

Primary Care in Women July 2023, July 14-15, 2023

Friday, July 14

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

9:00 a.m.-10:30 a.m. From Surviving to Thriving: Navigating Women's Mental Health

Jonathan E. Prousky, MSc, MA, ND, RP

This presentation focuses on empowering female patients to take control of their mental wellness. The presentation delves into the unique challenges that women face when it comes to mental health and provides practical tools and strategies to help clinicians navigate these challenges. The presentation covers a range of topics, including stress management, self-care, mindfulness, and building resilience. It also addresses common mental health issues that women may experience, such as anxiety, depression, trauma, and eating disorders, and provides guidance on seeking help and support. Through this presentation, clinicians will gain a deeper understanding of the mental health needs of their female patients, and learn how to prioritize their well-being. They will come away with practical tools and strategies that they can integrate into the daily lives of their female patients to help them move from surviving to thriving.

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

10:45 a.m.-12:15 p.m. Biofilm Deep Dive... Getting to the Root of Complicated Chronic Infections

Ilana Gurevich N.D., L.Ac.

A deep dive into biofilms. Understanding how to recognize, diagnose and treat chronic intractable infections. This will be a discussion into what is known and how we address chronic bacterial and fungal infections with an integrative use of therapeutic agents.

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

1:15 p.m.-2:45 p.m. ENT: Beyond the Basics with Compounded Prescriptions

Dawn Ipsen, Pharm D

Ear, nose, and throat health covers a variety of topics such as tinnitus, swimmer's ear, allergies, sinus polyps, throat pain and esophagitis conditions. In these sections we will go beyond sinus infections and look at other primary care conditions that are likely coming into our office. We will also look at some conditions of the mouth, such as burning mouth syndrome and aphthous ulcers providing some interesting opportunities for improving patients' lives. This variety of conditions requires an equally extensive range of dosage forms for treatment. Fortunately, compounding pharmacies can cater to these needs with a variety of formulations, dosage forms and customization.

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

**3:15 p.m.-5:00 p.m. Adult Wellness Exams: The Who, When, Why, and How of Routine Exams and Screening Tests to Be Well and Stay Well
Shoshana Farber WHNP**

We'll discuss how having (or not having) an Adult Wellness Exam (AWE) annually can help our patients stay as healthy as possible. This talk will review the latest evidence about how to best use our resources with the goal of health promotion, as well as disease detection, intervention, and prevention. We'll question whether an AWE is necessary, who an AWE is most useful for, the recommendations for what to include for different age groups and risk factors, and how to get the most out of the time we have with our patients. Timelines and charts for screening tests will be presented: paps/HPV; mammograms, CMP, Lipids, thyroid, A1c, CBC, screening for colon cancer, screening for genetic cancers.

Saturday, July 15, 2023

**8:30 a.m.-10:00 a.m. Osteoporosis: Exploring Complex issues: It's Not Just About Calcium, Vitamin D and Pharmaceuticals
Keith McCormick D.C.**

Osteoporosis risk factors, evaluation and guidelines for assessment will be the starting point of this presentation. New information and perspective will be presented regarding the role of the RANKL-RANK-OPG system in bone remodeling, chronic systemic inflammation and bone loss, dysbiosis and NAFLD and bone loss and more. Expanded understanding of secondary causes of bone loss will include bone turnover markers, osteogenesis signaling, hormones and metabolomics. Therapeutic interventions will include evidence based nutraceuticals, bone specific pharmaceuticals, and using the functional medicine concepts to design a map to bone health and fracture protection.

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

10:15 a.m.-11:00 a.m. Curcumin and Grape Seed Extract: Two Botanicals that Address the Top Two Causes of Death in Women

Lexi Loch N.D.

The number one cause of death for women in the United States, heart disease, is not only affecting women older than 65, but research is finding that younger women are increasingly impacted. Cancer mortality comes in a close second to cardiovascular disease and shares some of the same etiologies and risk factors. Oxidative stress, chronic inflammation, and metabolic dysfunction are common threads that link these top two causes of death. In this presentation, learn about two botanicals – curcumin and grape seed extract – that can reduce some of the major risk factors and underlying causes of both cancer and cardiovascular disease.

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

11:15 a.m.-12:15 p.m. Health Care: Handle with Care

Shoshana Farber WHNP

How we provide health care can be as important as the care we provide. The purpose of trauma-informed care is to help create a practice where clients can feel safe and comfortable being vulnerable. We'll discuss strategies, language, and techniques that signal to our clients that they are in good hands when they trust us with their care.

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

1:15 p.m.-2:45 p.m. Circadian Rhythm Optimization in a Post-Pandemic World

Krista Anderson-Ross, ND

Humans are diurnal mammals with primitive physiological systems entrained to the circadian rhythm of the earth's rotation around the sun. The hypothalamic-pituitary-axis' (HPA) daily rhythm of cortisol, and the suprachiasmatic nucleus' (SCN) nightly release of melatonin from the pineal gland, direct a 24 hour symphony of alertness, digestion and immunity. Across the lifespan there is a natural and predictable shift in these rhythms, impacting the function of these systems. Modern influences such as occupation and lifestyle choices are also powerful systemic modulators. Chronic activation of the HPA axis can lead to an imbalance in related systems that can manifest in disease, inflammation, and sleep disturbance. Whether it be the COVID-10 pandemic, sustained stress, or poor habits, these have had a direct effect on circadian rhythmicity, ushering predictable increases in obesity, mental health concerns, blood sugar dysregulation, inflammation, and heart disease. Rather than employing a magnifying glass to each individual imbalance or system, having the mindset to first assess markers of the nervous

system - cortisol, melatonin and neurotransmitters - is a holistic perspective from which to assess circadian rhythmicity. This opens the door to clinical interventions - from lifestyle to hormonal, amino acid, nutritional and botanical - to help return balance to the all-essential circadian system.

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

3:15 p.m.—5:00 p.m. Top 10 Botanicals in Women’s Health

Tori Hudson, N.D.

Botanical medicine has a long tradition of use in women’s health and modern research has expanded the effectiveness of helping women using plant medicines. After 39 years of clinical practice, Dr Hudson will present her top 10 herbs for addressing complex issues such as dysmenorrhea, menorrhagia, PMDD, cyclic mastalgia, endometriosis, uterine fibroids, menopause symptoms and select primary care issues in women. A review of the published evidence for using her top 10 herbs will be presented in the treatment of these conditions.