

# Institute of Women's Health & Integrative Medicine

Pediatric and Adolescent Medicine

January 26, 27, 28, 2018

## Friday January 26, 2018

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

**9:00 a.m.-10:30 a.m. Botanicals & Lactation**

Sheila Kingsbury, N.D.

This lecture will cover the herbs that are used to promote production of breast milk or improve the quality of the breastmilk. I will review both traditional herbal usage and recently researched herbs. We will discuss categories of use such as oxytocic, nervine, nutritive and digestive mechanisms. I will cover known and theorized mechanisms of usage, dosages and timing of use of these herbs.

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

**10:45 a.m.-12:15 p.m. Pathways for Treatment in Autism Spectrum Disorder: Applying evidence based evaluation and intervention**

Leigh Ann Chapman ND

This lecture is a research update of natural medicine in the treatment of patients with Autism Spectrum Disorders. We will focus on evidence based biomedical testing, nutritional supplementation and botanical interventions. We will also explore current hypothesis and research applicable to the primary care clinical practice.

**12:15 p.m.-1:15 p.m. Lunch**

**1:15 p.m.-2:30 p.m. Unhappy Childhood and “Toxic Stress” Alters Health and Wellness**

Lyn Ferris ND

Understand Stressors in the context of physiology and examine “toxic stress” in childhood and its direct consequences on adult disease. Attendees will also learn an evaluation and testing approach that will help clarify existence of toxic stress. In addition, obtain advanced treatment protocols which address the impact of adversity utilizing natural therapies

**2:30 p.m.-3:00 p.m. Break**

**3:00p.m.-4:15 p.m. Heavy menstrual bleeding in adolescence/teenagers**

Maureen Baldwin M.D.

This lecture will focus on the evaluation and management of abnormal bleeding in adolescent

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girls, including a review of bleeding dyscrasias and other causes of abnormal menstrual bleeding in this age group. Conventional management options will be addressed.

**4:15 p.m.-5:30 p.m.                      Natural Therapeutics for management of abnormal menstrual bleeding in adolescents/teenagers**

Tori Hudson, N.D.

This lecture will dovetail the preceding lecture, but will focus on botanical and nutraceutical interventions, as well as select integrative options.

## **Saturday January 27, 2018**

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

**9:00 a.m.-10:30 a.m.                      Leaky Gut in Teens A to Z: Increased Intestinal Permeability from Vitamin A to Zonulin**

Lisa Shaver N.D., LAc.

Increased intestinal permeability may be at the root of teen mood issues, skin conditions, food sensitivities and chronic disease. Dr. Shaver will discuss etiology, symptom diversity, testing methods, treatment options and current research on this common condition still considered a gray area by the medical community.

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

**10:45 a.m.-12:15 p.m.                      Botanicals for Pediatric Respiratory Conditions**

Sheila Kingsbury N.D.

In this lecture we will go through a case-based review of relatively common pediatric respiratory issues – including bronchiolitis (including RSV), allergies & asthma, pneumonia, croup, Influenza and Pharyngitis/strep. I will review general treatment approaches to include herbal formulas for acute and chronic use. I will cover appropriate doses and timing for each plan.

**12:15 p.m.-1:15 p.m.                      Lunch**

**1:00 p.m.-2:45 p.m.                      Treating the Gut: Pediatric Functional Constipation**

Caitlin O'Connor ND

Functional constipation is the most common reason for a GI referral in the pediatric population. Naturopathic medicine offers an extremely effective approach for treating these children that

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goes far beyond the routine laxative prescription. Learn how to properly diagnose and treat constipation in this population and fill your toolkit with clinically applicable, evidence-based modalities that you can immediately put into practice.

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

**3:15 p.m.-4:15 p.m. Updates in Pediatric Rheumatology**

Alena Guggenheim N.D.

Children and not tiny adults, and rheumatological conditions can have unique presentations and risks. We will review the classifications of Juvenile Idiopathic Arthritis (JIA) as well as SLE, sjogrens and juvenile dermatomyositis. We will pay special attention to recognizing medical emergencies, ethical considerations when working with children and tip for successful co-management with pediatric rheumatologists. We will review cases with examples of integrative interventions.

**4:15 p.m.-4:30 p.m. Break**

**4:30 p.m.-5:30 p.m. Specialty compounded medications in Pediatrics**

Natalie Gustafson PharmD

A variety of special prescriptions have an essential role in clinical practice for infants, toddlers and young children. From vulvar agglutination to URIs and more, these prescribing skills will augment your patient care.

## **Sunday January 28, 2017**

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

**9:30 a.m.-10:30 a.m. Infant GERD: What is all the Fuss about?**

Caitlin O'Connor ND

The use of proton pump inhibitors in the infant population is skyrocketing. Despite safety concerns, almost 1 in 10 infants will be prescribed a proton pump inhibitor in the first year of life. What is causing this surge in fussy babies - do they all have GERD? 1 in 5 parents report concerns with a fussy baby - should they all be medicated? This talk will review a more integrative approach to the fussy baby, learning to differentiate between physiologic GER and problematic GERD. Additionally, practical interventions, supported in both the research and clinical practice, will be reviewed. Participants will feel confident in crafting effective treatment plans to support families with fussy babies.

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

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**10:45 a.m.- 12:15 p.m.      Recognizing Genetic Collagen Disorders in Children and Adolescents**

Alena Guggenheim N.D.

We will review genetic collagen disorders that can appear in childhood and adolescence. We will briefly touch on rare disorders and take a deeper dive on Ehlers-Danlos Syndrome (EDS). This is a common and complex disorder that is important to recognize for injury prevention in childhood. It is associated with chronic pain, fatigue, digestive disorders, immune dysfunction and allergy like reaction and mood changes. This focus will be on taking a complete history, understanding how to create a referral team and safety considerations.

CME:

13 hours general; 3 hours pharmacy; 16 hours total