

# Institute of Women's Health & Integrative Medicine

Primary Care for Women

July 30 & 31, 2021

## Friday July 30, 2021

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

**9:00 a.m.-10:30 a.m. Rheumatology Primer for the PCP**

**Carla Guggenheim, Alena Guggenheim N.D.**

Learn basic recognition, diagnosis and initial treatment options for rheumatoid arthritis, systemic lupus erythematosus, psoriatic arthritis, spondyloarthritis, vasculitis and more.

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

**10:45 a.m.-12:00 p.m. Physical Exam Skill Building**

**Carla Guggenheim, Alena Guggenheim N.D.**

A full screening musculoskeletal exam will be covered, including techniques to evaluate for synovitis, tenosynovitis and enthesitis.

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

**1:00 p.m.-2:30 p.m. Understanding Rheumatology Lab Tests**

**Carla Guggenheim M.D., Alena Guggenheim N.D.**

Rheumatology labs can be confusing and complex. We will cover when to order an ANA, and interpretation of its many patterns. This lecture will also cover labs for disease activity monitoring versus diagnosis.

**2:30 p.m.-3:00 p.m. Break & Online Vendor Presentations**

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**3:00 p.m.-4:00 p.m.                    Osteoarthritis: A Review of the Evidence for Natural Treatment Options Rheumatology Pharmacology**

**Cheryl Myers RN**

Numerous botanical/nutraceutical studies show evidence for pain relief, improved mobility and slowing progression of osteoarthritis. This presentation will elucidate the findings and clinical direction from those studies.

**4:00 p.m.-4:15 p.m.                    Break & Online Vendor Presentations**

**4:15 p.m.-5:30 p.m.                    Rheumatology Pharmacology and Mitigating Side Effects with Natural Medicine**

**Carla Guggenheim M.D., Alena Guggenheim N.D.**

We will cover all categories of disease modifying antirheumatic medications (DMARDs) including integrative strategies to mitigate side effects.

**Saturday July 31, 2021**

**8:30 a.m.-9:45 a.m.                    Strategies for Weaning Common Psychotropic Medications**

**Philip Rouchotas MSc., ND**

Description: Many patients visit integrative healthcare providers with the explicit goal of reducing/ discontinuing prescription psychotropic medications. Others arrive medicated yet suffering ongoing symptoms of significance. Often for such individuals, integrative strategies provide incredibly positive outcomes, and at such time individuals commonly describe a goal of reducing or eliminating prescription psychotropic medications. The talk will summarize a comprehensive strategy of timing and critical information to share with patients to ensure as high- as - possible magnitude of success with the weaning strategy. Special considerations for different medication classes, as well as specific medications within a class will also be provided.

**9:45 a.m.-10:00 a.m.                    Break & Vendor Video**

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**10:00 a.m.-11:00 p.m. Gut Microbiota-Host Interactions; Endocrine Implications, Stress and Inflammation**

**Julia Malkowski, ND, DC, BSc**

“All disease begins in the gut” Hippocrates, 3<sup>rd</sup> century BCE. This presentation will cover gut microbiota-host interactions with regards to endocrine implications, stress and inflammation. Thorough objective assessment and interpretation of gut microbiota, and intestinal permeability will be covered. Gut bacterial dysbiosis in relation to the host nervous system sympathetic response is discussed. GI inflammation with regards to pathogen and dietary influences will be addressed. Further implications of endocrine and immune, including autoimmune development will be illuminated.

**11:00 p.m.-11:30 p.m. Break & Vendor Presentation**

**11:30 p.m.-1:00 p.m. Hitting A Nerve! The Vagus: An Elegant System for Understanding and Correcting Anxiety, Crohns, Chronic Inflammatory Disorders, Depression, Diabetes, Epilepsy, Fibromyalgia, IBS, Migraines, Rheumatoid Arthritis**

**Erin Lommen ND**

Approaching healing as an integrative practitioner is daunting. There are a multitude of modalities, scores of opinions and schools of thought, and droves of directions one can choose for assessment and treatment. It can be overwhelming. Receive an elegant system for understanding and treating disease from this presentation.

The vagus nerve as the connector. Embrace through a deep dive into the physiology and mechanisms of action how this vagabond nerve has so wide a reach and so broad an impact. We all understand that the best and most lasting results spring from a clinical approach which treats root causes and assists the body in healing itself. Here it is a foundational system for testing and treatment that impacts nearly everything!

**1:00 p.m.-1:15 p.m. Break & Vendor Presentations**

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**1:15 p.m.-2:15 p.m. COVID and Women's Health Impact; Panel discussion**

**Tori Hudson, N.D./Lise Alschuler N.D./Jaclyn Chasse N.D.,  
Megan Walker N.D.**

This panel highlights some of the effects of Covid-19 on women in our practice as well as pivots necessary in clinical practice during covid and into the future.

**2:15 p.m.- 2:45 p.m. Break/Vendor Presentations**

**2:45 p.m.-4:15 p.m. Asthma: Overview and Clinical Approach to Comprehensive and Integrative Care**

**Laurie Menk-Otto N.D., MPH**

An overview of etiology, pathophysiology and clinical work up (physical exam and additional testing) of acute and chronic asthma in Adults. Clinical interventions will cover the broad array of acute and daily management inhalers and oral medications as well as the role of natural medicine in prophylaxis of exacerbations and treatment.

**4:15 p.m.-4:30 p.m. Break**

**4:30 p.m.-5:30 p.m. Turmeric: Expand Your Use in Women's Health\***

**Tori Hudson, N.D.**

Research on the curcuminoids found in Turmeric has been prolific and steady these last few years. Some not-so-surprising findings? The constituents' ability to benefit common inflammatory conditions. But in addition to these familiar uses, research into the impacts of curcuminoids in areas of special interest in women's health—including menopause, PMS, depression, endometriosis, osteoarthritis, NAFLD, and HPV—is emerging. In this presentation, we will explore the latest scientific evidence, so you can update and expand your knowledge and skills in the use of this all-important botanical. \*

**CEU: Total = 14.00 (General = 10.5; Pharmacy=3.5)**