

SAVAHCS Clinical Management Conference 2024

Lifestyle Medicine: Foundational for Mental and Physical Health

September 24, 2024 – 12:00 PM
Online

Overall Activity Objectives:

- 1 Develop specific anti-coagulation treatment plans that incorporate new anti-coagulation agents for venous thromboembolism.
- 2 Decrease inappropriate use of antibiotics, using order sets and better diagnostic strategies.
- 3 Utilize mind-body principles and whole health strategies to increase treatment responses.
- 4 Decrease narcotic use by incorporating effective non-narcotic pain management techniques.
- 5 Incorporate strategies to counsel and provide care for geriatric populations.
- 6 Identify, counsel, treat, and refer patients with increased risk of suicide.

Session Objectives:

- 1 Understand Lifestyle Medication implications for mental and physical health
- 2 Identify the 6 core principles of Lifestyle Medicine
- 3 Be able to list three strategies for engaging patients/clients

Accreditation Statement:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of The University of Arizona College of Medicine - Tucson and Southern Arizona Veteran Affairs Healthcare System (SAVAHCS) The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Arizona College of Medicine - Tucson designates this Live Activity for a maximum of 1.00 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Relevant Financial Relationships Statement(s):

University of Arizona College of Medicine - Tucson Office of Continuing Medical Education adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CME activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible entities (commercial interests). The CME office reviewers have nothing to disclose. All relevant financial relationships have been mitigated prior to the commencement of the activity.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Eugene A Trowers, MD, MPH	Activity Director	Nothing to disclose - 02/08/2024
Elizabeth A Zeiger, PhD	Faculty	Nothing to disclose - 09/04/2024



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