The University of Arizona Arthritis Center

The University of Arizona Arthritis Center is committed to patient care and research to improve the quality of life for people of all ages with arthritis. The Arthritis Center operates within the dynamic network of the University of Arizona Health Sciences, recognized as one of the major health-care facilities in the United States, and the University of Arizona, one of the country’s leading research institutions.

www.arthritis.arizona.edu

DIRECTIONS

From the intersection of N. Campbell Avenue and E. Speedway Boulevard, travel west on E. Speedway Boulevard to Cherry Avenue. Turn right (north) on Cherry Avenue. Free parking is in the Lot Specific 2012 parking lot next to HSIB on Cherry Avenue, between Mabel Street and Drachman Avenue, and the Lot Specific 2147 parking lot across the street from HSIB on Cherry Avenue between Helen and Mabel Streets (please see map below). Additional free parking is available in all Lot Specific parking lots surrounding the Health Sciences campus and in the Health Sciences Garage.

Thank you to our sponsors:

UNLOCKING THE SECRETS OF THE MICROBIOME

Saturday, February 8, 2020 | 9:00 - 3:00 p.m.

For information please call (520) 626-5040 or Email: livinghealthy@arthritis.arizona.edu
REGISTRATION
Event Location:
The University of Arizona Health Sciences Building
1670 E. Drachman Avenue, Tucson, AZ 85721

Cost: $20
Free to current members of the University of Arizona Arthritis Center Friends (registration required).
Registration fees reserves your place at the lectures and breakout sessions and includes lunch. This cost is not tax-deductible and is non-refundable.
Registration closes on January 29, 2020 or before if event capacity is reached.

The Eva M. Holtby Endowed KEYNOTE SPEAKER
Donata Vercelli, MD
Professor, Cellular and Molecular Medicine, UA College of Medicine - Tucson
Professor, UA BIO5 Institute
Professor, UA Genetics Graduate Interdisciplinary Program
Director, Arizona Center for the Biology of Complex Diseases
Associate Director, Asthma and Airway Disease Research Center
The Henry and Phyllis Koffler Award Winner for Excellence in Research, Scholarship and Creative Activity

PROGRAM AGENDA
8:00 - 9:30 a.m. Check-in and Expo Visitation
(you may check in at any time within this window)

9:00 - 9:30 a.m. Stretch and Relax (optional)
Learn and practice flexibility techniques to expand your health, vitality and relaxation
Karma Kientzler
Founding Spa and Fitness Director, Canyon Ranch Wellness Resort
Member, the University of Arizona Arthritis Center Advisory Board

9:45 a.m. Welcome and Introductions
C. Kent Kwoh, MD
Director, the University of Arizona Arthritis Center
Chief, Division of Rheumatology
Professor of Medicine and Medical Imaging, UA College of Medicine – Tucson
The Charles A. L. and Suzanne M. Stephens Endowed Chair in Rheumatology

10:00 - 11:15 a.m. The Eva M. Holtby Endowed Keynote
Unlocking the Secrets of the Microbiome
An expert look at the human microbiome and its critical impact on health and disease
Donata Vercelli, MD
Professor, Cellular and Molecular Medicine, UA College of Medicine - Tucson
Professor, UA BIO5 Institute
Professor, UA Genetics Graduate Interdisciplinary Program
Director, Arizona Center for the Biology of Complex Diseases
Associate Director, Asthma and Airway Disease Research Center
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11:15 a.m. - 12:15 p.m. Lunch Distribution and Expo Visitation

12:30 p.m. - 1:30 p.m. Breakout Session I
A. Optimal Aging
The importance of mental health and well-being as we age
Amanda Sokan, PhD
Assistant Professor, Mel and Enid Zuckerman College of Public Health

B. Current Non-Pharmacologic and Pharmacologic Treatments for Lupus
Treatment options for systemic lupus erythematosus
Ernest R. Vina, MD, MS
Assistant Professor of Medicine, Rheumatology, UA College of Medicine - Tucson

C. Fortify Your Wellness Fortress
How to prepare for the health challenges of life – illness, injury, surgery, trauma – so you can rebound to the fullest enjoyment of life
Mike Siemens, MS
Corporate Director of Exercise Physiology, Canyon Ranch Wellness Resort

D. Know Your Medications – Understanding Benefits and Risks
The short and long-term impact of over-the-counter and prescription medications for arthritis, pain and related conditions
Todd Vanderah, PhD
Head, Department of Pharmacology, UA College of Medicine - Tucson
Professor, Anesthesiology, Neurology, Neuroscience, Pharmacology and Physiological Sciences

1:45 p.m. – 2:45 p.m. Breakout Session II
E. Feed Your Gut - An Expert’s Look at Nutrition and Inflammation
Explore how nutrition can impact inflammation: dietary strategies, lifestyle choices and our microbiome
Ann Skulas-Ray, PhD
Assistant Professor, UA Department of Nutritional Sciences

F. All About Osteoporosis and Osteopenia
An inside look at prevention, diagnosis, treatment and the latest research
Marcia Woodburn, RN, MSN, CCRN, AGNP
Freestyle cation Service Program Coordinator/Clinician - Banner - University Medicine

G. The Bacteria Battle: The Good, the Bad, and the Copper
The science of novel, potentially lifesaving research: Using copper in the fight against dangerous infections
Michael Johnson, PhD
Assistant Professor, Immunobiology, UA College of Medicine - Tucson; BIO5 Institute

H. Joint Health Jeopardy!
Learn how to maintain joint health and treat joint pain in a fun and interactive format
Venkat Ganapathy, MD
Assistant Professor, UA Department of Orthopaedic Surgery

3:00 p.m. Closing
The Healing Power of Breath
Breathing and meditation to conclude your day of empowerment
Karma Kientzler
Founding Spa and Fitness Director, Canyon Ranch Wellness Resort
Member, the University of Arizona Arthritis Center Advisory Board