dr. Arnold has also received NIH grant support for family and genetic studies of fibromyalgia and fibromyalgia clinical trials in adults and children. She has participated on the NIH Chronic Fatigue/Fibromyalgia Special Emphasis panel since 2000 and frequently lectures nationally and internationally.

**Jane C. Ballantyne, MD**, is a Professor of Anesthesiology and Critical Care at the University of Pennsylvania in Philadelphia, Pennsylvania. Dr. Ballantyne has over 20 years of experience in pain medicine. She was formerly Chief of the Division of Pain Medicine at Massachusetts General Hospital in Boston. Her research interests include outcomes research and the role of opioids in chronic pain treatment. Dr. Ballantyne has published numerous articles and book chapters on chronic pain and opioid use. She is an editor of *Bonica's Management of Pain* (4th Edition) and *Evidenced Based Chronic Pain Management*, both published this year. Dr. Ballantyne is working on building a Pain Outcomes Research Program at UPenn.

**Sharon A. Bell, PsyD**, practices with Desert Psychological Associates in Phoenix, Arizona. She specializes in the evaluation and treatment of acute and chronic pain in the adult and geriatric populations. Dr. Bell also actively serves as a Training Preceptor in the Banner Health/St. Joseph's Geriatric Fellowship Program.

**Robert Alan Bonakdar, MD**, is Director of Pain Management at the Scripps Center for Integrative Medicine in La Jolla, California. As a recipient of the Richter Fellowship for Independent International Research, Dr. Bonakdar studied Tai chi/Qigong, meditation, and acupuncture in Southeast Asia. He is a member of numerous professional organizations including the American Academy of Family Physicians and serves on the NIH/ODS review committee for the Annual Bibliography of Significant Advances in Dietary Supplement

Research. Dr. Bonakdar's clinical and research work focuses on integrative approaches to pain management including the use of biostimulation, mind-body therapies, and dietary supplements.

**Stephen Bruehl, PhD**, is an associate professor of anesthesiology at Vanderbilt University School of Medicine in Nashville, Tennessee. Dr. Bruehl has published more than 75 articles and chapters on pain. He conducts NIH-funded research on the links between endogenous pain regulatory systems, chronic pain, psychological factors, and cardiovascular function.

**Jan M. Burte, PhD**, is a clinical psychologist based in Boca Raton, Florida. He is an Adjunct Professor at Nova Southeastern University in Fort Lauderdale and is on staff at Boca Raton Community Hospital Rehab and Pain Center. Dr. Burte is Director of the Milton H. Erikson Institute of Southeast Florida and Past President of the New York Society of Clinical Hypnosis. He has lectured throughout the world and is the author of over 20 articles and book chapters.

**Roger K. Cady, MD**, is the Director of the Headache Care Center, Director of Clininvest, and Founder of Primary Care Network, all located in Springfield, Missouri. Dr. Cady has authored/co-authored over 100 peer-reviewed journal articles and has written and contributed to numerous books, chapters, and abstracts. He is the principal investigator in multi-center studies on migraine, post-traumatic headache, and other pain disorders.

**Ann Marie Chiasson, MD, MPH**, practices integrative and energy medicine in Tucson, Arizona. Her practice offers consultations, treatments, seminars, and retreats. She is Canadian board certified in family practice and completed a fellowship at the Arizona Center for Integrative Medicine. Dr. Chiasson holds an MPH from Johns Hopkins Bloomberg School of Public Health and has extensive experience exploring energy medicine and alternative healing practices. She is currently on the faculty of the Arizona Center for Integrative Medicine.

**Myra Christopher**, is President and CEO of the Center for Practical Bioethics in Kansas City, Missouri. Ms. Christopher writes and speaks frequently on bioethical issues and consults with hospitals, health plans, and integrated systems on clinical and organizational ethics. She acted as a consultant to former Sen. John Danforth (R-MO) in the drafting of the Patient Self-Determination Act and served as the Director of Robert Wood Johnson Foundation's national program, Community State-Partnerships to Improve EOL Care. Ms. Christopher is currently a member the National Advisory Board for the Duke Institute for Care at the End-of-Life, the Kansas State Board of Healing Arts, the advisory board for the Federation of State Medical Boards, the board of the American Pain Foundation, and the University of Kansas School of Nursing Advisory Board. She also serves on a Technical Advisory Group for Medicare, exploring reimbursement for palliative care.

