

# Menopause Management/Hormone Boot Camp

April 21 – 23, 2023

*All times in PST*

***Advancing your Expertise; Hormone Research Update; Hormone Prescribing***

## Friday, April 21, 2023

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

9:00 a.m.- 10:30 a.m.      **Perimenopause/Menopause: What's Actually Going On?**  
Tori Hudson, N.D.

Physiology of the aging ovaries; issues related to natural menopause vs surgical menopause vs premature ovarian insufficiency; understanding the clinical presentations.

10:30 a.m.-10:45 a.m.      **Break**

10:45 a.m.-12:15 p.m.      **Comparison of Laboratory Testing Mediums for Hormone Assessment in Perimenopause/Menopause; How to Choose the Most Appropriate Hormone Testing Method for Each Patient**  
Laura Neville, N.D.

Many practitioners utilize testing for hormone optimization and enhanced patient outcomes built from a blueprint of accurate intake and reliable laboratory assessment. These tools position the practitioner to offer patients sustained wellness. 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, urine and serum hormone testing in the context of commonly utilized hormonal therapies and routes of administration in perimenopausal/menopausal women.

12:15 p.m.-1:15 p.m.      **Lunch**

1:15 p.m.-3:15 p.m.      **Hormone Research Updates and Benefits/Risks Essentials**  
Tori Hudson, N.D.

A review of the research on hormone therapy in perimenopause/menopause: benefits, risks, indications, contraindications, latest research updates, and distinctions between different estrogen and progestational compounds.

3:15 p.m.-3:45 p.m.      **Break**

3:45 p.m.-5:30 p.m.      **Hormones: Expanding Your Delivery Options**  
Natalie Gustafson R.Ph. , PharmD

A wide range of delivery options for estrogen/progesterone/testosterone/DHEA: Patches, capsules, troches, gels, creams, injections, pellets; understanding the pros and cons of each method.

## **Saturday, April 22, 2023**

8:30- a.m.-10:30 a.m.      **Botanical/Nutraceutical Research Update in Menopause**  
Tori Hudson, N.D.

A review of the research, and the latest updates on black cohosh, hops, red clover, kava, ginseng, St. John's Wort, Ginkgo, Valerian, pine bark, fish oils, Siberian Rhubarb, pine bark, grape seed extract, fish oils, melatonin and more. These plants/nutrients and others will be discussed for their appropriate use in managing common and uncommon symptoms associated with menopause. Safety issues, indications and contraindications will also be addressed.

10:30 a.m.-10:45 a.m.      **Break**

10:45 a.m.-12:15 p.m.      **Cognitive Changes and Brain Aging in Perimenopause and Beyond: Clinical Tools for Cognition Clarity**  
Lyn Ferris, N.D.

Our patients have regular preventative dental exams and annual checkups to prevent colon, breast and other reproductive organ cancers, but how many, if any, have routine preventative care for their brain health and mental faculties? Starting in

perimenopause, hormonal changes can alter a woman's memory and other cognitive function, from brain fog to mild cognitive changes to disabling memory loss.

However, brain health decline is no longer a progressive process void of effective interventions as in decades past. This presentation will provide in detail, a comprehensive treatment approach for the Integrative Practitioner, which has been shown to improve and often even restore premonitory memory. Treatment approaches will address functional imbalances in hormones, neurotransmitters and nutrition related to brain function, mood, and aging in menopause.

12:15a.m.-1:15 p.m.      **Lunch**

1:15 p.m.-3:15 p.m.      **Key Issues in Basic and Advanced Prescribing of Compounded Hormones & Conventional Hormone Prescriptions**  
Tori Hudson, N.D.

The main focus of this lecture will be to assist the practitioner in key hormone prescribing issues and developing compounded prescriptions for clinical situations that arise in perimenopause and menopause; also included will be a comprehensive review of all current FDA approved Rx menopause hormone medications.

3:15 p.m.-3:45 p.m.      **Break**

3:45 p.m.-5:46 p.m.      **Case Management of Common & Difficult Problems in Perimenopause/Menopausal Patients**  
Tori Hudson, N.D.

This lecture will help the practitioner to develop successful treatment strategies to address common and difficult menopause issues as well as decision making in special menopause patient populations—ex/history of cardiovascular disease, diabetes, blood clot, osteoporosis, premature ovarian insufficiency, early menopause and more.

## **Sunday, April 23, 2023**

8:30- a.m.-10:30 a.m.      **Case Management of Special Populations in Perimenopause/Menopause: Hysterectomy; Surgical Menopause; POI; Breast and Endometrial Cancer Patients**  
Tori Hudson, N.D.

Women that fall into any of these circumstances requires a different and specialized approach with select considerations in regard to indications, cautions, contraindications for hormone therapy. Many questions that will be answered including: Is it safe to use vaginal estrogen in breast and endometrial cancer patients? Do I need to prescribe progesterone with estrogen in women with no uterus? Should women with no ovaries get estrogen therapy?

10:30 a.m.-10:45 a.m.     **Break**

10:45 a.m.-12:00 p.m.     **Strategic Management of Menopause Issues:  
Complexities, Challenges & Differences in Case  
Management**

Tori Hudson, N.D.; Laura Neville, N.D.; Erin Lommen, N.D.

Case examples of menopause management for women struggling with hot flashes/night sweats, anxiety, insomnia, mood swings, overweight and sexual dysfunction.