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Institute of Women's Health & Integrative Medicine
2067 NW Lovejoy
Portland, OR 97209
www.instituteofwomenshealth.com

Primary Care for Women 2009

New Content - Latest Research

July 17-19, 2009
Portland, Oregon

www.instituteofwomenshealth.com

INSTITUTE OF WOMEN'S HEALTH AND INTEGRATIVE MEDICINE

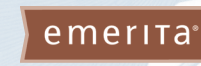
*Advanced Training in Women's Health,
Natural Therapies and
Integrative Medicine for Primary
Care Practitioners*

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Program Director

Tori Hudson, N.D.

Program Director

Tori Hudson, N.D.

Medical Director

A Woman's Time, P.C.

Clinical Professor

National College

of Naturopathic Medicine

Bastyr University

Southwest College of Naturopathic Medicine



Goals of the Curriculum

- Provide you the opportunity to develop expert knowledge and practical skills in women's health care.
- Acquaint you with the latest nutritional and herbal research to enable you to implement these therapies in your practice or use them with greater success and expertise if you are already using them.
- Help you to integrate natural therapies with conventional medical management when necessary to optimize patient care.
- Train practitioners in the use of natural hormones, herbal and nutritional therapies for women's health care needs.

Institute of Women's Health & Integrative Medicine

The Institute of Women's Health and Integrative Medicine is an educational and research organization whose mission is to provide advanced training to primary health care practitioners and to conduct and support clinical research in women's health, natural therapies and integrative medicine.

Executive Director

Karen Hudson, M.P., H.C.

Phone: 503-222-2322

Email: womanstime@aol.com

Fax: 503-222-0276

Cell: 503-314-5487

This course is designed for the following clinicians:

- Naturopathic Physicians
- General Internists
- Family Practitioners
- Physician Assistants
- Nurses & Nurse Practitioners
- Certified Nurse Midwives
- Pharmacists
- Oncologists
- OB/GYNs
- Chiropractors
- Acupuncturists
- Other complimentary care providers

Primary Care for Women 2009

This course is full of new content, research updates and breaking news in primary care areas of women's health, nutrition and clinical nutrition, herbal medicine, anxiety, stress adaptation, insomnia, weight management, gluten intolerance/ celiac sprue, cardiovascular disease, MRSA, detoxification and Vitamin D.

Our primary care for women course is suited for the practitioner who is working with or wants to work with women and wishes to develop their expertise in the use of evidence based botanical, nutritional and hormonal options, and enhance their skills in evaluation and management.

We are extremely thrilled to have an amazing collection of expert faculty and researchers for this high caliber seminar.

Back by popular demand, the enthusiastic **Tieraona Low Dog, M.D.** shares her insightful perspective and daunting expertise in women and heart disease. **Dr. Michael Murray**, a leader in the nutritional/botanical natural products industry, returns for two informative lectures, geared to bring you the very latest research and treatments.

A local gastroenterologist from the Oregon Clinic will enhance our clinical awareness and diagnostic workup of celiac sprue as well as distinguishing the spectrum of symptomatic individuals. **Gaetano Morello, N.D.** is joining our faculty for the first time, but for those of us who have heard him lecture elsewhere, we are looking forward to his articulate and illustrative lectures on detoxification. We welcome **Jim Leggett, M.D.**, infectious disease specialist and his clinical teaching and expertise.

Mary McCarthy, M.D., will share her expertise and clinical experience in working with women and the influence of vitamin D in women's health. **Michael Greer, M.D.** evolved his gynecological practice where he has developed creative and practical insights and strategies in helping women with weight loss. **Dr. Hudson** brings her depth and breadth of knowledge to update us in key issues in women's health from 2008/2009 and select natural therapies for treatment of some difficult primary health care issues.

We welcome our new speakers and welcome back our returnees. It is a rare opportunity to be educated by this esteemed group of speakers

Continuing education credits have been applied for. Please contact our office and our website for updates as to your degree and state.

www.Instituteofwomenshealth.com

Website

www.instituteofwomenshealth.com

Conference Location:

Red Lion Hotel

1021 NE Grand

Portland, OR 97232

1-800-343-1822

503-235-2100 / 503-238-0132 Fax

www.redlion.com

Please call the hotel by June 17, 2009 to get the special rate of \$99.00 plus tax.

Ask for the Institute of Women's Health rate.

Limited number of rooms available at this rate.

2009 Seminars

- **Fertility & Pregnancy**
October 23-25, 2009

2010 Seminars

- January 29-31, 2010
- April 23-25, 2010
- July 23-25, 2010
- October 22-24, 2010

This is an in depth, comprehensive course. Class size for this intimate and intensive training will be limited. If you have questions about CEUs, check our website for approval status or call 503-222-2322.

