9th Annual Oncology Training Conference for Acupuncturists, Massage Therapists, and Mind-Body Practitioners

The University of Texas MD Anderson Cancer Center
Conference Center - Floor 8, Dan L. Duncan Building (CPB)
1155 Pressler Street, Houston, Texas

July 17-19, 2013
Goal
Persons affected by cancer may enhance their quality of life through the safe and effective delivery of acupuncture, massage and mind-body practices (e.g., Yoga, Meditation, T’ai Chi, etc.) with a focus on physical, mind-spirit, and social well-being. These treatment modalities can be successfully and safely integrated with conventional cancer treatments when delivered by trained professionals to improve outcomes for cancer patients.

Purpose
This course will provide licensed acupuncturists, licensed massage therapists and trained yoga and mind-body practitioners an overview of evidence-based practice in cancer care. Topics of recent research findings, recommendations for treating common side-effects, ethical issues, safety issues and case presentations will be presented.

Target Audience
This program should be of interest to licensed acupuncturists, licensed massage therapists and mind-body practitioners.

Educational Methods
Lecture, Question-and-Answer Sessions, Panel Discussions, Demonstrations
Educational Objectives

Upon completion of this course licensed acupuncturists should be able to:

- Explain Complementary and Integrative Medicine and its role caring for people with cancer.
- Discuss psychosocial issues common to people undergoing cancer treatment.
- Discuss communication techniques for interacting with other healthcare professionals.
- Discuss three oncology treatments and three side effects.
- Explain the benefits, indications, precautions, and contraindications of acupuncture for a person with cancer.
- Discuss recent research findings related to the use of acupuncture in cancer care.
- Explain how to develop safe, evidence-based treatment plans for common side effects of cancer therapy.
- Discuss ethical concerns related to acupuncture treatment when caring for a person with cancer.
- Discuss safety issues related to the use of herbs among people with cancer.
- Discuss two key points regarding acupuncture and healthcare reform.
- Perform medical charting and documentation.

Upon completion of this course licensed massage therapists should be able to:

- Explain Complementary and Integrative Medicine and its role caring for people with cancer.
- Discuss psychosocial issues common to people undergoing cancer treatment.
- Discuss communication techniques for interacting with other healthcare professionals.
- Discuss three oncology treatments and three side effects.
- Explain the benefits, indications, precautions, and contraindications of massage for a person with cancer.
- Discuss recent research findings related to the use of massage in cancer care.
- Explain how to develop safe, evidence-based treatment plans for common side effects of cancer treatment.

Upon completion of this course mind-body practitioners should be able to:

- Explain and dispel the issues raised by the traditional massage contraindication for cancer.
- Describe common massage adjustments for surgery, radiation and chemotherapy.
- Perform an assessment for massage and formulate a treatment plan for a client with cancer.
- Perform medical charting and documentation.

Evaluation

A course evaluation form will provide participants with the opportunity to comment on the value of the program content to their practice decisions, performance improvement activities, or possible impact on patient health status. Participants will also have the opportunity to comment on any perceived commercial bias in the presentations as well as to identify future educational topics.
Accreditation/Credit Designation

Licensed Acupuncturists
Continuing education applications have been submitted to The Texas State Board of Acupuncture Examiners, The State of California Department of Consumer Affairs- Acupuncture Board and the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). Please refer to the website for updates on the exact number of credits being offered for this conference.

Licensed Massage Therapists
This course has been planned and implemented in accordance with the policies of the Texas Department of State Health Services (TDSHS) and National Certification Board for Therapeutic Massage and Bodywork (NCTMB). The University of Texas MD Anderson Cancer Center is approved by the Texas Department of State Health Services (license #CE1056) and by the National Certification Board for Therapeutic Massage and Bodywork (NCTMB license #450586-08) to provide continuing massage therapy education for licensed massage therapists.

MD Anderson designates this live activity for 24 hours of massage therapy continuing education as authorized by the Texas Department of State Health Services and the National Certification Board for Therapeutic Massage and Bodywork.

