

Special Topics in Women's Health/Primary Care/Pediatrics - Jan 27-28, 2023

All times in PST

Friday, January 27

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

9:00 a.m.- 10:00 a.m. **Melatonin and Kids: A Discussion on Safety, Dosing, Gummies and Appropriate Uses.**

Mona Fahoum N.D.

Melatonin has made headlines in recent years and its uses go well beyond sleep support. Data on immune support, hormone support and research in children and adolescents who experience ADHD or ASD deserve exploration despite the negative attention melatonin has received in relation to kids. We'll explore the CDC report on children melatonin overdose numbers in recent years, the increased availability of melatonin to kids in palatable forms, like gummies and syrups and where the flaws are in these reports. There is evidence informed, appropriate uses, and dosing, for melatonin in pediatric and adolescent populations that will be discussed from a clinical perspective.

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

10:30 a.m.-12:00 p.m. **Evidence based lifestyle and nutrition strategies to support hormone balance and metabolism**

Heather Hydzik ND

We all know that bioidentical hormones are an effective tool in achieving optimal hormone balance and symptom relief, but did you know that lifestyle and nutrition have significant impacts on reproductive hormone production and metabolism? A healthy and diverse diet, optimal digestion and elimination, regular exercise, restful sleep, and avoidance of certain toxins are all necessary components of any treatment plan aimed at improving hormone balance and reducing unwanted symptoms. Whether you are treating menopause or andropause with hormone supplementation or trying to help a younger patient with PCOS, urinary metabolite testing can be helpful to ensure hormones (exogenous or endogenous) are being properly utilized, metabolized and eliminated. Specific treatments, including lifestyle and nutrition strategies, can be chosen to support these processes.

12:00 p.m.-1:00 p.m. **Lunch**

1:00 p.m.-2:00 p.m.

POTS, more common than you think

Carissa Doherty N.D.

POTS, or Postural Orthostatic Tachycardia Syndrome, is a condition that most doctors will dismiss as anxiety, when in fact, it is a medical condition and a type of dysautonomia. 70 million worldwide may be suffering from this condition, but it has become more common as a clinical finding in Long COVID. POTS is a common neurocardiovascular and represents up to 32% of all syncope cases. Symptoms can range from dizziness, fatigue, tachycardia, shortness of breath, GI issues, and neurogenic pain.

2:00 p.m.-2:15 p.m.

Break

2:15 p.m.-3:15 p.m.

The Lowdown on Exocrine Pancreatic Insufficiency

Ilana Guervich ND

A deep dive into everything you need to know about exocrine digestive function. Discussion about symptoms, clinical presentation and treatment of pancreatic dysfunction. Understanding validity of testing for EPI, comparing vegetarian vs animal based solutions of treatment and understanding progression of care.

3:15 p.m.-3:45 p.m.

Break

3:45 p.m.-5:15 p.m.

Addressing the Root Cause of Eczema: the Gut Microbiome

Julie Greenberg N.D.

Derm can be tough- but it doesn't have to be! Non-dermatologists evaluate over 50% of cutaneous diseases that present in the outpatient setting, so NDs need to be educated. While eczema is a complicated disease with multiple underlying pathologies, there is abundant evidence that a large part of the underlying root cause of eczema stems from gut microbiome dysfunction. This presentation will present the latest published research on the gut/skin connection as well as an overview on how to use functional medicine tests like stool tests and organic acid tests to determine and treat the root cause of eczema. In addition, new advances in pharmaceuticals, supplements, and botanicals for treating eczema will be covered. Eczema doesn't just affect infants and kids; many people suffer with eczema well into adulthood. Dr. Greenberg will present several case studies on mother and child eczema cases with before and after photos and lab results. Attendees will leave this talk with an arsenal of new evidence-based clinical tools to confidently treat their patients' toughest eczema problems using naturopathic medicine.

Saturday, January 28, 2022

8:30- a.m.-10:00 a.m. **Specialty Compounded Medications for Acute and Chronic Pain**
Dawn Ipsen RPh

What is a patient to do when the 'gold standard' for pain treatment has failed them? What happens when the side effects from a pain medication outweigh the benefit the medication was providing? What tools are in a provider's 'toolbox' to give this patient an improved quality of life? Specialty compounded medications may provide some of the answers to these questions! We will go through situations of both acute and chronic pain, including muscular vs neuropathic vs mixed mechanism. Opportunities exist for providing improved quality of life via topicals, transdermal, nasal sprays, topical sprays, oral gels and mouth rinses, and vaginal gels or suppositories. Learn more about combining multiple mechanisms of action to maximize the efficacy while minimizing side effects.

10:00 a.m.-10:15 a.m. **Break**

10:15 a.m.-11:45 p.m. **Mast Cell Activation Syndrome**
Laurie Menk Otto N.D.

How to Recognize and Assess MCAS in Clinical Practice with special influences in women's health

11:45a.m.-1 p.m. **Lunch**

1:00 p.m.-2:30 p.m. **Small Fiber Neuropathy**
Alena Guggenheim N.D.

Small fiber neuropathy: considerations for diagnosis and management in the complex patient population small fiber neuropathy (SFN) is an emerging diagnosis that can help explain complex multisystem disorders. Often patients with SFN experience widespread and migrating pain, fatigue, cognitive dysfunction, and digestive symptoms that can leave providers feeling overwhelmed and searching for a unifying diagnosis. We will explore the clinical presentation, etiologies, and treatment approach to SFN which will include both pharmaceutical and non-pharmaceutical therapies.

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

3:00 p.m.-5:00 p.m. **Rx in Women's Health Integrative Clinicians Need to Know**
Tori Hudson, N.D.

Select prescriptions for everyday women's health practice in the care of women and when/how to use them within the context of an integrative medicine philosophy and natural medicines. Prescriptions will include big pharma as well as specialty compounded prescriptions including vaginitis, vulvar dermatoses, atrophic vulvovaginitis, dysmenorrhea, PCOS, Lichen sclerosis, vulvodynia and Perimenopause/ Menopause