

Institute of Women's Health & Integrative Medicine

Menopause Management/Hormone Boot Camp

October 23-25, 2020

Friday October 23, 2020

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

10:15 a.m.-10:45 a.m. Break

10:30 a.m.-12:15 p.m. Laboratory Assessment for the Evaluation and Treatment of Menopause

Navigating the Complexities of Hormone Testing Methodologies

By Dr. Laura Neville

Do your patients suffer from the common symptoms of perimenopause/menopause (hot flashes, night sweats, insomnia, weight gain, low libido, depression and anxiety)?

Excellent patient outcomes in hormone optimization and neuroendocrine balancing are built from a blueprint of accurate intake and reliable laboratory assessment. These tools position the practitioner to offer patients sustained wellness. Utilizing urine hormone assessment (including metabolites) provides different information than either saliva or serum. Because each method elicits a specific set of information regarding patient physiology, it is crucial to understand how each medium differs and when to best utilize each method.

This presentation will elucidate the science behind existing hormone testing methodologies, as well as teach how to interpret the results of salivary hormone and urinary neurotransmitter testing in the context of common perimenopause/menopause symptoms. With a firm foundation of sex hormone, adrenal and neuroendocrine assessment and monitoring practices, this presentation will also introduce treatment protocols for successful outcomes through an integrative approach.

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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 & Online Vendor Presentations

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 October 24, 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 & Vendor Video

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10:45 a.m.-12:15 a.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.

12:15 p.m.-115 p.m. Lunch/Vendor video

**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.

315 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?

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Sunday, October 25, 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.

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

10:45 a.m. 12:00 p.m. **Strategic Management of Menopause Issues: Complexities, Challenges & Differences in Case Management**
Tori Hudson, N.D.; Laura Neville, 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)