**Daniel J. Clauw, MD**, is a Professor of Anesthesiology and Medicine (Rheumatology) at the University of Michigan in Ann Arbor, Michigan. He serves as Director of the Chronic Pain and Fatigue Research

Center, and until recently was also the Associate Dean for Clinical and Translational Research within the University of Michigan Medical School. His clinical and research interests include fibromyalgia, interstitial cystitis, low back pain, and other chronic pain and fatigue states.

**Michael J. Cronin, ND**, practices at Naturopathic Physicians Group in Scottsdale, Arizona. Dr. Cronin specializes in physical medicine and treats chronic pain with a variety of therapies and techniques including prolotherapy, manipulation, and spinal decompression. He is the co-author of *Herbal Solutions for Healthy Living* and formerly worked as the Senior Medical Director of American WholeHealth, where he was directly involved with training MDs and DOs in nutrition, nutraceuticals, and natural therapies. Dr. Cronin is the Founder and Past President of the Southwest College of Naturopathic Medicine in Tempe, Arizona. He is also a Past Vice-President of the Naturopathic Physicians Acupuncture Academy and a founding board member of the American Association of Naturopathic Physicians and the Naturopathic Academy of Therapeutic Injections.

**Anthony H. Dekker, DO**, is the Acting Director of the Office of Health Programs in the Phoenix Area Office of the Indian Health Service in Phoenix, Arizona. Dr. Dekker is board certified in family practice, adolescent medicine, and addiction medicine. He has served on the boards of the American Osteopathic Academy of Addiction Medicine, the American Society of Addiction Medicine, and the Society of Adolescent Medicine. Dr. Dekker is the Chief Clinical Consultant for addiction medicine and chronic pain management for the Indian Health Service, United States Public Health Service.

**Robert Doane, LAc**, is a licensed acupuncturist who owns and operates the Acupuncture & Wellness Center in Poulsbo, Washington, one of the largest Chinese Medical clinics in the United States, which treats approximately 3,000 people per month. Mr. Doane leads numerous educational workshops and lectures on Chinese Medicine and is involved in training acupuncturists and physicians.

**Barry Glassman, DMD**, is the Co-Medical Director of the St. Luke's Hospital Headache Center in Allentown, Pennsylvania. He limits his practice to the treatment of chronic pain, temporomandibular joint dysfunction, headache, and sleep-disturbed breathing.

**Christian D. González, MD**, is the Director of Pain Medicine and an Assistant Professor of Anesthesiology at the University of Massachusetts Memorial Hospital Medical Center in Worcester, Massachusetts. A graduate of the Harvard Medical School-Massachusetts General Hospital Pain Medicine fellowship program, he has developed a highly interventional program at UMass, with more than 5,000 annual procedures being performed. Dr. González has been extensively involved with physician training cadaveric workshops at a national level. His main interest is extending the practice of interventional pain medicine across the United States and Latin America.

**Steven B. Graff-Radford, DDS**, is the Director of the Program for Headache and Orofacial Pain at The Pain Center at Cedars-Sinai in Los Angeles,

# FACULTY BIOGRAPHIES

California. In addition, he is an Adjunct Professor in the Oral Medicine and Orofacial Pain Section of the UCLA School of Dentistry and is a Clinical Professor at the USC School of Dentistry. Dr. Graff-Radford has published more than 150 articles, book chapters, and scientific abstracts on neuropathic facial pain and headache. A past President of both the Western USA Pain Society and American Board of Orofacial Pain, he currently serves on the board of the Trigeminal Neuralgia Association and is President of the Headache Cooperative of the Pacific (HCOP).

**R. Norman Harden, MD**, is the Director of the Center for Pain Studies and Addison Chair at the Rehabilitation Institute of Chicago. Dr. Harden, who has 20 years of experience in interdisciplinary pain management, is a past president of the Midwest Pain Society and has served as chair of the IASP Research Symposium on CRPS. He is the author of many original research manuscripts, chapters, and reviews on CRPS and has edited two books. Dr. Harden currently serves as an editor and reviewer for numerous journals, including *Pain*, *Pain Medicine*, and *Clinical Journal of Pain*.

