

**Advanced Applications in Medical Practice**

**6.00 AMA Category-1 CME Hours (6 Pharmacology Hours)**

**Saturday: November 20<sup>th</sup>, 2021**

**Theme: Cardiology – Updates for the Integrative Practitioner**

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7:50 – 8:00 AM

Jeremy Phillips & Paul Anderson, N.M.D.

Introductory comments and Course Outline

**8:00 – 9:30 AM**

**Module 1**

8:00 - 9:20am

Dr. Paul Anderson

**“Overview of Cardiovascular Pathophysiology and Pharmacology”**

*This presentation will give a reminder and overview in the following areas:*

1. *Pathophysiological basis for dysfunction in pump dynamics, electrical activity, myocardial health and hypertension.*
2. *Pharmacology of most commonly used cardiac medications*

9:20 – 9:30am

**Questions**

9:30 – 9:45am

**Break**

**9:45 – 11:15 AM**

**Module 2**

9:45 - 11:05am

Dr. Steve Parcell

**“Gender Differences in Cardiovascular Disease”**

*In this lecture Dr. Parcell will discuss how women are unique in pathophysiology and clinical presentation of atherosclerotic heart disease. Hypertension, hyperlipidemia, hormone replacement, obesity and menopause will be discussed.*

11:05 – 11:15am

**Questions**

11:15 – 11:30am

**Break**

**11:30 –1:00pm**

**Module 3**

11:30 - 12:05

Dr. Kasra Pournadeali

**“Updates on Non-Drug Options in Hypertension”**

*In this talk, Dr. Pournadeali will review the most recent peer-reviewed non-pharmacologic research in Hypertension and discuss how these might be used in a comprehensive approach. His review will include Food Science, Lifestyle approaches, Therapeutic Nutrition, and plant medicines. Case studies will be included.*

12:05 - 12:40 pm

Dr. Kasra Pournadeali

**“Updates on Non-Drug Options in Dysrhythmias”**

*In this talk, Dr. Pournadeali will review the most recent peer-reviewed non-pharmacologic research in Dysrhythmias. His review will include Food Science, Lifestyle approaches, Therapeutic Nutrition, and plant medicines. Case studies will be included.*

12:40 – 1:00pm

**Questions**

1:00 – 1:15 pm

**Break**

**1:15 –2:45 PM**

**Module 4**

1:15 - 1:50pm

Dr. Steve Parcell

**“Updates on Non-Drug options in Hyperlipidemia”**

*In this lecture, Dr. Parcell will briefly review naturopathic treatments for hyperlipidemia that are clinically effective.*

*Plant medicine, vitamin therapy, antioxidants, diet and hyperlipidemia cases will be discussed.*

1:50 - 2:25pm

[Dr. Kasra Pournadeali](#)

**“Updates on Non-Drug options in Heart Failure”**

*In this talk, Dr. Pournadeali will review the most recent peer-reviewed non-pharmacologic research in Heart Failure. His review will include Food Science, Lifestyle approaches, Therapeutic Nutrition, and plant medicines. Case studies will be included.*

2:25 – 2:45pm

**Questions**

2:45 – 2:50 PM

[Dr. Anderson](#)

Closing remarks