

INTERACTIVE WEBCAST FRIDAY, DECEMBER 17, 2021

INTERACTIVE WEBCAST

Friday, December 17, 2021, 9 AM – 4 PM (PST)

View the live presentation of this program on your phone, tablet, or computer to earn live CE credit.

ON-DEMAND WEBCAST

Wednesday, December 22 – Saturday, January 22, 2022

Download or view the recorded presentation in four convenient segments on a phone, tablet, or computer from Wednesday, December 22, 2021 through Saturday, January 22, 2022 to earn home study credit. Release Date: 12/08/21. Planned Expiration Date: 12/08/24.

HOME STUDY RECORDINGS

Valid for CE until December 8, 2024

Listen to the recorded lecture on audio CDs or view it on audio-visual DVDs at your convenience to earn home study credit. Release Date: 12/08/21. Planned Expiration Date: 12/08/24.

INCREASING WELLNESS AND LONGEVITY THROUGH LIFESTYLE ENHANCEMENT: SPECIAL FOCUS: MYOCARDIAL INFARCTION AND STROKE

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Interactive Webcast with CE Credit: Friday, December 17, 2021

On-Demand Webcast with CE Credit: December 22, 2021 – January 22, 2022

Purchase of Recordings with Home Study CE Credit: through December 8, 2024

4 Audio CDs 4 Audio-Visual DVDs

Purchase of Recordings without CE Credit:

4 Audio CDs, \$50 4 Audio-Visual DVDs, \$75

Tuition is in US dollars.

Name (PLEASE PRINT) _____

Home Address _____

City/State _____, Zip _____

Work Phone (_____) _____ Home Phone (_____) _____

Fax (_____) _____ (PLEASE PRINT EMAIL IF AVAILABLE)

Email _____

Profession(s) _____

TUITION

- \$79 Pre-Registration Rate
- \$89 Registration on the Day of the Program

FOUR WAYS TO REGISTER

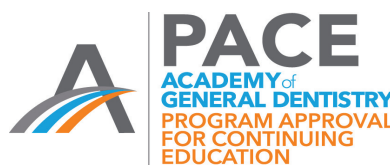
1. Internet: www.ibpceu.com
2. Mail: PO Box 2238, Los Banos, CA 93635
(make check payable to IBP)
3. Fax: (877) 517-5222
4. Phone: (866) 652-7414 (open 24 hours a day, 7 days a week)

Purchase orders are accepted. IBP tax identification number: 77-0026830

Type of Credit Card: Visa MasterCard AmEx Discover

Card # _____ Exp Date _____ / _____

Signature _____



PHYSICAL THERAPISTS: Institute for Brain Potential is approved as a provider of the physical therapy continuing education by the **Physical Therapy Board of California**. Institute for Brain Potential is an **Illinois Department of Professional Regulation** Approved CE Sponsor for PTs and PTAs, #216.000210. Institute for Brain Potential is recognized by the **New York State Education Department's State Board of Physical Therapy** as an approved provider of physical therapy continuing education. This program is pending approval by Texas chapter of the **American Physical Therapy Association (APTA)**. This program provides 6 CE hours. The physical therapy boards in AK, AZ, DE, GA, ID, IN, KS, KY, MS, MO, NC, ND, RI, SC, OR, TN, UT, VA, WI, and WY accept courses approved by APTA chapters. This course meets the criteria for 6 contact hours of physical therapy continuing education in CT, IA, MO, MT, NE, NH, OR, and WA.

MASSAGE THERAPISTS: Institute for Brain Potential is approved as a CE provider by the **Illinois Department of Professional Regulation**, #245.000045, and by the **Florida Board of Massage Therapy**. This program provides 6 CE hours. This program counts as 'General' hours in Florida.

SPEECH-LANGUAGE PATHOLOGISTS: Institute for Brain Potential is an approved provider by the **California Speech-Language Pathology and Audiology Board (SLPAB)**, # PDP247, and by the **Florida Board of Speech-Language Pathology and Audiology**. CE credit for SLPs in Florida is available for only the interactive webcast of the program. This program provides 6 CE hours.

DIETITIANS: Institute for Brain Potential is a Continuing Professional Education (CPE) Accredited Provider with the **Commission on Dietetic Registration (CDR)**. CDR Credentialed Practitioners will receive 6 Continuing Professional Education units (CPEUs) for completion of this activity. Provider Number: BP001. CPE Level: I. Suggested Learning Codes: 6010, 6020, and 6030. CDR-approved credit is available for only the interactive webcast of the program.

