

*AACP Continuing Dental Education presents...*

# Understanding the Epigenome: Path to Personalized Medicine

**June 29-30, 2018**

Myofunctional Research Company | Rancho Cucamonga, California



***A Two-Day Course  
Developed and Conducted by:***

**Paul L. Durham, PhD**

Distinguished Professor of Cell Biology  
Director, Center of Biomedical  
& Life Sciences  
Missouri State University

## ***Overview***

We are now coming to appreciate the notion that both nature (genetics) and nurture (epigenetics) play key roles in disease progression and the development of chronic pain states. Recent advances in the fields of genomics and bioinformatics are providing strong evidence of the fact that changes in our genetic code (mutations) alone cannot explain how the genome regulates the development and function of complex multicellular organisms. Rather, epigenetic changes that involve controlling how our DNA is packaged and, thus, determining which genes are turned on or off, allows for adaptive evolution and a new way to view human health and disease. Hence, while we might have a genetic predisposition towards a particular disease, our lifestyle choices involving diet, sleep, exercise, and our environment play an important role in maintaining and restoring a healthy physiology.

The goal of this course is to provide a comprehensive view of how lifestyle choices and environment impact disease progression and our overall well-being, and present strategies to help your patients maintain a healthy epigenome.

## Objectives:

1. Know the difference between one's genome and epigenome and the relevance to understanding human health and disease progression.
2. Appreciate the dynamic nature of our epigenome which allows for adaptive evolution and the ability to prevent expression of genes that predispose one to a particular disease.
3. Understand the importance of a patient's environment (stress), and life style choices such as sleep, exercise, and diet in the development of chronic orofacial pain conditions.
4. Gain new insights into the pathology of orofacial pain conditions and new treatment strategies to help modulate sensitization of the trigeminal system and minimize risk factors.



## Your Program Presenter\*

**Paul L. Durham, PhD**, is Distinguished Professor of Cell Biology at Missouri State University and Director of its Center for Biomedical and Life Sciences, a multidisciplinary laboratory utilizing cellular/molecular, microbiological, biochemical, and chemical techniques. A major focus of his research has been to elucidate the cellular/molecular mechanisms by which novel drugs and nutraceuticals modulate the

excitability state of neurons and glial cells under pathological conditions. More recently, his laboratory has been investigating epigenetic changes in response to changes in diet, sleep pattern, and chronic inflammation. A frequently invited guest lecturer and the author of 75 peer-reviewed research articles and 150 published abstracts, Dr. Durham has served on numerous NIH study sections and pharmaceutical company advisory boards and is currently a reviewer for more than 10 scientific journals. Dr. Durham is a member of the Society for Neuroscience, American Headache Society, American Pain Society, and American Academy of Orofacial Pain.

## Fees

Registration for this AACFP two-day program is **\$750** for AACFP members and **\$1,100** for non-members. *(Attach a completed membership application and you may register at the member rate. Find application on our website at [www.aacfp.org](http://www.aacfp.org))*

**Registration Fee Includes:** Continental breakfast, lunch, and refreshments at all breaks on both days. Educational materials related to the program will also be provided.

## Continuing Education Credits

A total of **9 CE hours** are available for this AACFP course.

## Course Location

**Myofunctional Research Company**  
9267 Charles Smith Avenue  
Rancho Cucamonga, California  
909.587.4940

## Airports

- LAX:** Approximately 45 to 60 minutes from the training facility
- ONT:** Approximately 7 minutes from the training facility
- SNA:** Approximately 45 to 60 minutes from the training facility
- LONG BEACH:** Approximately 45 to 60 minutes from the training facility

## Airport Transportation Services

**Prime Time Shuttle:** 1. 800.Red.Vans (733.8267)

**Super Shuttle:** 1. 800.Blue.Van (248.3826)

**Safe Ride Transport:** 1. 888.852.7433

## Lodging

### Hyatt Place Ontario Mills

4760 East Mills Circle  
Ontario, California

909.980.2200

*(Specify #73965 for special group rate of \$139.00 per night)*

### 4 Points Sheraton

11960 East Foothill Boulevard  
Rancho Cucamonga, California

909.204.6100

*(Ask for MRC Corporate Rate of \$119.00 per night)*

### Additional Hotels within Three Miles of Training Facility

- Hampton Inn & Suites, Ontario
- Country Inn & Suites by Carlson, Ontario
- Ontario Grand Inn & Suites
- Rodeway Inn Ontario Mills Mall
- Homewood Suites by Hilton
- Best Western Plus
- Embassy Suites Ontario Airport
- Ayers Hotel
- Aloft Hotel & Suites
- Ontario Convention Center Hotel

\*The speaker has no relevant financial relationships to disclose.



**QUESTIONS?** Visit [www.aacfp.org](http://www.aacfp.org) OR call AACFP at **800.322.8651**

# Program Agenda

Each session will be comprised of two lectures, a period for roundtable discussion, and a period for group discussion in which each table presents their key points.