Mind-Body Practitioners
Certificates of Attendance will be available at the registration desk on the final conference day.

Satisfactory CE Completion
Attendees securing continuing education credits must attend all sessions and complete an evaluation form in order to receive a certificate of completion. These certificates will be distributed at the end of the conference. Partial credit for individual sessions is not available.

In order to receive the maximum number of credits, you should attend all sessions for the particular discipline you registered for. Please do not mix disciplines.

Dress Code
Casual is appropriate for the conference sessions. Please remember that meeting room temperatures and personal comfort ranges vary. Because meeting rooms may be cold for some attendees, please bring a sweater or jacket.

Agenda

Wednesday, July 17, 2013

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>8:00</td>
<td>Welcome</td>
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<tr>
<td></td>
<td>Lorenzo Cohen, PhD and Richard T. Lee, MD</td>
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<tr>
<td>8:15</td>
<td>Meditation</td>
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<td>Alejandro Chaoul, PhD</td>
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<tr>
<td>8:30</td>
<td>A Basic Introduction to Cancer</td>
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<td>Richard T. Lee, MD</td>
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<tr>
<td>8:50</td>
<td>A Basic Introduction to Breast Cancer and Treatment</td>
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<td>Banu Arun, MD</td>
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<tr>
<td>9:00</td>
<td>A Basic Introduction to Breast Cancer and Treatment</td>
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<td>Banu Arun, MD</td>
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<tr>
<td>10:05</td>
<td>A Basic Introduction to Prostate Cancer and Treatment</td>
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<td></td>
<td>Ana Aparicio, MD</td>
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<tr>
<td>10:55</td>
<td>A Basic Introduction to Colon Cancer and Treatment</td>
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<td></td>
<td>Cathy Eng, MD</td>
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<tr>
<td>11:45</td>
<td>Lunch and Communicating with Medical Staff</td>
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<td></td>
<td>Presentation</td>
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<td></td>
<td>Richard T. Lee, MD</td>
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<td>12:45</td>
<td>Tai Chi</td>
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<td>Charley McBride, BA, BFA</td>
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<tr>
<td>1:00</td>
<td>A Basic Introduction to Lung Cancer and Treatment</td>
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<td>Kathryn Gold, MD</td>
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<td>1:50</td>
<td>A Basic Introduction to Leukemia and Treatment</td>
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<td>Naveen Pemmaraju, MD</td>
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<td>2:40</td>
<td>Cancer and Treatment-Related Symptoms</td>
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<td>David Hui, MD, MSc, FRCP</td>
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<td>3:10</td>
<td>Psychosocial Issues in Cancer Care</td>
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<td>Mary Hughes, RN, CNS, CT</td>
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<td>4:00</td>
<td>Laughter for Health Session</td>
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<td></td>
<td>Stephen Findley, MDIV, BCC, CLYT</td>
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<tr>
<td>4:45</td>
<td>The Role of Integrative Oncology in Comprehensive Cancer Care</td>
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<td></td>
<td>Lorenzo Cohen, PhD</td>
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<tr>
<td>5:05</td>
<td>Adjourn</td>
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<td>5:50</td>
<td>Adjourn</td>
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</tbody>
</table>

All Attendees
# Acupuncturists – Agenda

## Thursday, July 18, 2013

### 7:00 am
Registration Desk Opens

### 8:00
**Overview of the Day**  
Richard T. Lee, MD

### 8:05
**Welcoming Meditation**  
Rosalinda Engle, MA

### 8:20
**Modern Acupuncture**  
Richard T. Lee, MD

### 9:10
**TCM Research**  
Kay Garcia, DrPH, MSOM, MSN, LAc

### 10:50
**Huachansu and Other Studies of Chinese Herbs in Cancer Care**  
Peiying Yang, PhD

### 11:50 Lunch (provided)

### 1:15 pm
**Qi Gong Exercise**  
Leslie Graham-Getty, MSOM, MS, DC, LI, LAc

### 1:30
**Acupuncture for GI Side Effects in Cancer Patients – Part II**  
Kay Garcia, DrPH, MSOM, MSN, LAc

### 2:25
**Break**

### 2:45
**Acupuncture for Pain Control in Cancer Patients**  
Kay Garcia, DrPH, MSOM, MSN, LAc

### 3:35
**Case Presentations: GI, Pain**  
Richard T. Lee, MD; Kay Garcia, DrPH, MSOM, MSN, LAc; and Leslie Graham-Getty, MSOM, MS, DC, LI, LAc

