

# Rheumatology/Radiology Grand Rounds

CME Credit provided by The University of Arizona College of Medicine – Tucson

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### “Non-Invasive Measurement of Health Outcomes in Real Time: From Wearable Devices for Sweat Biomarkers to the Built Environment”

Radiology Conference: 7:30 a.m. – 8:30 a.m.  
Rheumatology Grand Rounds: 9:00 a.m. – 10:00 a.m.  
Chase Auditorium – Room 8403

**Learning Objectives:** Participants should be able to:

1. Describe a systems biology approach to measuring health outcomes non-invasively.
2. Understand the definition of heart rate variability.
3. Learn how wearable devices can measure the stress and relaxation response.
4. Learn about wearable devices that will help track and manage disease status without drawing blood.
5. Define the hormonal stress response.
6. Learn about new ways to measure cortisol in sweat.
7. Learn how modifications of the physical environment can reduce stress, enhance wellbeing and improve sleep quality in arthritis patients.

**Target Audience:** Physicians and other health care providers

**Methodology:** Grand Rounds Lecture

**Accreditation Statement:**

The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Arizona College of Medicine - Tucson designates this live activity for a maximum of 2.0 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Disclosure Statement(s):**

All Faculty, CME Planning Committee Members, and the CME Office Reviewers have disclosed that they have no financial relationships with commercial interests that would constitute a conflict of interest concerning this CME activity.

If you have any questions, please contact the Division of Rheumatology at 626-4111.

