

UNDERSTANDING ADDICTIONS: FOOD, DRUGS, & ALCOHOL

A BIOMED SEMINAR FOR NURSES: 6 CONTACT HOURS

Seminar registration is from 7:45 AM to 8:15 AM. The seminar will begin at 8:30 AM. A lunch break (on your own) will take place from approximately 11:30 AM to 12:20 PM. The course will adjourn at 3:30 PM, at which time course completion certificates are distributed.

PROGRAM / LECTURE

Registration: 7:45 AM – 8:30 AM

Morning Lecture: 8:30 AM – 10:00 AM

- **Addiction and Brain Function:** Perception, Thinking, Emotions, and Memory.
- **Defining the Terms:** Tolerance, Physiologic Dependence, Psychological Dependence, Addiction, and Pseudo-Addiction.
- **The Reward and Pleasure System of the Brain:** Dopamine. How Activation of The Nucleus Accumbens Contributes to Addictions.
- **Key Elements of Addiction:** Reward, Tolerance, Cravings, Loss of Control, and Continued Abuse.

Mid-Morning Lecture: 10:00 AM – 11:30 AM

- **Time, Tolerance, and Changes in Behavior:** Distinguishing Normal Tolerance from Aberrant Behavior.
- **Hyperpalatable Foods and Addiction:** The Siren Song of Sweet, Fat, and Salt.
- **The Five Types of Overeating.** Why Food Addiction Undermines Dieting. Effective Treatments for Food Addiction.
- **Caffeine:** Is it Addictive? Energy Drinks and Toxicity. Caffeine Withdrawal.
- **Understanding Addictive Drugs:** Agonists and Antagonists.

Lunch: 11:30 AM – 12:20 PM

Afternoon Lecture: 12:20 PM – 2:00 PM

- **The Hidden Dangers of Alcohol:** Intoxication, Alcohol Poisoning on College Campuses, Functional Alcoholism in the Workplace.

- **Opioid Addiction:** Recognizing the Signs, Reducing the Risks.
- **The Dental Patient With Acute and Chronic Pain:** Reducing the Risk of Drug Diversion, Misuse, and Addiction.
- **Dealing with the Double-Edged Sword:** Helping Patients with Chronic Pain and Substance Use Disorder.
- **Smoking and Nicotine:** Helping Patients to Quit. Nicotine Replacement, Varenicline, and Bupropion; Behavior Therapy, Vaccines, and Hypnosis.
- **The Vulnerable Years:** Teenagers and Drug Addiction.

Mid-Afternoon Lecture: 2:00 PM – 3:20 PM

- **Gateway Drugs of Abuse:** Nicotine, Alcohol, and Marijuana.
- **Marijuana and the Brain:** Medical Marijuana. Smoking vs. Ingestion. Consequences of Legalization.
- **Cocaine, "Crack," and Heroin:** New Patterns of Use. Treatment Options.
- **Stimulants and Sedatives:** Amphetamines, MDMA, and Ecstasy. "Designer" Methamphetamines. Ketamine as a New Date-Rape Drug.
- **Hallucinogens:** LSD, Mescaline, and Psilocybin. Clinical Consequences and Complications.
- **Behavioral Addictions:** Gambling, Shopping, Video Games, Internet Pornography, Smart Phones, and Tablets.

Evaluation, Questions, and Answers: 3:20 PM – 3:30 PM

6 CONTACT HOURS / www.biomedglobal.com

MEETING TIMES & LOCATIONS

EDMONTON, AB

Wed., April 26, 2017
8:30 AM to 3:30 PM
Radisson Hotel
4520 76th Ave.
Edmonton, AB

RED DEER, AB

Thu., April 27, 2017
8:30 AM to 3:30 PM
Radisson Hotel
6500 67th Street
Red Deer, AB

CALGARY, AB

Fri., April 28, 2017
8:30 AM to 3:30 PM
Clarion Hotel
2120 - 16th Ave. NE
Calgary, AB