**Howard A. Heit, MD**, is an Assistant Clinical Professor of Medicine at Georgetown University School of Medicine in Washington, DC. He is board certified in internal medicine and gastroenterology and is a diplomat in addiction medicine. Dr. Heit is a fellow of the American College of Physicians and the American Society of Addiction Medicine. He has published extensively on the interface of pain and addiction medicine.

**Bettina Herbert, MD**, is the lead physician of integrative pain management at the Jefferson-Myrna Brind Center of Integrative Medicine at Thomas Jefferson University Hospital in Philadelphia, Pennsylvania. Dr. Herbert received her medical degree from Michigan State University's College of Human Medicine while also attending classes at the College of Osteopathic Medicine. She also completed a Bravewell fellowship at the Arizona Center for Integrative Medicine. Dr. Herbert utilizes body-centered and osteopathic approaches along with best practices from physical medicine and rehabilitation and her Bravewell fellowship.

**Nadia Linda Hole, MD**, practices integrative medicine in Captain Cook, Hawaii. She is an ordained healer, QiGong teacher, and a contributing author to several complementary medical textbooks. Dr. Hole has served on the faculty of the American Holistic Medical Association and is a Past President of the California State Homeopathic Medical Society. She has degrees from Princeton and Duke Universities.

**Christy M. Jackson, MD**, is Director of the Don Dalessio Headache Center at the Scripps Clinic in La Jolla, California. Her research and clinical interests include cerebrovascular disease, headache, and stroke. She is a former Professor of Neurosciences at the University of California, San Diego Medical School.

**W. Clay Jackson, MD, DipTh**, is CEO and Medical Director of Comprehensive Primary Care in Covington and Bartlett, Tennessee and Medical Director of Methodist Alliance Hospice and

Palliative Services in Memphis, Tennessee. He is also a Clinical Assistant Professor of Psychiatry at the University of Tennessee College of Medicine in Memphis. Dr. Jackson has been published in a number of leading academic journals and has received numerous teaching honors.

**Gary W. Jay, MD**, is the Clinical Disease Area Expert-Pain at Pfizer in New London, Connecticut. Prior to this position, he treated patients for 25 years at his own interdisciplinary pain center. Dr. Jay has published three medical textbooks, with the fourth due out this year, as well as over 60 textbook chapters and peer-reviewed journal articles. He is an internationally recognized speaker on various types of pain, including headache and minor traumatic brain injury.

**Patricia Lebensohn, MD**, is an Associate Professor of Family and Community Medicine at the University of Arizona College of Medicine in Tucson, Arizona. Dr. Lebensohn is originally from Argentina, where she completed her medical degree and training in psychiatry. After moving to the US, she completed a residency in family medicine. Dr. Lebensohn is a 2005 graduate of the Arizona Center for Integrative Medicine fellowship. Since joining the faculty at Arizona, she has developed an innovative curriculum in behavioral science and integrative medicine for the family medicine residency program.

**Marlene L. Levy, PhD**, is a psychologist and licensed certified clinical social worker based in Sands Point, New York. She is a member/approved consultant with the American Society of Clinical Hypnosis and a member/faculty of the New York Society of Clinical Hypnosis. Dr. Levy is a consultant at Integrative Health Solutions in Manhasset (traditional and alternative medical group) and has been in private practice for over 25 years. She is also a certified cognitive behavioral therapist specializing in pain management, stress management, weight issues, and smoking cessation.

**Michael J. Lewandowski, PhD**, is a licensed clinical health psychologist and President of Pain Assessment Resources located in Reno, Nevada. Since completing his PhD in 1990, he has worked exclusively with individuals suffering from chronic medical conditions. Dr. Lewandowski was the principle developer of the Behavioral Assessment of Pain – Medical Stability Quick Screen (BAP-MSQS) and co-developer of the Behavioral Assessment of Pain questionnaire (BAP), both of which are utilized in pain management programs around the world. He also created Integrated Healthcare Resources, an interdisciplinary healthcare organization that provides comprehensive pain management, work hardening, and functional restoration programs for injured workers and persons with chronic pain conditions. Dr. Lewandowski recently published a workbook for people suffering from chronic pain called *The Chronic Pain Care Workbook: A Self-Treatment Approach to Pain Relief using the Behavioral Assessment of Pain Questionnaire*.

