

## **Institute of Women's Health & Integrative Medicine**

Menopause Management/Hormone Boot Camp: Advancing your Expertise; Hormone Research Update; Hormone Prescribing  
April 24-26, 2020

### **Friday April 24, 2020**

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

**9:00 a.m.-10:30 a.m.                      Perimenopause/Menopause: What's Actually Going On?**

**Tori Hudson, N.D.**

Physiology of the aging ovaries; issues related to natural menopause vs surgical menopause vs premature ovarian insufficiency; understanding the clinical presentations.

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

**10:45 a.m.-12:15 p.m.                      Insomnia, Fatigue, Weight Gain in  
Perimenopause/Menopause**

**Laura Neville N.D.**

This presentation will focus on these 3 common perimenopausal/menopausal symptoms. Because etiologies can be complex, the lecture will provide an in depth exploration of HPA axis dysfunction, melatonin dysregulation, and sex hormone and neurotransmitter imbalance. Learn state-of-the-art assessment and clinical interventions to treat the root cause. Clinical interventions will focus on lifestyle, bioidentical hormone therapy (BHRT), and nutraceutical and botanical treatment protocols.

**12:15 p.m.-1:15 p.m.                      Lunch**

**1:15 p.m.-3:15 p.m.                      Botanical/Nutraceutical Research Update in Menopause**

**Tori Hudson, N.D.**

A review of the research, and the latest updates on black cohosh, hops, red clover, kava, ginseng, St. John's Wort, Ginkgo, Valerian, pine bark, fish oils, Siberian Rhubarb, pine bark, grape seed extract, fish oils, melatonin and more. These plants/nutrients and others will be discussed for their appropriate use in managing common and uncommon symptoms associated with menopause. Safety issues, indications and contraindications will also be addressed.

**3:15 p.m.-3:45 p.m.                      Break**

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**3:45 p.m.-5:45 p.m.                      Hormone Research Updates and Benefits/Risks Essentials**

**Tori Hudson, N.D.**

A review of the research on hormone therapy in perimenopause/menopause: benefits, risks, indications, contraindications, latest research updates, and distinctions between different estrogen and progestational compounds.

### **Saturday April 25, 2020**

**9:00 a.m.-10:30 a.m.                      Hormones: Expanding Your Delivery Options**

**Natalie Gustafson R.Ph., PharmD**

A wide range of delivery options for estrogen/progesterone/testosterone/DHEA= Patches, capsules, troches, gels, creams, injections, pellets; understanding the pros and cons of each method.

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

**10:45 a.m.-12:15 p.m.                      Keys to Unlocking Sexual Vitality in the Menopausal Years**

**Robyn Kutka, ND**

From puberty to death, we are sexual beings, and the impact of this vital force is seen in the bedroom and beyond. Our sexuality is both an amazingly substantial and a powerfully subtle dimension of our being. And it can remain a lasting element that enriches the quality of our aging into latter years...or it can be all but forgotten and referred to as an arena relegated to the 'young'. With sexual dysfunction a prevalent concern affecting 68-85% of postmenopausal women, and an aging baby boomer population (adults sixty-five and older in the United States, will reach seventy-two million by 2030) the demand for better answers to common questions regarding libido, orgasm, and pain with intercourse are ever begging sound holistic and integrative solutions. Gain insight about the neuroendocrine impacts on sexuality and how imbalances in this system may lead to sexual function concerns. Understand the inter-relationship of these imbalances and the body's systems. Expand your existing treatment approaches to provide lasting solutions to age-old problems in the bedroom and beyond.

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**12:15 pm – 1:15 pm**                      **Lunch**

**1:15 p.m.-3:15 p.m.**                      **Key Issues in Basic and Advanced Prescribing of  
Compounded Hormones & Conventional Hormone  
Prescriptions**

**Tori Hudson, N.D.**

The main focus of this lecture will be to assist the practitioner in key hormone prescribing issues and developing compounded prescriptions for clinical situations that arise in perimenopause and menopause; also included will be a comprehensive review of all current FDA approved Rx hormone medications.

**3:15 p.m.-3:45 p.m.**                      **Break**

**3:45 p.m.-5:45 p.m.**                      **Case Management of Special Populations in  
Perimenopause/Menopause: Hysterectomy; Surgical  
Menopause; POI; Breast and Endometrial Cancer Patients**

**Tori Hudson, N.D.**

Women that fall into any of these circumstances requires a different and specialized approach with select considerations in regards to indications, cautions, and contraindications for hormone therapy. Many questions that will be answered including: Is it safe to use vaginal estrogen in breast and endometrial cancer patients? Do I need to prescribe progesterone with estrogen in women with no uterus? Should women with no ovaries get estrogen therapy?

## **Sunday April 26, 2020**

**8:30 a.m.-10:30 a.m.**                      **Case Management of Common & Difficult Problems in  
Perimenopause/Menopausal Patients**

**Tori Hudson, N.D.**

This lecture will help the practitioner to develop successful treatment strategies to address common and difficult menopause issues as well as decision making in special menopause patient populations—ex/history of cardiovascular disease, diabetes, blood clot, osteoporosis, premature ovarian insufficiency, early menopause and more.

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

**10:30 a.m.-12:00 p.m.            Strategic Management of Menopause Issues:  
Complexities, Challenges & Differences in Case Management**

**Tori Hudson, N.D.; Robyn Kutka N.D.**

Case examples of menopause management for women struggling with hot flashes/night sweats, anxiety, insomnia, mood swings, overweight and sexual dysfunction.

**CME: Total = 17.25 (General=5.75; Pharmacy=11.50)**