EDMONTON, AB

Wed., May 10, 2017
8:30 AM to 3:30 PM
Radisson Hotel
4520 76th Ave.
Edmonton, AB

RED DEER, AB

Thu., May 11, 2017
8:30 AM to 3:30 PM
Radisson Hotel
6500 67th Street
Red Deer, AB

CALGARY, AB

Fri., May 12, 2017
8:30 AM to 3:30 PM
Clarion Hotel
2120 - 16th Avenue NE
Calgary, AB

INSTRUCTORS

Dr. Laura Pawlak (Ph.D., M.S., R.D.) (emerita) is a full-time biochemist-lecturer for INR. Dr. Pawlak undertook her graduate studies in biochemistry at the University of Illinois, where she received her masters and doctoral degrees. Author of 22 scientific publications and many academic books, she conducted her postdoctoral research in biochemistry at the University of California San Francisco Medical Center.

Dr. Michael E. Howard (Ph.D.) is a full-time psychologist-lecturer for INR. Dr. Howard is a board-certified clinical neuro-psychologist and health psychologist who is an internationally-recognized authority on brain-behavior relationships, traumatic brain injury, dementia, stroke, psychiatric disorders, aging, forensic neuro-psychology, and rehabilitation.

Biomed reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of Biomed.

ACCREDITATION INFORMATION

This program is designed to provide nurses with the latest scientific and clinical information and to upgrade their professional skills. Numerous registered nurses in Canada and the United States have completed these courses. This activity is co-provided with INR.

Institute for Natural Resources (INR) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

**For all inquiries, please contact customer service at
1-877-246-6336 or (925) 602-6140**

TUITION \$109

CHECKS: \$109.00 (CANADIAN) per person with pre-registration or \$134.00 (CANADIAN) at the door if space remains. **CREDIT CARDS: Most credit-card charges will be processed in Canadian dollars. Some charges will be in U.S. dollars at the prevailing exchange rate.** The tuition includes all applicable Canadian taxes. At the seminar, participants will receive a complete course syllabus and a receipt for tuition payment.

TO REGISTER

Please complete and return the registration form below. Or register toll-free with Visa, MasterCard, American Express®, or Discover® by calling **1-888-724-6633**. Or fax a copy of your completed registration form—including Visa, MasterCard, American Express®, or Discover® Number—to (925) 687-0860. Or register online at: www.biomedglobal.com.

REGISTRATION INFORMATION

Please register early and arrive before the scheduled start time. Space is limited. Attendees requiring special accommodation must advise Biomed in writing at least 50 days in advance and provide proof of disability. Registrations are subject to cancellation after the scheduled start time. A transfer at no cost can be made from one seminar location to another if space is available. Registrants cancelling up to 72 hours before a seminar will receive a tuition refund less a \$35.00 (CANADIAN) administrative fee or, if requested, a full-value voucher, good for one year, for a future seminar. Other cancellation requests will only be honored with a voucher. Cancellation or voucher requests must be made in writing. If a seminar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled seminar or a full-value voucher, good for one year, for a future seminar. A \$35.00 (CANADIAN) service charge applies to each returned cheque. A \$15.00 fee will be charged for the issuance of a duplicate certificate. Fees are subject change without notice. **The rate of exchange used will be the one prevailing at the time of the transaction.**

Please check course date:

- ___ Wed., April 26, 2017 (Edmonton, AB)
___ Thu., April 27, 2017 (Red Deer, AB)
___ Fri., April 28, 2017 (Calgary, AB)
___ Wed., May 10, 2017 (Edmonton, AB)
___ Thu., May 11, 2017 (Red Deer, AB)
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(needed for confirmation & receipt)

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(enter all raised numbers) (card security code)

Signature: _____

Please provide an e-mail address above to receive a confirmation and directions to the meeting site.