

Menstrual disorders & Benign Breast Conditions IWH 2021

October 22,23, 2021

Friday, October 22, 2021

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

**9:00 a.m.-10:15 a.m. Benign Breast Disease, A Surgeon's Perspective
Cory Donovan MD**

A discussion of common benign breast conditions, what they look like, what risk do they pose and what to do about them.

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

**10:30 a.m.-11:30 a.m. Clinical Evaluation of breast lumps for the PCP
Nathalie Johnson M.D.**

How to proceed with a patient presenting with a breast lump is a step-by-step process, the goal being to determine if it is benign or malignant. This presentation will enhance your skills at following appropriate steps and using the relevant information gained from the clinical history, physical exam, imaging, and biopsy options.

11:30 a.m.-11:45 a.m. Break

**11:45 a.m.-12:45 p.m. Breast imaging Essentials and Update 2021
Radiologist TBA**

Are you confused about what breast imaging is to be used when and how to interpret some of the reports? This presentation will get you unconfused and updated on screening vs diagnostic mammography, the latest in different mammogram technologies, MRI, ultrasound and image guided breast biopsy. We will also review the descriptions and categories reported in the results.

12:45 a.m.-1:45 a.m. Lunch and sponsor

1:45 p.m.-2:45 p.m. **Finding Flow in the Lymphatics**
Lise Alschuler N.D.

The lymphatic system is a bit of an unsung hero in the body: It preserves tissue fluid balance, is essential for competent immunity, and transports lipids. Because it does so much, impairment of lymphatic flow is associated with everything from inflammatory diseases to obesity, immune deficiency, cardiovascular disease, and infectious disease. Lymphatic transport and selective permeability of lymphatics can become impaired in the face of aging, oxidative stress, inflammation, and loss of structural integrity. Fortunately, herbs can help. We'll discuss a variety of botanical strategies to preserve healthy lymphatics including a focus on lymphedema related to the breasts and breast/axillary post-surgery.

2:45 p.m.-3:15 p.m. **Break**

3:15 p.m.-4:15 p.m. **Natural/Integrative therapies for Benign Breast Conditions**

Jen Green N.D., FABNO

This lecture will provide an overview of evidence-informed Naturopathic management of fibrocystic breast disease, dense breasts, cyclic breast pain, abscesses and mastitis. We will discuss cases at the end and provide a quick reference guide for clinicians to be able to drag and drop references into their patient recommendations.

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

4:30 p.m.-5:30 p.m. **Environmental Influences on Breast Health- New concepts and Solutions**

Marianne Marchese N.D.

Dr. Marchese will discuss the fundamentals of breast health and the influence of endocrine disruptors and single nucleotide polymorphisms. She will describe the link to common toxicants, their source of exposure and importance of avoidance strategies. Dr. Marchese will discuss how to integrate an environmental medicine approach.

Saturday, October 23, 2021

8:30 a.m.-9:45 a.m. **Insulin Resistance and glucose dysregulation and the impact on female fertility**

Zeynep Uraz N.D.

This session provides an overview of the evidence in support of the impact of the spectrum of conditions related to glucose dysregulation (insulin resistance to type 2 diabetes) and their impact at various stages of female fertility. This session also provides diagnostic and management tools for clinical practice.

9:45 a.m.-10:00 a.m. *Break*

10:00 a.m.-11:00 a.m. **Laboratory assessment to streamline hormone balancing therapies during the cycling years**

Heather Hydzik, ND

Hormonal issues are exceedingly common and can get in the way of a good day and even interfere with life goals. Whether your patients complain of irregular menstrual cycles, feeling overstressed, insomnia, low energy, or even depressed mood, hormone imbalance may be an underlying factor.

Excellent patient outcomes in hormone optimization and circadian rhythm 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 testing in the context of menstrual irregularities and preconception health optimization. With a firm foundation of sex hormone and circadian rhythm assessment and monitoring practices, this presentation will also introduce treatment protocols for successful outcomes through an integrative approach.

11:00 a.m.-11:15 a.m. **Break**

11:15 a.m.-12:30 p.m. **Top 10 Botanicals/Nutraceuticals in Menstrual Disorders**
Tori Hudson, N.D.

Select botanicals/nutraceuticals and largely evidence based, for primary dysmenorrhea, endometriosis, dysfunctional uterine bleeding, secondary amenorrhea.

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

1:15 p.m.-2:30 p.m. **Migraines, including Menstrual Migraines**
Tori Hudson, N.D.

Migraine headaches, whether purely menstrual migraines or not, are noteworthy for the multiple mechanisms involved. There are notable nutraceuticals, botanicals and estrogens that impact these mechanisms. Most of the research is in the area of prophylaxis, but there are a few notables for acute intervention. Pharmacy hours will also address the OTC and prescription medication options for prophylaxis and acute pain relief.

2:30 p.m.-3:00 p.m. **Break**

3:00 p.m.-5:00 p.m. **Premature Ovarian Insufficiency: Exploring the stages and treatment strategies**
Lara Williams, M.D., Stefanie Hayes, N.D. , L.Ac.

Premature Ovarian Insufficiency (POI) can be devastating for young women, in terms of fertility options as well as increasing their risk for long term health consequences, such as osteoporosis and heart disease. Appropriate labs and clinical questions through case studies will be explored, and possible ways to "catch" POI for young women before it is symptomatic will be emphasized. Overall, we will discuss how to treat these patients differently than typical menopausal patients and dive deep into possible prevention strategies from the perspectives of both a functional medicine OB/Gyn and a Naturopathic physician.