

Each class offers 4 PDA hours of continuing education for a total of 16 PDA credits. Class meets on Thursdays from 1:00-5:30 pm. Class dates are:

September 22

October 27

November 17

December 15

As this class is designed to be more intimate than a large seminar, we anticipate that registration will fill quickly. Please register early to reserve your space. If you wish to register, but fear the class may be full, please call us to determine if spaces are still available. Class fee is \$400.

For more information, please contact Jeff Gould at 410-828-3585 or [jgould12@jhmi.edu](mailto:jgould12@jhmi.edu)

For conference goals, learning objectives, and a more comprehensive schedule, go to [www.hopkinsintegrative.org](http://www.hopkinsintegrative.org)



The seminar will be held in  
Foxleigh Building, Suite 101  
Green Spring Station  
Lutherville, MD 21093

Directions will be emailed two weeks prior to the scheduled class.

Parking is free and plentiful.

### About Johns Hopkins Integrative Medicine and Digestive Center:

JHIMDC is a center of the Division of Gastroenterology and Hepatology, School of Medicine. Our mission is to provide integrative clinical services, including Biomedicine, Chinese Medicine, nutritional consultations, psychotherapy, and massage and bodywork; promote health in the community through preventive education; participate in research; and develop and train medical and allied health professionals and students in integrative medicine.

#### Seminar Faculty:

**Jeff Gould, LAc, DiplAc, DiplCH**, Acupuncturist, JHIMDC: *All Chinese Medicine Presentations*

**Christina Ha, MD**, Assistant Professor, Gastroenterology and Hepatology: *Inflammatory Bowel Disease*

**Linda Lee, MD**, Director, JHIMDC, Clinical Director and Assistant Professor, Gastroenterology and Hepatology: *Irritable Bowel Syndrome and Gastroparesis*

**Anshu Maharjan, MD**, Assistant Professor, Gastroenterology and Hepatology: *Gastro-Esophageal Reflux Disease*

**Lauren Mirkin, CNS, LDN**, Nutritionist, JHIMDC: *All Nutrition Presentations*



Blending Traditional  
Healing with  
Modern Biomedicine

## Johns Hopkins Integrative Medicine and Digestive Center



### The Thursday Lecture Series: Common Digestive Complaints

A Multi-Day Seminar  
Offering 16 Hours of  
NCCAOM-Approved  
Continuing Education

Your Source for Professional  
Development in Acupuncture  
and Modern Integrative  
Chinese Medicine

## Increase Your Expertise with Common Digestive Complaints

Through lecture, case review, and analysis of current research, achieve a greater understanding of:

1. The Biomedical view of the etiology and pathophysiology of these common digestive diseases, as well as their incidence and prevalence, differential diagnosis, and typical treatment outcomes.
2. The array of pharmaceuticals used to treat these diseases and their effects and side-effects.
3. The Chinese Medicine approach to diagnose and treat common digestive disorders, including acupuncture and herbal protocols.
4. Dietary and nutritional strategies to address these disorders.

We will also review current research on the application of Chinese Medicine to treat these disorders and how to assess its scientific merit by attempting to answer the question "what is a good research design for studying Chinese Medicine?"

Participating in this class will familiarize you with the Biomedical approach coupled with a clear understanding of the Chinese Medicine treatment of these illnesses and nutritional strategies to strengthen your effect. This knowledge will not only help you to navigate Biomedicine to more fully support your patients who are consumers of both modalities, but also maximize the health outcomes of your patients.

We welcome you to join us for what promises to be 4 days of in-depth, detailed information on common digestive complaints.

<b>Class One - September 22: Gastro-Esophageal Reflux Disease (GERD)</b>	
<b>12:30-1:00</b>	<b>Registration during first class</b>
1:00-2:00	Biomedical Approach to GERD
2:00-2:10	Break
2:10-3:10	Nutritional Approach to GERD
3:10-3:20	Break
3:20-4:20	Chinese Medicine (CM) Approach to GERD
4:20-4:30	Break
4:30-5:30	How to Evaluate the Quality of Research on CM

<b>Class Two - October 27: Irritable Bowel Syndrome (IBS)</b>	
1:00-2:00	Biomedical Approach to IBS
2:00-2:10	Break
2:10-3:10	Nutritional Approach to IBS
3:10-3:20	Break
3:20-4:20	CM Approach to IBS
4:20-4:30	Break
4:30-5:30	CM Approach to IBS - cont., including case histories and research

<b>Class Three - November 17: Gastroparesis</b>	
1:00-2:00	Biomedical Approach to Gastro.
2:00-2:10	Break
2:10-3:10	Nutritional Approach to Gastro.
3:10-3:20	Break
3:20-4:20	CM Approach to Gastroparesis
4:20-4:30	Break
4:30-5:30	CM Approach - cont., including case histories and research

<b>Class Four - December 15: Inflammatory Bowel Disease (IBD)</b>	
1:00-2:00	Biomedical Approach to IBD
2:00-2:10	Break
2:10-3:10	Nutritional Approach to IBD
3:10-3:20	Break
3:20-4:20	CM Approach to IBD
4:20-4:30	Break
4:30-5:30	CM Approach to IBD - cont., including case histories and research
5:30-5:40	Class Evaluation

### The Thursday Lecture Series: Common Digestive Complaints

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Office/Cell Phone \_\_\_\_\_

Home Phone \_\_\_\_\_

Email \_\_\_\_\_

Acupuncture College \_\_\_\_\_

Grad Date \_\_\_\_\_

State(s) Licensed \_\_\_\_\_

**Registration Fee**                      \$400.00

Please make checks payable to:  
JHU  
and mail this form to:  
JHIMDC  
2360 West Joppa Road, Suite 200  
Lutherville, MD 21093

**Cancellation Policy: Requests for refunds by one month prior to first class will receive 75% refund. Requests less than one month prior will receive no refund.**

**Be on the lookout for our next Thursday Lecture Series: Pain Syndromes. The series will include lectures on Headaches, Migraines, and Cluster Headaches; Fibromyalgia; Peripheral Neuropathy; and Chronic Back Pain**