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Institute of Women's Health & Integrative Medicine
2067 NW Lovejoy
Portland, OR 97209
www.instituteofwomenshealth.com

Fertility, Pregnancy & Pediatrics

October 23-25, 2009
Portland, Oregon

www.instituteofwomenshealth.com

INSTITUTE OF WOMEN'S HEALTH AND INTEGRATIVE MEDICINE

*Advanced Training in Women's Health,
Natural Therapies and
Integrative Medicine for Primary
Care Practitioners*

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Program Director

Tori Hudson, N.D.

Program Director

Tori Hudson, N.D.
Medical Director
A Woman's Time, P.C.
Clinical Professor
National College
of Naturopathic Medicine
Bastyr University
Southwest College of Naturopathic Medicine



Goals of the Curriculum

- Provide you the opportunity to develop expert knowledge and practical skills in women's health care.
- Acquaint you with the latest nutritional and herbal research to enable you to implement these therapies in your practice or use them with greater success and expertise if you are already using them.
- Help you to integrate natural therapies with conventional medical management when necessary to optimize patient care.
- Train practitioners in the use of natural hormones, herbal and nutritional therapies for women's health care needs.

Institute of Women's Health & Integrative Medicine

The Institute of Women's Health and Integrative Medicine is an educational and research organization whose mission is to provide advanced training to primary health care practitioners and to conduct and support clinical research in women's health, natural therapies and integrative medicine.

Executive Director

Karen Hudson, M.P., H.C.
Phone: 503-222-2322
Email: womanstime@aol.com
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This course is designed for the following clinicians:

- Naturopathic Physicians
- Internists
- Family Practitioners
- Physician Assistants
- Nurses & Nurse Practitioners
- Certified Nurse Midwives
- Pharmacists
- Oncologists
- OB/GYNs
- Chiropractors
- Acupuncturists
- Other complimentary care providers

Fertility, Pregnancy & Pediatrics

This seminar includes several new topics for the institute. We are pleased to include more pregnancy and pediatrics related issues in this curriculum. In addition, the weekend is full of new content, research updates and breaking news in the areas of infertility, essential fatty acids, insulin resistance, environmental influences, pediatrics and vaccinations. This course is suited for the practitioner who is working with or wants to work with women and their reproductive related issues. This seminar is designed for primary care practitioners who do or do not practice obstetrics, yet provide health care for women desiring pregnancy and have pregnancy related concerns, as well as health issues of paramount importance to their child's health.

We are pleased to welcome **Mike Wilmington, M.D.**, a new faculty member. His expertise as a pediatrician and specifically in adolescent sexuality will offer the attendees new insights into complicated issues. We welcome back **Don Brown, N.D.**, who is one of the leaders in the modern practice of botanical medicine. Dr. Brown brings us state of the science information on probiotics and pediatrics as well as cutting edge natural product research in childhood respiratory infections. **Marianne Marchese, N.D.**, is also a returning faculty member offering her exceptional expertise in the role of environmental influences on women's health and in this case, fertility and pregnancy issues. Also a past presenter, **Mary Grabowska, N.D., L.Ac.**, calls attention this weekend to the increasingly important pre-conception time period, as well as nutrient supplementation during pregnancy. **John Hesla, M.D.**, is a local gyn endocrinologist and fertility/infertility specialist. His expertise and skill will give vital tools to primary care practitioners involved in the evaluation of infertile patients as well as an in depth understanding of more technologically advanced fertility treatments. **Leigh Lewis, N.D., L.Ac.**, has become a leading authority on infertility and natural medicine approaches as well as enhancing in vitro fertilization with natural therapies and acupuncture. We welcome new to our faculty, **Hilary Andrews, N.D.** She is well known to many of her colleagues for her expertise in childhood vaccinations and excellent seminars on vaccinations. We are very privileged to have well known author and pediatrician **Alan Greene, M.D.**, with us this weekend. His books and leadership in the field of environmental exposures in the newborn and young children has had significant impact on parents, manufacturers and new laws governing childhood exposures to plastics and toxic compounds. **Tori Hudson, N.D.**, brings a depth of knowledge to the topic of essential fatty acids in fertility, pregnancy and child development important to all practicing primary care practitioners, as well as highlighting natural treatments for insulin resistance related infertility.