**Tieraona Low Dog, MD**, is the Director of the Fellowship at the Arizona Center for Integrative Medicine and a Clinical Assistant Professor in the Department of Medicine at the University of Arizona College of Medicine in Tucson, Arizona. Dr. Low Dog's extensive career has included appointments on the

White House Commission of Complementary and Alternative Medicine, the Advisory Council for the National Center for Complementary and Alternative Medicine (NCCAM), and she has been the elected Chair for the US Pharmacopeia Dietary Supplements Expert Panel since 2000. She is the author of *Complementary and Integrative Approaches to Women's Health* and has written numerous chapters for medical textbooks on integrative treatment approaches to endocrine disorders, diabetes, women's health, cardiovascular health, pain, and the use of herbs in children. Dr. Low Dog is the recipient of numerous honors, including *Time* magazine's Innovator in Complementary and Alternative Medicine award.

**Victoria L. Magown, CMTPT, LMT, RMTI**, is the Founder and Co-Director of Myofascial Rehabilitation Center, Ltd in Albuquerque, New Mexico and Co-Founder of the American Institute for Myofascial Studies, LLC. She is a member of the International MyoPain Society and a founding member and past president of the National Association of Myofascial Trigger Point Therapists. Ms. Magown currently serves on the Board of Advisors of the American Academy of Pain Management and has presented advanced training to clinicians throughout the US. She has also served on the faculty of the University of New Mexico School of Medicine's continuing medical education program.

**Victoria Maizes, MD**, is Executive Director of the Arizona Center for Integrative Medicine and an Associate Professor of Medicine, Family and Community Medicine and Public Health at the University of Arizona College of Medicine in Tucson, Arizona. A founding co-chair of the education committee of the Consortium of Academic Health Centers for Integrative Medicine, Dr. Maizes is recognized as an international leader in the field of integrative medicine. She helped create the comprehensive curriculum in integrative medicine and pioneered the Integrative Family Medicine Program and Integrative Medicine in Residency, two national models for educating primary care physicians. Dr. Maizes lectures internationally on integrative medicine education, women's health, healthy aging, nutrition, and cancer and is currently editing an Oxford University Press textbook on *Integrative Approaches to Women's Health*.

**Theresa Mallick-Searle, MS, NP**, practices in the Division of Pain Management at Stanford University Medical Center in Stanford, California. Ms. Mallick-Searle lectures extensively on pain management and holds a volunteer clinical faculty position at the University of California, San Francisco School of Nursing. Her areas of research include cancer pain, fibromyalgia, and CRPS.

**Steve Mann, PhD**, is the President of Occupational Disability Management Center, a multidisciplinary pain management rehabilitation program in Burlington, Vermont. He specializes in evaluation of patients with addiction risk and comorbid emotional disorders. Dr. Mann also consults with regional family medical facilities and a hospital-based pain program and is an independent psychological expert in workers compensation and personal injury cases.



# FACULTY BIOGRAPHIES

**Philip J. Mease, MD**, is a Clinical Professor at the University of Washington School of Medicine in Seattle and Chief of Rheumatology Clinical Research at the Swedish Hospital Medical Center. Dr. Mease conducts clinical trials on emerging therapies for a number of rheumatic disease conditions, including rheumatoid arthritis, psoriatic arthritis, and fibromyalgia. He is a founding organizer of GRAPPA (Group for Research and Assessment of Psoriasis and Psoriatic Arthritis), an international consortium of rheumatology and dermatology investigators and representatives of patient service leagues, the biopharmaceutical industry, and regulatory agencies.

**Rubin Naiman, PhD**, is a sleep psychologist and Clinical Assistant Professor of Medicine at the University of Arizona Center for Integrative Medicine in Tucson, Arizona. He is also Director of the Circadian Health Associates, a group providing sleep services, trainings, and consultation internationally. Dr. Naiman's publications include *Healing Night*, *The Sleep Advisor*, and *Healthy Sleep*.

**Catherine O'Connell, PhD**, is a clinical psychologist who practices with Desert Psychological Associates in Phoenix, Arizona. She has been in private practice since 1979 and focuses on medical psychology, neuropsychology, and the treatment of chronic pain. In addition to her clinical duties, Dr. O'Connell is actively involved in teaching and consultation. She is an Adjunct Professor at Arizona State University and serves as a consultant to the Maricopa County Superior Court.

