

Institute of Women's Health & Integrative Medicine

Primary Care in Women – Syndromes, Sleep Disorders, Pain, Precision Supplements and More
July 27-29, 2018

Friday July 27, 2018

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

9:00 a.m.-10:00 a.m. Food Addictions in Women

Marianne Marchese, N.D.

Food addiction is different than an eating disorder making it difficult to recognize and address. Dr. Marchese will discuss the links between an imbalance in hormones, neurotransmitters and food addictions, specifically sugar addiction. Treatment approach will include both pharmaceutical and natural interventions.

10:00 a.m.-10:15 a.m. Break

10:30 a.m.-11:45 a.m. Generalized Joint Hypermobility Syndromes: The “Underlying Cause” we didn’t know existed

Alena Guggenheim, N.D.

Generalized Joint Hypermobility and specifically the Ehlers-Danlos Syndromes have recently experienced an explosion of research. Understanding how these conditions present and some of the typical co-morbidities can be very helpful when working some our most chronically ill patients. We will cover the 14 subtypes of Ehlers-Danlos, the role of genetic testing, how and when to make referrals for further evaluation and treatments that can improve clinical outcomes.

11:45 a.m.-12:45 p.m. Lunch

12:45 p.m.-2:15 p.m. Using Circadian Rhythms to Improve Health

Catherine Darley, N.D.

Every year more research accumulates showing how circadian functions are written into our DNA, and thereby impact our health. This comprehensive lecture will cover the state of the science, how circadian rhythms work, circadian sleep disorders, and keys to aligning your patient’s lifestyle with their body clock to optimize health. This is a cutting edge topic, and a foundation to health.

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

Break

2:45p.m.-4:00 p.m.

Sleep Solutions: NeuroEndocrine Answers to Wakeful Nights

Robyn Kutka, N.D.

This lecture will explore the neuroendocrine system as it pertains to arousal and sleep promotion, including: Cortisol and the HPA axis; Neurotransmitters: Serotonin, GABA, Dopamine, Norepinephrine, Glutamate; Hormonal impacts: Melatonin, estrogen, progesterone, androgens. A diagnostic assessment based on the above, and discussion of sleep disturbances on the neuroendocrine system will also be included. Take away clinical pearls for treatment of neuroendocrine imbalances will include lifestyle, hormones, amino acids, botanical and select pharmaceutical interventions.

4:00 p.m. – 4:30p.m.

Break

4:30 p.m. -5:30 p.m.

Sleep Treatments for Diabetes & Cardiovascular Disease

Catherine Darley, N.D.

Diabetes and cardiovascular disease are leading health concerns in women's primary care. They require a multi-pronged approach to successfully manage with a minimum of medications. Sleep health and disorders can contribute to these diseases, yet many times sleep is not even evaluated. Learn how to assess sleep in your diabetic and CVD patients, and use sleep as a tool to improve management of these conditions.

Saturday July 28, 2018

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

Breakfast

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

Shift Working Women – Health Implications & Prevention

Catherine Darley, N.D.

About 20% of Americans work shifts, which has a known negative impact on health. In fact, the World's Health Organization in 2007 classified night shift as a "probable carcinogen." In women, working shifts is associated with menstrual irregularities, depression, increased heart health problems, and increased rates of breast cancer. In the primary care setting, knowledgeable physicians can increase monitoring, preventive care, and treatments for their shift working patients.

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

10:45 a.m.-12:00 p.m. Encountering Rheumatologic Disorders in Primary Care
Alena Guggenheim, N.D.

This talk will cover the clinical presentation and complications associated with common rheumatologic disorders including rheumatoid arthritis, lupus, spondyloarthropathies and gout. We will discuss the role of integrative primary care providers in a team based approach to improve patient outcomes. The focus will be in understanding when and how to make referrals and recognizing medical emergencies in this population that may present in primary care.

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

1:00 p.m.-2:00 p.m. CBD Management of Acute and Chronic Musculoskeletal Pain
Xochitl Palomino, N.D.

Join us as we discuss the about the beneficial benefits of cannabidiol (CBD) to manage acute and chronic pain and myospams. We will review the endocannabinoid system (ECS), a vast receptor and metabolic process in the human body, and how to utilize it with CBD.

2:00 p.m.-2:15 p.m. Break

2:15 p.m.-3:15 p.m. Fibromyalgia in Women
Marianne Marchese, N.D.

Fibromyalgia is a complex and chronic condition. Dr. Marchese will discuss etiology, clinical characteristics, evaluation, and criteria for diagnosis. She will explain the hormonal, environmental, viral and bacterial links. Treatment approach will include both pharmaceutical and natural interventions and clinical cases will be discussed.

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

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4:00 p.m. -5:00 p.m. Biome Cross Talk

Lindsay Berkson, D.C.

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.

Sunday July 29, 2018

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

9:00 a.m.-10:30 a.m. Digestive Supplement Savviness

Lindsay Berkson, N.D.

Supplement Savviness with emphasis on stomach acid, pancreatic enzymes, do's and don'ts, how to avoid harm when suggesting digestive aids, and how best to take supplements. You will learn for example, that pepsin has a shadow side. You will learn the history of HCL in medicine and which diseases to especially consider replacement. You will learn how HCL replacement is very tricky and possibly dangerous when there is lower esophageal sphincter laxity and how you might treat that and what the love hormone, oxytocin, has to do with it.

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

10:45 a.m. – 12:15 p.m. Are We Ready for Genetic Testing in Prescribing Natural Products

Peter Jones, PhD

Characteristics of nutrigenetics and the overall scope of the area including concepts in precision medicine. Dr. Jones will explore whether genetic factors play a role in explaining the variability of responsiveness of disease risk related biomarkers and help us to consider whether there is sufficient evidence for the development of personalized nutrition platforms. Case studies to include plant sterols, fat metabolism, omega 3 fatty acid metabolism

CME:

13.5 hours general; 2 hours pharmacy; 15.5 hours total