It is a rare opportunity to be educated by this esteemed group of speakers. Continuing education credits have been applied for. Please contact our office and our website for updates as to your degree and state.

www.instituteofwomenshealth.com

Website

www.instituteofwomenshealth.com

Conference Location:

Red Lion Hotel
1021 NE Grand
Portland, OR 97232
1-800-343-1822
503-235-2100 / 503-238-0132 Fax
www.redlion.com

Please call the hotel by
September 23, 2009
to get the special rate
of \$99.00 plus tax.

Ask for the Institute of
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available at this rate.

2010 Seminar Dates

- January 29-31, 2010
- April 23-25, 2010
- July 23-25, 2010
- October 22-24, 2010

2011 Seminar Dates

- January 21-23, 2011
- April 29-May 1, 2011
- July 15-17, 2011
- October 14-16, 2011

This is an in depth, comprehensive course. Class size for this intimate and intensive training will be limited. If you have questions about CEUs, check our website for approval status or call 503-222-2322.

General Information

To Contact us:

Institute of Women's Health & Integrative Medicine

Phone: 503-222-2322
Fax: 503-222-0276
Cell: 503-314-5487
Email: womanstime@aol.com
Website:
www.instituteofwomenshealth.com

Conference Site

Red Lion Hotel

1021 NE Grand
Portland, Oregon 97232
Tel: +1-503-235-2100 Fax: +1-503-238-0132

Accommodations:

There are many local hotels for your convenience. We will mail or fax you a list upon request.

Other:

We recommend that you allow extra room in your suitcase for the manuals and materials that will be distributed during the course. **Conference fee allows for a healthy continental breakfast and lunch.** Attendees are responsible for their own evening meals. Beverages and snacks will be available during the seminar. **Please let us know if you have any special dietary needs.**

Institute of Women's Health & Integrative Medicine October 23-25, 2009

Registration Form

Name:

Last _____ First _____ Middle _____

Degree _____ Email _____

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Form of Payment: \$45.00 fee to be charged for any cancellations after October 2, 2009.

PLEASE CHECK ONE:

Registration fee ON or BEFORE October 2, 2009

- New Attendee - \$395.00
 Previous Attendee - \$375.00

Registration fee AFTER October 2, 2009

- New Attendee - \$460.00
 Previous Attendee - \$425.00

- Bill my credit card: Visa Mastercard Check is enclosed
 Amex Discover

Credit Card Number: _____

Expiration Date: _____ Signature _____

Registrations paid by credit card can be faxed to 503-222-0276.

Day One: Friday, October 23, 2009

8:30 am - 9:00 am

9:00 am - 9:15 am

9:15 am - 10:30 am

10:30 am - 10:45 am

10:45 am - 12:00 pm

12:00 pm - 1:00 pm

1:00 pm - 2:00 pm

2:00 pm - 2:15 pm

2:15 pm - 3:30 pm

3:30 pm - 3:45 pm

3:45 pm - 5:00 pm

Breakfast and Registration

Introduction

EFA's in Fertility, Pregnancy & Childhood Development

Tori Hudson, N.D.

The scientific evidence is compelling for the role of essential fatty acids, and especially omega-3 fatty acids from fish oils and their effects on fertility, pregnancy and neurological and cognitive development in children. This lecture will highlight the effect, mechanisms and dosing of that research and the clinical relevance.

Break

What Professionals Need To Know About The Epidemic Of Body & Sexual Distortion

Mike Wilmington, M.D.

Many behaviors, myths, distortions and cultural practices currently place children at risk for distortional thinking about the body and sexuality. There are some simple solutions to these complex concerns that can be employed in everyday interactions in the families and community. After gaining insight into the topic we will role - play common questions and assist participants to deliver messages that not only answer these difficult questions, but also address the issues with body neutrality, normality and responsibility.

