

Registration Form

TO REGISTER:

1. Online: www.ceinternational.com
2. Toll-free: 800-577-5703
3. Mail/Fax Completed form below to:
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Seminar Dates:

- Ronkonkoma, NY, Thurs., Sept. 23, 2010
- North Haven, CT, Fri., Sept. 24, 2010
- Richardson, TX, Tue., Sept. 28, 2010
- Little Rock, AR, Thurs., Sept. 30, 2010
- Live Online Tues., Sept. 21, 2010
- Live Online Mon., Oct. 25, 2010

Home Study Options for Course:

- Stress, Hormones & Appetite on CD
- Stress, Hormones & Appetite OnDemand

- MORE LIVE ONLINE SEMINARS: SEE WEBSITE**
- MORE ON-DEMAND SEMINARS: SEE WEBSITE**
- MORE HOME STUDY COURSES: SEE WEBSITE**

Name (Please Print) _____ Profession (RN, Pharm., PT, OT, RD, etc.) _____

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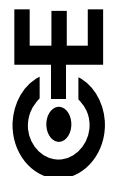
E-mail Address _____ Daytime Phone _____

Select Method of Payment:

- Check (payable to CE International) Visa Mastercard
 \$94 live seminar (\$110 Same Day Door Registration)
 \$90 (group rate of 3 or more)
- \$74 Live On-Line Seminar per person
- \$69 Seminar on CD (\$4 s/h)
- \$64 OnDemand Seminar per person

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INTERNATIONAL
 P.O. Box 210393
 Bedford, TX 76095-7393
 1-800-577-5703
 e-mail: info@ceinternational.com
www.ceinternational.com

Stress, Hormones & Appetite

Seminars, Online Education & Home Study courses

www.ceinternational.com

800-577-5703

Course Objectives for Stress, Hormones & Appetite

- Identify the hormones and neurohormones that govern appetite.
- Discuss the brain-gut connection and how they regulate appetite and metabolism.
- Identify the role of stress in hormonal dysregulation of appetite control.
- Design a lifestyle intervention plan to control appetite, reduce stress, and normalize hormone levels.

Sign-up online for a FREE on-demand seminar

Stress, Hormones & Appetite

Who Should Attend (6 Credits):

- Nursing Professionals
- Pharmacists
- Dietetic Professionals
- Physical Therapy Practitioners
- Occupational Therapy Practitioners
- Athletic Trainers
- Other Medical Professionals

Seminar Locations and Dates:

RONKONKOMA, NY: Thurs., Sept. 23, 2010 • Holiday Inn • 3845 Veterans Memorial Hwy
NORTH HAVEN, CT: Fri., Sept. 24, 2010 • Holiday Inn • 201 Washington Ave
RICHARDSON, TX: Tue., Sept. 28, 2010 • Hilton Garden Inn • 1001 W Pres George Bush Turnpike
LITTLE ROCK, AR: Thurs., Sept. 30, 2010 • Embassy Suites • 11301 Financial Centre Parkway
STRESS, HORMONES & APPETITE LIVE ONLINE: Tues., Sept. 21, 2010 • 8:30 AM - 2:45 PM CDT
STRESS, HORMONES & APPETITE LIVE ONLINE: Mon., Oct. 25, 2010 • 8:30 AM - 2:45 PM CDT
AVAILABLE AS A HOME STUDY COURSE

www.ceinternational.com



Course Description

Stress and hormones play an integral role in the regulation of appetite affecting how the gut and the brain communicate. This seminar explains the complex role between the brain and body and how stress and hormonal changes can significantly impair communication leading to increased appetite dysregulation and impaired weight management. This course also teaches intervention strategies to correct hormonal changes that negatively affect appetite and weight.

Course Speaker

Ginger Schirmer, PhD, RD obtained her doctoral degree in Nutrition with a specialty in biochemistry from Auburn University and a Masters of Science in Exercise Science from Georgia State University.

Dr. Schirmer is a nationally recognized speaker and lectures extensively to medical professionals and has authored several educational books. Dr. Schirmer has written over 75 educational courses for medical professionals including this course. She has been lecturing on weight management, hormone regulation and appetite regulation for over 17 years.

Not Able To Attend But Still Want To Take CE Courses?

Live Online Seminars

- Stress, hormones & appetite will be taught live online (live CE credit) on both Tues., Sept. 21, 2010 and Mon., Oct. 25, 2010 from 8:30 AM - 2:45 PM CDT.
- Choose from 1, 2, 3 or 6-hour courses.
- Provides live CE credit.
- Morning and evening classes available.
- Online testing and automated certificate generation available.

OnDemand Courses

- Stress, hormones & appetite is available as an ondemand course.
- OnDemand seminars available and books in pdf format.
- Can be taken at anytime.
- Online testing and automated certificate generation available.

Home Study Courses

- Courses available on CD. This course is available on CD.
- Home study course books.
- Online testing and automated certificate generation available.

Unlimited CE Memberships

- Membership 1 - Unlimited OnDemand Courses: \$99/yr.
- Membership 2 - Unlimited Live Online Seminars: \$129/yr.
- Membership 3 - Complete CE Package (includes membership 1 & 2): \$159/yr.

Go Online www.ceinternational.com for more information

Stress, Hormones & Appetite Course Agenda

8:00 A.M.–8:25 A.M.

REGISTRATION

8:30 A.M.–3:30 P.M.

