Friday January 25, 2019

8:30 a.m. - 9:00 a.m.  Breakfast & 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-inflammatory and integrative therapies it is possible to turn a potentially chronic and debilitating illness into a treatable one. In this lecture, Dr. McAllister 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

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 Impact of Herbicides/Pesticides and other Toxins on the Microbiome of Children and Strategies for Recovery
TBA

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

4:30 p.m. - 5:30 p.m.  Natural Treatment Protocols for Common Problems in Young Girls
Tori Hudson, N.D.

This will be a very clinically focused presentation on utilizing evidence based natural treatments for common problems in young girls including: PMS/PMDD, migraines, cyclic mastalgia, primary dysmenorrhea, UTIs and vaginitis.

Saturday January 26, 2019

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

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

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,

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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

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

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.

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Sunday January 27, 2019

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

9:00 a.m.-10:30 a.m.  Common and Not so Common Childhood Conditions and Practical Use of Botanicals

Sheila Kingsbury, N.D.

Several decades of clinical experience in treating infants, toddlers and young children will come to bear in this presentation that highlights traditional herbs and unique formulations/combinations for common acute and recurring infections as well as chronic troublesome conditions.

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