

Menopause Management and Hormone Boot Camp

IWH 2018

Friday, April 20, 2018

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

9:00 a.m.-10:30 a.m. Perimenopause/Menopause: What's Actually Going On?

Tori Hudson, N.D.

Physiology of the aging ovaries; issues related to natural menopause vs surgical menopause vs premature ovarian insufficiency; understanding the clinical presentations.

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

10:45 a.m.-12:15 p.m. ABC's of Perimenopause/Menopause Assessment for Evaluation and Treatment

Erin Lommen, N.D.

Do your menopausal patients suffer from the common symptoms of menopause (hot flashes, night sweats, insomnia, low libido) and additional ongoing issues: chronic disease, PCOS, depression, anxiety and/or insomnia? Excellent patient outcomes in hormone optimization and neuroendocrine balancing are built from a solid foundation with a blueprint of accurate, reliable and valid patient intake and laboratory assessment. These tools position the Practitioner to achieve lasting healing and sustained wellness. Utilizing a 24-hr urine hormone assessment has different information than either saliva or serum. Each method elicits a specific set of information regarding patient physiology, however, it is crucial to understand how they differ and when to best utilize them. This presentation will elucidate the science behind the existing hormone testing methodologies, as well as outlining the monitoring practices and introducing treatment protocols which successfully treat menopausal patients. An integrative approach which incorporates hormone, adrenal and neuroendocrine balancing as a firm foundation.

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

1:15 p.m.-3:15 p.m. Botanical/Nutraceutical Research Update in Menopause

Tori Hudson, N.D.

A review of the research, and the latest updates on black cohosh, hops, red clover, kava, ginseng, St. John's Wort, Ginkgo, Valerian, pine bark, fish oils, Siberian Rhubarb, pine bark, grape seed extract, fish oils, melatonin and more. These plants/nutrients and others will be discussed for their appropriate use in managing common and

uncommon symptoms associated with menopause. Safety issues, indications and contraindications will also be addressed.

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

Break

3:45 p.m.-5:45 p.m.

Hormone Research Updates and Benefits/Risks Essentials

Tori Hudson, N.D.

A review of the research on hormone therapy in perimenopause/menopause: benefits, risks, indications, contraindications, latest research updates, and distinctions between different estrogen and progestational compounds.

Saturday, April 21, 2017

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

Breakfast

9:00 a.m.-10:30 a.m.

Hormones: Expanding Your Delivery Options

Natalie Gustafson R.Ph. , PharmD

A wide range of delivery options for estrogen/progesterone/testosterone/DHEA=

Patches, capsules, troches, gels, creams, injections, pellets; understanding the pros and cons of each method.

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

Break

10:45 a.m.-12:15 p.m.

Insomnia, Fatigue & Irritability - Adrenal/HPA axis dysfunction, Insulin Resistance & Neurotransmitter Imbalance

Erin Lommen, N.D.

The etiologies of insomnia can be as varied as the patients who experience it, but HPA axis dysfunction, melatonin dysregulation, and hormone and neurotransmitter imbalance are known to play key roles. Additionally, poor sleep routines and sleep environments, medications and pathologies can contribute to difficulty sleeping. Adrenal dysfunction and neurotransmitter balance are interwoven and, in fact, even share two of the same hormones/neurotransmitters (norepinephrine and epinephrine). An integrated approach works synergistically to bring relief in all three areas. Correcting insomnia, may include reversing insulin resistance, balancing melatonin cycles and removing other obstacles to good restful sleep. Elevating mood and waking day energy are all possible through a functional approach to assessment and utilization of bioidentical hormones and natural therapeutics. Get state-of-the-art assessment and clinical interventions for these conditions. Clinical interventions will focus on bioidentical hormonal balancing (BHRT), nutraceutical and botanical treatment protocols.

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

Lunch

1:15 p.m.-3:15 p.m.

Key Issues in Basic and Advanced Prescribing of Compounded

Hormones & Conventional Hormone Prescriptions

Tori Hudson, N.D.

The main focus of this lecture will be to assist the practitioner in key hormone prescribing issues and developing compounded prescriptions for clinical situations that arise in perimenopause and menopause; also included will be a comprehensive review of all current FDA approved Rx hormone medications.

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

Break

3:45 p.m.-5:15 p.m.

Urinary Incontinence and Recurrent UTIs in the Aging Woman

Melanie Crites-Bachert DO, FACOS, FACS

Overview of bladder dysfunction and an algorithm and treatment options available for urinary incontinence. Also including practice management collaboration. Overview of UTIs in the aging female and an algorithm and treatment options for UTIs, including natural treatment options for treatment of UTIs

Sunday, April 22, 2017

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

Breakfast

9:30 a.m.-11:00 a.m.

Case Management of Common & Difficult Problems in

Perimenopause/Menopausal Patients with Special Circumstances

Tori Hudson, N.D.

This lecture will help the practitioner to develop successful treatment strategies to address common and difficult menopause issues as well as decision making in special menopause patient populations—ex/history of cardiovascular disease, diabetes, blood clot, osteoporosis, breast cancer, uterine cancer, surgical menopause, premature menopause and more.

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

Break

11:15 a.m.-12:30 p.m.

Strategic Management of Menopause Issues:

Complexities, Challenges & Differences in Case Management

Tori Hudson, N.D.; Erin Lommen, N.D.

Case examples of menopause management for women struggling with hot flashes/night sweats, anxiety, insomnia, mood swings, overweight and sexual dysfunction.

CME: total = 16.25 (general=7.25; pharmacy=9)