

OVERVIEW

MNACVPR is pleased to present the 19th Annual State Conference, held this year at the Ramada Mall of America-Airport in Bloomington, MN. Discussions will encompass chronic health conditions and their relationships to pulmonary and cardiac health. Components of exercise physiology, prescription, application and outcomes will be addressed. MNACVPR is fortunate to welcome renowned presenters who will provide valuable information, that will motivate and energize the body and spirit.

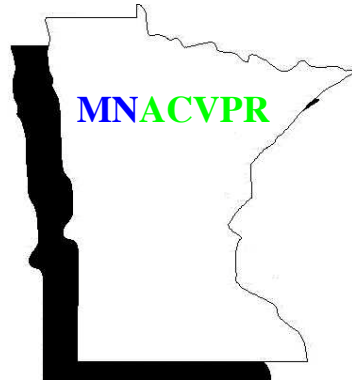
OBJECTIVES

At the completion of this program, the participant will be able to:

- Recognize the role of Vitamin D as a potent seco-steroid that controls genes important to cardiovascular disease.
- Recognize the risk factors for Vitamin D deficiency and the importance of normalizing Vitamin D status for optimal cardiovascular health.
- Understand the cardiac risks and benefits of exercise training.
- Identify specific patient types who are at higher risk of cardiac complications with exercise.
- Encourage attendees to become involved with AACVPR activities aimed at increasing the delivery of highly valuable cardiac and pulmonary rehabilitation services to patients.
- Help attendees understand the current high priority activities of AACVPR.
- Describe the public health impact and current treatment (both pharmacologic and non-pharmacologic) of COPD.
- Identify resources for obtaining updated information on COPD
- Identify differences in recovery between traditional heart surgery and minimally invasive heart surgery.
- Understand the social context that has impaired the development of PAD rehab programs in Minnesota.

The Minnesota Association of Cardiovascular and Pulmonary Rehabilitation

19th Annual MNACVPR State

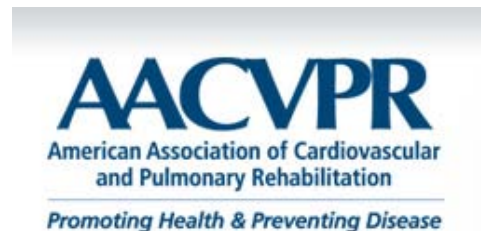


Conference

AACVPR Highlights: Murray Low, EdD

**AACVPR President (2008-2009)
Randal J. Thomas, MD, MS
AACVPR President (2009-2010)
October 28th & 29th, 2009**

**Ramada Mall of America-Airport,
Bloomington, MN**



**This program is endorsed by AACVPR
for continuing education credits.**

Wednesday October 28, 2009

9:00 - 10:00	MNACVPR Business Meeting
10:00 - 11:00	Registration
11:15 -12:15	“Didn’t You Know That Marathons Can Kill You? The Truth about Exercise and Cardiac Death” Eric Ernst, MD
12:15 - 1:00	Lunch: Soup and Sandwich Buffet
1:00 - 1:30	Vendor Break
1:30 - 2:30	“Laugh for the Health of It” Dale Anderson, MD
2:30 - 3:30	“COPD: Resources to Stay Current and Future Research Directions” Ken Kunisaki, MD
3:30 - 4:00	Vendor Break
4:00 - 5:00	“Powerful Medicine: The Pleiotropic Benefits of Physical Activity & Cardiorespiratory Fitness” Murray Low, EdD

Thursday October 29, 2009

7:00 - 8:00	Registration
6:30 - 8:00	Continental Breakfast
8:00 - 9:00	“Performance Measures” Randal J. Thomas, MD, MS
9:00 - 10:00	“AACVPR Update-2009” Murray Low, EdD
10:00 - 10:30	Vendor Break
10:30 - 11:30	“Minimally Invasive Heart Surgery” Jong Kim, MD
11:30 - 1:00	Lunch/ Vendor Break
1:00 - 2:00	“2009 Update on Vitamin D and Cardiovascular Diseases” Gregory A. Plotnikoff, MD
2:00 - 3:00	“Holistic Body/Brain Mechanics” Dale Anderson, MD
3:00 - 3:15	Vendor Break
3:15 - 4:15	“Core Curriculum: The Efficacy and Status of PAD Rehab in the United States” Alan Hirsch, MD
4:15 - 4:30	Evaluations/CEU’s/Adjourn

PRESENTERS

Dale Anderson, MD

Retired Surgeon and Emergency Physician
Founding Diplomat of the American Board
of Holistic Medicine

Eric Ernst, MD, FACC

Medical Director CORE Clinic
MN Heart Clinic
Fairview Southdale Hospital
Edina, MN

Alan Hirsch, MD, FACC

Director Vascular Medicine Program,
Minneapolis Heart Institute,
Minneapolis, MN

Jong Kim, MD

Thoracic Surgeon,
Twin Cities Heart and Lung,
Coon Rapids, MN

Ken Kunisaki, MD

Assistant Professor of Medicine, University
of Minnesota, Minneapolis Veterans Affairs
Medical Center
Minneapolis, MN

Murray Low, EdD, FAACVPR, FACSM Past-President AACVPR (2008-2009)