**George S. Pellegrino, LMT, CMTPT, RMTI**, is Co-Director of Myofascial Rehabilitation Center, Ltd in Albuquerque, New Mexico and Co-Founder and Program Director of the American Institute for Myofascial Studies, LLC. He is a member of the American Academy of Pain Management, the International MyoPain Society, and the National Association of Myofascial Trigger Point Therapists. Mr. Pellegrino has presented advanced training to clinicians throughout the US and has served on the faculty of the University of New Mexico School of Medicine's continuing medical education program.

**Robert Rhode, PhD**, is a Clinical Assistant Professor of Psychology at the University of Arizona Health Sciences Center in Tucson, Arizona. Since 1986, he has conducted motivational interviewing trainings for physicians, counselors, nurses, and social workers. Dr. Rhode uses popular media like movies to introduce the concepts.

**Melinda Ring, MD**, is the Medical Director of the Center for Integrative Medicine and Wellness and Assistant Clinical Professor of Medicine at Northwestern University, Feinberg School of Medicine in Chicago, Illinois. Dr. Ring received her medical degree and internal medicine training from the University of Chicago and completed the University of Arizona Integrative Medicine Fellowship. She has published numerous articles and chapters and has co-directed an integrative medicine conference. Dr. Ring is currently the Northwestern delegate to the Consortium of Academic Medical Centers for Integrative Medicine. She also serves on the Advisory Boards for the Children's Memorial Hospital Integrative Medicine Initiative and the Pacific College of Oriental Medicine.

**Lawrence D. Robbins, MD**, is a headache specialist and Founder of the Robbins Headache Clinic in Northbrook, Illinois. He is also an Assistant Professor of Neurology at Rush Medical College in Chicago. Dr. Robbins has published over 180 articles and abstracts and two books, including *Management of Headache* and *Headache Medications*. In addition to maintaining an educational website visited by over 300,000 people per year, he lectures extensively on headache management.

**Thomas J. Romano, MD, PhD**, runs a fee-for-service practice in Martins Ferry, Ohio. A board certified internist and rheumatologist, Dr. Romano is a member of the Board of Directors of the American Academy of Pain Management and serves on numerous Academy committees.

**Jackie Rowles, CRNA, MBA, MA**, practices at Meridian Health Group, an integrative pain specialty group in Carmel, Indiana. A nationally recognized nurse anesthesia speaker, Ms. Rowles developed and directed an interventional pain management cadaver course for the Institute of Post Graduate Education and has been instrumental in the development of the American Association of Nurse Anesthetists (AANA) Advanced Pain Management Training. She currently serves on the Board of Directors of the American Academy of Pain Management and is President of the AANA.

**Mark J. Rubin, MD**, is a board-certified anesthesiologist and Medical Director of the Center for Pain Relief in Phoenix, Arizona. He received his medical training at the University of South Florida. After completing his residency at Mount Sinai Medical College in New York, he practiced in Boston and Mississippi. Dr. Rubin's current practice is devoted exclusively to pain management.

**Jennifer P. Schneider, MD, PhD**, resides in Tucson, Arizona and is certified by the American Board of Internal Medicine and the American Society of Addiction Medicine. The author of *Living with Chronic Pain* (2nd Edition, 2009), Dr. Schneider lectures frequently on opioids, pain management, and addiction.

**Gabriel E. Sella, MD, MPH, MSc**, is a clinician and a researcher based in Martins Ferry, Ohio. He is also an Associate Adjunct Professor in the Department of Community Medicine at West Virginia University in Morgantown, West Virginia. Dr. Sella specializes in soft tissue dysfunctions, pain, and rehabilitation of skeletal muscle dysfunctions. He has published 12 textbooks and over 100 articles, and has given over 250 international lectures and workshops on soft tissue generated pain.

**Jay P. Shah, MD**, is a senior staff physiatrist in the Rehabilitation Medicine Department at the NIH Clinical Center in Bethesda, Maryland. His clinical research interests include investigating the pathophysiology of myofascial pain as well as applying integrative approaches with standard physical medicine techniques in the management of neuromusculoskeletal pain and dysfunction. A Diplomate of the American Board of Physical Medicine and Rehabilitation, Dr. Shah lectures nationally and internationally and is an instructor in the "Structural Acupuncture for Physicians" course at Harvard Medical School.