Lunch

Probiotics: Clinical Applications in Pediatrics

Don Brown, N.D.

This session will provide a review of the research exploring the safety and efficacy of probiotics for both disease prevention and treatment in children. Disease prevention will focus on necrotizing enterocolitis in very low birth weight infants, atopic dermatitis, and antibiotic associated diarrhea. Areas of potential treatment covered will include acute diarrhea, atopic dermatitis, as well as adjunctive use in the treatment of Helicobacter pylori and Giardia lamblia.

Break

Alternative Therapies For Acute Respiratory Infections In Children

Don Brown, N.D.

This presentation will focus on evidence based nutrient and botanical therapies in the treatment of acute respiratory infections in children. New research will include herbal extract treatment for acute bronchitis, pharyngitis and tonsillitis.

Break

Vaccinations - A Comprehensive Approach To Why, What, When & How?

Hilary Andrews, N.D.

This lecture will review the basic immunology of vaccines, highlight the latest research on the benefits and risks of childhood vaccinations with guidelines for how to administer select vaccinations and optimal vaccination schedules that relate to the least potential for harm and the maximum potential for benefit including post vaccination strategies and disease prevention for unvaccinated children.

Tori Hudson, N.D. is an educator, researcher, clinician, lecturer and author. Dr. Hudson graduated from NCNM in 1984 and has been in clinical practice for 25 years, specializing in women's health. She was awarded the American Association of Naturopathic Physician's award for research in 1990 and the Physician of the Year award in 1999. Dr. Hudson is currently a clinical professor at NCNM and Bastyr University, and medical director of A Woman's Time natural health clinic.

Dr. Marianne Marchese, N.D. is a clinician, author, and educator and received her Doctorate of Naturopathic Medicine from the National College of Naturopathic Medicine. Dr. Marchese completed a two year postgraduate residency in Integrative Medicine and Women's Health and completed a six month post graduate training in Environmental Medicine. Dr. Marchese has been an adjunct faculty member at a post-graduate college since 2003 and currently is faculty at the Southwest College of Naturopathic Medicine.

Day Two: Saturday, October 24, 2009

8:30 am - 9:00 am

9:00 am - 10:30 am

10:30 am - 10:45 am

10:45 am - 12:15 pm

12:15 pm - 1:15 pm

1:15 pm - 2:45 pm

2:45 pm - 3:00 pm

3:00 pm - 5:00 pm

Breakfast

Environmental Links To Infertility And Miscarriage

Marianne Marchese, N.D.

This presentation will provide the latest research linking exposure to chemicals in our food, air, water and products to infertility and miscarriage. Treatment will be aimed at improving fertility, pregnancy outcomes and reducing a newborn's toxic load.

Break

Nutrients For Pre-Conception And Pregnancy

Mary Grabowska, N.D., L.Ac.

This lecture will propose an optimal preconception program utilizing nutrients and botanicals to facilitate a healthy pregnancy and outcome. In addition, this lecture will review the scientific evidence on the importance of select nutrients during pregnancy to assure full term gestation, fetal development and optimal delivery outcomes while also offering insight into botanicals that can be safely used during pregnancy and those that are contraindicated.

Lunch

Infertility

John Hesla, M.D.

Prevalence, etiologies, evaluation and testing for infertility including conventional management of ovulatory defects, intrauterine insemination techniques, in vitro fertilization and other therapeutic options.

Break

Infertility And Natural Therapeutic Interventions

Leigh Lewis, N.D., L.Ac.

Nutritional, botanical and lifestyle considerations that influence ovulatory function as well as therapies to increase the success rates of conventional fertility treatments. Evidence based natural therapies for female and male infertility with a focus on orthomolecular nutrition and botanical therapies.

Acupressure/acupuncture/Moxibustion points/techniques for ovulation induction, fertility and fetal positioning.