Program Director, Cardiac Rehabilitation
Stamford Hospital, Stamford, CT
The Burke Rehabilitation Hospital, White
Plains, NY, Sound Shore Medical Center of
Westchester, New Rochelle, NY
Westchester Health Associates, LLC, Mt.
Kisco, NY

Gregory A. Plotnikoff, MD, MTS, FACP

Medical Director, Penny George Institute
for Health and Healing
Abbott Northwestern Hospital
Minneapolis, MN

Randal J. Thomas, MD, MS President AACVPR (2009-2010)

Director, Cardiovascular Health Clinic
Mayo Clinic
Rochester, MN

PROGRAM COMMITTEE

Dennis Angellotti, MS, RN
MNACVPR Past-President
Mercy Hospital, Coon Rapids, MN
Marc Arndt, MA
Unity Hospital, Fridley, MN
Marsha Burt, MS, RCEP, CES
University of Minnesota Medical Center
Minneapolis, MN
Barb Darsow, COTA, CES
Fairview Southdale Hospital
Edina, MN
Teresa Fietek, BA, RCEP
MNACVPR Membership
Fairview Ridges Hospital
Burnsville, MN
Jim Garrett, BS, RRT,
MNACVPR Secretary
Mayo Clinic, Rochester, MN
Chad Gundry, MA, RCEP
MNACVPR President-Elect
Mercy Hospital, Coon Rapids, MN
John Inkster, MS, CES
St. Cloud Hospital, St. Cloud, MN
Nancy Nubson, RN
MNACVPR President
Lake Region Health Care
Fergus Falls, MN
Jessica Oman, CRT, RCP
St. Cloud Hospital, St. Cloud, MN
Monica Senden, RN
Avera Regional Medical Center
Marshall, MN
Paul Spilde, PT
MNACVPR Treasurer
Methodist Hospital, St. Louis Park, MN
Carla Theusch, MS
Wabasha Hospital, Wabasha, MN
Kari Weber, MS, RRT, RCP
Austin Medical Center, Austin, MN
Kathy Zarling, MS, RN, FAACVPR
St. Mary's Hospital, Mayo Clinic
Rochester, MN

ACCOMMODATIONS

Guest rooms have been reserved at the **Ramada Mall of America-Airport** for a group rate of **\$92.00** for single-double occupancy. To guarantee group rate, please call **800-328-1931** or **952-834-3411** and use the code CPR **before October 9, 2009** to reserve your room. Rooms also can be reserved by visiting www.ramadamo.com and using the group code MNACVPR. **Once at the website, go to reservations on the top of the page, then to "Make a Group Reservation", and enter the MNACVPR code.**

LOCATION ADDRESS

The conference is located at the Ramada Mall of America-Airport, 2300 East American Blvd Bloomington, MN 55425

Please MapQuest directions or check the MNACVPR web site.

EDUCATIONAL INFORMATION

This program has been designed to meet the criteria of the American Association of Cardiovascular and Pulmonary Rehabilitation (AACVPR). Verification of attendance will be given at the conclusion of each day. Participants are encouraged to submit this conference content to their licensing/certification board for contact hours.

Wednesday 10/28 = **4.0 CEU's**

Thursday 10/29 = **6.0 CEU's**

State Conference is:

Wednesday, October 28th,

9:00AM to 5:00PM.

Thursday, October 29th,

8:00AM to 4:30PM

The Planning Committee graciously thanks each of you for attending the conference and hopes that you discover new modalities and approaches to the care of your cardiac and pulmonary patients.

Make check payable to: MNACVPR

Mail registration form and check to:

Teresa Fietek
MNACVPR Membership
7739 172nd Street West
Lakeville, MN 55044

Questions please e-mail:
tfietek1@fairview.org

REGISTRATION FORM

**19th Annual MNACVPR State
Conference
October 28 & 29 2009
Please Print Clearly**

Name: _____

Credentials: _____

Institution: _____

Address: _____

City/State/Zip _____

Work Phone (____) _____

Work FAX (____) _____

E-Mail Address: _____

Home Address: _____

City/State/Zip: _____

Preferred Mailing Address: Home / Work

(MNACVPR newsletters will be sent via Email)

Soup and Sandwich buffet included on the 28th.

Continental Breakfast included on the 29th.

Thursday Lunch Selection: Pick One

____ Broiled Walleye

____ Six Ounce Prime Rib

Conference Fees:

2009 Members (Must be a current member

before July 2009 to get this rate)

____ Both Days: Oct. 28-29th \$135.00

____ Wednesday Oct. 28th \$60.00

____ Thursday Oct. 29th \$90.00

____ Student fee one or two days . . \$65.00

____ After Oct. 15th, add \$10.00

2009 Non Member Fees

____ Both days Oct. 28-29th \$185.00

____ Wednesday Oct. 28th \$80.00

____ Thursday Oct. 29th \$120.00

____ Student fee one or two days . . \$65.00

____ After Oct. 15th, add \$10.00

Become a member in 2010 and receive a

full year of member benefits including

emails from reimbursement committees,

president newsletters, members only

access on the website and conference

discounts.
____ **2010 membership fee \$35.00**

Total Enclosed: \$ _____