

Institute of Women's Health & Integrative Medicine

Menstrual Disorders, Preconception, Infertility

October 18-20, 2019

Friday October 18, 2019

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

9:00 a.m.-10:30 a.m. Endocrine disruptors and their role in conception and long term health

Jody Peacock N.D.

Genetics and the environment both play a significant role in complex and chronic diseases. Recent and ongoing research is pointing to the role of toxin exposures while in utero and the connection of these exposures to concerns such as diabetes, heart disease and cancers in adulthood. Environmental toxins can have a major impact on future health particularly during the development period of the epigenetic system. It is this system that controls gene expression in tissues and these alterations can then be transmitted across future generations. The health concerns posed by endocrine disrupting chemicals are wide reaching and have been linked to concerns in both female and male reproduction, breast and prostate cancer, endocrine concerns including thyroid and diabetes as well as contributing to cardiovascular concerns and obesity. Educating our patients around the vital importance of reducing their exposures especially during both preconception and conception will go a long way to minimize their risks of chronic disease. Reduction of these toxins will be critical to the long-term health of both our current patients as well as future generations.

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

10:45 a.m.-12:15 a.m. Premature Ovarian Insufficiency - Are We Seeing More?

Stefani Hayes N.D. and Laura Williams M.D.

Premature Ovarian Insufficiency (POI) can be devastating for young women, in terms of fertility options as well as increasing their risk for long term health consequences, such as osteoporosis and heart disease. From the perspectives of both a functional medicine OB/Gyn and a Naturopathic physician, we will review cases, discuss possible health consequences, and explore alternative management options. Etiologic theories of ovarian auto-immunity as well as endocrine disruption will be explored. We will explore work-up plans and discuss possible ways to "catch" POI for young women before it is symptomatic. Overall, we will discuss how to treat these patients differently than typical menopausal patients and dive deep into possible prevention strategies.

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12:15 p.m.-1:30p.m. Lunch – Sponsored by Rebel Herbs

1:30 p.m.-3:00 p.m. The Role of SNPs in hormone metabolism and oocyte quality

Jodie Peacock N.D.

Interpretation and understanding the role of SNPs in hormone metabolism, methylation and fertility plays an important role in educating patients with regards to selection of pharmaceuticals, nutrients, botanicals and lifestyle modifications.

We will explore the role of SNP's involved in the methylation pathway MTHFR, MTRR etc. and their role in hormonal health and fertility. We will also discuss SNPs including CYP 1A1, CYP 1A2, CYP 1B1 and CYP 3A4 which play an important part in estrogen metabolism and phase 1 liver detoxification. Then also looking at SNPs such as GSTM1, GSTP1 and GSTT1, COMP and SOD and their role in phase 2 liver detoxification, glutathione production and ability to quench free radicals. Include discussion on what functional testing can be done to help understand if a SNP is expressing and what treatments will be of most assistance for patient. Understanding the role of these SNPs will assist practitioners in their conversations with patients about recommendations they are making and the rationale behind it being truly individualized to their own personal genomics.

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

3:00 p.m.-5:00 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 as birth rates decline. 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. The current guidelines from ACOG, ASRM and ESHRE for the infertility workup in both women and men will be discussed.

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.

6:00 p.m. – Dinner – sponsored by Symphony RSVP Mandatory

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Saturday October 19, 2019

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

**8:30 a.m.-9:30 a.m. Preconception Genetic Carrier Screening and What to Know
for Your Practice**

Amy Jordan CGC

Genetic carrier screening is a well-known test that is widely available to pregnant women to identify genetic conditions that the patient and her partner may carry and in turn that may pose a risk to a pregnancy/child. Clinical providers have long understood that there is a benefit to providing this screening early, as in prior to pregnancy, as the patient has more time in a less stressful environment to process results of a test and choose their best path forward in family creation. Studies have also shown that women perceive more value in pre- versus post-conception testing. Recently, ACOG has voiced an agreement with this protocol and recommended preconception carrier screening for patients planning a pregnancy. This talk will be a review of what has changed and what has not with regards to preconception carrier screening.

9:30 a.m.-9:45 a.m. Break

9:45 a.m.-11:15 p.m. Mental, Emotional Aspects of Chronic Pelvic Pain in Women

Ruth Hobson N.D.

Chronic pelvic pain (CPP) affects 1 out of 7 women of reproductive age. Because of its complex etiology, progressive nature, and poor response to therapy, the management of CPP often requires a multidisciplinary approach. The presentation seeks to offer clinicians a deeper awareness of the interplay between stress, inflammation, anxiety/depression, sleep disturbance in this population providing the practitioner with treatment strategies focused on mental emotional balance and increased quality of life.

11:15 pm – 11:30 pm Break

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11:30 p.m.-1:00 p.m. 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.

1:00 p.m.-2:00 p.m. Lunch

2:00 p.m.-3:15 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.

3:15 p.m. – 3:45 p.m. Break

3:45 p.m. – 5:30 p.m. Conventional Treatments for the Natural Medicine Provider

Carl Sgarlata M.D.

Not every patient facing fertility issues needs advanced reproductive technologies (ART) such as 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 integration of complementary treatment modalities will be reviewed.

The timing of treatment, desired family size and costs must also be considered when presenting a treatment plan. Factors involved in treatment choices such patient expectations, time commitments and pregnancy rates will be discussed.

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Sunday October 20, 2019

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

8:30 a.m.-10:00 a.m. Polycystic Ovarian Syndrome- An Integrative Approach

Tori Hudson, 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.

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

10:15 a.m. – 12:15 p.m. Abnormal Uterine Bleeding- DUB

Tori Hudson, N.D.

Abnormal bleeding is one of the more challenging situations to diagnose and manage- especially with acute bleeding. The focus of this lecture will be the importance of establishing a clinical diagnosis, and then the appropriate management of acute uterine bleeding, and dysfunctional uterine bleeding.

CME: General = 12.50; pharmacy=3.50; total 16 hours