

# STRESS, ANXIETY, & DEPRESSION

## 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**

- **The Three Brains.** Pathways for Stress, Anxiety, and Depression.
- **Brain Adaptation and Genetics.** How Early Adverse Experiences and Genes Affect the Risk for Stress.
- **Sympathetic and Parasympathetic:** The Automatic Yin and Yang of Stress.
- **Stress and Stressors:** Does the World Stress Us or Do We Stress Ourselves?
- **Stress and Life:** Has Chronic Stress Become the Biggest Killer of North Americans?
- **Why Zebras Don't Get Ulcers:** The Upside and Downside of the Thinking Brain.

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

- **The Brain Structures of Stress:** Hypothalamus; Pituitary Gland; Sensory and Frontal Cortex; Amygdala; and the Hippocampus.
- **Men, Women, and Stress.** Important Gender Differences in the Stress Response.
- **How Chronic Stress Creates Two Opposing and Dangerous Conditions:** Inflammation and Immunosuppression. Posttraumatic Stress Disorder (PTSD).
- **Chronic Stress and Life-Threatening Diseases:** Cardiovascular Disease, Diabetes, Autoimmune Disorders, and Alzheimer's Disease.
- **The Obesity Epidemic:** Does Chronic Stress Create Big Waistlines?
- **Stress, Marriage, and Immunity:** Is Marriage Healthier for Men or Women?
- **Sleep Disturbance:** A Major Cause of Inflammation and Stress-Related Disease?

**Lunch: 11:30 AM – 12:20 PM**

**Afternoon Lecture: 12:20 PM – 2:00 PM**

- **Brain and Body Aging.** Does Chronic Stress Accelerate Aging and Shorten Lives?
- **Memory, Learning, and Stress.** How Stress Causes Forgetfulness. Chronic Stress and Brain Damage. Hypochondria: When Fear of Being Sick Becomes an Illness.
- **The Basics of Stress Management.**
- **Achieving Tranquility.** The Magic of Mindfulness Meditation.
- **Dental Management of Patient Stress.** Distractions, Control, and Expectations. Getting a Root Canal and Catching a Cold. Are They Related?
- **Major Anxiety Disorders:** Causes; Symptoms; and Treatments.
- **Anxiety Medications:** SSRI's; SNRI's; Benzodiazepines; Buspirone; Tetracyclics; Tricyclics; Propranolol and Prazosin; The Role of Morphine.

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

- **Dental Anxiety:** How Prevalent? Dental Use of Eugenol and Olfactory-Induced Anxiety.
- **Stress and the Biology of Depression.** Stress Hormones and Neurotransmitters.
- **Depression, Sex, and Suicide.** Do Antidepressants Raise the Risk?
- **Seasonal Affective Disorder (SAD).** Does Light Therapy Really Work?
- **Bipolar Disorder:** When Depression Is Not Really Depression. Mania Vs. Hypomania.
- **Treatment of Bipolar Disorder:** Can This Be Cured?

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

6 CONTACT HOURS / [www.biomedglobal.com](http://www.biomedglobal.com)

### MEETING TIMES & LOCATIONS

#### EDMONTON, AB

Wed., Sept. 28, 2016  
8:30 AM to 3:30 PM  
Radisson Hotel  
4520 76th Ave.  
Edmonton, AB

#### RED DEER, AB

Thu., Sept. 29, 2016  
8:30 AM to 3:30 PM  
Radisson Hotel  
6500 67th Street  
Red Deer, AB

#### CALGARY, AB

Fri., Sept. 30, 2016  
8:30 AM to 3:30 PM  
Clarion Hotel  
2120 - 16th Ave. NE  
Calgary, AB

#### EDMONTON, AB

Wed., Oct. 19, 2016  
8:30 AM to 3:30 PM  
Radisson Hotel  
4520 76th Ave.  
Edmonton, AB

#### RED DEER, AB

Thu., Oct. 20, 2016  
8:30 AM to 3:30 PM  
Radisson Hotel  
6500 67th Street  
Red Deer, AB

#### CALGARY, AB

Fri., Oct. 21, 2016  
8:30 AM to 3:30 PM  
Clarion Hotel  
2120 - 16th Avenue NE  
Calgary, AB

### INSTRUCTOR

**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.

During his 30-year career, Dr. Howard has been on the faculty of three medical schools, headed three neuro-psychology departments, and directed treatment programs for individuals with brain injury, dementia, addiction, chronic pain, psychiatric disorders, and other disabilities.

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**

Please check course date:

- \_\_\_ Wed., Sept. 28, 2016 (Edmonton, AB)
- \_\_\_ Thu., Sept. 29, 2016 (Red Deer, AB)
- \_\_\_ Fri., Sept. 30, 2016 (Calgary, AB)
- \_\_\_ Wed., Oct. 19, 2016 (Edmonton, AB)
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**PLEASE RETURN FORM TO  
Biomed  
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(needed for confirmation & receipt)

Please enclose full payment with registration form. Check method of payment.

\_\_\_ Cheque for \$109.00 (CANADIAN) (Make payable to **Biomed General**)  
\_\_\_ Charge the equivalent of \$109.00 (CANADIAN) to my \_\_\_ Visa \_\_\_ MasterCard \_\_\_ American Express® \_\_\_ Discover®  
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Signature: \_\_\_\_\_

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

### 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](http://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.**