

Faculty Lectures And Timings

REGISTRATION & BREAKFAST

Expo Hall: 7:00am - 7:45am

7:45am – Welcome & Introductory Remarks - JEREMY PHILLIPS

Morning Theme: **HORMONE THERAPIES, NEXT STEPS IN MANAGEMENT**

8:00am – 9:00am – PAUL ANDERSON, N.M.D.

Thyroid and Adrenal Therapies in Chronic Illness

In this session Dr. Anderson will discuss the differences in the clinical treatment of thyroid and adrenal systems during chronic illness, exacerbations and other situations which are not seemingly in the standard of care for primary conditions. Issues around temporary dosing, resistance and suppression will be discussed.

9:00am – 10:00am – BRENDAN MCCARTHY, N.M.D.

The Productive Use Of Reproductive Hormone Replacement Therapy – Part 1

Reproductive hormone replacement therapy is a rapidly growing field. In order to provide care effectively and safely to this population it is helpful to have well-researched and effective tools to work with. This lecture aims to provide that.

We will cover the most effective and accepted labs for diagnosis and follow up care, along with research-driven ideal reference ranges for age and gender. There will be a section focused on delivery system pros and cons with downstream metabolites being highlighted.

MORNING BREAK: 10:00am – 10:45am

10:45am – 11:15am – BRENDAN MCCARTHY, N.M.D.

The Productive Use Of Reproductive Hormone Replacement Therapy – Part 2

Hormone replacement is increasingly being understood as a long-term therapy. The ability to track and document cases is essential to the successful management of this population. Specific guidelines for tracking and long-term care will be detailed in lecture.

11:15am – 12:30pm – PAUL ANDERSON, N.M.D.

Neurosteroids: Diagnosis and Management of CNS Steroid Imbalances

In this session Dr. Anderson will discuss the critical role of the primary neurosteroids (Pregnenolone and Progesterone) and the secondary neurosteroids (DHEA and Testosterone) in their roles related to reproductive medicine and beyond.

12:30pm – 1:00pm – BOB MILLER, CTN

Glucocorticoid Deficiency and Adrenal Stress from Upregulated Phospholipase A2 (Non-CME)

Phospholipase A2 (PLA2) synthesizes pro-inflammatory arachidonic acid when stimulated by various mechanisms. Glucocorticoids, that inhibit PLA2, may become deficient as the result of the chronic stimulation of PLA2 and adrenal weakness. Reviewing environmental and genetic factors that may stimulate PLA2, and how to use functional genomics to inform interventions to reduce the stimulation and support optimal adrenal function.



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LUNCH BREAK: 1:00pm – 2:15pm

Afternoon Theme: **CONCEPTS IN PERIMENOPAUSE AND WEIGHT MANAGEMENT**

2:15pm – 3:45pm – PAMELA SMITH, M.D., MPH

What You Must Know About Women's Hormones: Perimenopause

The science behind women's hormones, their function and replacement, has been extensively studied over the years. This interactive seminar will look at the biochemistry and physiology of Women's Hormones, the entire steroidogenic pathway, and what influences each step. Perimenopause clinical cases will be presented.

3:45pm – 4:15pm – RUTH HOBSON, N.D.

Endocrine Fingerprint: The Integrative Practitioner's Guide to Individualized Assessment and Treatment of Urinary Hormones and Metabolites (Non-CME)

Hormone imbalance contributes to a wide range of symptoms and pathologies. Understanding the interconnectivity of hormones and their metabolites is critical in the assessment and treatment of hormonal imbalance. This lecture seeks to introduce practitioners to the role of urinary testing in individualized hormone management and explores how unique metabolism of hormones is key to understanding a patient's current health and chronic disease.



AFTERNOON BREAK: 4:15pm – 5:00pm

5:00pm – 6:00pm – BRENDAN MCCARTHY, N.M.D.

Hormones and Weight Management - Beyond Hb A1C

There are several accepted reasons for the current obesity epidemic, and many treatments (effective and not) available. This lecture is specific to patients presenting with stress induced obesity, and how to effectively reduce their weight.

Often these patients present with a normal HA1c, elevated fasting insulin, low IGF-BP1, and low am cortisol. Lowering Insulin, increasing IGF-BP1, improving cortisol and restoring adrenal function are the goals in these cases.

Incretin mimetics are a unique and effective class of medications employed in the treatment of diabetes. Semaglutide, an analogue of the endogenous incretin, glucagon like peptide-1 (GLP-1) offers a unique means to restore normal insulin secretion and reduce the adipose deposits that collected during and after periods of stress. Proper diagnostic lab work, effective treatment strategies and case management will be discussed.

