Friday January 31, 2020

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

9:00 a.m.-10:30 a.m.  Too Much Too Soon: The Effects of Cannabis, Nicotine and Technology on the Adolescent Brain

Krista Anderson-Ross, ND

Substance use during adolescence has long been associated with alterations in brain structure, function and neurocognition. Another emerging area of concern involves the use of technology and the impact it may have on brain development. This presentation seeks to familiarize clinicians with the myriad ways external stimuli of technology, cannabis and nicotine can influence brain development and neuroendocrine health. Providers will gain strategies and resources for educating parents and teens about the implications of cannabis, nicotine and technology. Supportive treatment options will be discussed.

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

10:45 a.m.-12:00 a.m.  Chronic Vulvar Pain: What? Why? How: Conventional and Creative Options

Catherine Leclair M.D./Tori Hudson, N.D.

Chronic vulvar pain has multiple etiologies which are important to understand and diagnose as treatment options vary. This lecture will provide special treatment options for vulvar vestibulodynia including conventional and natural/integrative.

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

1:00 p.m.-3:00 p.m.  Integrative Management of Endometriosis

Lara Williams, M.D./Tori Hudson, N.D.

During this presentation we will cover diagnosis, risk factors, complications, conventional hormonal management as well as dietary and botanical management. We will talk about fertility implications and pain management regimens.

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

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Pediatric Compounded Medications: Special Challenges and Opportunities

Natalie Gustafson, PharmD

Compounding prescriptions provides alternative means to help treat challenging pediatric conditions, such as autism, infections and pain, as well as making available dosage forms that are designed to meet the needs of a child. This lecture will cover alternatives to conventional medicine that are available through compounding for many different conditions, including autism, respiratory disorders, bacterial & fungal infections, skin conditions, nausea & vomiting and pain.

Saturday February 1, 2020

Coffee, Tea & Conversation

Incorporating Ayurvedic Herbs in your Practice, with ease - Pain and Pediatric ADHD -

Juliette Sweet, N.D.

Join Dr. Sweet for a lecture on Ayurvedic Herbs and ways to easily implement them into your health care practice. She will focus on case studies that blend Naturopathic and Ayurvedic philosophies to treat pain issues and pediatric ADHD. She will offer new insights for patient care through current research along with ancient techniques so you can apply the teachings as soon as you return to your practice.

Break

Assessment of Pain, and Non-Pharmacologic Approaches to Pain Management

Bill Walter N.D.

As the start of this three-part lecture series, we will begin with a brief overview of assessment in chronic pain. This lecture will then proceed to review in depth the indications, contraindications, and adverse effects of a range of natural therapies commonly used in pain management. Additionally, we will cover the clinical trial data that supports use of these approaches and products. This lecture is limited to diet and oral products we will not be discussing topical or injectable medication, nor cannabis.

Lunch

www.instituteofwomenshealth.com
1:30 p.m.-3:00 p.m.  Non-Opioid Pharmaceuticals in Pain

Bill Walter N.D.

This lecture is intended to review in depth the indications, contraindications, and adverse effects of a range of non-opioid pharmaceuticals commonly used in pain management. Our lecture will be focused on adult pain management, and limited to oral products – we will not be discussing topical or injectable medication. We will discuss NSAIDs and acetaminophen, corticosteroids, skeletal muscle relaxants, anticonvulsants, and antidepressants.

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

3:30 p.m.-5:00 p.m.  Opioids: Clinical Use in Primary Care Pain Management

Bill Walter N.D.

This lecture is intended to review in depth the indications, contraindications, and adverse effects of opioid analgesics that are appropriate for use in primary care pain management. We will discuss acute and chronic use, current guidelines from critical state and federal agencies, opioid use disorder (and how to distinguish from appropriate long-term opioid therapy), and concerning drug-drug interactions. Buprenorphine and methadone for opioid use disorder will be addressed, but this lecture is not sufficient for prescribing under these circumstances.

Sunday February 2, 2020

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

8:30 a.m.-10:30 a.m.  Pelvic Congestion Syndrome; Uterine Artery Embolization Indications

Mary Costantino M.D.

Pelvic Venous Disease is an often missed diagnosis, and should be included in the differential diagnosis of any patient with pelvic pain. There is a very specific set of symptoms which rule a patient in, or out. Learn about those symptoms, non-invasive testing and the appropriate time to (and when not to) refer for treatment. This session will teach the attendee how to interpret the radiology reports, and how to ensure that key pertinent positives and pertinent negatives are included in any imaging studies.

Uterine fibroids effect at least 40% of women over the age of 40. When symptoms are severe
enough to warrant definitive treatment, informed consent would include all treatment options. Uterine Artery Embolization is often not included in that informed consent, despite being performed for over 25 years. This session will include a review of Uterine Artery Embolization in detail, ensuring the attendee is up to date on this minimally invasive treatment option.

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

10:45 a.m.-12:30 p.m. Chronic Bladder Pain

Melanie Crites-Bachert, DO, FACOS,FACS & Tori Hudson, N.D.

A concise guide to identification of at-risk patients, diagnosis, and treatment of chronic pelvic pain and identification of potential patients with interstitial cystitis; Treatment strategies to include conventional and natural medicine with case examples

CME: 17 hours total: 9.25 hours general; 7.75 hours pharmacy