### 4:25 pm
Adjourn

## Friday, July 19, 2013

### 7:00 am
Registration Desk Opens

### 8:00
**Overview of the Day**  
Kay Garcia, DrPH, MSOM, MSN, LAc

### 8:15
**Welcoming Meditation**  
Rosalinda Engle, MA

### 8:30
**Ethics**  
Richard T. Lee, MD

### 9:30
**Quality/Safety/Interaction Issues – Herbs are Drugs!**  
Richard T. Lee, MD

### 10:30 Break

### 10:50
**Acupuncture for GI Side Effects in Cancer Patients – Part I**  
Richard T. Lee, MD

### 11:25
**Nausea/Vomiting, Diarrhea/Constipation, Loss of Appetite**  
- Pathophysiology and Proposed Mechanisms  
- What’s the Evidence?  
- Recommendations & Treatment Planning

### 12:10 Lunch (provided)

### 1:15 pm
**Qi Gong Exercise**  
Leslie Graham-Getty, MSOM, MS, DC, LI, LAc

### 1:35
**Acupuncture for GI Side Effects in Cancer Patients – Part II**  
Kay Garcia, DrPH, MSOM, MSN, LAc

### 2:25 Break

### 2:45
**Acupuncture for Pain Control in Cancer Patients**  
Kay Garcia, DrPH, MSOM, MSN, LAc

### 3:35
**Case Presentations: GI, Pain**  
Richard T. Lee, MD; Kay Garcia, DrPH, MSOM, MSN, LAc; and Leslie Graham-Getty, MSOM, MS, DC, LI, LAc

### 4:25 pm
Adjourn
Thursday, July 18, 2013

7:00 am Registration Desk Opens
8:00
**Overview of the Day**
Curtiss Beinhorn, LMT, NCTMB, MTI

8:10
**Movement Practice for Self Care**
Sat-Siri Sumler, LMT, NCTMB, RYT, MTI

8:20
**Dermatology Issues in Cancer Patients**
Valencia Thomas, MD

8:55
**Head & Neck Lymphedema**
Leila Little, MS, LSLP

9:30 Break

9:50
**Recent Research: Massage**
Lorenzo Cohen, PhD

10:35
**Understanding Lymphedema for Oncology Massage Therapists**
Sarah Cleveland, PT, CLT-LANA

11:35 Lunch (provided)

1:05 pm
**Healing Hands Practice for Self Care**
Sat-Siri Sumler, LMT, NCTMB, RYT, MTI

1:15– 5:00 Hands-on study: Massage tables & supplies provided

1:15
**Five Levels of Touch**
Curtiss Beinhorn, LMT, NCTMB, MTI

1:45
**Clinical Considerations – Chemotherapy-Induced Peripheral Neuropathy**
Curtiss Beinhorn, LMT, NCTMB, MTI

2:15
**Clinical Considerations – Part I**
Sat-Siri Sumler, LMT, NCTMB, RYT, MTI

3:30 Break

3:30
**Clinical Considerations – Part II**
Sat-Siri Sumler, LMT, NCTMB, RYT, MTI

4:00
**Guided Treatments**

5:15 pm Adjourn

Friday, July 19, 2013

7:00 am Registration Desk Opens
8:00
**Overview of the Day**
Curtiss Beinhorn, LMT, NCTMB, MTI

8:05
**Movement Practice for Self Care**
Sat-Siri Sumler, LMT, NCTMB, RYT, MTI

8:20
**Precautions, DVT, Contraindications, Medical Devices**
Sat-Siri Sumler, LMT, NCTMB, RYT, MTI