**Steven P. Stanos, DO**, is Medical Director of the Center for Pain Management at the Rehabilitation Institute of Chicago and an Assistant Professor in the

Department of Physical Medicine and Rehabilitation in the Feinberg School of Medicine at Northwestern University in Chicago, Illinois. Dr. Stanos is a co-chair of the Pain Task Force for the American Academy of Physical Medicine and Rehabilitation and is currently the Assistant Fellowship Director for the Multidisciplinary Pain Fellowship at Northwestern. An author of numerous original articles, book chapters, and abstracts, he also serves on the editorial board of *Pain News* and is a section editor for the *American Pain Society Bulletin*. Dr. Stanos, who has been involved in the development of treatment guidelines related to rehabilitation approaches to chronic pain, is currently involved in studying clinical outcomes in multidisciplinary and interdisciplinary pain treatment.

**Eldon Tunks, MD**, is Emeritus Professor of Psychiatry at McMaster University in Hamilton, Ontario. Since 1973, he has directed a multidisciplinary pain clinic at McMaster University Medical Center and Chedoke Rehabilitation Center. Dr. Tunks has published many articles on the epidemiology of pain, psychological and psychiatric treatment for pain, fibromyalgia and Myofascial pain, and evidence-based chronic pain management. He received the Lifetime Achievement Award by the Canadian Pain Society in 2006 and currently serves as President of the Canadian Academy of Pain Management.

**Bert B. Vargas, MD**, was recently appointed as a Senior Associate Consultant in the Department of Neurology at the Mayo Clinic in Scottsdale, Arizona. Dr. Vargas served as a United States Air Force flight surgeon before completing his neurology residency at New York University. He then completed a headache medicine fellowship in 2008 at the Mayo Clinic under the direction of David Dodick, MD. His practice focuses on the treatment of headache and facial pain.

**Joan Walter, PA, JD**, is the Vice President of Military Medical Research and Director of the Center for Research on Integrative Medicine in the Military at the Samueli Institute in Alexandria, Virginia. Ms. Walter has clinical and research management experience at both civilian and military medical facilities, including a position as Assistant Director for Clinical Services for the Defense and Veterans Brain Injury Center at Walter Reed Army Medical Center.

**Donald K. Warne, MD, MPH**, is President and CEO of American Indian Health Management & Policy, LLC in Tempe, Arizona. He is also a Clinical Professor in the Indian Legal Program at the Arizona State University College of Law. Dr. Warne is currently the Health Policy Research Director of the Inter Tribal Council of Arizona.

**Thomas Watson, PT, DPT, MEd**, is a physical therapist at Peak Performance Physical Therapy in Redmond, Oregon and Director of its sister clinic in Bend, Oregon. Dr. Watson, who has practiced for 36 years, is Secretary of the Board of Directors, Chair of the Education Advisory Committee, and Diplomate of the American Academy of Pain Management, Commissioner of the Oregon Pain Management Commission, and a member of the Oregon and American Physical Therapy Associations. He was also a contributing author for *Weiner's Textbook of Pain Management*.

AMERICAN ACADEMY OF PAIN MANAGEMENT'S 20TH ANNUAL CLINICAL MEETING  
 INTEGRATIVE PAIN MANAGEMENT FOR OPTIMAL PATIENT CARE  
 OCTOBER 8-11, 2009 PHOENIX, AZ, SHERATON PHOENIX DOWNTOWN HOTEL

# Clinical Meeting Registration

Attendee Information (Please print or type)

1

Name	Clinical License(s)	
Company, Facility, or Clinic Name (Required if Pain Program Accredited Facility)		
Address		
City	State	Zip
Daytime Phone	Email (required)	

**Pre-meeting General Courses, Thursday October 8, 2009**

- Practice Management: Getting What You Want from Your Practice**, Cathie O'Connell, PhD, and Steve Mann, PhD, Time: 9:20 AM-4:20 PM ..... \$ 150  
This program will explore effective pain practice management, from making informed decisions regarding marketing to implementing office policies and procedures.
- Hypnosis in the Management of Pain (Part 1)**, Jan M. Burte, PhD, Time: 7:00-11:20 AM ..... \$ 75  
This course will provide an overview of basic concepts of psychosemantics, induction, intervention, and post-hypnotic suggestion relevant to treating chronic pain.

