

PPACMAN

# Wellness Series

## INCORPORATING WELLNESS IN CLINICAL PRACTICE

THURSDAY  
JAN 27  
2022  
CME: 1.5 hours

### AN INTRODUCTION TO WELLNESS CONCEPTS IN PSORIATIC DISEASE

7:30 – 7:35 pm	Welcome Alexis Ogdie, MD - Chair
7:35 – 7:55 pm	How to Incorporate Wellness Concepts in Clinical Practice Jessie Walsh, MD
7:55 – 8:05 pm	Discussion
8:05 – 8:25 pm	Identification and Management of Central Sensitization in Patients with Psoriatic Disease Philip Mease, MD
8:25 – 8:35 pm	Discussion
8:35 – 8:55 pm	Dietary Impact on Disease Activity: The IBD Experience Jim Lewis, MD, MSCE
8:55 – 9:00 pm	Discussion / Adjourn

THURSDAY  
FEB 24  
2022  
CME: 1.5 hours

### ADDRESSING MENTAL HEALTH, STRESS, SLEEP, AND FATIGUE

7:30 – 7:35 pm	Welcome Atul Deodhar, MD, MRCP - Chair
7:35 – 7:55 pm	An Approach to Mental Health in Psoriatic Disease Rebecca Haberman, MD
7:55 – 8:05 pm	Discussion
8:05 – 8:25 pm	Managing Fatigue and Sleep in Psoriatic Disease Lourdes Perez-Chada, MD, MMSc
8:25 – 8:35 pm	Discussion
8:35 – 8:55 pm	Mindfulness and Meditation in Managing Patients with Inflammatory Diseases Dana DiRenzo, MD, MPH
8:55 – 9:00 pm	Discussion / Adjourn

THURSDAY  
MAR 24  
2022  
CME: 2 hours

### DIETARY IMPACT ON WELLNESS

7:30 – 7:35 pm	Welcome Alexis Ogdie, MD - Chair
7:35 – 7:55 pm	Integrative Medicine and Its Applications in Rheumatology Sarah Patterson, MD
7:55 – 8:05 pm	Discussion
8:05 – 8:25 pm	Approaches to Addressing Obesity and Psoriatic Disease Lih Eder, MD, PhD
8:25 – 8:35 pm	Discussion
8:15 – 8:35 pm	Dietary Impact in Inflammatory Diseases: Biologic Rationale and Evidence to Date Monica Guma, MD, PhD
8:55 – 9:00 pm	Discussion
9:00 – 9:20 pm	Clinical Applications in Microbiome in Psoriatic Disease Jose Scher, MD
9:20 – 9:30 pm	Discussion / Adjourn

THURSDAY  
APR 28  
2022  
CME: 1.5 hours

### EXERCISE, NON-PHARMACOLOGIC APPROACHES TO PSORIASIS AND BUILDING A WELLNESS PROGRAM

7:30 – 7:35 pm	Welcome Atul Deodhar, MD, MRCP - Chair
7:35 – 7:55 pm	Exercise in Inflammatory Arthritis Hans Carlson, MD
7:55 – 8:05 pm	Discussion
8:05 – 8:25 pm	Non-Pharmacologic Approaches to Managing Psoriasis Joseph Merola, MD, MMSc
8:25 – 8:35 pm	Discussion
8:35 – 8:55 pm	Building a Wellness Program at Your Institution: The Cleveland Clinic Experience Elaine Husni, MD, MPH
8:55 – 9:00 pm	Discussion / Adjourn

ALL TIMES LISTED ARE EASTERN TIME (ET)

**Accreditation:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of OHSU School of Medicine and PPACMAN. The OHSU School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

**Credit:** Oregon Health & Science University School of Medicine designates this live activity for a maximum of 1.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**PPACMAN** Psoriasis & Psoriatic Arthritis Clinics  
Multicenter Advancement Network

[www.ppacman.org](http://www.ppacman.org)