

## Family & Friends Welcome Travel/Hotel Information

### Hotel RIU Guanacaste

This new five-star hotel is located on the seafront in the beautiful region of Guanacaste, on the Pacific coast of Costa Rica. As well as a superb range of leisure possibilities, the hotel offers five modern, fully-equipped conference rooms, four fine restaurants, and five bars, including a swim-up bar. Activities and sports facilities include: gym, table tennis, billiards, beach volleyball, hard surface tennis court, steam bath, jacuzzi, windsurfing, snorkeling equipment, and kayaking. Other sports nearby are horse riding, and golf (17 km) for an additional charge. This hotel, with its 701 guestrooms and suites, is surrounded by the beauty of the Guanacaste landscape. Guanacaste is less tropical and humid than the rest of the country; its plains and dry forests are sometimes reminiscent of the African savannah landscape. The RIU Guanacaste is a place where you can enjoy the possibilities offered by these privileged surroundings—relaxation and water sports on the beautiful beaches, diving or fishing in the waters of the Pacific, and eco-tourism in the volcanic areas and natural parks.

### Package Inclusions

- \* Optional roundtrip air between Detroit and Liberia (if purchased with Classic Travel)
- \* Roundtrip transfers between Liberia airport and hotel
- \* Seven nights' accommodation at the all inclusive RIU Guanacaste Hotel
- \* Guestroom with one king bed or two full beds (with mini-bar and in-room safe)
- \* Daytime and evening entertainment
- \* Selected sports and activities
- \* Hotel taxes, maid and bellman gratuities
- \* All meals and snacks
- \* Local and imported beverages
- \* Spa – for a fee
- \* Complimentary entrance to the casino and nightclub (drinks not included)

### Travel Insurance

We strongly recommend that all passengers purchase travel insurance which covers trip cancellation, and interruption for any unforeseen medical emergencies among the travelers and immediate family members. Trip insurance also includes specific emergency medical benefits. Please call Classic Travel for accurate quote.

### Deposit

A deposit of \$350.00 per person plus optional airfare is required at time of booking; airfare is nonrefundable and \$50.00 of the deposit is nonrefundable. Deposit will hold space on a first come, first served basis. Limited rooms are reserved at maximum of four persons per room (maximum three adults). Signed registration form needs to be included with deposit. Non-refundable balance is due December 3, 2010.

### Questions

MSUCOM: (517) 432-4979  
(877) 853-3448 Toll free  
e-mail: kim.camp@hc.msu.edu  
website: www.com.msu.edu

Classic Travel: (517) 349-6200  
(800) 643-3449 Toll free  
e-mail: joy@classictravelusa.com or jean@classictravelusa.com

U.S. citizens must present a valid passport for entry into Costa Rica that will not expire for at least thirty days after return flight date. Failure to do so will result in being denied boarding by air carrier and it is the traveler's responsibility to have proper documentation. It is highly recommended for children under 18 not traveling with both parents to have a notarized consent letter from the non-accompanying parent(s). If one parent is deceased, a copy of the death certificate may be required. There is a departure tax of \$26USD.

Classic Travel  
4767 Okemos Rd.  
Okemos, MI 48864

MICHIGAN STATE  
UNIVERSITY

College of  
Osteopathic Medicine



## Healthy Lifestyle and Preventive Care: Future Directions

featuring a 20-hour AOA Category IA CME Course

**March 5-12, 2011**

RIU Guanacaste Hotel  
COSTA RICA

# Healthy Lifestyle and Preventive Care: Future Directions

## Goal:

To educate physicians, residents, and students on the most up-to-date sub-specialty preventive care, combined with osteopathic principles and tools for everyday practice.

## Objectives

Upon completion of this program, participants should be able to

- Identify common presenting symptoms of multiple sclerosis
- Identify features of central vs. peripheral vertigo
- Interpret concussion and the severity grades
- Recognize differences between classical and non-classical autism symptoms
- Identify common gastrointestinal conditions
- Review criteria for irritable bowel syndrome diagnosis
- Identify the most common causes of diplopia following trauma
- Identify common presenting symptoms of pulmonary hypertension
- Identify common presenting symptoms of patients with unstable coronary artery disease
- Recognize the role of the temporal bone in one's perception of equilibrium
- Identify the role of the rotator cuff muscles in stabilization of the shoulder and in shoulder pain
- Review the role and activities of travel clinics
- Review the top ten common conditions that may affect travelers and what needs to be done before departure
- Review top ten tropical conditions affecting travelers returning to the US who may present to the general physician
- Identify unusual seizures and non-seizure events that mimic seizure
- Review of the current imaging guidelines.
- Understand the mechanisms of injury and their associated radiographic findings.
- Understand the correlations of findings to clinical management.
- Understand what, if any follow-up imaging is required