9:10
**Communication with Clients - Intake and On/Off Table**
Sat-Siri Sumler, LMT, NCTMB, RYT, MTI

9:40 Break

10:00
**Palpation**
Sat-Siri Sumler, LMT, NCTMB, RYT, MTI

10:35
**Panel of Clients with Cancer Diagnosis or History of Cancer**
Moderator: Curtiss Beinhorn, LMT, NCTMB, MTI

11:35 Lunch (provided)

1:05 pm
**Centering Practice for Self Care**
Sat-Siri Sumler, LMT, NCTMB, RYT, MTI

1:15– 5:00 Hands-on study: Massage tables & supplies provided

1:15
**Medicines and Massage**
David Crowther, PharmD

1:45
**Case Studies in Oncology Massage**
Sat-Siri Sumler, LMT, NCTMB, RYT, MTI

2:15
**Case Studies – Small Group Discussion, Planning & Presentations**
Moderator: Curtiss Beinhorn, LMT, NCTMB, MTI

3:00 Break

4:00
**Closing Remarks**
Adjourn
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<td><strong>Yoga Research Today</strong></td>
<td>Lorenzo Cohen, PhD</td>
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<td>9:30</td>
<td>Break</td>
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<tr>
<td>9:45</td>
<td><strong>Guidelines for Safety - Precautions and Contraindications</strong></td>
<td>Ying Guo, MD; Julie Pauls, PhD, PT; and Lauro Munoz, MS, OTR</td>
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<tr>
<td>11:00</td>
<td><strong>Ethics of Mind-Body in Cancer Care</strong></td>
<td>Rebecca Lunstroth, JD, MA</td>
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<tr>
<td>12:00 pm</td>
<td>Lunch</td>
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<td>1:10</td>
<td><strong>Qi Gong Practice</strong></td>
<td>Charley McBride, BA, BFA</td>
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<td><strong>Yoga: Case Studies</strong></td>
<td>Robert Boustany, MS</td>
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<td>2:00</td>
<td><strong>Qi Gong/Tai Chi: Case Studies</strong></td>
<td>Charley McBride, BA, BFA</td>
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<td>2:30</td>
<td><strong>Vivekananda Yoga Anusandhana Samsthana (VYASA) Model for Cancer Care</strong></td>
<td>Smitha Gowdanakatte Mallaiah, BS</td>
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<tr>
<td>3:30</td>
<td>Break</td>
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<td>3:50</td>
<td><strong>Model for Cancer Care Practice</strong></td>
<td>Smitha Gowdanakatte Mallaiah, BS</td>
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<td>4:30</td>
<td><strong>Patient Panel - Testimonies and Discussion</strong></td>
<td>Julie Pauls, PhD, PT; Robert Boustany, MS; and Suzy Shapiro, BA, CIYT</td>
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<td>5:30 pm</td>
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**Friday, July 19, 2013**

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<tr>
<td>7:30 am</td>
<td><strong>Welcoming Yoga</strong></td>
<td>Jennifer Buergermeister, MA, RYT, CHt</td>
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<tr>
<td>8:10</td>
<td><strong>Overview of the Day</strong></td>
<td>Alejandro Chaoul, PhD</td>
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<tr>
<td>8:30</td>
<td><strong>Panel Discussion: Spirituality</strong></td>
<td>Alejandro Chaoul, PhD; Robert Boustany, MS; and Marvin Omar Delgado Guay, MD</td>
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<td>10:30</td>
<td><strong>Nutrition in Integrative Medicine</strong></td>
<td>Stephanie Maxson, MS, LD, RD</td>
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<td>10:45</td>
<td><strong>Meditation Research Today</strong></td>
<td>Lorenzo Cohen, PhD</td>
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<td><strong>Welcoming Meditation</strong></td>
<td>Robert Boustany, MS</td>
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<td>1:40</td>
<td><strong>Tibetan Yoga: Interventions for People with Cancer</strong></td>
<td>Alejandro Chaoul, PhD</td>
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<td>2:40</td>
<td><strong>Tibetan Yoga Practice</strong></td>
<td>Alejandro Chaoul, PhD</td>
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<td>4:30</td>
<td><strong>The Role of Mind-Body Practices in Integrative Oncology as Part of Comprehensive Cancer Care</strong></td>
<td>Alejandro Chaoul, PhD</td>
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<td><strong>Closing Remarks</strong></td>
<td>Alejandro Chaoul, PhD</td>
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</table>
MD Anderson Faculty & Staff Speakers

