

PRESORTED STANDARD
US POSTAGE
PAID
PORTLAND, OR
PERMIT NO 166

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

Program Director: Tori Hudson, N.D.

Menstrual Disorders

October 19 - 21, 2007
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*

Corporate Sponsors

Gold Sponsor



Women's International Pharmacy

Custom Compounded Prescriptions for Men and Women

Silver Sponsors



Bronze Sponsors



Program Director

Tori Hudson, N.D.

Program Director

Tori Hudson, N.D.

Program Director

A Woman's Time, P.C.

Professor

National College
of Naturopathic Medicine

Adjunct Clinical Professor

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

Fax: 503-222-0276

Cell: 503-314-5487

This course is designed for the following clinicians:

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

Primary Care for Women

This course is suited for the practitioner who is working with or wants to work with and develop their expertise in the diagnosis and treatment of menstrual disorders including amenorrhea, abnormal uterine bleeding, acute menorrhagia, polycystic ovarian syndrome and PMS. The weekend focuses on the attendees developing expertise in evaluation and clinical management with natural treatment protocols including herbal and nutritional options, compounded bio-identical hormone prescriptions and the judicious selected use of conventional pharmaceutical and surgical interventions. Participants will learn the indications and uses of complimentary, alternative and conventional management as part of the overall goal of a more integrative approach to health care.

The course is designed to give you advanced skills in order to assess, evaluate and treat menstrual disorders. Dr. Barbara Zavanelli-Morgan's insightful teaching method on amenorrhea will forever more make your approach to amenorrhea into a logical step-by-step evaluation with rewarding results. A practicing gynecologist, Dr. Kim Suriano brings her decade of experience, practical and sound clinical judgement, and integrative thinking to managing abnormal bleeding. Jane Harrison-Horner, N.P. is an expert in PMS and PMDD, having run the menstrual disorders clinic at the University Hospital for many years. Kathryn Hill's expertise in gynecological endocrinology is imperative in the complexities of PCOS. Dr. Amy Thurmond is considered a national expert on imaging for pelvic disorders in women. Her experience and knowledge is unsurpassed and provides a promised enhancement for the practitioner's utilization of these diagnostic tools. Dr. Kara Fitzgerald brings her expertise in biochemistry and functional laboratory testing. As a result, we will gain greater understanding of the underlying causes of the conditions and greater success in treatment. Dr. Tori Hudson's 23 years of experience in the use of natural medicines for the disorders presented in this seminar will enable attendees to enhance and update their clinical skills and improve patient outcomes, with evidence-based natural therapies. This is an in depth, comprehensive course. Class size for this intimate and intensive training will be limited. If you have questions about CEUs, please call 503.222.2322 or check our website for approval status.

www.instituteofwomenshealth.com

New Website

www.instituteofwomenshealth.com

Room Rates for the
DoubleTree Hotel:
\$119.00 plus tax

**Limited number of
rooms available.**

**Please call by September
19th to get this rate.
This rate cannot be
guaranteed after this date.**

**Please call the
DoubleTree Hotel directly
at 503-281-6111
and ask for the Institute of
Women's Health rate.**

2008 Seminars

- **Women's Cancers**
January 25-27, 2008
- **Menopause**
April 18-20, 2008
- **Primary Care for Women**
July 25-27, 2008
- **Pelvic Tumors, Pelvic Pain**
October 17-19, 2008

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

Doubletree Hotel

1000 NE Multnomah, Portland, OR 97232
Tel: +1-503-281-6111 Fax: +1-503-284-8553

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 19 - 21, 2007

Registration Form

Name:

Last _____ First _____ Middle _____

Degree _____ Email _____

Mailing Address:

Street _____ Suite _____

City _____ State _____ Zip _____ Country _____

Phone _____ Fax _____

Form of Payment: \$45.00 fee to be charged for any cancellations after October 5, 2007.

PLEASE CHECK ONE:

Registration fee ON or BEFORE October 5, 2007

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

Registration fee AFTER October 5, 2007

- 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 19, 2007

8:30 am - 9:00 am

Registration and Breakfast

9:00 am - 9:15 am

Introduction
Tori Hudson, N.D.