Don Brown, N.D. currently serves as Vice President, Medical and Educational Affairs for Schwabe North America and its subsidiaries Nature's Way, Enzymatic Therapy, and Integrative Therapeutics. He serves on the Advisory Board of the American Botanical Council (ABC) and is a member of the Board of Directors for the International Probiotics Association. Dr. Brown has served as an advisor to the Office of Dietary Supplements at the National Institutes of Health. He is the author of Herbal Prescriptions for Health and Healing and contributor to The Natural Pharmacy (Prima Publishing, 2006) the A-Z Guide to Drug-Herb-Vitamin Interactions and The Textbook of Natural Medicine.

Michael Wilmington, M.D. graduated with honors from the University of Texas Medical School and completed his Pediatrics residency in the U.S. Air Force. He joined Northwest Permanente in 1997 and is currently a pediatrician at the Salmon Creek Medical Office in Vancouver, WA. He also serves on the Dorenbecher's Children's Hospital inpatient team and is an Associate Professor of Pediatrics at the Oregon Health and Science University where he was awarded the Bilderback Community Teaching Award for pediatric resident education in 2003. He has been an annual lecturer for the Pacific University School of Physician Assistants since 2000. He has become a lead educator in the field of Developmental Sexuality for physicians and parent's groups and in 2005 was awarded the YMCA Spirit of Health nominee for community education on child advocacy issues.

Day Three: Sunday, October 25, 2009

8:30 am - 9:00 am

9:00 am - 10:30 am

10:30 am - 10:45 am

10:45 am - 12:00 pm

Breakfast

Endocrine Disruptors, Changing Our Future, Changing Our Present: Endocrine Disruptors In Pediatrics And Their Health Consequences.

Alan Greene, M.D.

Dr. Greene examines the rapid increase of endocrine disrupting chemicals in our lives (including in our food, our personal care products, our homes, our medicines—even our rainwater) and the magnitude of their effect on newborns and children. He proposes simple, practical solutions for recognizing when it's a key issue, for strategically reducing exposure, and for reducing damage even when exposed. He also provides insight on how to incorporate this information into clinical interactions in timely, inspiring ways.

Break

Strategies For Insulin Resistance And The Infertile Patient

Tori Hudson, N.D.

This lecture will focus on correcting insulin resistance in the patient with obesity, metabolic syndrome and/or PCOS.

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Leigh Kochan Lewis, N.D., L.Ac. is a graduate of Bastyr University in Seattle, WA where she studied naturopathic and oriental medicine. She completed a two-year residency in women's health and specializes in general gynecology, menstrual disorders, infertility and menopause in her private practice.

Mary Grabowska, N.D., L.Ac., L.M. has been an Oregon licensed naturopathic physician since 1993 and an acupuncturist and Washington licensed midwife since 1994 and specializes in women's healthcare, including preconception and fertility, prenatal care, obstetrics/midwifery and well woman care. She is also on the faculty at the National College of Natural Medicine teaching midwifery and neonatology.

Alan Greene, M.D. is a Clinical Professor of Pediatrics at Stanford University Medical School, the Chief of Future Health at A.D.A.M. Inc., the President of the Society for Participatory Medicine, author of many popular health and parenting books including Raising Baby Green and Feeding Baby Green, and the Founder of the pioneering consumer health website www.DrGreene.com

John Hesla, M.D. received his undergraduate degree from Harvard University. Dr. Hesla graduated from OHSU in 1982 and completed his residency in OB/GYN at UCLA and fellowship in Reproductive Endocrinology and Infertility at Johns Hopkins University. In 1999, Dr. Hesla returned to Oregon to become affiliated with the Portland Center for Reproductive Medicine. Dr. Hesla is board certified in Reproductive Endocrinology and Infertility and Obstetrics and Gynecology. He has authored many articles and chapters on infertility, in vitro fertilization, and endometriosis.

Hilary Andrews, N.D. graduated from the National College of Naturopathic Medicine with academic honors and was voted valedictorian by her fellow graduating class. She has served as an associate faculty member of NCNM. Dr. Andrews interest in natural medicine includes new approaches to vaccinations, pre-pregnancy planning, infertility, autism and numerous stress disorders. She lectures extensively on the topic of vaccinations and is currently writing a book on the subject due for publication in early 2010.