

# Institute of Women's Health & Integrative Medicine

Menopause Management/Hormone Boot Camp

April 23-25 , 2021

## Friday April 23, 2021

**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.

**10:30 a.m.-10:45 a.m.**                      **Break & Online Vendor Presentations**

**10:45a.m.-12:15 p.m.**                      **Laboratory Assessment for the Evaluation and Treatment of Menopause: Navigating the Complexities of Hormone Testing Methodologies**

**Laura Neville N.D.**

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.

**12:15 p.m.-1:15 p.m.**                      **Lunch & Sponsor Break**

# Institute of Women's Health & Integrative Medicine

Menopause Management/Hormone Boot Camp

April 23-25 , 2021

**1:15 p.m.-3:15 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.

**3:15 p.m.-3:45p.m.                      Break & Online Vendor Presentations**

**3:45 p.m.-5:30 p.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.

## **Saturday April 24, 2021**

**8:30 a.m.-10:30 a.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.

**10:30 a.m.-10:45 a.m.                      Break & Vendor Video**

# Institute of Women's Health & Integrative Medicine

Menopause Management/Hormone Boot Camp

April 23-25 , 2021

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

**Memory and Menopause:** Advanced Clinical Tools for Cognition Clarity

**Laura Neville, ND**

Your patients have regular preventative dental exams and annual checkups to prevent colon, breast and other reproductive organ cancers, but how many, if any, have routine preventative care for their brain health and mental faculties? When Menopausal changes wreak havoc on a woman's memory, it may be depressing, demoralizing (for both patient and provider) and even disabling.

However, brain health decline is no longer a progressive process void of effective interventions as in decades past. This presentation will provide in detail, a comprehensive treatment approach for the Integrative Practitioner, which has been shown to improve and often even restore pre morbid memory. Treatment approaches will address functional imbalances in hormones, neurotransmitters and nutrition related to brain function, mood, and aging in menopause.

Obtain the tools required to help menopausal women clear their accompanying brain fog and address co-morbid memory loss. Return the light to their eyes and repeatedly hear them say, "I feel like myself again"!

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

**Lunch & Vendor Presentation**

**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 & Vendor Presentation**

# Institute of Women's Health & Integrative Medicine

Menopause Management/Hormone Boot Camp

April 23-25 , 2021

**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, 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 25, 2021**

**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.

**CEU: Total = 17.50 (General = 6; Pharmacy=11.50)**