

Institute of Women's Health & Integrative Medicine

Fertility and Preconception Intensive

October 26-28, 2019

Friday October 26, 2018

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

9:00 a.m.-10:30 a.m. Female and Male Physiology Needed for Reproduction

Carl Sgarlata, M.D.

In order to conceive and have a healthy baby, a remarkable number of biological systems must function properly together and in a timely manner. Genetic factors, lifestyle and age are but just a few influences for a successful pregnancy. A thorough understanding of the factors associated with successful conception and pregnancy is essential when working with infertile individuals and couples.

In this presentation, we will review female and male reproductive physiology in detail. Strategies that may allow an individual or couple to optimize their likelihood of pregnancy will be presented.

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

10:45 a.m.-12:15 a.m. Age Related Factors & Fertility (Male/Female)

Carl Sgarlata, M.D.

The issue of age and fertility has become an important public health topic. As individuals wait longer to start their families, age and lifestyle can have a greater influence on the ability to become pregnant and have a successful pregnancy. In women, fertility decreases gradually, but significantly, beginning as early as 32 years of age. This decline accelerates even more rapidly after age 37 years. We will review the reasons behind this natural decline in fertility, its implications for fertility and a successful pregnancy outcome. Current trends in treatment, including oocyte cryopreservation will be discussed. With age, a man's sperm quality declines. Changes in sexual function also occur with an increased incidence of erectile and ejaculatory dysfunction. Advanced paternal age appears to pose increased health risks to the offspring. We will discuss the effects advancing paternal age has on male reproductive functioning, the time to conception (TTC), pregnancy outcomes and the risks to children.

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

1:15 p.m.-3:00 p.m. Optimizing Natural Fertility with Lifestyle, Timing, GI Health

Corina Dunlap, N.D.

There are many natural medicine approaches to the optimization of fertility including stress management, good nutrition, optimal timing, and general healthy lifestyle habits. Not only can these recommendations lead to increased pregnancy rates, but also healthier pregnancies and healthier babies. This presentation will review these topics as the basic fertility guidelines.

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

Break

3:30 p.m.-5:30 p.m.

Infertility Evaluation, Interpretation and Diagnosis – Male and Female

Carl Sgarlata, M.D.

In industrialized countries, the average age of a first-time mother continues to increase. Approximately 1 in 8 couples actively seek help in achieving pregnancy with perhaps an equal number never seeking care.

We will provide an overview of the common causes of infertility and review the evaluation tools available. In being able to organize a contemporary evaluation plan, the practitioner will be able to better understand the causes of an individual's/couple's infertility. Once an accurate diagnosis is made, treatment can then be tailored to the individual/couple's needs. No one treatment fits all.

Saturday October 27, 2018

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

Breakfast

8:30 a.m.-10:00 a.m.

Egg Quality: Fertility and Pregnancy Outcomes

Zeynep Uraz, N.D.

One of the major causes of infertility is related to poor gamete quality due to advanced age, or premature ovarian insufficiency. The goal of this presentation is to review and promote naturopathic options that support oocyte quality in reproduction. In this presentation, Dr. Uraz will review the relevant options to naturopathic doctors that are supported by evidence or naturopathic historical principles. The presentation will cover a brief review on the energy production process of the oocyte and how this is relevant to its nutritional needs. The majority of the time will be spent addressing lifestyle, dietary and supplement (nutritional and herbal) options to support oocyte quality.

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

Break

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10:15 a.m.-11:45 p.m. Top 10 Botanicals and Nutraceuticals to Support Fertility in Men & Women

Corina Dunlap, N.D.

Practicing evidenced based medicine can be challenging when it comes to natural medicine due to lack of quality research studies and overall society guidelines. This presentation will review the findings of the most well researched botanicals and nutraceuticals as a guideline for their use in fertility care.

11:45 a.m.-1:00 p.m. Addressing the Unseen – The Powerful Role PTSD, Anxiety, Depression and Sexual Dysfunction May Play in Fertility Issues

Ruth Hobson, N.D.

While Infertility is usually the singular focus when desiring to conceive a child, the complex dimensions and stressors which can impede conception also warrant deeper exploration. Functional medicine practitioners are keenly aware of internal physiologic stressors (heavy metals, xenoestrogens, methylation defects, inflammation etc.) and their role in infertility. However, less is understood about the impact of psychological stressors (anxiety, depression, PTSD, relationship issues, financial issues, etc.) in relation to difficulties with conception. This presentation expounds upon the role of stressors in infertility and offers tools for robust resilience supporting couples as they navigate the reproductive process.

1:00 pm – 2:00 pm Lunch

2:00 p.m.-3:30 p.m. Conventional Treatments for the Natural Medicine Provider

Carl Sgarlata, M.D.

Not every patient facing fertility issues needs in vitro fertilization (IVF). The proper evaluation of the individual/couple is essential before initiating treatment. In this presentation, you will be provided an overview of the contemporary treatment options available to your patients. The timing of treatment, desired family size and costs must also be considered. The integration of complementary treatment modalities will also be reviewed. Factors involved in treatment choices such patient expectations, time commitments and pregnancy rates will be discussed.

3:30 p.m.-4:00 p.m. Break

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4:00 p.m.-5:00 p.m.

Thyroid Disease and Fertility

Corina Dunlap, N.D.

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, fertility, and early pregnancy care.

5:00pm – 6:00pm

Uterine Factor Infertility

Carl Sgarlata, M.D.

Abnormalities of the uterus can contribute to the inability to become pregnant and maintain a pregnancy. In some women, they are born with an abnormally developed uterus (congenital) while others may develop a uterine problem from aging, surgery or a past infection. Congenital uterine abnormalities, uterine fibroids, intrauterine adhesions/Asherman's syndrome and adenomyosis have been associated with distortion the endometrial cavity; making it difficult for both implantation and pregnancy maintenance. We will discuss the evaluation and available treatment for uterine factors that may decrease both conception and the ability to successfully carry a pregnancy.

Sunday October 28, 2018

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

Breakfast

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

Recurrent Pregnancy Loss: A Holistic Approach Health and Fertility

Zeynep Uraz, N.D.

Working with individuals who experience recurrent pregnancy loss is an extremely challenging area of clinical care. In over fifty percent of cases of recurrent loss, there is no known cause of loss. Naturopathic physicians are poised to investigate potential causes and support patients to achieve optimal health. In this session, Dr. Uraz will review current literature and provide tangible ways to support individuals during this difficult time.

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

Break

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10:45 a.m. – 12:15 p.m. Polycystic Ovarian Syndrome – An Integrative Approach

Tori Hudson, N.D.; Corina Dunlap, N.D.

Polycystic Ovary Syndrome (PCOS) accounts for a large percentage of all ovulatory dysfunction disorders in cases of female factor infertility. Women with PCOS have complex health care needs that vary depending on etiology sub-type and severity of diagnosis. There are many natural and conventional medicine approaches to treatment of PCOS-induced infertility. Management, as supported by the most up-to-date research findings, will be discussed in detail throughout this presentation. An overview of epidemiology and pathogenesis, etiology sub-types, differential, diagnostic criteria, and clinical presentation, will also be reviewed.

CME:

14 hours general; 4 hours pharmacy; 18 hours total