Ana Aparicio, MD
Assistant Professor
Genitourinary Medical Oncology

Banu Arun, MD
Professor
Breast Medical Oncology

Curtiss Beinhorn, LMT, NCTMB, MTI
Massage Therapist
Integrative Medicine

Alejandro Chaoul, PhD
Assistant Professor
General Oncology

Sarah Cleveland, PT, CLT-LANA
Senior Physical Therapist
Rehabilitation Services

Lorenzo Cohen, PhD
Professor, General Oncology
Program Director
Integrative Medicine

David Crowther, PharmD
Clinical Specialist, Drug Information
& Drug Use Policy
Pharmacy Clinical Programs

Cathy Eng, MD
Associate Professor
GI Medical Oncology

Rosalinda Engle, MA
Mind/Body Intervention Specialist
Integrative Medicine

Stephen Findley, MDIV, BCC, CLYT
Chaplain II
Chaplaincy and Pastoral Education

Kay Garcia, DrPH, MSOM, MSN, LAc
Acupuncturist, Integrative Medicine

Kathryn Gold, MD
Assistant Professor
Thoracic/Head & Neck Medical Oncology

Leslie Graham-Getty, MSOM, MS, DC, LI, LAc
Acupuncturist, Integrative Medicine

Marvin Omar Delgado Guay, MD
Assistant Professor
Palliative Care and Rehabilitative Medicine

Ying Guo, MD
Associate Professor
Rehabilitation Medicine

Mary Hughes, RN, CNS, CT
Advanced Practice Nurse
Psychiatry

David Hui, MD, MSc, FRCP
Assistant Professor
Palliative Care and Rehabilitative Medicine

Richard T. Lee, MD
Assistant Professor, General Oncology
Medical Director, Integrative Medicine

Leila Little, MS, LSLP
Speech Language Pathologist
Head and Neck Center

Gabriel Lopez, MD
Assistant Professor
General Oncology

Smitha Gowdanakatte Mallaiah, BS
Mind/Body Intervention Specialist
Integrative Medicine

Stephanie Maxson, MS, LD, RD
Senior Clinical Dietitian
Clinical Nutrition

Lauro Munoz, MS, OTR
Supervisor, Occupational Therapy

Julie Pauls, PhD, PT
Senior Physical Therapist
Integrative Medicine Center

Naveen Pemmaraju, MD
Assistant Professor, Leukemia

Sat-Siri Sumler, LMT, NCTMB, RYT, MTI
Massage Therapist, Integrative Medicine

Valencia Thomas, MD
Assistant Professor, Dermatology

Ronald Walters, MD
Associate Vice President
Medical Operations and Informatics
Professor, Clinical Medicine
Breast Medical Oncology
Medical Director
Managed Care Programs

Peiying Yang, PhD
Assistant Professor
General Oncology

Guest Speakers

Robert Boustany, MS
Yoga Instructor
Owner
Pralaya Yoga Studio
Houston, Texas

Jennifer Buergermeister, MA, RYT, Cht
Founder and President/Executive Director
Jennyoga & Cura Yoga
Houston, Texas

Rebecca Lunstroth, JD, MA
Assistant Director and Instructor
The McGovern Center for Humanities and Ethics
The University of Texas Health Science Center at Houston
Houston, Texas

Charley McBride, BA, BFA
Contract Instructor
Integrative Medicine Center
Houston, Texas

Suzy Shapiro, BA, CIYT
Yoga Instructor
Owner
Suzy Shapiro Yoga
Houston, Texas

Agendas are subject to change because we are always striving to improve the quality of your educational experience. MD Anderson may substitute faculty with comparable expertise on rare occasions necessitated by illness, scheduling conflicts, and so forth.

