

Institute of Women's Health & Integrative Medicine

Special Topics in Women's Health

January 29-30, 2021

Friday January 29, 2021

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

9:00 a.m.-10:30 a.m. **Finding Evidence in Natural Medicine**

Lise Alschuler, N.D.

This is a presentation from clinician to clinician about using research studies in natural medicine. The presentation will explore the nature, utility and limitations of evidence in the practice of natural and integrative medicine. We will review which type and level of evidence may best determine the efficacy and safety for natural medicine interventions. This talk will also share strategies to generate successful and efficient searches find published studies. Finally, an algorithm for making clinical decisions in the absence of evidence will be presented.

10:30 a.m.-11:00 a.m. **Break & Online Vendor Presentations**

11:00 a.m.-12:00 p.m. **An Intoxicating Predicament: The Neuroendocrine Effects of Alcohol on Women's Health**

Heather Hydzik, N.D.

Women are often told that a glass of wine a day is good for their health, but what does the evidence really say about the risks and benefits for women consuming alcohol? This question is topical, as drinking has increased during the Coronavirus pandemic with almost 1 in 10 women reporting an increase in alcohol-related problems. Compared to men, women are more sensitive to the effects of alcohol. One drink or less per day may decrease heart attack and stroke risk for women, but any level of regular alcohol use can contribute to hormone and neurotransmitter imbalance, disrupt sleep cycles, and increase the risk of breast cancer. Routine screening of alcohol use is a must in the clinical setting. Assessment of hormone and neurotransmitters is a consideration to help start women on their journey to regain balance while coping with the current circumstances.

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12:00 p.m.-1:00 p.m. Lunch & Sponsor Break

1:00 p.m.-2:00 p.m. The Female Brain

Louann Brizendine, M.D.

How the female brain is formed and re-formed throughout the female life cycle. How the hormonal interactions affect our brain health throughout the phases of our life.

2:00 p.m.-2:30 p.m. Break & Online Vendor Presentations

2:30 p.m.-4:00 p.m. Lifestyle and Integrative Strategies to Lower Risk of Breast Cancer & Its Recurrence

Lise Alschuler, N.D.

A summary of current understandings regarding diet, specific dietary interventions, exercise and stress on breast cancer prevention, recurrence and survival will be provided. The presentation will provide an evidence-based synopsis of what foundational nutrient and botanical interventions in the integrative management of breast cancer. I will also discuss evidence-based lifestyle and supplement-based support during endocrine therapy (tamoxifen and aromatase inhibitors) for breast cancer.

4:00 p.m.-4:30 p.m. Break & Online Vendor Presentations

4:30 p.m.-6:00 p.m. Breast Cancer Screening, Risk Calculation & Prevention for Higher Risk Patients

Mindy Goldman, M.D.

This talk will cover the risk factors for breast cancer, some of the models used to calculate risks for breast cancer, types of screening modalities with society recommendations and prevention of breast cancer for high risk patients.

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Saturday January 30, 2021

9:00 a.m.-10:30 a.m. Small Fiber Neuropathy (SFN): Forgotten Nerves With Big Impact

Alena Guggenheim, N.D.

Small fiber nerves innervate blood vessels, muscles, the gastrointestinal tract and the heart. They are the small threads that power the autonomic nervous system, nociception and temperature. Despite their widespread geography, the end organ impacts of these nerves have been widely ignored or misunderstood. Newly emerging research is helping us better understand what can cause damage to these nerves, the multi system dysfunction that can follow, and therapies to improve function.

10:30 a.m.-11:00 a.m. Break & Vendor Video

11:00 a.m.-12:30 p.m. Endometriosis- A Comprehensive New Approach

Alana Shaw, N.D.

Endometriosis is a common gynecological disease estimated to affect approximately 7-10% of women. Various factors have been suggested to play a role in the establishment and development of endometriosis. These include genetic profile, inflammation, hormonal activity, environmental toxins, prostaglandin metabolism and immunological factors. The current conventional treatments (surgical and hormonal) have limitations, including risk of recurrence, side effects, contraceptive action in those who desire pregnancy and cost. Understanding the pathogenesis and endocrinology of endometriosis allows the integrative practitioner to provide targeted therapies that address the root cause of disease.

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12:30 p.m.-1:30 p.m. Lunch & Vendor Presentation

1:30 p.m.-3:00 p.m. Fertility After 40: Supporting Anovulation, Egg Quality, and the Endometrium

Jaclyn Chasse, N.D.

Over 40, the fertility needs of women and couples' changes. This is incredibly relevant, as late 30's- early 40's represents the only demographic group where pregnancy and birth rates are still on the rise! In this presentation, we will discuss the top approaches for women over 40 to ensure smooth and healthy ovulation, promote optimum egg health, and support the health of the uterus. We will discuss appropriate evaluation and management including lifestyle habits, nutrient supplements and herbal medicines to optimize fertility in this growing population.

3:00 p.m.-3:30 p.m. Break & Vendor Presentation

3:30 p.m.-4:30 p.m. Uncovering Unconscious Bias: Recognition & Dismantling of Provider Ableism to Improve Patient Care.

Alena Guggenheim, N.D.

Working with chronic disease communities provides an important ethical learning opportunity. Physicians can inadvertently perpetuate and cause harm to patients through many types of bias including racism, classism, ageism, sizeism, sexism and ableism. We will help you understand the insidious ways bias impacts our patients and help you find pathways to dismantle your biases. This talk will specifically explore internalized ableism and the harm this causes to ourselves and our patients.

4:30 p.m.- 4:45 p.m. Break

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4:45 p.m.-5:45 p.m.

Specialty Compounded Prescriptions in Gyn and Primary Care for Women

Tori Hudson, N.D.

Dr. Hudson will share her “little black book” of compounded formulas for genital dermatitis disorders, skin aging, acne vulgaris, acne rosacea, topical antifungals, atopic dermatitis, proctologic disorders, post herpetic neuralgia, HPV suppositories and more.

CEU: Total = 13.00 (General = 11.00; Pharmacy=1.00; Ethics = 1.00)