

EMOTIONS, STRESS, & DISEASE

A SEMINAR FOR NURSES: 6 HOURS CREDIT

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

PROGRAM

- **Emotions and Emotional Intelligence.** Emotions vs. Feelings.
- **The Neural Processing of Emotions.** Differences between Emotions and Moods.
- **Dimensions of Emotions:** Behavioral, Physiological, Subjective, Cognitive.
- **Anger, Disgust, Fear, Joy, Sadness, and Surprise.** Achieving Emotional Stability.
- **Overcoming Emotional Abuse.** Therapies and Medications.
- **The Neurology of Emotions:** Serotonin, GABA, Glutamate and Dopamine.
- **Norepinephrine:** The "Vigilant" Neurotransmitter.
- **How Does the Brain Store Memories of Emotions?** Diseases that Damage Emotional Centers of the Brain. Amphetamines for Recovery from Strokes and Brain Trauma.
- **Stunning Discoveries about Very Common Medications:** Can Beta-Blockers "Erase" Emotionally-Charged Memories? Controversy: Knowing When To Stop Erasing Negative Memories?
- **Instability of Mood:** Bipolar Disorder. Warnings on Common Antidepressants (SSRI). Antidepressants and Mood Instability.
- **Mood-Stabilizing Drugs.** Common Mood-Stabilizers: Valproic Acid (Depakene), Topiramate (Topamax), and Others. The Manic Patient and Medication. Omega-3 Fatty Acids and Mood.
- **Emotions and Vagal Tone:** Shame, Fear, and Vasodilation. Xerostomia, Anxiety, and their Clinical Consequences, Including Ageusia and Alzheimer's.
- **Emotional "Retooling."** The Nervous System and Emotions. Sensations of Lightness or Buoyancy. Tightness in the Throat and Eyes. Difficulty Breathing and Swallowing. Loneliness and Blood Pressure.
- **Stress:** The Difference between Eustress and Distress. Shorter Life Expectancy. Higher Incidence of Cardiovascular and Cognitive Conditions.
- **Alarm, Adaption, and Exhaustion:** The Role of Neurological and Endocrine Systems. The Hypothalamus and Stress. Changing Levels of Hormones.
- **Does an "Anti-Stress" Pill Exist?** Adrenalin, Cortisol, ACTH, and Other Stress Hormones. Chronic Stress and Cancer. Stress and the Cardiovascular and Cerebrovascular Connection. Stress and Immune Dysfunction.
- **Fight-or-Flight and Rest-and-Digest Responses.** Stressful Eating and Appetite Pathology. Sleep Pathology. Bruxism, and TMJ Disorder.
- **Systemic Stressors:** Tissue Necrosis, Hypotension and Hypoxia. Stressors and Pain Pathology. Dental Appliances or Air Masks: Which is Preferable for Hypoxia Induced by Sleep Apnea?
- **Stress and Its Relationship to Fibromyalgia, Pain Pathology, and Sleep Disorders.** Post-Traumatic Stress Disorder. Clinical Research Update.
- **Anxiety, Insomnia, and Stress.** Benzodiazepines, Herbal Remedies, and Melatonin Agonists. Ramelteon (Rozerem). Working Night Shifts and Medications.
- **Depression and Stress.** Serotonin and Norepinephrine Balance. Overmedating Depression. Estrogen-Androgen Balance. Brain Steroids.
- **Techniques for Stress Management:** Development of a Positive Attitude, Self-Talk, Breathing, Exercising, and Meditation. Massage, Touch Therapy, and Biofeedback. Music and Art Therapy. Pet Therapy.

MEETING TIMES & LOCATIONS

EDMONTON, AB

Thu., April 22, 2010
8:30 AM to 3:30 PM
Four Points by Sheraton
7230 Argyll Rd.
Edmonton, AB

CALGARY, AB

Fri., April 23, 2010
8:30 AM to 3:30 PM
Executive Royal Inn
2828 - 23 St. NE
Calgary, AB

EDMONTON, AB

Thu., May 6, 2010
8:30 AM to 3:30 PM
Four Points by Sheraton
7230 Argyll Rd.
Edmonton, AB

CALGARY, AB

Fri., May 7, 2010
8:30 AM to 3:30 PM
The Glenmore Inn
2720 Glenmore Trail SE
Calgary, AB

INSTRUCTORS

Dr. R.S. Hullon, M.D., J.D. (April 22 & 23) is a physician and surgeon specializing in trauma and orthopedics. His medical experience includes diagnosis and treatment of infectious diseases, neurological disorders, neurodegenerative diseases (multiple sclerosis, Parkinson's, and Alzheimer's diseases) and psychiatric disorders (personality and mood disorders). His medical experience also includes diagnostic laboratory work, particularly in hematology.

Dr. Laura Pawlak, Ph.D., M.S. (May 6 & 7) undertook her graduate studies in biochemistry at the University of Illinois, where she received her masters and doctoral degrees. Author of 22 scientific publications and many academic books, she conducted her postdoctoral research in biochemistry at the University of California San Francisco Medical Center.

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

ACCREDITATION INFORMATION

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

Biomed is approved as a provider of continuing nursing education by the Arizona Nurses' Association, which is accredited as an approver of continuing education in Nursing American Nurses Credentialing Center (ANCC) Commission on Accreditation. Biomed has Provider ID Institute-3899-RN-96 from the board.

INR has been accredited as a continuing education provider by the California Board of Registered Nursing (CEP #06136), the Florida Board of Nursing (#50-3026-1), the Iowa Board of Nursing (#288), and the Kansas Board of Nursing (#LT0140-0927).

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

TUITION \$111

CHECKS: \$111.00 (CANADIAN) per person with pre-registration or \$136.00 (CANADIAN) at the door if space remains. CREDIT CARDS: Charges by credit card will be processed in U.S. DOLLARS at the prevailing exchange rate. The tuition includes all applicable Canadian taxes. At the seminar, participants will receive a complete course syllabus. Tuition payment receipt will also be available at the seminar.

TO REGISTER

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

REGISTRATION INFORMATION

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

Please check course date:

- Thu., April 22, 2010 (Edmonton, AB)
 Fri., April 23, 2010 (Calgary, AB)
 Thu., May 6, 2010 (Edmonton, AB)
 Fri., May 7, 2010 (Calgary, AB)

PLEASE RETURN FORM TO

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Name: _____ Profession: _____
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Home Phone: () _____ Work Phone: () _____
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Please enclose full payment with registration form. Check method of payment.

Check for \$111.00 (CANADIAN) (Make payable to Biomed)

Charge the equivalent of \$111.00 (CANADIAN) to my Visa MasterCard American Express Discover
Charges by credit card will be processed in U.S. dollars. The prevailing rate of exchange will be used.

Card Number: _____ Exp. Date: _____

Signature: _____ (enter all raised numbers)

Please provide an e-mail address above to receive a confirmation and directions to the meeting site.

REGISTRATION FORM

(This registration form may be copied.)