

Institute of Women's Health & Integrative Medicine

Primary Care in Women

July 26 - 28, 2019

Friday July 26, 2019

8:30 a.m. - 9:00 a.m. Coffee, Tea & Introduction – Arrive by 8:45 am

9:00 a.m.-10:00 a.m. CBD in the Clinical Setting

Xochitl Palomino, ND

Join us as we review case studies of patients that have used CBD (cannabidiol) for autoimmune diseases, insomnia and anxiety.

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

10:15 a.m.-11:30 a.m. Hereditary Cancer and What to Know For Your Practice: Guidelines, Collecting Family History and Screening”

Amy Jordan MS, CGC

Amy Jordan is a certified genetic counselor who trained at Sarah Lawrence in Bronxville, NY for her Masters in Human Genetics. She has practiced for ten years with varied areas of focus such as cancer genetics, and for the last eight years in IVF and PGD. In 2018 she joined Progenity with a renewed focus on maternal and neonatal health as it relates to genetic testing. Originally from Boulder, Colorado, Amy is excited to get back out West and work with physicians and their patients to promote optimal genetic health.

11:30 p.m.-11:45 p.m. Break

11:45a.m.-12:45 p.m. Anal HPV: Getting to the Bottom of Testing and Treatment

Jennifer Johnson N.D., LAc.

A review of the latest research behind anal pap and HPV screening for the prevention of anal dysplasia and anal cancer in women. This lecture provides practical applications of the evolving clinical guidelines and integrative treatment options for anal high risk HPV.

12:45 p.m.-1:45 p.m. Lunch

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1:45 p.m.-3:00 p.m. The Integrative Detective: Follow the Clinical Clues to Address Fatigue and Mood Concerns with Adrenal and Neurotransmitter Balancing

Lylen Ferris N.D.

The relationship between neurotransmitter and HPA Axis (adrenal) balance is so interwoven that in reality, they cannot be easily separated. For example, increased circulating serotonin increases ACTH...which in turn increases the release of Cortisol and DHEA. Low Cortisol increases ACTH and then in turn stimulates release of serotonin to compensate for adrenal demand. It is a loop within the HPA axis which communicates and depends upon the health of both systems to maintain optimal function. Restoring adrenal health through an assessment of these two systems lends itself to a whole person approach. While we correct an HPA axis (adrenal) dysfunction, we find that we also help bolster neurotransmitters levels and vice versa. Intractable fatigue, depression, anxiety, insomnia, and more are helped when we optimize adrenal function and also when we correct neurotransmitter imbalance. Obtain new assessment and treatment strategies for treating fatigue and mood disorders including identifying and testing HPA axis dysfunction, key neurotransmitter imbalances, and executing treatment strategies for HPA axis dysfunction and neurotransmitter imbalances. Practical treatment plans for Monday morning clinic.

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

3:30 p.m.-5:30 p.m. Diabetes Mellitus: Clinical Pearls on Diet and Supplements

Mona Morstein N.D.

Diabetes Mellitus is at epidemic levels all around the world—it is the leading cause of adult blindness, amputations (after trauma), and end-stage kidney failure. Diet is the core foundational benefit of diabetes. In this lecture Dr. Morstein will discuss the different diets “out there”, and help clarify how they work and which seem to be the best. This lecture will also focus on the key supplements for diabetes, out of the multitude of nutraceuticals and botanicals advertised.

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Saturday July 27, 2019

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

9:00 a.m.-10:15 a.m. Integrative Management of Sleep in Primary Care

Corey Schuler, RN, MS, CNS, LN, DC

Integrative practitioners and primary care practitioners are routinely faced with management of chronic disease states. A potentially overlooked area of management among the complexity of chronic care is adequate and sufficient sleep. This presentation aims to provide cognitive cues toward when and how to evaluate and treat sleep using dietary approaches and dietary supplements. A framework will be presented in order to minimize the complexity of poor sleep as a factor in chronic disease care. Insomnia as a chief complaint will also be addressed. Protocols, deviations, and rationales will support the learning process.

10:15 a.m.-10:30 a.m. Break

10:30 a.m.-12:00 p.m. Diabetes Mellitus: Clinical Pearls on Oral Hypoglycemic Agents and Non-Insulin Injectables

Mona Morstein 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.

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

1:00 p.m.-2:00 p.m. Diabetes Mellitus: The Technology of Diabetes

Mona Morstein N.D.

Diabetes pumps with Suspend abilities, continuous glucose monitor systems, Libre system, OpenAPS.com—there is a lot of technology out there with diabetes. Without getting boring, Dr. Morstein will introduce you to the technologies associated with diabetes. At the end you'll know how to apply them to your patients, how to choose the best for each patient, and how to use them to gather really helpful clinical data.

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2:00 p.m.-2:30 p.m. Break

2:30 p.m.-4:00 p.m. CARING FOR THE GERIATRIC POPULATION AND THE TERMINALLY ILL

Judy Neall Epstein, ND

Dr. Epstein will review health issues faced by the aging population and discuss public health in the aging world, including strategies for caring for older adults with geriatric health issues. We will also discuss death and dying in America, how to have conversations about preparing for the end of life, come to thoroughly understand the choices patients have at the end of life and how to support patients through the dying process.

Specifics to include: Aging in America, Health Challenges in the Geriatric Population, Cognitive Decline, Alzheimer Disease (AD), Dementia and their Complications, Working with the Seriously or Terminally Ill, The Role of Palliative Care & Hospice, Peaceful Dying Options for the Terminally Ill , After Death details

4:00 p.m.-4:15 p.m. Break

4:15 p.m.-5:30 p.m. Mushroom Medicine in Women's Health

Tori Hudson, N.D.

Mushroom medicine in Women's Health spans from primary care to gynecology. This lecture will review the evidence for the use of medicinal mushrooms in regulating the menstrual cycle, breast health, cervical dysplasia/cancer and HPV, cognitive function, cardiovascular support, chronic fatigue and general immunity.

Sunday July 28, 2019

8:30 a.m.-9:00 a.m. Coffee/tea

9:00 a.m.-10:30 a.m. Melatonin: actions and uses

Catherine Darley ND

Melatonin is ubiquitous, and has many actions throughout the body. And then there are a wide variety of ways to take melatonin supplements. This session begins with the secretion of endogenous melatonin, its actions by system, norms by age, and causes of melatonin to be abnormally low. The second half will focus on evidence-based melatonin supplementation doses and timing for sleep and other medical conditions. Contraindications will also be discussed. Get your questions answered on this common popular supplement.

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

Break

10:45 a.m.-12:00 p.m

Women's Health Treatment Protocols for Clinical Practice

Tori Hudson, N.D.

Treatment protocols utilizing integrative and natural medicine, with clinical pearls, insights and 35 years clinical experience. Protocols will include primary dysmenorrhea, endometriosis, PMDD, PCOS, chronic BV, cervical dysplasia, Interstitial cystitis.

CME: General = 12.25; Pharmacy = 2; Ethics- 1.5; TOTAL 15.75