**Pre-meeting Hands-on Courses (Limited to 30) Thursday October 8, 2009**

- Interventional Treatments for Pain (Cadaver Course)**, Christian D. González, MD, Time: 7:00 AM-4:20 PM ..... \$1250  
This all-day course will cover various interventional treatments for pain management, including epidural steroid injection and spinal cord stimulation implantation.
- Injections for Upper Quarter Pain and Headaches**, Barry Glassman, DMD, Time: 7:00-11:20 AM ..... \$ 275  
This track will explore the role of injections of the sphenopalatine ganglion as well as sphenopalatine drip treatment for upper quarter pain and headaches.
- Hypnosis in the Management of Pain (Part 2)**, Jan M. Burte, PhD, Time: 12:00-4:20 PM ..... \$ 275  
This course will be a follow-up to Hypnosis in the Management of Pain (Part 1) and cover more advanced topics related to the therapy.
- Qi-KHT: QiGong and Korean Hand Therapy for Pain Management**, Nadia Linda Hole, MD, Time: 12:00-4:20 PM ..... \$ 275  
This course will provide an introduction to QiGong and Korean Hand Therapy (KHT), which are often used to relieve pain and restore function.
- Auricular Therapy for Pain and Symptom Management**, Robert A. Bonakdar, MD, Time: 7:00 AM-4:20 PM ..... \$ 525  
This all-day workshop will review the research related to auricular therapy and provide an opportunity to practice auricular diagnostic and treatment skills.
- Physical Therapy for Pain Management**, Thomas Watson, PT, DPT, MEd and Debbie Arnold, PT, Time: 7:00 AM-4:20 PM ..... \$ 525  
This program, geared toward both physical therapists and other clinicians who can use hands-on techniques, will review assessment and mobilization techniques.

The Academy reserves the right to make changes to these courses and/or course descriptions. **Pre-meeting Registration Subtotal \$ \_\_\_\_\_**

2

Clinical Meeting Registration (Friday, Saturday, Sunday)	Early Bird	After 8/14/2009	On-Site Amount Paid
Member*	\$ 375	\$ 420	\$ 475
Registration with 1 year Membership	\$ 570	\$ 615	\$ 670
Non-Member	\$ 550	\$ 585	\$ 640
Full-Time Student Member **	\$ 50	\$ 60	\$ 70
Full-Time Student with 1 year Membership**	\$ 100	\$ 110	\$ 120
Full-Time Student Non-Member **	\$ 85	\$ 95	\$ 125
One Day Only (Select one <input type="checkbox"/> Friday, <input type="checkbox"/> Saturday, <input type="checkbox"/> Sunday)	\$ 250	\$ 260	\$ 280

\* Employees of AAPM Pain Program Accredited Facilities may register at Member rate.  
 \*\* Must provide proof of student or resident status, by fax at the time of registration. Please fax to 209-533-9750

**Clinical Meeting Registration Subtotal \$ \_\_\_\_\_**

**Special Events**

- Awards Dinner Ticket Friday, October 9, 2009 ..... \$75 per person
- Support a Table for 10 (includes a table sign and recognition on posters prominently displayed at the event, and company 100 word description in the dinner program). ..... \$2500 table

**Special Events Subtotal \$ \_\_\_\_\_**

**Guest Registration**

Allows entrance to Exhibit Hall and Academy non-catered academic sessions. Guests may not attend symposia or plenary sessions. .... Number of Guests \_\_\_\_\_ x \$65 per guest

**Guest Registration Subtotal \$ \_\_\_\_\_**

**TOTAL AND PAYMENT INFORMATION**

**TOTAL \$ \_\_\_\_\_**

- Enclosed is my check or money order payable to AAPM (US funds only) Total \$ \_\_\_\_\_
- Please charge to:  Visa  Mastercard  Discover  Amex

6

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To avoid confusion, please send this form only once. Should you need to cancel, you must notify the Academy in writing before July 31, 2009 in order to receive a refund. All cancellations are subject to a \$50 processing fee. Refunds will not be issued after July 31, 2009.



Mail or fax!



# REGISTRATION

Name: \_\_\_\_\_

Please write desired class # in designated space.