RESPIRATORY CARE PROFESSIONALS: RCPs in New York receive 6 hours of Category III credit through the ANCC. Institute for Brain Potential is accredited as a provider of continuing nursing education by the **American Nurses Credentialing Center's Commission on Accreditation (ANCC)**. Institute for Brain Potential is approved by the **California Board of Registered Nursing (CA BRN)**, Provider #CEP13896, to provide continuing education. Programs offered by the CA BRN approved providers of CE are accepted by the **Respiratory Care Board of California**.

EDUCATORS: Participants completing this program will receive 7.5 clock hours of professional development credit through a cosponsorship agreement between Alliant International University and Institute for Brain Potential. Alliant International University's graduate programs are accredited by the **Accrediting Commission of Senior Colleges and Universities of the Western Association of Schools and Colleges**. Please contact your school district if you need prior approval for this program.

COLLEGE EDUCATED PUBLIC: This program is recommended for individuals who wish to add to their personal and professional knowledge and to improve their health and wellbeing. Participants will receive a certificate of completion for 6 hours.

NURSES: Institute for Brain Potential (IBP) is accredited as a provider of nursing continuing professional development by the **American Nurses Credentialing Center's Commission on Accreditation**. Institute for Brain Potential is approved as a provider of continuing education by **California Board of Registered Nursing**, Provider #CEP13896, and **Florida Board of Nursing**. This program provides 6 contact hours.

PSYCHOLOGISTS: Institute for Brain Potential is approved by the **American Psychological Association** to sponsor continuing education for psychologists. Institute for Brain Potential maintains responsibility for this program and its content. This program provides 6 CE credits. Institute for Brain Potential is recognized by the **New York State Education Department's State Board for Psychology** as an approved provider of continuing education for licensed psychologists #PSY-0090. IBP is approved as a provider of continuing education by the **Florida Board of Psychology**. This course provides 6 contact hours of CE credit.

COUNSELORS, SOCIAL WORKERS & MFTs: Institute for Brain Potential has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 6342. Programs that do not qualify for NBCC credit are clearly identified. Institute for Brain Potential is solely responsible for all aspects of the programs. This program provides clock hours. The interactive webcast provides 6 clock hours of CE credit. Note: NBCC-approved home study CE credit is not available for the recordings of the webcast.

Institute for Brain Potential, ACE Approval Number: 1160, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Brain Potential maintains responsibility for this course. ACE provider approval period: 11/11/20 – 11/11/23. Social workers completing this course receive 6 clinical continuing education credits. Social Work Practice Level: Intermediate.

Institute for Brain Potential is approved as a provider of CE by **Florida Board of Clinical Social Work, MFT and Mental Health Counseling**, by **Illinois Department of Professional Regulation MFT CE Sponsor Program**, Sponsor #168.000183, and by **Texas State Board of Examiners of Marriage & Family Therapists**, Provider #830. Institute for Brain Potential (IBP) is recognized by the **New York State Education Department's State Board for Social Work** as an approved provider of continuing education for licensed social workers #SW-0341. Institute for Brain Potential (IBP) is recognized by the **New York State Education Department's State Board for Mental Health Practitioners** as an approved provider of continuing education for licensed mental health counselors. #MHCC-0134. Institute for Brain Potential (IBP) is recognized by the **New York State Education Department's State Board for Mental Health Practitioners** as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0068. The **Ohio CSWMFT Board** accepts continuing education programs approved by NBCC for counselors and ASWB for social workers. This program provides 6 contact hours.

CHEMICAL DEPENDENCY PROFESSIONALS: This course has been approved by Institute for Brain Potential, as a NAADAC Approved Education Provider, for 6 CE's. NAADAC Provider #102949, Institute for Brain Potential is responsible for all aspects of its programming.

PHARMACISTS & PHARMACY TECHNICIANS: Institute for Brain Potential is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. The interactive webcast is a knowledge-based activity with UANs 0492-0000-21-053-L04-P and 0492-0000-21-053-L04-T. The on-demand webcast and home study CDs/DVDs are knowledge-based activities with UANs 0492-0000-21-054-H04-P and 0492-0000-21-054-H04-T. Initial Release Date: 12/08/2021. Planned Expiration Date: 12/08/2024. This program provides 6 hours (.6 CEU). This program has been pre-approved by the **Florida Board of Pharmacy** for 6 hours of continuing education credit.

DENTAL PROFESSIONALS: This program provides 6 CE hours. Institute for Brain Potential, provider RP-4261, is authorized to confer continuing dental education for Dentists, Dental Hygienists and Dental Assistants by the **Dental Board of California**. Institute for Brain Potential is an approved provider with the **Florida Board of Dentistry**.

