

*Continuing
Education*



*Networking
Opportunities*

for Healthcare Professionals

July 2004

Enhancing professional skills and relationships for Austin-area
Nursing Professionals, Social Workers, CCMs, CRCs, CDMs and Home Health Administrators



Join us for our next meeting
July 13★ 11:15 a.m. - 1 p.m.



North Austin Medical Center ★ 2nd Floor Classroom

This month's meeting will be held at North Austin Medical Center Classroom on the 2nd floor, Tuesday, July 13th, 2004. (Click here for [MapQuest Directions](#)) The meeting will begin at 11:45am preceded by lunch from approximately 11:15-11:45am.

You can RSVP on our web site, www.austincma.org Click on "RSVP", complete the information, and you are done. If you do not have internet access, please call the RSVP phone line, 860-8184, and leave a short message with the number of people attending. Visitors are welcome for a \$5.00 charge which includes lunch and the CEUs.

Topic: "Medical Impacts of Stress Upon
Hormone Balance"

Speaker: Ron Manzanero, M.D..

Dr. Manzanero is recognized in Austin for his innovative strategies in treating functional endocrinology imbalance in his medical patients, combining mainstream and alternative therapies.

America's 'Boomer' generation of women are bombarded by conflicting research and advice to optimize their health in the middle years, battered by the effect of stressful lifestyles. Constant stress can cause chronic imbalance in the major and minor hormone systems. Often the sub-clinical effects of this are overlooked until there's a crash: adrenal burnout, chronic fatigue, insomnia, depression and anxiety, escalating obesity, insulin resistance and diabetes. Recent media reports allude to frequent mismanagement of symptoms of menopause. Meanwhile experts argue over synthetic vs. natural hormone treatments, and the most effective weight loss, exercise and lifestyle-modification programs. Who are we to believe?

Pioneering medical practitioners like Dr. Manzanero are breaking with traditional protocols for these system failures in our bodies' natural endocrinology. He'll describe his diagnostic and treatment approach in this complex of symptoms, offering common sense guidelines to direct our patients' care, or to optimize our own health status with balanced hormones.

Sponsor: People's Pharmacy

Sponsorship for the July ACMA lecture and lunch is generously provided by: **People's Pharmacy**. People's Pharmacy (www.peoplesrx.com) is a compounding pharmacy with a particular interest in wellness care and is locally owned with four locations. Besides many educational programs on topics on wellness and the usual pharmacy services, People's offer a variety of nutritional products and the natural bioidentical hormones that medical practitioners prescribe for functional endocrinology disorders.

CEUs: This lecture by Ron Manzanero, MD will be offered with contact hours for RN's, Social Workers and CCM's through Austin Case Managers' Association in conjunction with St. David's Institute for Learning at St. David's Medical Center.

St. David's Institute for Learning, Provider # 03-2526-B, is an approved provider of continuing nursing education by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This activity meets Type I criteria for mandatory continuing education requirements toward relicensure as established by the Board of Nurse Examiners for the State of Texas.

Membership News

2004 membership rosters are still available if you need one.

If you have changed contact information (such as your name, employment, address, etc.), please complete a change of information form and fax the completed form to Lee Bowman at 836-4926.

You may download the form from our website at www.austin-cma.org/membership_forms.html

National Healthcare Recognition For July

July 18th

Dental Awareness Day

July 29th through August 1st

National Nurses in Staff Development Days

July 11th through 17th

National Therapeutic Recreation Week

Conference Committee

This year's conference is titled, "OktoberFest for Case Management-A Harvest of Knowledge and Networking". It will be held October 28, 2004 at the Norris Conference Center. (Same location as last year.)

Until September 15, booth reservations are \$150. After September 15, the cost will increase to \$200. So, **reserve your booth early**. You may download the vendor booth reservation forms from our website at www.austin-cma.org. Brochures will soon be in the mail.

The Conference Committee's next meeting will be immediately after the July 13th meeting.

NEWSLETTER

For any announcements or postings in the newsletter, please e-mail your request to Rose Vera at Newsletter@austin-cma.org and thank you to everyone for your responses.

2004 ACMA Officers and Committee Chairs

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