

Institute of Women's Health & Integrative Medicine

Menopause Management: Advancing your Expertise – Hormone Boot Camp

April 26 - 28, 2019

Friday April 26, 2019

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

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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 27, 2019

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

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

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10:45 a.m.-12:15 p.m. Insomnia, Fatigue and Irritability

Laura Neville N.D.

Beyond poor sleep habits/environments and medications, co-existing health pathologies, HPA axis dysfunction, melatonin dysregulation, sex hormone, and neurotransmitter imbalance are known to play key roles. Learn state-of-the-art assessment and clinical interventions to treat at the root cause. Clinical interventions will focus on lifestyle, bioidentical hormonal (BHRT), nutraceutical and botanical treatment protocols.

12:15 pm – 1:15 pm 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.-5:30 p.m. Case Management of Special Populations in
Perimenopause/Menopause: Hysterectomy; Surgical
Menopause; POI; Breast and Endometrial Cancer Patients**

Tori Hudson, N.D.

Women that fall into any of these circumstances requires a different and specialized approach with select considerations in regards to indications, cautions, and contraindications for hormone therapy. Many questions that will be answered including: Is it safe to use vaginal estrogen in breast and endometrial cancer patients? Do I need to prescribe progesterone with estrogen in women with no uterus? Should women with no ovaries get estrogen therapy?

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Sunday April 28, 2019

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

**9:00 a.m.-11:00 a.m. Case Management of Common & Difficult Problems in
Perimenopause/Menopausal Patients**

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, premature ovarian insufficiency, early 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=8; pharmacy=8.25)