

Medical Acupuncture Program

Special Seminars: Cosmetic, Weight Loss or Sport Medicine Acupuncture

Beijing, China

May 15th - 25th, 2009

www.acupunctureprogram.com

Learning Objectives:

By attending this program, you will learn current treatment options and new techniques for safe acupuncture in the following specialized areas:

- Cosmetic
- Weight loss
- Sports Medicine

Planning Committee:

Dr. K. Trinh, MD, CCFP, FCFP

Associate Clinical Professor
DeGroot School of Medicine McMaster University
Director, Ancaster Sport Medicine Centre
Medical Commissions and Team Physician
Boxing Canada
Chief Medical Officer and Medical Director
Boxing Ontario

Sheilah Laffan

Program Administrator, CHSE
McMaster University

Target Audience:

MD - Physicians
DC - Chiropractors
PT - Physiotherapists
OT - Occupational Therapists
RMT - Registered Massage Therapists
RN - Registered Nurses

who have taken our basic training or by permission of the program chair.

Lectures

1. Learn anatomy (muscles, nerves, vessels) of the acupuncture points involved.
2. Study the physiology on electro-muscular stimulation.
3. Understand indications and contraindications on using acupuncture for facial stimulation for cosmetic purposes, weight loss or sports medicine.
4. Examine the empirical evidence for acupuncture on facial stimulation.
5. Explore the systematic review and randomized control trial evidence on acupuncture for weight loss.
6. Review the systematic review and randomized control trial evidence on acupuncture for musculoskeletal medicine.
7. Comparisons of these evidences to conventional treatments or therapies.

Content

Hospital Experience

1. Evaluate patients with attending physician.
2. Identify indications and contraindications on patients you see.
3. Construct treatment plan involving acupuncture.
4. Locate acupuncture points on patients and review anatomy.
5. Observe acupuncture treatments for these conditions.
6. Perform acupuncture treatments if permitted by the attending physicians.

Note

1. We reserve the rights to change the venue, revise the contents and substitute instructors.
2. Foreigners not licensed to practice medicine or acupuncture in China may insert needles into patients only with the permissions of the patients and the attending physicians.

Content



OPTION 1:

TUITION FEE ONLY (no tour)

10 CREDITS: \$695 | 20 CREDITS: \$995

Tuesday May 19, 2009
Thursday May 21, 2009
Friday May 22, 2009
Saturday May 23, 2009

Lectures (4 hours)
Hospital (4 hours)
Hospital (8 hours)
Hospital (4 hours)



OPTION 2:

Chinese Acupuncture Study Tour with 20 Credits

TUITION FEE: \$995 - 20 CREDITS

Accommodation and Tour cost: \$995 based on double occupancy per person, 3 star hotel, minimum 10 participants

(B) Breakfast, (D) Dinner

*Tour cost does not include airport transportation, Chinese Visa and Fees, gratuities, international flights, personal expenses, non-included meals, optional meals, optional tours, optional items, transportation, travel or medical insurance. Please note, travel and medical insurance are strongly recommended.



Day 1 - Saturday, May 16, 2009 (D). In flight/Beijing

Arrive in Beijing. Transportation to and from the airport is not included. The rest of the day is free for you to settle in. You may want to explore the Arts and Crafts markets; Liulichang and Panjiayuan (open on weekends only). Meet your tour manager and fellow travelers for dinner at 19:00. We will be going out for dinner to the beautiful Beihai Park.

Day 2 - Sunday, May 17, 2009 (B). Beijing

We will visit the Great Wall of China and Ming Tombs with our local guide. The beautiful Ming Tomb reservoir was the site of the Triathlon during the Beijing Olympics in 2008. The afternoon is free for you to explore the city and/or do some shopping. Some suggested places include the Silk Market, Hongqiao Pearl Market, Xidan Shopping District, Wangfujing Shopping Street or Yashow Clothing Market. Tonight, why not join us for an **optional** Peking Opera and dinner.



Day 3 - Monday, May 18, 2009 (B,D). Beijing

We will visit the Tiananmen Square and the Forbidden City with our local guide. The afternoon is free for you to explore; a suggested highlight would be to visit the Olympic Park. Tonight, we will take an overnight train to Xian.

