

Institute of Women's Health & Integrative Medicine

Preconception, Fertility, Pelvic Floor, Endometriosis

October 20-22, 2017

Friday, October 20

8:30 a.m. - 9:00 a.m. Breakfast & Introduction

9:00 a.m.-11:00 a.m. Preconception Health Care for Healthy Women and Men

Carl Sgarlata, MD

Optimizing one's health before attempting pregnancy is a critically important aspect of a successful pregnancy and health child. The lifestyle of both parents can have a profound and long-lasting effect on their children as well as future generations (transgenerational). We will discuss preconception testing as well as the role of diet, lifestyle and nutrition. Supplements including folic acid/prenatal multivitamins, Vitamin D, omega-3 and probiotics will be reviewed.

11:00 a.m.-11:15 a.m. Break

11:15 a.m.-12:45 p.m. Botanical/Nutraceutical/Lifestyle Research Updates in Infertility

Corina Dunlap, N.D.

There are many natural medicine approaches to the treatment of infertility as supported through the research. This presentation will review updates on evidence-based natural medicine treatment recommendations based on specific infertility subtypes. Botanical, Nutraceutical, and Lifestyle recommendations will be reviewed.

12:45 p.m.-1:45 p.m. Lunch

1:45 p.m.-2:45 p.m. Preconception Genetic Carrier Screening

Carl Sgarlata, MD

Ideally, genetic carrier screening should be performed before attempting pregnancy. In addition to carrier screening, a personal or family history of genetic disorders, congenital malformations or intellectual disabilities should be discussed. We will discuss the current society recommendations and available commercial tests in the age of genomic medicine.

2:45 p.m.-3:15 p.m. Break

3:15 p.m.-4:15 p.m. Thyroid Management in Preconception and Pregnancy and Postpartum

Corina Dunlap, N.D.

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Optimal thyroid management is critical for optimal fertility and embryo development. This presentation will review research updates and recommendations for management of common clinical scenarios in preconception, pregnancy, and postpartum.

4:15 p.m.-5:15 p.m. Thyroid Management Panel with Q & A

Corina Dunlap ND & Carl Sgarlata MD

This panel, with audience participation, will address some of the controversies and variabilities in clinical management, and entertain in depth question and answers from seminar participants.

Saturday, October 21, 2017

8:30 a.m.-9:00 a.m. Breakfast

9:00 a.m.-10:30 a.m. Strengthening the Infertile Couple; Addressing the impact of Stress, Anxiety, and Depression on Fertility.

Ruth Hobson, N.D

Often the focus with Infertility is the end result only; helping a couple conceive a child. While some individuals seeking fertility can be successful with their first attempts, this is more often not the case. This leads to what can feel like a roller coaster of emotions and stressors which exacts a toll on couples, both physically and financially. This presentation will expound upon the considerable role of stress in infertility and offer tools to return individuals to robust resilience as they navigate this productive process.

10:30 a.m.-10:45 a.m. Break

10:45 a.m.-12:00 p.m. Honoring Patient Narrative through Narrative Medicine as a Therapeutic Modality

Dana Johnson, MA

Narrative medicine is a growing therapeutic modality that aims to give critical insight into what is most important to the patient, what the patient believes about their health and illness, and what they think will help them get better. In the realm of fertility and sexual and reproductive history this has some specific implications. The goals of narrative medicine are similar to those of other medical movements that have focused on communication and treating "the whole person" instead of the disease alone, like biopsychosocial medicine, patient-centered care, relationship-centered care, the primary care movement and others. Not only will this workshop provide you with practical tools to implement in your relationships with your patients, but the information you learn will help guide you to better care and a healthier patient, connecting her and you with her identity, and in a culturally sensitive way, and in particular in relationship to working with women seeking a healthy reproductive system.

12:00 p.m.-1:00 p.m. Lunch

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1:00 p.m.-3:00 p.m. Endometriosis: Natural Medicine and Integrative Strategies and Successes

Tori Hudson, ND

Endometriosis is a complex multi-factorial condition with significant consequences including chronic pelvic pain and infertility. Taking a multi-mechanism approach, pain can be alleviated, and life can go on, including a return to quality of life and fertility planning. Both evidence based natural medicine research, addressing underlying mechanisms and sample treatment plans will be presented in a comprehensive approach.

3:00 p.m.-3:30 p.m. Break

3:30 p.m.-5:00 p.m. Post-partum Pelvic Floor Implications

Patti Koehler PT, WCS

Evaluation for diastasis recti, urinary incontinence, PFM strength, pelvic prolapse and pelvic pain. Options, strategies and expectations for pelvic floor management will also be presented

Sunday, October 22, 2017

8:30 a.m.-9:00 a.m. Breakfast

9:00 a.m.-10:30 a.m. Hormonal Contraception as Medical Management

Eva Patil M.D

The use of oral contraceptives and hormonal IUDs to manage secondary amenorrhea, menorrhagia, DUB and acne vulgaris

10:30 a.m.-10:45 a.m. Break

10:45 a.m.-12:15 p.m. Post-Partum Anxiety/Depression

Tamara Owen MHNP

Offer the best help with an integrative medicine approach including assessment, conventional and progressive laboratory assessment, and nutraceutical/botanical/pharmaceutical interventions.