Photographing, audio taping and videotaping are prohibited.

Please let us know what specific topics, issues or questions you wish to see addressed or emphasized in this activity. Fax or e-mail this material to CME/Conference Management. All responses will be forwarded to the Program Chairs for consideration.
Registration Information

Onsite registration opens at 7:00 am on Wednesday, July 17, 2013 in the foyer outside the Conference Center, on Floor 8 of the Dan L. Duncan Building (formerly the Cancer Prevention Building), 1155 Pressler Street, Houston, Texas. The conference will begin at 8:00 am on Wednesday, July 17, 2013 and adjourn at 5:00 pm on Friday, July 19, 2013.

Advance registration is encouraged as space and materials are limited. Please see the registration form for applicable fees.

The deadline for advance registration is July 12, 2013.

- Acupuncturists and massage therapists must submit a copy of their license along with their registration form.
- Mind-Body practitioners must submit a brief history of their training and background along with their registration form.

There are three ways to register:
- Online at www.mdanderson.org/conferences
- Mail to the Department of CME/Conference Management, Unit 1381, The University of Texas MD Anderson Cancer Center, PO Box 301439, Houston, Texas 77230-1439
- Fax to 713-794-1724

We accept the following forms of payment:
- Check (payable through US banks only)
- Money Order
- Credit Cards (MasterCard, VISA, and American Express)
- Cash (accepted at on-site registration only)

If you register online, a receipt/confirmation letter will be automatically e-mailed to the e-mail address you provide on the registration form. If you register by fax or mail, a receipt/confirmation letter will be sent to you within ten working days of receipt of your fee.

The conference registration fee includes tuition, final conference materials, breaks, and lunches. Please refer to the registration form for specific information regarding fees.

Refund/Cancellation Policy

The registration fee, minus a $50 administrative handling fee, is refundable if a written request is received on or before Friday, July 12, 2013. No refunds will be granted after that date. The request for a registration refund must include the tax identification number of the company or institution if registration was paid by a company or institution check. For additional information, contact CME/Conference Management at 713-792-2223 or toll free at 866-849-5866.

The Department of CME/Conference Management reserves the right to cancel activities prior to the scheduled date if low enrollment or other circumstances make it necessary. Each registrant will be notified by mail, e-mail, or at the phone or fax numbers given on the registration form.

In case of activity cancellation, the liability of the Department of CME/Conference Management is limited to the registration fee. CME/Conference Management will refund the full registration fee. The Department of CME/Conference Management reserves the right to limit the number of participants in a program and is not responsible for any expenses incurred by an individual whose registration is not confirmed and for whom space is not available.
**Accommodations**

• A block of rooms has been reserved for conference attendees at the Hilton Houston Plaza/Medical Center Hotel, 6633 Travis Street, Houston, Texas 77030.

• Early hotel reservation is suggested. The deadline to receive the special rate is June 25, 2013, unless the room block has already been filled.

**Ground Transportation**

(Prices are subject to change and variable depending on location of conference)

• Houston is served by two airports, George Bush Intercontinental (IAH) and William P. Hobby (HOU).

• SuperShuttle operates a shuttle bus between George Bush Intercontinental Airport and the Hilton Houston Plaza/Medical Center Hotel for $27 one way and $44 roundtrip. For more information, call 713-523-8888 or toll free at 800-258-3826, or online at www.supershuttle.com.

• SuperShuttle operates a shuttle bus between William P. Hobby Airport and the Hilton Houston Plaza/Medical Center Hotel for $24 one way and $48 roundtrip. For more information, call 713-523-8888 or toll free at 800-258-3826, or online at www.supershuttle.com.

• Taxi cabs are available at an estimated cost of $50-$60 to or from William P. Hobby Airport or George Bush Intercontinental Airport.

**Parking**

Self-parking in the Texas Medical Center garages ranges from $10-$12 per day.