Day 4 - Tuesday, May 19, 2009 (B). Beijing/Xian

Educational lectures will occur in the morning (4 hours). Arrive in Xian. We will visit the Ancient City Wall and see the Bell Tower (**optional tours**). In the evening we attend a re-enactment of the royal arts performance of a Tang Dynasty **optional** show, with a special **optional** Dinner of "dumplings."

Day 5 - Wednesday, May 20, 2009 (B,D). Xian

Visit the Terra Cotta Warriors and the Museum with our local guide. The Terra Cotta Burial Site is often called the Eighth Wonder of the World. It is the burial site of the First Emperor of the Qin Dynasty. We will take an overnight train back to Beijing.



Day 6 - Thursday, May 21, 2009 (B). Xian/Beijing

We will visit and practice acupuncture in a Beijing Hospital in the afternoon (4 hours). Join us for a famous **optional** Peking Roasted Duck dinner at the Quanjude Restaurant.

Day 7 - Friday, May 22, 2009 (B). Beijing

We will be in a Beijing hospital for the whole day (8 hours)



For more info, visit:

www.acupunctureprogram.com | acupuncture@mcmaster.ca
(905) 546-5500

Option 2 continued...

Day 8 - Saturday, May 23, 2009 (B). Beijing

We will be in a Beijing hospital in the morning (4 hours). Free time in the afternoon. You may want to visit the Temple of Heaven (optional tour). Dinner is on your own tonight. Explore the Food Street in the Wangfujing area where the vendors prepare your food at their stalls.

Day 9 - Sunday, May 24, 2009 (B). Beijing

Optional guided tour to the Summer Palace. Do some last minute shopping with your free time in the afternoon. We will have our **optional** farewell dinner. We will party the night away at the Sanlitun bar district. Admissions and alcohol **not included**.

Day 10 - Monday, May 25, 2009 (B). Beijing/Canada

We will have our Case discussions in the morning (if needed or time permits - Maximum 4 hours). Today, we say farewell to each other and China and fly back to Canada. Airport transportation is **not** included.

OPTION 3: 10 Credit Hours

TUITION: \$695 | Accommodation and Tour cost: \$2295 per person based on double occupancy, 4 star or higher hotel (minimum 15 participants)

(Schedule same as above except Day 6, 7 & 8)

(B) Breakfast, (L) Lunch, (D) Dinner (B,L,D Day 2-9)

*Tour cost includes admission to sightseeing, venues, airport transportation in China, Chinese Visa and Fee, gratuities, optional meals, optional tours and transportation to sightseeing but do not include international flights, personal expenses. Please note: Travel and medical insurance are strongly recommended.

Day 6 - Thursday, May 21, 2009 (B,L,D). Xian/Guilin

Flight to Guilin. We will visit the famous Reed Flute Caves and the Elephant Trunk Hill. **Case discussions are scheduled for today (if time permits - Maximum 4 hours).** Explore the night life/shopping along the river banks after a wonderful meal.

Day 7 - Friday, May 22, 2009 (B,L,D). Guilin

Guilin River cruise. This picturesque scenery is often depicted in Chinese paintings. The beauty of the river and mountains are breathtaking. Many tourists often return to Guilin for its majestic beauty again and again. The Chinese saying that "Guilin's scenery is the most beautiful in the world" is not an exaggeration!

Day 8 - Saturday, May 23, 2009 (B,L,D). Guilin/Beijing

Return to Beijing. Visit the Temple of Heaven and Hutong in the afternoon with our local guide. Explore the Food Street in the Wangfujing area where the vendors prepare your food at their stalls.



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CONFIRMATION OF REGISTRATION

A written acknowledgement of your registration will be sent via email to registrants prior to the event. Receipts will be provided in your registrant package.

CANCELLATION POLICY

The University reserves the right to cancel a course due to insufficient registration or any circumstances that are beyond our control. Cancellations received before **April 17th, 2009** will be refunded less a 25% administrative fee. No refunds will be issued for cancellations received after this date. **If you select Tour option 2 or 3 with your registration, no refunds will be issued.**

LIABILITY

Continuing Health Sciences Education (CHSE) hereby assumes no liability for any claims, personal injury, or damage:

- To any individual attending this conference.
- That may result from the use of technologies, programs, products and/or services at this conference.
- That may arise out of, or during this conference.