Institute for Brain Potential
Nationally Approved PACE Program Provider for
FAGD/MAGD credit.
Approval does not imply acceptance by any
regulatory authority or AGD endorsement.
12/01/18 to 11/30/24
Provider ID# 312413
AGD Subject Code: 557
Release Date: 12/08/21. Expiration Date: 12/08/24



INCREASING WELLNESS AND LONGEVITY THROUGH LIFESTYLE ENHANCEMENT: SPECIAL FOCUS: MYOCARDIAL INFARCTION AND STROKE

A 6-Hour Program for Health Professionals

Interactive Webcast Schedule: The date of the interactive webcast is Friday, December 17, 2021, 9 AM, Pacific Standard Time. Sign-in: 8:30 – 9 AM, program starts: 9 AM, lunch break: 11:30 AM, online Q & A: 12 – 12:30 PM, lecture resumes: 12:30 PM, adjournment: 4 PM. Please register early and sign in 30 minutes before the time of the webcast.

On-Demand Webcast Schedule: You may view the program in segments at your convenience from Wednesday, December 22, 2021 until Saturday, January 22, 2022. Registrants who sign up for the interactive webcast may elect to take the on-demand webcast.

Home Study Schedule: You may listen to or view the recorded lecture at your convenience until the expiration date: December 8, 2024.

Confirmation Notices and Certificates of Completion: Registration confirmations, certificates of completion, evaluation forms, and posttests are emailed or mailed. Please attend even if you do not receive a confirmation. Successful completion includes: 1) Participating in the interactive webcast, viewing the on-demand webcast or DVD recording, or listening to the CD recording, 2) Submission of the evaluation form and post-test by email or mail, and 3) Receiving a passing score of 70% on the post-test. You may retake the exam without penalty or fee. No partial credit will be given.

Transfers and Cancellations: Registrants wishing to transfer or cancel have four options: 1) Transfer to alternate date of the webcast, 2) Transfer to another scheduled webcast, 3) Receive a full-value voucher good for one year for any live or recorded program, or 4) Obtain a full refund minus a \$15 fee by submitting a refund request in writing or by email at refund@ibpceu.com.

24/7 Customer Service: Call (888) 202-2938 to ask about course content, instructors, corrections, grading, problem resolution, provide comments, request disability accommodations, submit a formal grievance, or remove your name from a list. To view detailed agenda for the webcast and system requirements to participate in the program, visit: www.ibpceu.com/info/ncai.pdf

Institute for Brain Potential: Since 1984, our non-profit organization (tax ID 77-0026830) has presented informative and practical seminars. IBP is the leading provider of accredited programs concerning the brain and behavioral sciences.

INCREASING WELLNESS AND LONGEVITY THROUGH LIFESTYLE ENHANCEMENT: SPECIAL FOCUS: MYOCARDIAL INFARCTION AND STROKE

FREQUENTLY ASKED QUESTIONS

Q: Is there a way to enjoy this seminar without being at my computer for 6 hours? What if I am not free on December 17, the date of the broadcast?

Yes! First, register for the program. You will receive a link to view the program starting December 22 until January 22. The program will be divided into four segments of approximately 75 minutes for user-friendly viewing.

Q: What if I have technical issues getting and staying connected, difficulty seeing the slides, or hearing the speaker?

We have an expert videographer to capture the sound and slides. We will make copies of the outline available to the participants. Further, in the unlikely event that you have connection problems, IBP will provide registrants with a free set of 4 CDs or DVDs of the entire program.

Q: I'd like to view the program and receive credit but without watching the live program or downloading it and still receive continuing education credit. Can I do this?

Yes! The cost of the DVD or CD set will be the same as the cost of the live program. Register now, let the operator know you will want the CD or DVD set (specify which), and make sure your profession is included in our online brochure.

Q: Can I attend this program live?

Yes, but only if you live in a city where IBP is currently presenting this seminar.

Q: My profession is not included on the brochure. Can I receive continuing education credit?

Maybe. Please contact our customer service at (888) 202-2938.

Q: How long does it usually take to receive a certificate of completion?

Typically, within 3 or 4 business days.

This new program provides strategies for reducing chronic inflammation, maintaining a healthy blood pressure, preventing insulin resistance, enhancing restorative sleep, experiencing greater wellbeing through physical activity, stress resilience, and calming states of awareness.

Advances in neuroscience reveal that it typically takes decades for cognitive decline and dementia to occur. In the absence of disease modifying drugs, recent clinical trials support key lifestyle changes and the adoption of brain-protective strategies.