## Featured Speakers (subject to change):

- Andrea Amalfitano, DO, PhD, Class of 1990; Osteopathic Heritage Professor, Department of Microbiology and Molecular Genetics, and Department of Pediatrics, MSU College of Osteopathic Medicine; board certified in medical genetics
- Gretchen Birbeck, MD, MPH; associate professor, Department of Neurology and Ophthalmology, and Department of Epidemiology; director, International Neurologic and Psychiatric Epidemiology Program, MSU College of Osteopathic Medicine and MSU College of Human Medicine; board certified, American Psychiatry and Neurology Board
- Lisa DeStefano, DO, Class of 1993; chairperson, Department of Osteopathic Manipulative Medicine, MSU College of Osteopathic Medicine; board certified in family practice and neuromusculoskeletal medicine
- Eric Eggenberger, DO, Class of 1987; professor and vice-chairperson, Department of Neurology and Ophthalmology, MSU College of Osteopathic Medicine; board certified in neuro-ophthalmology
- Catherine Kerschen, DO, Class of 1992; clinical associate professor, Department of Internal Medicine, MSU College of Osteopathic Medicine; Memorial Healthcare; board certified in internal medicine and gastroenterology
- Chad Link, DO, Class of 2003; program co-chairperson, Thoracic and Cardiovascular Institute; board certified in internal medicine, fellowship trained in cardiology
- Michael J. Potchen, MD, associate professor, Department of Radiology, MSU College of Human Medicine; board certified in radiology
- Mary Jo Voelpel, DO, FACOI, FACNM; Class of 1975; clinical associate professor, Department of Internal Medicine, MSU College of Osteopathic Medicine; board certified in internal medicine and hematology
- Jayne Ward, DO, Class of 1996; program chairperson; associate professor, Department of Neurology and Ophthalmology, MSU College of Osteopathic Medicine; board certified in neurology

## Course Schedule:

Classes are conducted from 7:00 a.m - 12:15 p.m., with a 15 minute break, on the following days.

### Monday

- Chad Link, Pulmonary Hypertension
- Chad Link, Management of Coronary Artery Disease
- Mike Potchen, Neuro Radiology for Primary Care
- Cathy Kerschen, Irritable Bowel Syndrome
- Cathy Kerschen, Current Practices in Gastroenterology

### Tuesday

- Jayne Ward, Concussion in Sports - Return to Play
- Mike Potchen, Head Trauma
- Mary Jo Voelpel, Physical Activity Guidelines and Keeping the Athlete Healthy
- Lisa DeStefano, Traumatic Brain Injury and OMM
- Eric Eggenberger, Head Trauma and Vision

### Thursday

- Jayne Ward, Symptom Management for Multiple Sclerosis
- Eric Eggenberger, Vertigo
- Lisa DeStefano, Musculoskeletal Pain: Do's and Don'ts in Primary Care
- Gretchen Birbeck, Symptom Management for Multiple Sclerosis
- Gretchen Birbeck, Epilepsy

### Friday

- Andy Amalfitano, Update on Newborn Screening
- Andy Amalfitano, Screening for Autism
- Mary Jo Voelpel, Anemia
- All Faculty, Stump the Chumps

## Accreditation:

This course is approved by Michigan State University College of Osteopathic Medicine for 20 hours of AOA Category IA credit.

## Registration

Adult Name (as it appears on passport) \_\_\_\_\_  
Birthdate: \_\_\_\_\_  
MSUCOM Grad Yr \_\_\_\_\_

Adult Name (as it appears on passport) \_\_\_\_\_  
Birthdate: \_\_\_\_\_

Child Name (as it appears on passport) \_\_\_\_\_  
Birthdate: \_\_\_\_\_

Child Name (as it appears on passport) \_\_\_\_\_  
Birthdate: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone:(am) \_\_\_\_\_ (pm) \_\_\_\_\_

E-Mail (required): \_\_\_\_\_

## Air Rates Per Person

Forty seats on both Continental and Delta have been reserved for this group at a discount. Register today to reserve your space—first come first served! Price is based on current tax and fuel rate. Fees, surcharges, and taxes are subject to change. Ticket cost is not guaranteed until tickets are issued. Once issued, tickets are non-refundable. Note: Classic Travel can also assist with custom air needs. Call us with your request.

Price \$897	Delta Airlines, Detroit – Liberia with plane change in Atlanta			
March 5, 2011	depart Detroit 6:15a	arrive Atlanta 8:23a	depart Atlanta 9:40a	arrive Liberia 12:50p
March 12, 2011	depart Liberia 1:50p	arrive Atlanta 6:49p	depart Atlanta 9:45p	arrive Detroit 11:52p

Price \$870	Continental Airlines, Detroit – Liberia with plane change in Houston			
March 5, 2011	depart Detroit 6:05a	arrive Houston 8:13a	depart Houston 8:55a	arrive Liberia 12:25p
March 12, 2011	depart Liberia 7:50a	arrive Houston 11:25a	depart Houston 1:15p	arrive Detroit 4:58p

## Land Prices Per Person

\_\_\_\_\_ \$999.00 per person/based on double  
\_\_\_\_\_ \$1377.00 per person/based on single  
\_\_\_\_\_ \$950.00 per person/based on triple  
\_\_\_\_\_ \$588.00 per child (age 2-12)  
\_\_\_\_\_ \$50.00 per child (under 2)

## CME Course Fees

\_\_\_\_\_ \$350 COM Alumni Association Members. CME fee is refundable, less \$50 administrative fee.  
\_\_\_\_\_ \$400 Nonmembers. You may join the MSUCOM Alumni Association for \$45-\$55 a year. Please contact the Alumni Office at (877) 853-3448.

## \$ \_\_\_\_\_ TOTAL REMITTANCE

Please make checks payable to: Classic Travel, 4767 Okemos Rd., Okemos, MI 48864  
(517) 349-6200, (800) 643-3449 or fax (517) 349-6656.  
E-mail: jean@classictravelusa.com or joy@classictravelusa.com

Visa     Mastercard     Am Ex     Check

Card number \_\_\_\_\_

Exp. \_\_\_\_\_ Sec. Code \_\_\_\_\_

I have read the terms of this program stated in this brochure and understand the details of the tour as well as the terms of deposits, cancellation insurance, cancellations, etc. Application must be signed by participant. You must use your LEGAL NAME, as identification is ALWAYS CHECKED at the time of boarding the plane. Those without proper identification could be denied boarding.

Signature \_\_\_\_\_ Date: \_\_\_\_\_