	Desired #		Desired #
<b>THURSDAY, OCTOBER 8, 2009</b>			
1. Practice Management: Getting What You Want from Your Practice		31. Truth About Pain Management: Treating the Patient with Known Substance Misuse (EP)	
2. Hypnosis in the Management of Pain (Part I)		32. Effective and Appropriate Documentation	
3. Hypnosis in the Management of Pain (Part II)		33. Pathophysiology of CRPS (EP)	
4. Interventional Treatments for Pain (Cadaver Course)		34. Diagnosis Issues in CRPS	
5. Injections for Upper Quarter Pain and Headache		35. Treatment Options in CRPS: Pharmacologic Therapies and Functional Restoration Techniques (EP)	
6. Qi-KHT: QiGong and Korean Hand Therapy for Pain Management		36. Interventional Treatments for CRPS	
7. Auricular Therapy for Pain and Symptom Management		37. Limbic Influences on Pain and Pain Perception	
8. Physical Therapy for Pain Management		38. The Psychological Assessment of Pain (EP)	
9. Keynote Address: Integrative Medicine and Pain Management: A Winning Partnership		39. Chronic Pain and Psychological Comorbidities: Both the Chicken and the Egg	
<b>FRIDAY, OCTOBER 9, 2009</b>		40. Sleep Disturbance and Chronic Pain (EP)	
Nadia Linda Hole, MD: QiGong		41. Non-Pharmacologic Pain Relief in Older Adults (EP)	
10. Breakfast Symposium: Fibromyalgia Syndrome: Practical Strategies for Improving Diagnosis and Patient Outcomes		42. Keynote Address: Don't Be Afraid to Do the Right Thing: Ethical Treatment of Pain	
11. Approaches to the Treatment of Migraine		43. TBD	
12. Post-traumatic Headache		<b>SUNDAY, OCTOBER 11, 2009</b>	
13. Temporomandibular Disorders and Headache		Nadia Linda Hole, MD: QiGong	
14. Outpatient Treatments for Refractory Headaches		44. Methadone: Friend or Foe?	
15. Mechanisms in Fibromyalgia and Related Conditions		45. Clinical Use of Sublingual Buprenorphine for Opioid Dependence and Challenges in Chronic Pain and Addiction	
16. Clinical Implications of Central Sensitization Syndromes		46. Communicating with the Patient and Caregiver (EP)	
17. New Treatments for Fibromyalgia		47. The Role of Advanced Practice Nurses and Physician Assistants in the Multidisciplinary Paradigm of Pain Management (EP)	
18. Integrative Approaches to Chronic Fatigue Syndrome and Fibromyalgia (EP)		48. Understanding and Incorporating Acupuncture into an Interdisciplinary Pain Management Clinic (EP)	
19. Neuropathic Low Back Pain		49. Naturopathic Physical Medicine for the Evaluation and Treatment of Chronic Pain	
20. Non-radicular Low Back Pain (EP)		50. Self-regulation and Pain Control	
21. Interventional Pain Management Practice: Why and How (EP)		51. An Integrative Behavioral Approach to Pain Management in a Military and Veteran Population	
22. The Integrative Approach to Assessment of Pain (EP)		52. Clinical and Research Initiatives in Integrative Care for Combat Troops	
23. Do We Really Want to Know? The Role of Past Abuse in Chronic Pain		53. Therapeutic Approaches to Pain and Stress	
24. Acupuncture for Chronic Pain (EP)		54. Therapeutic Approaches in the Military TBD	
25. Motivating Our Pain Patients to Become Physically Active (EP)		55. New Frontiers in the Pathophysiology of Myofascial Pain: Enter the Matrix	
26. Plenary Lunch: Integrative Approaches to Headache Management (EP)		56. The Compartmentalization of Medicine: A Double-Edged Sword for Myofascial Pain	
27. Keynote Address: The Role of Dietary Supplements in the Management of Pain		57. The Need for a Multidisciplinary Approach in the Treatment of Myofascial Pain Syndromes	
28. Keynote Address: Increasing Self-Management of Pain via Motivational Interviewing			
<b>SATURDAY, OCTOBER 10, 2009</b>			
Nadia Linda Hole, MD: QiGong			
29. A Practical Introduction to the Use of Opioids for Chronic Pain (EP)			
30. Denying Opioid Treatment of Pain: Is it Ever Appropriate?			



**American Academy of Pain Management**

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