

January 28,29- 2022-Clinical Essential Updates and Best Practices and Protocols- Pediatrics, Women's Health, Laboratory Testing

Friday, January 28, 2022

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

9:00 a.m.-10:30 a.m. Compounded formulations and prescriptions for dermatologic and pain conditions in women: acne vulgaris, acne rosacea, hair loss, wounds, burns, scars, psoriasis, atopic dermatitis, neuropathic pain, topical for OA

Dawn Kusler Pharm D

As women age, many have a strong desire to not only continue to feel good, but to also look great. Some of the most common dermatology concerns that women seek medical treatment from primary care providers and women's health experts include acne, rosacea, hyperpigmentation, wrinkles, scarring, alopecia, psoriasis, and others. Clinic pearls and tools from both traditional medications and compounding pharmacy opportunities that you can quickly implement into your practice leading to enthusiastically satisfied patient results.

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

10:45 a.m.-12:15 p.m. **Quaranteens: Adolescent Mental Health in the Wake of COVID-19 Lockdowns**

Krista Anderson-Ross ND

On Tues October 19 2021, the American Academy of Pediatrics (AAP), American Academy of Child and Adolescent Psychiatry (AACAP) and the Children's Hospital Association (CHA) issued a joint statement declaring a national emergency in children's mental health. Research suggests that as a result of pandemic lockdowns adolescents are experiencing a "collective trauma," and that they would benefit from immediate and ongoing support. Functional medicine providers are well suited to play an essential role in addressing this epidemic of mental and emotional unwellness among adolescents. Attendees will review adolescent brain development and the impact of stress on the HPA axis, and explore how maladaptive coping strategies such as nicotine, alcohol and cannabis can lead to further dysregulation and mental imbalance. The intersection of nutrition and mental health will be discussed, including a survey of frequently utilized medications including birth control pills, SSRI's and stimulants known to deplete essential nutrients. Functional testing options to assess HPA axis and neurotransmitter function will be explored, and pertinent cases presented. Evidence-based natural therapeutics known to prevent the susceptibility to and address the effects of these influences will be discussed, including nutritional and botanical therapies and lifestyle modifications including movement, cognitive behavioral therapy and mindfulness.

12:15 p.m.-1:15 p.m. **Lunch and sponsor break**

1:15 p.m.-2:45 p.m. **Common Problems & Integrative Medicine Solutions in Adolescent Girls**
Tori Hudson, N.D.

Common problems in this age group to be discussed include depression, PMS, dysmenorrhea, vulvovaginal infections, cystitis, fatigue, anxiety, and more. The focus will be on evidence based natural medicine solutions and treatment approaches for these issues.

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

3:15 p.m.-4:45 p.m. **Psychedelic medicine: a research update**
Dr. Leanna Standish ND, PhD, MSAOM, LAcup, FABNO

Current state-of-the-neuroscientific and clinical science for the following psychedelic medicines: psilocybin, NMDA, ketamine, ayahuasca. I will also discuss the role of naturopathic medicine and natural psychedelic medicines in the 'psychedelic renaissance', as well as the theory and practice of 'microdosing'.

Saturday January 29, 2022

8:30 a.m.-10:30 a.m. **Pediatric rheumatology; essential updates, best practices and protocols**
Alena Guggenheim N.D.

Integrative pediatric primary care presents unique challenges for recognition and diagnosis of rheumatological conditions. This lecture will cover juvenile idiopathic arthritis, systemic lupus erythematosus, polymyositis/dermatomyositis, spondyloarthritis, vasculitis and more. We will explore the basics of clinical presentation, diagnosis, conventional treatment and naturopathic interventions. We will also discuss the ethical considerations for working with chronically ill children and their families. We will also discuss the role of the PCP in initial treatments and referrals.

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

10:45 a.m.-12:15 p.m. **Common Digestive Disorders in Teens: a focus on essential info/essential research updates, best practices and protocols**
Lisa Shaver N.D.

Many teens are embarrassed to talk about their own body functions. Stress and anxiety (COVID restrictions, safety concerns, social media, relationships, family issues) may result in GI distress. Emotional tumult exacerbates existing GI conditions. Common GI conditions seen in teens

include reflux, ulcers, abdominal pain, constipation, lactose intolerance, food allergies/intolerances, gastritis, IBS/SIBO and IBD. In this lecture Dr Shaver will review the most common GI conditions in adolescents and review appropriate diagnostic and treatment protocols.

12:15 p.m.-1:15 p.m. **Lunch and Sponsor break**

1:15p.m.-2:45 p.m. **Essential updates and protocols in integrative dermatology**

Michael Traub N.D.

The profession of integrative dermatology is growing rapidly. Conventionally-trained dermatologists are embracing complementary approaches and many complementary practitioners are specializing in dermatology. Long a leader in the field, Dr. Traub will share the latest updates and emerging evidence-based protocols in the integrative management of common skin conditions including acne, atopic dermatitis, rosacea, alopecia, hidradenitis suppurativa, and melanoma. He will also address issues facing people of color and sexual and gender minorities.

2:45 p.m.-3:00 p.m. **Break and sponsor**

3:00 p.m.-4:30 p.m. **Comparison of laboratory testing to work up of chronic functional gastrointestinal cases**

Ilana Guryvich ND, LAc

A deep dive into functional stool testing - assessing usefulness and validity of the functional GI workup and clinical directions for treatment strategies

4:30 p.m.-4:45 p.m. **Break and sponsor**

4:45 p.m.-5:45 p.m. **Protocols and Sample Treatment Plans in Women's Health-
Natural medicines, Integrative Strategies, Rationales
Tori Hudson, N.D.**

Acute menorrhagia, primary dysmenorrhea, acute cystitis, chronic recurring cystitis, migraine prophylaxis, endometriosis, DUB, PCOS, IC