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## FRIDAY, JUNE 29

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7:30 am CONTINENTAL BREAKFAST SERVED

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8:00 am **Introductions and Course Overview**

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8:15 am **The Trigeminal System: Updates on Pathological Mechanisms**

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9:30 am **Epigenetics – History, Mechanisms, Role in Human Disease**

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10:45 am BREAK

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11:15 am **Epigenetics and Chronic Pain**

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12:15 pm LUNCH SERVED

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1:15 pm **Epigenetics and Neurological Diseases**

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2:30 pm **Epigenetics and Stress**

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3:45 pm BREAK

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4:00 pm **Break-out Sessions and General Discussion of Key Clinical P**

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5:00 pm ADJOURN DAY ONE

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## SATURDAY, JUNE 30

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7:30 am CONTINENTAL BREAKFAST SERVED

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8:00 am **Epigenetics, Sleep, and Exercise**

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9:15 am **Epigenetics, Nutrition, and Gut-Brain Axis**

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10:30 am BREAK

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11:00 am **Epigenetics and Drug Addiction**

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12:00 pm LUNCH SERVED

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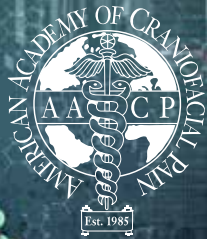
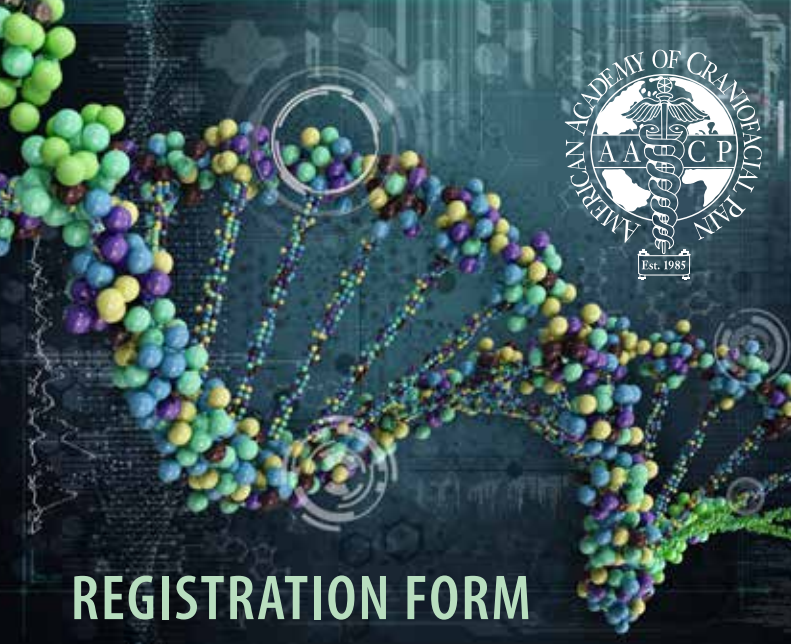
1:00 pm **Update on Novel Therapeutics**

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2:00 pm **Break-out Sessions and General Discussion of Key Clinical Pearls**

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3:00 pm PROGRAM ADJOURNS



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**REGISTRATION FORM**

**REGISTRATION FEES**

**MEMBER** **\$ 750**

**NON-MEMBER\*** **\$ 1,100**

\*Attach a COMPLETED AACFP membership application and you may register at the member rate. (Find application on our website at [www.aacfp.org](http://www.aacfp.org))

**Program Cancellation Policy:**

Refund requests (less 10% of total cost of program) must be submitted in writing (email is acceptable) by **May 30th**. Due to non-refundable commitments, we cannot offer refunds after this date.

**Please initial below** to confirm that you have read, understand, and agree to the AACFP cancellation policy. Your registration will not be accepted without this acknowledgment.

Your initials here ►

**4 Ways to Register!**

**ONLINE:** [www.aacfp.org](http://www.aacfp.org)

**MAIL:** AACFP Central Office  
 11130 Sunrise Valley Drive | Suite 350  
 Reston, VA 20191

**FAX:** 703.435.4390

**EMAIL:** [central@aacfp.org](mailto:central@aacfp.org)

► **QUESTIONS?**  
 Call: 800.322.8651

**WHO WE ARE**—Founded in 1985, the American Academy of Craniofacial Pain is the largest professional organization for those interested in the assessment, diagnosis, and management of patients who suffer from craniofacial pain, temporomandibular disorders, and sleep disorders in dentistry.

**The Goals of the AACFP are:**

- To elevate and enhance the professional standards of diagnosis and treatment in the field of Craniofacial Pain and TMD
- To encourage research and further study
- To recognize for the benefit of the public those professionals who have specialized knowledge and skills in diagnosis and treatment
- To promote and improve professional levels of competency
- To encourage the highest standards of excellence for practitioners.

NAME (FIRST / LAST / DESIGNATION)	NAME FOR BADGE		
SPOUSE/GUEST NAME (IF ATTENDING)	NAME FOR BADGE		
EMAIL ADDRESS			
PHONE	FAX		
OFFICE NAME			
ADDRESS			
CITY	STATE	ZIP/POSTAL CODE	COUNTRY

**TOTAL AMOUNT DUE: \$** \_\_\_\_\_

**PAYMENT**  **CHECK** (Payable only in US dollars to American Academy of Craniofacial Pain)  
 **CREDIT CARD:**  VISA  MasterCard  AmEx  
*If you are located OUTSIDE THE USA, we prefer you pay with VISA or MasterCard, if possible.*

CREDIT CARD #	EXP. DATE	ID # (ON BACK OF CARD)
ADDRESS (IF DIFFERENT THAN ABOVE)		
CARDHOLDER'S SIGNATURE	DATE	



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