

Edward-Elmhurst CME



2021 Edward-Elmhurst CME Enduring Activity

Integrative Medicine Conference: Plant-Based Eating

Speakers: Heather Bautista, ND

Date(s): Enduring Material – Available Online: 10/28/2021 through 10/28/2022

Time(s): Online – Available Anytime

Place: Online – Available Anytime

Registration*: Registration not required for enduring CME events. **Due to requirements of our CME accreditation, credits are not applied to transcripts until participants complete the post-test and required evaluations for enduring material.*

Integrative Medicine is a healing-oriented practice that emphasizes a whole-body approach to health. All aspects of lifestyle are considered in treatment, such as: mind, spirit, and community. Practitioners of integrative medicine use appropriate treatments from both conventional and alternative medicine. Effective interventions that are natural and less invasive are used whenever possible. It combines the best of both worlds with an emphasis on safety and evidence. Examples of common integrative treatments include dietary supplements, nutrition, yoga, and acupuncture. This activity is designed to educate health care professionals about common modalities used in integrative medicine. Medical professionals already practicing integrative medicine may benefit by learning more about the topics presented.

Program Objectives: At the conclusion of this enduring activity, participants should be able to:

1. Explain the roll of nutrition in chronic disease and inflammation.
2. Discuss key phytonutrients found in plant-based foods.
3. Recommend appropriate plant-based foods to patients.

Edward-Elmhurst Health designates this live activity for a maximum of **0.75 AMA PRA Category 1 Credit™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



Edward-Elmhurst Health is accredited by the Illinois State Medical Society to provide continuing medical education for physicians.

As a reminder: Edward-Elmhurst Health is accredited to provide AMA PRA Category 1 Credit™ and tracks only Category 1 credit provided to physicians credentialed within the system. Only physicians are eligible to be awarded AMA PRA Category 1 Credit™. The AMA defines physicians as those individuals who have obtained an MD, DO or equivalent medical degree from another country. No other healthcare providers may be awarded AMA PRA Category 1 Credit™. However, accredited CME providers, such as Edward-Elmhurst Health, may issue documentation of participation to non-physicians that states the activity was certified for AMA PRA Category 1 Credit™. It is the responsibility of the non-physician provider to obtain his/her certificate and track those hours.