

Fertility, STIs, Contraception, Gender Affirming Care, Ethics

October 28-29, 2022

Friday October 28, 2022

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

9:00 a.m.-10:30 a.m. What To Do About Sexually Transmitted Infections

Shoshana Farber WHNP

Who, how, and when to test, and what to do when a test comes back abnormal/positive. Presentation includes the updates and changes to STI care guidelines recommended in 2021, and discussion of the nuances involved in applying them in practice.

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

10:45 a.m.-12:30 p.m. The Fertility Dispensary: The Top 10 Nutraceuticals and Botanicals for Fertility

Jaclyn Chasse-Smeaton ND

Natural approaches to fertility can be extremely effective in restoring hormone balance, improving the health of egg and sperm, priming the uterine lining for implantation, and much more. In this presentation, we will review the top 10 nutritional and botanical ingredients to support men and women trying to conceive. Based upon published evidence as well as clinical experience, we'll help you hone what to ensure you have in your fertility dispensary.

12:30 p.m.-1:30 p.m. Lunch

1:30 p.m.-3:00 p.m. Environmental Exposure Considerations to achieve Optimal Fertility and Pregnancy Outcomes

Marianne Marchese N.D.

It is clear that everyday exposures to environmental toxicants are affecting fertility and pregnancy outcomes. Dr. Marchese will outline the most common toxicants linked to

infertility and their effects on pregnancy, sources of exposure of these toxicants and proper testing and interpretation. She will discuss treatment methods to mitigate the effects of toxicant exposure including detoxification and chelation.

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

3:30 p.m.-5:30 p.m. Gender Affirming Health Care in Primary Care
Suzanne Scopes N.D.

An overview of what primary care doctors should know about gender affirming health care, including understanding gender identity, creating a more gender inclusive practice, common hormone prescriptions, procedures and management including lab testing.

Saturday October 29, 2022

8:30 a.m.-10:30 a.m. The Reproductive Microbiome
Jaclyn Chasse-Smeaton ND

The recent advances in the understanding of the Reproductive Microbiome are one of the most exciting updates to the science of reproductive medicine. In this presentation, attendees will get a comprehensive look at what we now know about the reproductive microbiome as it pertains to vaginal health, but also fertility, endometriosis, estrogen balance, pregnancy outcomes and much more. We will cover the microbiome of the gut and its role in women's health, but also the microbiome of the vagina, the uterus and the endometrium, the ovaries, the placenta and fetus during pregnancy, and more.

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

10:45 a.m.-12:15 p.m. Birth Controlology
Shoshana Farber WHNP

A presentation and discussion about current birth control methods, evidence-based updates, and contraceptive counseling to help patients find the methods that meet their

needs. Presentation includes information about the newest methods and new ways of using the methods we've had for a while.

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

1:15 p.m.-2:30 p.m. Chronic Infections in Women

Tori Hudson, N.D.

This lecture will focus on evidence based nutraceutical and botanical treatments for chronic recurring cystitis, herpes simplex, yeast and bacterial vaginitis and human papilloma virus. Attention will also be paid to sample integrative protocols for these common infections in women.

2:30 p.m.-2:45 p.m. Break

2:45 p.m.-3:45 p.m. Type 1 Diabetes and Fertility Abstract

Laura Neville ND

The rising incidence rates of type 1 diabetes around the world indicate an increase in environmental triggers or altered immune system management of such triggers. With this increasing incidence of T1D, more health care practitioners should be poised to support these patients throughout their lives, including fertility optimization. Even in this high-risk population, an integrative health care practitioner has much to offer future mother, father, and child; the majority of care need not entirely be handed over to an endocrinologist or diabetologist.

3:45 p.m.-4:00 p.m. Break

4:00 p.m.-6:00 p.m. Ethical Questions and Challenges in Current Medical Practice

A panel of participants will engage in questions prepared and Q and A from the seminar participants; Topics to include telemedicine, patient demands/needs, boundaries, prescriptions, therapeutic efficacy

CME:

Total= 15

Pharmacy= 6

General= 7

Ethics = 2