

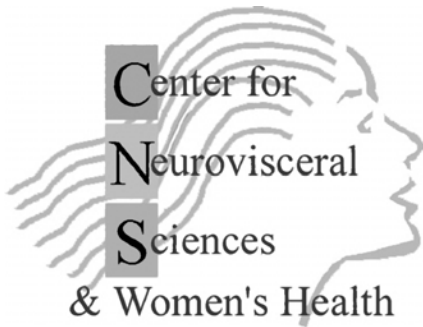
The Office of Continuing Medical Education,  
David Geffen School of Medicine at UCLA

and the

Center for Neurovisceral Sciences  
and Women's Health



DAVID GEFGEN SCHOOL OF MEDICINE at UCLA



# UCLA Functional Bowel Disorders in Women: IBS, Dyspepsia, and More

**Saturday, January 10, 2004**

**UCLA Campus**

**Northwest Campus Auditorium**

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

## **Course Overview**

This program is designed to help clinicians explore the challenging aspects of the pathophysiology and management of patients with irritable bowel syndrome (IBS), functional dyspepsia and chronic constipation. Functional bowel disorders are the most common gastrointestinal disorders diagnosed by primary care physicians and gastroenterologists and have a female predominance. However, these conditions can be difficult to treat which is likely due to several reasons: (1) the patient populations are quite heterogeneous, (2) the pathophysiologic mechanisms are complex and not well understood, and (3) effective treatments for those disorders are limited. An update of the current concepts regarding the epidemiology, pathophysiology, diagnosis, and traditional and novel therapeutic options of functional bowel disorders will be reviewed.

## **Learning Objectives**

- Review the epidemiology and clinical presentation of patients with functional bowel disorders and their overlapping extraintestinal syndromes.
- Review the current pathophysiologic mechanisms underlying irritable bowel syndrome and functional dyspepsia.
- Identify the criteria for the diagnosis of irritable bowel syndrome, chronic constipation and functional dyspepsia.
- Provide both evidence-based and practical approaches to the management of functional bowel disorders.
- Devise screening and diagnostic strategies to differentiate pelvic pain disorders from functional gastrointestinal disorders.
- Review non-pharmacologic therapeutic strategies for functional bowel disorders including behavioral treatments and complementary and alternative medicine treatments.

## **CME Sponsor**

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

## **Accreditation and Approval**

The Office of Continuing Medical Education, David Geffen School of Medicine at UCLA, designates this continuing medical education activity for up to **5.25** credits in Category I of 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 10, 2004**

## **Morning**

- 7:30 Continental Breakfast/Registration
- 8:30 Welcome, Introductions, and Overview  
***Lin Chang, MD***
- 8:40 Epidemiology, Burden of Illness of Functional GI Disorders, and Co-Morbid Conditions  
***Bill Whitehead, PhD***
- 9:15 Pathophysiology of IBS and Dyspepsia  
***Emeran Mayer, MD***
- 10:00 Questions and Answers
- 10:15 Break
- 10:30 Diagnosis and Management of Functional Dyspepsia  
***Gervais Tougas, MD, FRCPC***
- 11:00 Diagnosis and Management of IBS  
***Lin Chang, MD***
- 11:30 Differentiating IBS from Pelvic Pain Disorders  
***Andrea Rapkin, MD***
- 11:50 Questions and Answers
- 12:05 INTERACTIVE CLINICAL CASE PRESENTATIONS:  
Diagnosis and Management Issues of IBS-D, IBS-C, IBS-A, and Functional Dyspepsia  
***Lin Chang, MD, Kirsten Tillisch, MD, Gervais Tougas, MD, FRCPC, Bill Whitehead, PhD***

## **Afternoon**

- 12:45 Lunch (included)
- 1:45 Behavioral Medicine Treatment for Functional GI Disorders  
***Bruce Naliboff, PhD***
- 2:05 Complementary and Alternative Medicine Approaches to Functional GI Disorders  
***Kirsten Tillisch, MD***
- 2:25 Questions & Answers
- 2:40 Closing Comments  
***Emeran Mayer, MD***
- 2:45 Adjourn

# FACULTY

## COURSE CHAIR

### **Lin Chang, MD**

Associate Professor of Medicine  
Digestive Diseases, UCLA  
Center for Neurovisceral  
Sciences & Women's Health

## GUEST FACULTY

### **Gervais Tougas, MD, FRCPC**

Department of Medicine  
McMaster University  
Hamilton, Canada

### **Bill Whitehead, PhD**

University of North Carolina  
Chapel Hill, North Carolina

## UCLA FACULTY

### **Emeran Mayer, MD**

Professor of Medicine  
Digestive Diseases  
Center for Neurovisceral  
Sciences & Women's Health

### **Bruce Naliboff, PhD**

Clinical Professor  
Department of Psychiatry and  
Biobehavioral Sciences and VA  
Greater Los Angeles Healthcare  
System  
Center for Neurovisceral  
Sciences & Women's Health

### **Andrea Rapkin, MD**

Professor, Department of Obstetrics  
and Gynecology

### **Kirsten Tillisch, MD**

Clinical Instructor  
Digestive Diseases

# GENERAL INFORMATION

## **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 east at the top of the exit ramp. At the fourth traffic light, which is Bellagio Drive, turn right. 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.

## **Enrollment Fee**

### **\$20.00**

Please visit our website for other UCLA CME offerings.

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

email address

[eyala@mednet.ucla.edu](mailto: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 2004

Course Title and Number	Amount
UCLA Functional Bowel Disorders: IBS, Dyspepsia, and More M034-33	\$20.00

\_\_\_\_\_  
\*Social Security Number

\_\_\_\_\_  
Name (First/Middle/Last)  Male  Female

\_\_\_\_\_  
Preferred Mailing Address

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

\_\_\_\_\_  
( )  
Area Code/FAX #

\_\_\_\_\_  
Specialty

\_\_\_\_\_  
E-mail Address

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

Charge:  MasterCard  Visa  Discover

\_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

\_\_\_\_\_  
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 Bowel Disorders: IBS, Dyspepsia, and More,  
David Geffen School of Medicine at UCLA, 10920 Wilshire Boulevard, Suite 1060, Los Angeles, CA 90024-6512.**

In accordance with applicable Federal laws and University policy, the University of California does not discriminate in any of its policies, procedures, or practices on the basis of race, color, national origin, sex, sexual orientation, age, or disability. Inquiries regarding the University's equal opportunity policies may be directed to Campus Counsel, 3149 Murphy Hall, UCLA, or the Director of the Office for Civil Rights, Department of Education. For information on services for students with disabilities, or questions about accessibility, please call (310) 825-7851 (voice TDD).



Office of Continuing Medical Education  
David Geffen School of Medicine at UCLA  
10920 Wilshire Boulevard, Suite 1060  
Los Angeles, California 90024-6512  
MC 29

Nonprofit Org.  
U.S. Postage  
**PAID**  
UCLA

# **UCLA Functional Bowel Disorders in Women: IBS, Dyspepsia, and More**

**Saturday, January 10, 2004**

**UCLA Campus  
Northwest Campus Auditorium**