

# Institute of Women's Health & Integrative Medicine

Pediatrics – A Whole Child, Integrative Approach

January 25-27, 2019

## Friday January 25, 2019

**8:30 a.m. - 9:00 a.m.                      Coffee, Tea & Introduction**

**9:00 a.m.-10:30 a.m.                      PANS – An Integrative Approach to A Difficult but Treatable Disorder**

**Sarah McCallister, N.D.**

PANS is a form of autoimmune encephalitis that can cause a wide-spectrum of symptoms in the pediatric population. A heightened level of clinical suspicion and thorough medical history is imperative in order to provide prompt and comprehensive treatment. With antibiotics, anti-inflammatories and integrative therapies it is possible to turn a potentially chronic and debilitating illness into a treatable one. In this lecture, Dr. McCallister will lecture on more current research findings and discuss clinical cases in order to show the wide symptom picture and integrative treatment options for this illness.

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

**10:45 a.m.-12:15 a.m.                      Gut Microbiome in Childhood: Creating the Fertile Ground for the Prevention and Treatment of Disease in Pediatrics**

**Caroline Meyer, N.D.**

In this presentation, we will discuss the current state of the research on the impacts of the gut microbiome on critical areas of pediatric health including gastroenterology, mental health, immune system, and dermatology. Where applicable/known, we will discuss specific strains in relation to particular disease states. In doing so, we will present the relevance of healthy gut microbiome on pediatric health. We will discuss practical strategies from birth onwards on how to establish and maintain healthy gut microflora to prevent and mitigate illnesses in childhood and adolescence.

**12:15 p.m.-1:15 p.m.                      Lunch break, restaurants available on site or nearby**

**1:15 p.m.-2:15 p.m.                      Sleep – A Foundation of Mental Health for Teens**

**Catherine Darley, N.D.**

Many teens struggle with mental health challenges, from increased risk-taking, substance use, suicidal ideation, anxiety and depression. This is also the most sleep deprived age group of all. We know that sleep deprivation, along with other sleep disorders, can contribute to these mental health issues. Learn these relationships, the circadian factors that make getting sufficient sleep so difficult for teenagers, and how to help teens get the sleep they need to be well.

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

**2:45 p.m.-4:15 p.m.                      The Skin Patch: Botanical medicine for Pediatric Dermatological Conditions**

**Shelia Kingsbury, N.D.**

This lecture will briefly review identification of common pediatric dermatological conditions and way to treat them with botanical medicine. We will discuss topical and internal botanical medicines that can be applied to these situations and review relevant research regarding these approaches.

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

**4:30 p.m. - 5:30p.m.                      Creative Compliance: Making herbal medicines palatable for kids, and select formulations for specific conditions**

**Shelia Kingsbury, N.D.**

This presentation will cover the variety of methods I've used over several decades, to make herbal medicines more palatable from simple popsicles and food-based recipes to making and using emulsions or creative but medicinal ways to combine flavors. I will also give several tried and true formulas for specific situations.

## **Saturday January 26. 2019**

**8:30 a.m.-9:00 a.m.                      Coffee, Tea & Introduction**

**9:00 a.m.-10:30 a.m.                      Down Syndrome: More Than Just an Extra Chromosome**

**Erica Peirson, N.D.**

The essential use of functional medicine and in-depth labs to detect mitochondrial dysfunction, vitamin deficiencies and microbiome imbalances in children and adults with Down syndrome. Describing the phenomenon of diagnostic overshadowing and how it impacts the health of those with Down syndrome and other special needs. Highlighting key areas to address in order to optimize the health and special needs of those with Down syndrome.

**10:30 a.m.-11:00 a.m.                      Break**

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**11:00 a.m.-12:30 p.m.**                    **Pediatric Mental Health Update: What's Novel and What's Established in the Diagnosis, Treatment and Prevention of Depression, Anxiety and Addiction Disorders In Childhood and Adolescence**

**Leslie Solomonian, N.D.**

In this presentation, we will review the current state of research findings on the prevalence and treatment strategies for pediatric/adolescent depressive, anxiety and addiction disorders, including omega-3 fatty acids, dietary patterns, Vitamin D, botanicals and amino acids. We will explore promising new treatments including modifying gut microbiome, botanicals and amino acids. We will specifically discuss the controversy and clinical application of recognizing gaming disorder in the context of addiction in the pediatric population. Case studies will provide practical strategies to implement evidence-based interventions for pediatric patients

**12:30 pm – 1:30 pm**                    **Lunch break, restaurants available on site or nearby**

**1:30 p.m.-3:00 p.m.**                    **ADD and ADHD: Could this be Sleep Disorder?**

**Hilary Andrews, N.D.**

For decades now ADD and ADHD have been considered neurological disorders that manifests in behavioral problems such as impulse control issues, inability to focus on and complete tasks, disciplinary problems and difficulty following instructions. It is at epidemic levels in Western societies and is diagnosed in 13% of adolescents. Recently, the relationship between sleep and ADD and ADHD has been closely investigated with surprising findings; a large number of ADD and ADHD symptoms may actually be manifestations of sleep disorders. Could ADD and ADHD be a sleep disorder? In this presentation we will explore the links between sleep disorders and ADD/ADHD, brain wave patterns associated with sleep deprivation and ways to treat and remarkably improve ADD/ADHD by addressing ways to improve quality and quantity of sleep in these children.

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

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**3:30 p.m.-5:30 p.m. Childhood Vaccines: Is there a Perfect One-Size-Fits-All Schedule?**

**Paul Tomas, M.D.**

The CDC ACIP schedule as the "recommended schedule", the Vaccine-Friendly or some slower (carefully considered) schedule as intelligent and reasonable (individualizing; the parents who choose no vaccines; and how to support that decision; benefits and risks of vaccines.

## **Sunday January 27, 2019**

**8:30 a.m.-9:00 a.m. Coffee, Tea & Introduction**

**9:00 a.m.-10:30 a.m. The impact of herbicides/pesticides and other toxins on the microbiome of children and strategies for recovery**

**Michelle Perro, M.D.**

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

**10:45 a.m. – 12:15 p.m. Adolescent Suicide: Leaning into the difficult conversations that can save lives**

**Amanda Watters, N.D.**

We live in a society where conversations about mental illness are still taboo in many households, and yet news about suicide is sensationalized in the media. Adolescent patients are especially vulnerable to suicide risk, and as providers we have an opportunity, and even a duty, to invite a conversation about mental health that our patients may not find elsewhere. In this presentation, we will discuss common risks, myths, and best-practice tools to screening for and address suicidal ideation, as well as an opportunity to put some of these skills into practice.

CME:

14.25 hours general; 2 hours pharmacy; 16.25 hours total