6:00pm – 6:30pm

EXPERT PANEL DISCUSSION – All Faculty

Clinical applications in hormone therapies

Your speakers will use the panel to discuss assessment topics and answer specific questions.

EVENING SESSION

6:30pm – 8:00pm

Cocktail Reception and book signing in the Expo Hall



Faculty Lectures And Timings

REGISTRATION & BREAKFAST

Expo Hall: 7:45am - 8:45am

Morning Theme: **ENDOCRINE DISRUPTION AND INSULIN**

8:45am – 9:15am – **BRENDAN McCARTHY, N.M.D.**

Environmental Toxins and Reproductive Hormones

Over the past 20 years it has been increasingly accepted that endocrine disrupting compounds are profoundly impacting human reproduction. This lecture will deliver a concise presentation on the current understanding of the impact EDC have on human reproductive health.

Areas that will be specifically discussed include;

- The impact of EDC on hydroxysteroid dehydrogenase pathways.
- The role of commonly used household chemicals and food handling systems on sexual development of children.
- The long-term impact that EDC exposure has on reproduction.
- We will also discuss treatment options.

9:15am – 10:15am – **PAMELA SMITH, M.D., MPH**

PMS/PMDD: What Do You Do On Monday Morning

This seminar will review both conventional and functional medicine approaches to PMS/PMDD. A review of the medical literature concerning PMS will showcase the causes and precipitating factors of this disease process. Conventional therapies will be discussed along with the effect that diet, nutrition, exercise, hormones, and botanicals have in helping the patient with this disease process.

MORNING BREAK: 10:15am – 11:00am

11:00am – 12:00pm – **JODY STANISLAW, N.D.**

Insulin Control Part-1: Insulin types and dosing strategies Insulin Control

Dosing insulin is a complex process, not to mention one that many doctors and patients resist. Dr. Stanislaw will cover when and how to start a patient on insulin, how to overcome common barriers, the differences between the many brand options available, the difference between rapid and long-acting, pros and cons of pump therapy, how to set a basal rate, how to set an insulin to carb ratio but why carb counting at meal times to determine an accurate dose is not enough, how to use a correction factor, ways to make insulin peak faster, how to avoid insulin stacking, how to keep blood sugar steady during exercise, doctor versus patient responsibilities when on insulin, and more.

12:00pm – 12:30pm – **ELIZABETH SEYMOUR, M.D.**

How Endocrine Disruptive Chemicals Can Affect Hormone Levels (Non-CME)

There are multiple toxins that we can be exposed to within our environment that can wreak havoc on our hormones, numerous industrial chemicals that we can come into contact with, in addition to mycotoxins, are just a few that could adversely affect hormone levels leading to many symptoms.

These hormonal imbalances may not improve with medications alone and it is important to consider other causes of hormone fluctuations beside menopause or andropause and understand how these can disrupt our hormonal homeostasis.



Day 2 Agenda – October 15th, 2022

Faculty Lectures And Timings

LUNCH BREAK: 12:30pm – 1:45pm

Afternoon Theme: **BLOOD SUGAR CONTROL AND PCOS**

1:45pm – 2:45pm – **JODY STANISLAW, N.D.**

Insulin Control Part-2: Non-drug factors affecting insulin regulation

Insulin is a potential lethal drug if not dosed properly. However, the strategy given to most patients who inject insulin is to either take a set daily dose, without instruction on when/why/how to adjust it or use a dosing formula based solely on how many carbohydrates are about to be consumed. Neither is a solid strategy for achieving healthy blood sugar control given the many variables that patients experience in day to day life which affect how injected insulin functions in the body. This discussion will highlight the countless and often ignored variables that doctors and patients should consider before dosing insulin.

2:45pm – 3:15pm – **JODY STANISLAW, N.D. and PAUL ANDERSON, N.M.D.**

Insulin and Blood Sugar Q&A

In this moderated Q&A, Dr. Stanislaw will field questions from the live and remote viewing audiences with Dr. Anderson moderating.

3:15pm – 3:45pm – **SHAWN MANSKE, N.D.**

Hormones, Histamine and the Microbiome - Research Insights (Non-CME)

As Integrative practitioners, restoring balance to the whole body is a core principle. But we may not think of estrogen when a histamine patient walks through the door. And we may not think of the microbiome first, when helping our patients balance histamine. We do however know that health can often be restored across body systems once balance is restored in the microbiome. Dr. Manske will review exciting new pilot research and case studies related to botanicals, histamine and estrogen. He will bring novel concepts to commonly seen conditions, and the outcome when the body is supported at the foundational level of microbial health.