Participants completing this new program concerning primary prevention of heart disease and stroke should be able to:

- 1. Identify effective strategies for regulating blood pressure.*
- 2. Describe how lifestyle changes can prevent insulin resistance and type-2 diabetes.*
- 3. Discuss ways to improve restorative sleep to improve the health of the coronary and cerebral arteries.*
- 4. Review why regular physical activity is fundamental to primary prevention.*
- 5. Discuss psychological pathways to attaining stress resilience and reduction.*

Understanding Primary Prevention

- **Listening to the Body:** symptoms in women may differ from men for angina and myocardial infarction, TIAs, and stroke.
- **How to Maintain Healthy Coronary and Cerebral Arteries:** managing inflammation, arterial flexibility and diameter; preventing sheering by elevated blood pressure, preventing damage through elevated blood glucose, and promoting the regrowth of new vessels.
- **Behavioral Factors:** increasing the quality and duration of life by making gradual improvements in lifestyle.

Preventing Hypertension

- **Damage Control:** nearly half of U.S. adults have hypertension; new guidelines for assessing pre-hypertension and hypertension.
- **Primary Prevention:** arterial disease, chronic kidney disease, type 2 diabetes, and stroke; nine modifiable risk factors.
- **Exercise:** improving circulation, kidney function, and blood pressure.
- **Improving Adherence:** non-adherence to antihypertensive medication has been over 50%; key barriers and solutions.

Preventing Type-2 Diabetes

- **Risk Reduction:** fasting glucose; HbA1c; preventing arterial inflammation, fatty liver disease, and damage to coronary arteries and cerebral arteries, and neuropathy.
- **Metabolic Syndrome:** over 40% of the population has metabolic syndrome; preventable clinical and psychosocial factors: midline obesity, dyslipidemia, hypertension, and insulin resistance—benefits of knowing one's level of fasting glucose.
- **Moderating Sugar:** protecting elasticity and preventing narrowing of key vessels; preventing heart failure and protecting the aging brain.
- **Lifestyle Modification:** physical activities in combination with dietary intervention reduce helps maintain a healthy body weight and improve insulin sensitivity; ways to improve daily adherence.

Improving Sleep

- **Benefits of Restorative Sleep:** ways to improve sleep as a means of reducing the risk of hypertension, improving glycemic control, inhibiting disease of the coronary and cerebral arteries, moderating appetite, improving weight control; reducing the severity of obstructive sleep apnea, and improving the clearance of neurotoxins identified with cognitive decline.
- **Psychological Benefits:** reducing symptoms of generalized anxiety, PTSD, and major depressive disorder; improving concentration and motivation to produce meaningful change.
- **Applying Cognitive Behavioral Therapy for Insomnia:** stimulus control, sleep restriction, cognitive therapy, relaxation skills, and maintaining a regular sleep schedule.

Benefits of Regular Physical Activity

- **Arterial Health:** growth of collateral vessels, increased perfusion, improved endothelial function, reduced platelet aggregation and reduction of arterial inflammation.
- **Increasing Cardio-Respiratory Health:** increased cardiac stroke volume, lower blood pressure and heart rate; reduction of stress cardiomyopathy.
- **Brain Health:** improved circulation for small and large vessels, cerebral blood flow, and increased neurogenesis in the hippocampus to protect short-term memory.
- **Bone- and Muscle Health:** reduced risk of fracture by improving bone health; reducing body fat while increasing muscle and increasing stress tolerance.
- **Stress Resilience:** enhanced management of acute, predictable, and unpredictable stressors.
- **Developing a Personalized Program:** health benefits of walking, resistance training, interval training, and endurance training; promoting varied, enjoyable, and sustainable sources.

Psychological Pathways

- **Psychological Stressors:** sources and methods of reducing maladaptive stressors that are associated with disorders of anxiety and mood; protecting arterial health.
- **Social Support:** the cardiac risks of loneliness; three forms of social support that can produce greater stress resilience.
- **Positive States:** applying positive psychology to increase hope, optimism, and the motivation to support lifestyle modification and a personal sense of wellbeing.
- **Calming States:** breathing exercises to reduce acute stress; practicing nonjudgmental awareness with a present-centered, mindful focus; physiological benefits of Yoga as a form of active mindfulness.

ABOUT THE INSTRUCTOR



Doug Cort, Ph.D. is an expert in the study and practice of Psychocardiology. As Director of the Psychology Program for Preventive Cardiology at UC Davis for 19 years, and as a researcher and instructor, Dr. Cort is recognized for his contribution to the treatment of psychological factors underlying cardiovascular disorders and stroke.

Dr. Cort has presented lectures in North America, Europe, and Asia. Health professionals attending his workshops appreciate his abundance of practical information expressed with warmth and humor, and his inclusion of authentic, compassionate experiences from working with patients.

In addition to Q & A sessions in class, Dr. Cort will answer your questions by email after the program concludes.