

UCLA Office of Continuing Medical Education
David Geffen School of Medicine at UCLA
10920 Wilshire Boulevard, Suite 1060
Los Angeles, California 90024-6512
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Functional Gastrointestinal Disorders and Co-Morbid Conditions

Migraine Headaches, Fibromyalgia, and Interstitial Cystitis

Saturday, January 22, 2005

**UCLA Campus
Northwest Campus Auditorium**

The Office of Continuing Medical Education,
David Geffen School of Medicine at UCLA

and the

Center for Neurovisceral Sciences and Women's Health



DAVID GEFFEN SCHOOL OF MEDICINE at **UCLA**



Functional Gastrointestinal Disorders and Co-Morbid Conditions

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(off Sunset Boulevard enter campus at
Bellagio Drive entrance to De Neve Drive)

Course Overview

Functional gastrointestinal disorders (FGID) are common conditions which include irritable bowel syndrome (IBS), functional dyspepsia, and chronic constipation. Up to two-thirds of IBS patients report extraintestinal symptoms compared to less than 15% of healthy controls. These symptoms range from non-specific symptoms such as headaches, back pain, tiredness, sleep and sexual disturbances to organ-specific symptoms such as urinary frequency and urgency. FGID are associated with a significant health care utilization and costs which are both greater for non-GI than GI related issues. IBS patients are twice as likely as comparison groups to be diagnosed with a non-GI chronic pain disorder, including fibromyalgia, chronic fatigue syndrome, pelvic pain disorders or interstitial cystitis. Similar clinical characteristics between IBS and these other syndromes have raised the possibility of a common underlying mechanism. It has been suggested that the presence of extraintestinal symptoms are symptoms of co-morbid psychiatric conditions such as somatization. However, an alternative explanation may be based on a conceptual model characterized by stress-related, centrally regulated alterations in behavioral and physiologic responses due to the inability or failure of homeostatic mechanisms to effectively deal with the stressful challenge resulting in a range of visceral and somatic symptoms.

An update of the current concepts regarding the epidemiology, pathophysiology, diagnosis, and traditional and novel therapeutic options for functional bowel disorders and other non-morbid conditions including migraine headache, fibromyalgia, interstitial cystitis and somatization disorder will be reviewed.

Learning Objectives

- Review the epidemiology and clinical presentation of patients with functional bowel disorders and their overlapping extraintestinal syndromes
- Review the impact on health related quality of life in patients with FGID

- Review the current pathophysiologic concepts underlying FGID and their co-morbid conditions
- Provide diagnostic and treatment strategies for IBS, migraine headaches, fibromyalgia, and interstitial cystitis
- Review somatization disorder and its impact on functional pain syndromes

Accreditation

The Office of Continuing Medical Education, David Geffen School of Medicine at UCLA is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Office of Continuing Medical Education, David Geffen School of Medicine at UCLA designates this continuing medical education activity for a maximum of 3.5 Category 1 credit(s) toward the Physician's Recognition Award of the American Medical Association. Each physician should claim only those credits that he/she actually spent in the educational activity.

AAFP Accreditation

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

Disclosure

The FDA has issued a concept paper which classifies commercial support of scientific and educational programs as promotional unless it can be affirmed that the program is "truly independent" and free of commercial influence. In addition to independence, the FDA requires that non-promotional, commercially supported education be objective, balanced, and scientifically rigorous. The policy further states that all potential conflicts of interest of the CME staff and faculty be fully disclosed to the program's participants. We at UCLA fully endorse the letter and spirit of this concept.

In compliance with this policy, the program audience will have disclosed to them any potential conflict(s) of interest related to the contents of presentations made by all faculty participating in sponsored or jointly sponsored programs by the David Geffen School of Medicine at UCLA.

PROGRAM

Saturday, January 22, 2005

Morning

8:00 Registration/Continental Breakfast

SESSION I

8:30 **INTRODUCTION AND OVERVIEW**
Lin Chang, MD

8:40 **Overview of Functional GI Disorders**
Moderator: Kirsten Tillisch, MD

8:45 **Overlap of Chronic Functional Pain Syndromes**
Lin Chang, MD

9:15 **Health Related Quality of Life in Functional GI Disorders**
Brennan M.R. Spiegel, MD, MSHS

9:45 **Evolving Concepts of Overlapping Chronic Pain Syndromes**
Emeran A. Mayer, MD

10:30 **BREAK**

SESSION II

Co-Morbid Extraintestinal Disorders
Moderator: Charles A. Tony Buffington, DVM, PhD

10:45 **Diagnosis and Management of Migraine Headaches**
Andrew Craig Charles, MD