9:15 am - 11:15 am

Amenorrhea
Barbara Zavanelli-Morgan, M.D.
Diagnostic evaluation and algorithm. An organized and methodical approach to a thorough workup of the amenorrheic patient will be emphasized along with an understanding of the potential long-term implications and management issues.

11:15 am - 11:30 am

Break

11:30 am - 1:00 pm

Amenorrhea - Natural Interventions; Integrative Management
Tori Hudson, N.D.

The role of nutritional influences on amenorrhea as well as understanding the scientific rationale and use of clinical nutrition and botanical therapies as treatment. The use and role of oral contraceptives and hormone therapy will be discussed with attention to long-term issues. Treatments will be discussed in the context of an integrative management approach.

1:00 pm - 2:00 pm

Lunch

2:00 pm - 4:00 pm

Use of Laboratory Evaluations for Treating Individuals with Common Menstrual Disorders
Kara Fitzgerald, N.D.

In this lecture, we will gain insight on using functional laboratory evaluation for treating individuals with PMS, PCOS and other common menstrual disorders. While this lecture will touch upon the biochemical mechanisms behind the different abnormalities found, primarily the focus will be placed on using functional laboratory evaluations in the clinical setting; that is: quick interpretation of results with effective, straight-forward treatment design. As always, lots of illustrative casees will be used with ample time for questions.

4:00 pm - 4:15 pm

Break

4:15 pm - 5:00 pm

Anenorrhea - Case Examples and Clinical Management of Common and Difficult Cases
Tori Hudson, N.D.

Tori Hudson, N.D. is an educator, researcher, clinician, lecturer and author. Dr. Hudson graduated from the National College of Naturopathic Medicine (NCNM) in 1984 and has been caring for patients for over 23 years. She was awarded the American Association of Naturopathic Physicians' Award for research in 1990 and the Physician of the Year award in 1999. She has been active as a consultant within the NIH and serves on many boards and advisory panels associated with women's health. Dr. Hudson is currently a Professor at the National College of Naturopathic Medicine and Bastyr University and the Medical Director of A Woman's Time natural health clinic, Portland, OR.

Kimberly Suriano, M.D. completed her internship and residency at University of California, Irvine in 1999 and is currently a board certified OB/GYN physician in private practice at Every Woman's Health in Portland, OR. Her post-graduate work has included nutrition research at Cornell, clinical work in Guatemala and Mexico, a Kaiser physician in southern California and research on ERT in endometrial cancer. She views patient care from a holistic perspective and utilizes an integrative medicine approach to gynecology.

Day Two: Saturday, October 20, 2007

8:30 am - 9:00 am

Breakfast

9:00 am - 10:30 am

Polycystic Ovarian Syndrome
Kathryn Hill, M.S., R.N.C., W.H.C.N.P.
A comprehensive understanding of this complex endocrinological disorder including etiology, physiology, clinical presentations, diagnostic evaluation, risk factor assessment and management with conventional therapies.

10:30 am - 10:45 am

Break

10:45 am - 12:00 pm

PCOS - Natural Interventions and Management
Tori Hudson, N.D.

A holistic approach to PCOS including nutrition, exercise, nutraceuticals, botanicals, bio-identical hormones, and selected integrative use of conventional therapies. This lecture will highlight natural therapies that increase SHBG, stimulate ovulation, decrease androgenic effects and enhance insulin sensitivity.

12:00 pm - 1:00 pm

Lunch

1:00 pm - 2:15 pm

Abnormal Uterine Bleeding
Kim Suriano, M.D.
Evaluation and diagnosis of benign causes, malignant causes and dysfunctional uterine bleeding. Special attention will be given to abnormal bleeding due to uterine fibroids, endometrial polyps, thyroid disorders, endometrial hyperplasia, endometriosis and dysfunctional uterine bleeding in the adolescent, reproductive age and perimenopausal woman. Conventional treatment options and management issues.

2:15 pm - 2:30 pm

Break

2:30 pm - 3:30 pm

Acute Pelvic Bleeding
Kim Suriano, M.D.
A more specific and closer look at managing the patient with semi-acute and acute hemorrhage, using conventional hormonal interventions. Indications for medical management with surgical options.