AFTERNOON BREAK: 3:45pm – 4:30pm

4:30pm – 5:30pm – **PAMELA SMITH, M.D., MPH**

PCOS: An Update

This seminar will review the signs and symptoms of PCOS. It will also explore PCOS as a risk factor for other diseases such as diabetes, hypertension, hormonally related cancers, and obesity.

New treatment modalities and updated testing methods will be elucidated in this interactive session.

5:30pm – 6:00pm

EXPERT PANEL DISCUSSION – All Faculty

Toxicity, Blood Sugar and PCOS

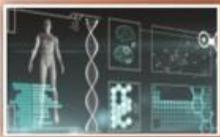
EVENING SESSION

Demonstration Rooms: 6:00pm – 7:30pm

Hors D'oeuvres and Interactive Workshops

This is your chance to see hands-on demonstrations of new Technologies as well as asking direct questions in a small group setting.





Faculty Lectures And Timings

REGISTRATION & BREAKFAST

Expo Hall: 7:45am - 8:45am

Morning Theme: **TROUBLESHOOTING IN ENDOCRINOLOGY – Part 1**

8:45am – 10:00am – **PAUL ANDERSON, N.M.D.**

The Endocrine System in Chronic Illness

In this session Dr. Anderson will discuss the interconnections between the endocrine system and chronic illnesses such as autoimmunity. Newer data as well as clinical correlation will be discussed to enhance the clinicians understanding of endocrine needs in this population.

10:00am – 10:45am – **BRENDAN MCCARTHY, N.M.D.**

Human Growth Hormone (HGH) - Practical and Safe Prescribing

In 1988, there were amendments added to the Food, Drug and Cosmetic Act, making off-label prescribing of human growth hormone illegal. This makes HGH one of the only medications that can only be prescribed for indications specifically authorized by the Secretary of Health and Human Services.

It is increasingly apparent that the general population is experiencing decreased levels of endogenous growth hormone production (premature somatopause). Some of this is due to lifestyle and diet, some due to environment and EDC exposure.

In order to effectively care for this population, it is essential to diagnose and prescribe in compliance with the FDA guidelines. This lecture will go over the established standards required for the safe and effective treatment of somatopause.

MORNING BREAK: 10:45am – 11:30am

11:30am – 12:30pm – **JACLYN CHASSE-SMEATON, N.D.**

Integrative Approaches for Female Infertility

This session will provide attendees an overview with a functional look at the most common challenges for women when trying to conceive, including hormonal imbalances, egg quality, failed implantation, and pregnancy loss.

We will discuss workflows for advanced evaluation and management of women including standard and specialty lab testing, lifestyle modification and supplement and pharmaceutical support.

Faculty Lectures And Timings

LUNCH BREAK: 12:30pm – 1:30pm

Afternoon Theme: **TROUBLESHOOTING IN ENDOCRINOLOGY – Part 2**

1:30pm – 2:30pm – **JACLYN CHASSE-SMEATON, N.D.**

Integrative Approaches for Male Infertility

The fertility world has as a significant and well-recognized gender gap, but male fertility is a critically important part of the equation.

In this presentation, attendees will learn proper assessment and functional management of male infertility and subfertility.

2:30pm – 3:30pm – **JACLYN CHASSE-SMEATON, N.D.**

Unexplained Infertility

Up to 37% of couples are diagnosed with unexplained infertility, an incredibly frustrating diagnosis. Integrative and functional providers have a unique perspective to evaluate and treat this.

In this presentation, we will learn what the research says about what underlies unexplained infertility and how to address it. You'll be surprised just how well you're equipped to treat this otherwise devastating diagnosis!

3:30pm – 4:15pm – **PAUL ANDERSON, N.M.D.**

Clinical Cases in Endocrinology

In this session Dr. Anderson will use clinical cases he has had in order to illustrate endocrine principles discussed in this CME event.

BRIEF COMFORT BREAK: 4:15pm – 4:25pm

4:25pm – 5:00pm

EXPERT PANEL DISCUSSION – All Faculty

Infertility and Clinical Endocrine Pearls

Your speakers will use the panel to discuss assessment topics and answer specific questions.

5:00pm Closing Remarks & Adjourn

Day 3 Agenda – October 16th, 2022