11:15 **Diagnosis and Management of Fibromyalgia**
Daniel Wallace, MD, FACP, FACR

11:45 **Diagnosis and Management of Interstitial Cystitis**
Larissa V. Rodriguez, MD

12:15 **Somatization in Functional GI Disorders**
Bruce D. Naliboff, PhD

12:45 **Closing Comments**
Lin Chang, MD

12:50 **LUNCH** (Take-out box lunch will be provided)

FACULTY

COURSE CHAIR

Lin Chang, MD

Associate Professor of Medicine*
Co-Director, CNS/WH**

GUEST FACULTY

Charles A. Tony Buffington, DVM, PhD

Professor
Department of Veterinary Clinical Sciences
College of Veterinary Medicine
The Ohio State University Veterinary
Hospital
Columbus, Ohio
CNS/WH**

UCLA FACULTY

Andrew Craig Charles, MD

Professor
Department of Neurology*
Director, Headache Research and
Treatment Program

Emeran A. Mayer, MD

Professor of Medicine, Physiology and
Psychiatry*
Director, CNS/WH**

Bruce D. Naliboff, PhD

Clinical Professor, Department of
Psychiatry and Biobehavioral Sciences*
Co-Director, CNS/WH**
VA Greater Los Angeles Healthcare System

Larissa V. Rodriguez, MD

Assistant Professor of Urology*
Co-Director of the Division of Female
Urology, Reconstructive Surgery, and
Urodynamics
Director of Female Urology Research
CNS/WH**

Brennan M.R. Spiegel, MD, MSHS

Assistant Professor of Medicine in
Residence*
VA Greater Los Angeles Healthcare System
Co-Director, Center for the Study of
Digestive Healthcare Quality and
Outcomes
CNS/WH**

Kirsten Tillisch, MD

Clinical Instructor*
Division of Digestive Diseases
CNS/WH**

Daniel Wallace, MD, FACP, FACP

Clinical Professor*
Clinical Chief of Rheumatology
Cedars-Sinai Medical Center, Los Angeles,

*David Geffen School of Medicine at UCLA
**Center for Neurovisceral Sciences & Women's
Health

GENERAL INFORMATION

Enrollment Fee

\$35.00

Refunds

Since the enrollment fee is low, there will not be any refunds. The David Geffen School of Medicine at UCLA reserves the right to cancel the course, in which case full refund is granted.

Meeting Location

UCLA Campus Westwood
Northwest Campus Auditorium
Los Angeles, California

Directions

The meeting facilities on the UCLA campus are easily accessible from the 405 freeway. Take the Sunset Boulevard exit and turn right on Bellagio Drive. At the first stop sign — a T intersection — turn left and follow De Neve Drive down a slight grade. You will come to a second stop sign. Go straight through that intersection. Before you come to a third stop sign, you will see the Sunset Village parking structure on your right. The entrance is clearly marked with a large SV and the name Sunset Village. Enter the parking facility here.

Parking

Park in the Sunset Village parking structure. Take the elevators in the southwest corner of the structure to the lobby level, and follow the signs to the Northwest Campus Auditorium.

Parking is \$7.00 single entry.

Enrollment

By Mail

Use the form attached. For additional applications, use photocopy or separate sheet giving all information requested on form.

By Phone

Use your MasterCard, VISA, or Discover. Call (310) 794-2620.

By FAX

Send completed enrollment form with charge card information and authorizing signature.
FAX (310) 794-2624.

For additional information, please call (310) 794-2620.

Enrollment is limited. Early enrollment is suggested.

Please visit our website for other UCLA CME offerings.

<http://www.cme.ucla.edu>

email address eyala@mednet.ucla.edu

Center for Neurovisceral Sciences and Women's Health

<http://www.cns.med.ucla.edu/>

APPLICATION FORM

Mail Application for Enrollment (Please Print)

Winter 2005

Course Title and Number	Amount
UCLA Functional Gastrointestinal Disorders M045-41	\$35.00

*Social Security Number

Name (First/Middle/Last) degree Male Female

Preferred Mailing Address

City/State/Zip ()
Area Code/Daytime Phone

UCLA Faculty (appointment title) ()
Area Code/FAX #

Specialty

E-mail Address

Check enclosed payable to: The Regents of the University of California

Charge: MasterCard Visa Discover

Card Number

Name of Cardholder

Authorizing Signature

Expiration Date (Mo/Yr)

*Your Social Security number is required by
Federal Law to enable filing of information
returns to the Internal Revenue Service.

**Mail to Office of Continuing Medical Education, UCLA Functional Gastrointestinal Disorders,
David Geffen School of Medicine at UCLA, 10920 Wilshire Boulevard, Suite 1060, Los Angeles, CA 90024-6512.**

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