3:30 pm - 3:45 pm

Break

3:45 pm - 5:00 pm

Abnormal Bleeding - Botanical, Nutritional and Bio-Identical Hormone Treatment Options
Tori Hudson, N.D.
A natural and integrative approach that includes evidence-based nutritional and herbal therapies and treatment protocols for the management of abnormal bleeding for uterine fibroids, endometrial hyperplasia, endometrial polyps, endometriosis and dysfunctional uterine bleeding. This approach will also include an understanding of and clinical recommendations in the use of bio-identical hormone prescriptions.

5:00 pm - 5:30 pm

Case Examples of Abnormal Bleeding
Conventional, Alternative and Integrative Approaches
Kim Suriano, M.D. and Tori Hudson, N.D.

Barbara Zavanelli-Morgan, M.D. graduated from Jefferson Medical College in 1979. She completed her 3-year internal medicine residency and 2-year endocrine fellowship in Portland, OR. She practiced gynecologic endocrinology in her private practice in Portland as well. She currently mentors medical residents rotating through their endocrine electives.

Amy Thurmond, M.D. is a researcher, lecturer and physician. Dr. Thurmond has had numerous publications, editorials and awards. Dr. Thurmond graduated from UCLA Medical School in 1982, completed an internship in surgery at Oregon Health Sciences University, a fellowship in cardiology at St. Vincent Medical Center in Portland, OR and both a residency in radiology and a fellowship in interventional radiology/research at OHSU. She currently works with EPIC Imaging as a diagnostic radiologist.

Jane Harrison-Hohner, R.N., M.S.N., W.H.C.N.P. has worked as a nurse practitioner for 24 years, also holding positions at Oregon Health Sciences University as Assistant Professor at School of Nursing, Director of Women's Health Care NP Training Program, and Director of the Menstrual Disorders Clinic. Currently, she is a researcher at OHSU but keeps current as the provider of online gynecological advice for WEB MD.

Day Three: Sunday, October 21, 2007

8:00 am - 8:30 am

Breakfast

8:30 am - 9:30 am

Diagnostic Imaging Techniques
Amy Thurmond, M.D.
Indications and uses of pelvic ultrasound, transvaginal ultrasound, saline infusion sonohystograms and MRI in diagnosing the etiology of abnormal bleeding. A rare opportunity to learn the latest advances in pelvic imaging for abnormal bleeding and indications in clinical management.

9:30 am - 9:45 am

Break

9:45 am - 11:00 pm

Premenstrual Syndrome and Then Some
Jane Harrison-Hohner, R.N., M.S.N., W.H.C.N.P.
What seems like a simple straight forward nuisance to many women can actually be a complicated, severe, easily misunderstood health care problem. This expert presentation on PMS will include the fundamentals but explore some of the more complicating and elusive aspects of this poorly understood problem. Therapeutic interventions with conventional treatments and the most recent scientific research.

11:00 am - 11:15 am

Break

11:15 am - 12:15 pm

Premenstrual Syndrome - Natural Interventions
Tori Hudson, N.D.
An emphasis on the scientific evidence and the efficacy for the use of dietary interventions, nutraceuticals, botanical therapies and bio-identical hormones in the management of PMS.

We wish to thank our Educational Patrons for their support

French Meadow Bakery Epic Imaging

Kara Fitzgerald, N.D. received her doctorate of naturopathic medicine from National College of Naturopathic Medicine in Portland, OR. She completed her residency at Metamatrix Clinical Laboratory and Progressive Medical Centers in Atlanta, GA. Currently, she is head of clinical education at Metamatrix and maintains a clinical practice at Spherios Medical Center. She consults with clinicians worldwide to assist with functional laboratory testing, interpretation and clinical intervention in complex cases. She is a contributing author of the 2nd edition of Laboratory Evaluations in Molecular Medicine, and is a frequent and sought after educator on the clinical application of functional laboratory testing and interpretation.

Kathryn Hill, M.S., R.N.C., W.H.C.N.P. obtained her women's health care nurse practitioner certificate in 1997 from Oregon Health Sciences University (OHSU). She has worked in the field of reproductive endocrinology since 1987. She currently holds a position in both a private reproductive endocrinology practice and at the Oregon Osteoporosis Center and has served as a clinical instructor at OHSU graduate nursing program. Ms. Hill is a frequent speaker at national meetings on a variety of women's health care topics since 1989.