Friday July 31, 2020

8:30 a.m. - 9:00 a.m.  Introduction

9:00 a.m.-10:15 a.m.  Brain Aging in Woman: Effects on moods, memory and Botanical Solutions

Tori Hudson, N.D.

The aging brain in perimenopausal and postmenopausal woman comes with metabolic changes, neurotransmitter changes, vascular changes and more. All of these changes contribute to the unique role of hormones in moods and memory. Select botanicals have some very important impacts and implications in these changes and have a clinical role in prevention and management.

10:15 a.m.-10:30 a.m.  Break

Corporate Sponsor Video Presentation

10:30 a.m.-12:00 p.m.  Acute and Chronic Immune support with Ayurvedic Botanicals

Juliette Sweet ND

This lecture will focus on the principles and use of Ayurvedic herbs in clinical practice for acute, chronic and chronic recurring infections--- for general immune support as well as to target specific kinds of infections in specific body systems.

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

Corporate Sponsor Video Presentation w/ Rebel Herbs & Labrix

1:00 p.m.-2:30 p.m.  The Influence of Sex Hormones on Autoimmune Disease in Women: Current Understanding and Therapeutic Implications

Fiona Campbell ND

www.instituteofwomenshealth.com
Autoimmune diseases are widely heterogeneous, the common denominator being systemic and/or organ-specific breakdown in immunological tolerance for a person’s own tissue. Like most chronic illnesses, autoimmune diseases have multifactorial etiologies including genetic predisposition, lifestyle, viral exposure, environmental exposure, hormonal influence, and more. The prevalence of autoimmune disease in women compared to men is often examined. Approximately 80% of all autoimmune disease in the United States occurs in women, which amounts to nearly 18 million women with one or more autoimmune disease. Thus, encountering autoimmune disease in women is very common in a primary care practice. This lecture will explore the influence of sex hormones on the development of autoimmune disease in women, considering therapeutic strategies and implications utilizing hormone manipulation, hormone replacement, and other related treatments. Autoimmune diseases to be discussed include Hashimoto thyroiditis, rheumatoid arthritis, PCOS, systemic lupus erythematosus, and multiple sclerosis.

2:30 p.m.-3:00 p.m.  Break
Corporate Sponsor Video Presentation

3:00 p.m.-4:30p.m.  Integrative Approach to Chronic, Recurrent, and Atypical Vaginitis
Jennifer Johnson ND, L.Ac.

One of the most frustrating challenges in a women's health practice is persistent and recurrent vaginitis. This lecture will provide strategies for approaching major and uncommon causes of vaginitis using conventional, naturopathic, and Chinese medicine principles.

4:30 p.m.-4:45 p.m.  Break
Corporate Sponsor Video Presentation

4:45 p.m.-5:45 p.m.  Research Update in Women’s Health
Tori Hudson, N.D.

A look back into 2019 and 2020 for some of the most essential research for use in clinical practice- from testing/screening to treatment to prevention. Interventions will include evidence based botanicals/nutraceuticals and pharmaceuticals.
Saturday August 1, 2020

8:30 a.m.-9:30 a.m.  Anal HPV: Getting to the Bottom of Testing and Treatment
Jennifer Johnson ND, L.Ac.
A review of the latest research behind anal pap and HPV screening for the prevention of anal dysplasia and anal cancer in women. This lecture provides practical applications of the evolving clinical guidelines and integrative treatment options for anal high risk HPV.

9:30 a.m.-9:45 a.m.  Break
Corporate Sponsor Video Presentation

9:45 a.m.-11:15 a.m.  Latest Updated Guidelines and Algorithms for HPV/Cervical Dysplasia
Erin Conlon N.D.
This talk will review the complex changes of the ASCCP’s updated recommendations regarding cervical cancer screenings.

11:15 a.m.-11:30 a.m.  Break
Corporate Sponsor Video Presentation

11:30 a.m.-12:30 p.m.  HPV/CIN treatments- Natural Treatment Protocols
Tori Hudson, N.D.
Evidence based botanicals and nutraceuticals for HPV and CIN, as well as empirical and experience based protocols for treatment of the virus and of the abnormal cytology. Protocols will include standalone natural medicine protocols as well as those integrated with conventional treatments such as LEEP and cold knife conization.

12:30 a.m.-1:30 p.m.  Break
Corporate Sponsor Video Presentation w/Evolving Nutrition

www.instituteofwomenshealth.com
Non-alcoholic fatty liver disease is a growing epidemic in the US. These fatty liver changes have been noted in up to 80% of people with diabetes and up to 90% of individuals struggling with obesity. NAFLD has two sub-types, simple fatty liver and non-alcoholic steatohepatitis (NASH), and can progress to serious liver disease and even liver failure, requiring transplantation. Individuals with fatty liver changes, whether NAFLD or alcoholic fatty liver disease, are impaired in their ability to detoxify endogenous and exogenous toxins, leaving them vulnerable to various toxicities as well. However, there are integrative herbal strategies that can reduce the risk of developing NAFLD, and can reduce, or even reverse, the progression of this liver disease.

Probio...tions for specific species and strains of probiotics for IBS, IBD, depression and anxiety, acute gastroenteritis, allergies, general immunity, oral health and urogenital health including chronic recurring cystitis and vaginitis.

This panel along with Q and A session will provide insights, comments, practices and controversies as to how outpatient natural medicine clinics have conducted/provided clinical care during government shut downs and guidelines
CME: Total = 14.5 (General=11; Pharmacy=1.5; Ethics=2)