FREEDOM OF INFORMATION AND PROTECTION OF PRIVACY ACT

The information on this form is collected under the authority of the McMaster University Act, 1976. The information will be used for administrative purposes, including: your registration in the course; preparation of course materials for your use and to notify you of other courses or pertinent information. Financial information will be used to process applicable fees and will be retained for future reference. This information is protected and is being collected pursuant to section 39(2) and section 42 of the Freedom of Information and Protection of Privacy Act of Ontario (RSO 1990). Questions regarding the collection or use of this personal information should be directed to the University Secretary, Gilmour Hall, Room 210 McMaster University.

Registration Form

Medical Acupuncture Program:
Special Seminars cosmetic, weight loss or sport medicine acupuncture

I CONSENT to having my name, address and email added to the CHSE mailing database for upcoming CME opportunities Yes No

I CONSENT to having my name appear on a published registrant list. Yes No

Mr. Mrs. Miss. Ms. Dr.

Surname

Given

Profession: MD DC PT OT RMT RN Other

Specify _____

Address

City Province Postal Code

Area Code Phone - Area Code Fax -

Email

Payment By: Visa M/C AMEX CHEQUE Pls make cheque payable to McMaster University
 Option 1 - A Tuition Fee Only 10 Credits: \$695
 Option 1 - B Tuition Fee Only 20 Credits: \$995
 Option 2 Tuition: \$995 Tour Cost: \$995 Total cost: \$1990
 Option 3 Tuition: \$695 Tour Cost: \$2295 Total cost: \$2990

CARD NUMBER

Month Year Signature

Expiry:

REGISTER ONLINE

www.fhs.mcmaster.ca/conted

FOR MORE INFORMATION

ROSE GALANO
Continuing Health Sciences Education
McMaster University, MDCL 3510
1200 Main Street West, Hamilton, ON L8N 3Z5
Phone: 905 525-9140 ext 22671
Fax: 905 572-7099
Email: galanor@mcmaster.ca

REGISTER BY PHONE

Call 905 525-9140 ext 22671
(Visa, MasterCard or AMEX are accepted)

***You are responsible for your own travel to China**

DISCLOSURE OF POTENTIAL CONFLICTS OF INTEREST

In keeping with accreditation guidelines, speakers and planning committee members participating in this event have been asked to disclose to the audience any involvement with industry or other organizations that may potentially influence the presentation of the educational materials or program being offered.

STUDY CREDITS

As an organization accredited to sponsor Continuing Medical Education for Physicians, by both the Committee on Accreditation of Canadian Medical Schools and the Accreditation Council for Continuing Medical Education of the United States, Continuing Health Sciences Education, McMaster University designates this educational program as meeting the criteria for:

The College of Family Physicians of Canada Mainpro-M1

This educational program meets the accreditation criteria of The College of Family Physicians of Canada, and has been accredited for 10 or 20 Mainpro-M1 credits.

The Royal College of Physicians and Surgeons of Canada

This educational event is approved as an Accredited Group Learning Activity under Section 1 of the Framework of CPD options for the Maintenance of Certification Program of The Royal College of Physicians and Surgeons of Canada for 10 or 20 credits per participant.

American Medical Association PRA Category 1

This educational activity is approved for a maximum of 10 or 20 hours in Category 1 credit towards the AMA Physician's Recognition Award.

Each physician should claim only those hours of credit that he/she actually spent in the educational activity.

REGISTER BY FAX

Fax a completed registration form with a Visa, MasterCard or AMEX number to (905) 572-7099

REGISTER IN PERSON

Bring your completed registration form with Visa, MasterCard or AMEX, cheque or cash payment to the Continuing Health Sciences Education MDCL 3510 office, Monday to Friday between the hours of 9:30 am – 4:00 pm

REGISTER BY MAIL

Send your completed registration form to:
c/o Rose Galano
Continuing Health Sciences Education (CHSE)
McMaster University
1200 Main Street West, MDCL 3510
Hamilton, ON L8N 3Z5