The course begins at 8:30 A.M. and adjourns at 3:30 P.M. Lunch (on own) is from 11:30 A.M.–12:20 P.M. Certificates are distributed upon course completion (full attendance required & ALL participants must complete a course evaluation).

APPETITE: THE BRAIN-BODY CONNECTION - understanding the signals/hormones that make us want to eat

- **Peripheral regulators:** gut hormones (Ghrelin, GLP-1, CCK, PYY, etc.), fat cell hormones (leptin, adiponectin), pancreatic hormones (eg. insulin – the “feast” hormone).
- **Central regulators:** hypothalamic regulators (NPY, Melanocortin system, CART), reward chemicals (opioids, endocannabinoids), dopaminergic and serotonergic systems.
- **Other hormonal regulators:** amylin, cholecystokinin (CCK) agonist, combination therapy (CCK/amylin/leptin).

HORMONES & DYSREGULATION OF APPETITE – a leading cause of morbidity and mortality worldwide

- **Obesity epidemic-** is it the cause of, or the result of appetite dysregulation?
 - Role of insulin and leptin resistance in re-wiring neural circuits that control appetite.
 - The pleasure principle – do the obese have weaker reward circuitry?
 - The problem of weight regain. Consequences of appetite dysregulation: diabetes, cardiometabolic disease, fatty liver, certain cancers, cognitive dysfunction, PCOS, infertility.
- **Thyroid dysfunction** (hypothyroidism) and appetite changes - cause of or result of obesity?
- **Age-related changes** in appetite and food intake (“anorexia of aging”). The effect on ghrelin and cholecystokinin.
- **Psychiatric disorders and Eating disorders** – Binge Eating Disorder, addictive behaviors, alcoholism and appetite.
 - The role of dopamine and serotonin in appetite regulation.
- **Menopause & Andropause**
 - A look at how fluctuations in estrogen and progesterone influence the brain and appetite.
 - Testosterone is a strong correlate of ghrelin levels in men and postmenopausal women.

STRESS & ITS INFLUENCE ON APPETITE

- **HPA axis response to stress** – heightened cortisol reactivity to stress increases food consumption.
 - Understanding the cortisol reactivity model. Cortisol levels and body fat distribution.
 - How cortisol influences other key hormonal regulators of appetite.
- **Sleep & sleep deprivation** – role of sleep and sleep loss in hormonal release and metabolism.
 - Endocrine alterations: glucose, insulin, ghrelin, cortisol & appetite.
- **The Relationship between chronic stress and obesity** - what is the scientific evidence?

INTERVENTIONS TO REGULATE STRESS, HORMONES & APPETITE

- **Dietary Intervention** - Can we switch off our appetites and the regulating hormones by manipulating our diets?
 - Can a healthier diet reset our reward circuitry and reduce cravings?
 - Role of fiber, glycemic load, healthy fats, energy density on appetite and hormonal dysfunction.
 - The way to eat: hunger management techniques.
 - Prevention and management of obesity in children. Preventing hormonal alterations to appetite.
- **Exercise Strategies** - effect of intensity, duration and timing of exercise on appetite (influence on appetite regulating hormones).
 - Exercise and stress. Exercise and sleep quality.
 - Exercise and cortisol. Exercise strategies for reducing cortisol and improving appetite regulation.
- **Pharmaceutical therapy** - prescription drug therapies to outsmart hunger signals.
 - Approaches on the horizon (ghrelin antagonists, leptin therapy, endocannabinoids).
- **Gastric Bypass Surgery** - How the gut hormones are affected after surgery.

Early registration is recommended due to limited capacity of seating. Registration cancellation requests are accepted up to seven days prior to the seminar date, and a \$20 nonrefundable cancellation fee will be charged per person. If a seminar cannot be held due to reasons beyond CE International's control (weather, etc.), refunds will not be granted; however, the seminar will be rescheduled. Parking is not included in registration fee.

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Credit Designation for Stress, Hormones & Appetite

Nursing Professionals (6 Credit Hours)

Nursing Professionals in AR, CT, NY, TX and other states receive 6 contact hours for this course. MED2000's is a co-sponsor in the state of California's (BRN#CEP 11697).

CE International is an approved provider by the Alabama State Nurses Association, which is accredited as an approver of continuing education in nursing by the American Nurses Credentialing Center's Commission on Accreditation (ANCC). Provider # 5-132.

ANCC accreditation is accepted in all states except Iowa and CA (provider # above).



Pharmacists (6 Credit Hours)

This course is cosponsored by MED2000, Inc. who is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmaceutical education. ACPE # 826-999-10-027-L01-P & 826-999-10-027-L01-T. Signing out is required at the conclusion of the seminar to get a certificate. (IRD: 9-1-10). Knowledge based activity.



Registered Dietitians & DTRs (6 CPEUs)

This course is cosponsored by MED2000, Inc. who is a Continuing Professional Education (CPE) Accredited Provider (ME001) with the Commission on Dietetic Registration (CDR). CPE level I and II

Physical Therapy Professionals (6 Credit Hours)

This course offers physical therapy professionals 6 hours and has been submitted for approval in AR, CT, NY and TX.

Occupational Therapy Professionals (0.6 AOTA CEUs - 6 HOURS - Category 1)

This course is co-sponsored by MED2000, Inc. who is an approved provider by the American Occupational Therapy Association. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.



Certified Athletic Trainers- #P2662 (6 Credit Hours)

This course is cosponsored by MED2000, Inc. who is recognized by the NATA Board of Certification, Inc. to offer continuing education for certified athletic trainers.