General Information

To Contact us:

Institute of Women's Health & Integrative Medicine

Phone: 503-222-2322
Fax: 503-222-0276
Cell: 503-314-5487
Email: womanstime@aol.com
Website:
www.instituteofwomenshealth.com

Conference Site

Red Lion Hotel

1021 NE Grand
Portland, Oregon 97232
Tel: +1-503-235-2100 Fax: +1-503-238-0132

Accommodations:

There are many local hotels for your convenience. We will mail or fax you a list upon request.

Other:

We recommend that you allow extra room in your suitcase for the manuals and materials that will be distributed during the course. **Conference fee allows for a healthy continental breakfast and lunch.** Attendees are responsible for their own evening meals. Beverages and snacks will be available during the seminar. **Please let us know if you have any special dietary needs.**

Airfare:

Airfare to and from the course can be arranged with your local travel agent. We will send you information on taxi cabs, shuttles, rental cars, the Portland Airporter, and MAX Train upon your request. All major airlines fly into Portland International Airport as well as Southwest, Alaska, Horizon Air, Reno Air, and America West.

Arrival & Departure:

We encourage you to arrive on Thursday. Check-in time is usually after 3:00 P.M. although earlier arrival is sometimes possible. Departure will be Sunday afternoon or evening. It takes about 20 minutes to drive to the airport from our location on Sunday afternoon.

Day One: Friday, July 17, 2009

8:30 am - 9:00 am

9:00 am - 10:30 am

10:30 am - 10:45 am

10:45 am - 12:00 pm

12:00 pm - 1:00 pm

1:00 pm - 3:00 pm

3:00 pm - 3:30 pm

3:30 pm - 5:00 pm

Breakfast and Registration

Women's Health Research Update 2008-2009

Tori Hudson, N.D.

Research updates in gynecology and primary care for women, including nutrition, nutraceuticals, botanicals, HRT, screening/ testing.

Break

Difficult Primary Care Problems in Women and Select Natural Therapeutic Treatment Strategies

Tori Hudson, N.D.

Evidence based natural therapies for the treatment of fibromyalgia, migraines, chronic fatigue syndrome and irritable bowel syndrome.

Lunch

Natural Medicine Update

Michael Murray, N.D.

Recent provocative research with natural products. Topics to be discussed include recent clinical studies with hyaluronic acid in joint and skin health, whole glucan particle and other sources of beta-glucans in improving immune function, and new natural products for the prevention and treatment of neurodegenerative disorders.

Break

Stress Adaptation, Anxiety Disorders, Insomnia in Women

Michael Murray, N.D.

Natural medicine strategies to address the underlying causes and features of these common conditions.

Day Two: Saturday, July 18, 2009

8:30 am - 9:00 am

9:00 am - 10:30 am

10:30 am - 10:45 am

10:45 am - 12:00 pm

12:00 pm - 1:00 pm

1:00 pm - 2:30 pm

2:30 pm - 2:45 pm

2:45 pm - 3:30 pm

3:30 pm - 3:45 pm

3:45 pm - 5:00 pm

Breakfast

The Spectrum of Gluten Sensitivity/Intolerance and Celiac Sprue

Gastroenterologist, TBA, Oregon Clinic

Presenting clinical symptoms and signs, clinical/laboratory/ pathology evaluation and prognosis. Discussion on the patient with gluten sensitivity but serology/biopsy negative and for whom the diagnosis is not so clear.

Break

Cutting Edge Detoxification Strategies: Innovations for Whole Body Renewal

Gaetano Morello, N.D.

Exposure to a lifetime of toxins from processed foods, chemicals, pollution, pesticides, and the many food additives can have serious consequences on health. This lecture will focus on simple, yet effective detoxification strategies that can improve the body's ability to deal with increasing toxic burden and restore patient vitality.

Lunch

Getting to the Heart of Women's Health

Tieraona Low Dog, M.D.

In this session, we will discuss the current treatment guidelines and the appropriate use of medication, lifestyle, nutrition and dietary supplements for the prevention and management of heart disease in women.

Break

MRSA: An Evolving Pathogen

Jim Leggett, M.D.

An overview of the evolving nature of MRSA virulence and resistance, common staphylococcal infections, and treatment modalities for primary care providers.

Break

Vitamin D: Beyond the Bones

Mary McCarthy, M.D.

Vitamin D and its role and influence in women's health. This lecture will offer advanced understanding in the biochemistry/physiology of Vitamin D, clinical influences and assessment of Vitamin D insufficiencies and deficiencies, and treatment strategies.

Day Three: Sunday, July 19, 2009

8:30 am - 9:00 am

9:00 am - 10:30 am

10:30 am - 10:45 am

10:45 am - 12:00 pm

Breakfast

Trekking the Hormone Jungle: Finding Solutions for Obesity

Michael Greer, M.D.

Review the sequence of metabolic events that commonly result in hormone dysfunction and its consequences, including obesity, diabetes, and hypothyroidism, and an integrative medical approach to restoring metabolic balance and resolving these health conditions. The role of cortisol as a pivotal hormone that can drive or disrupt well being, mental clarity and weight regulation will be emphasized and how thyroid hormone production can be influenced by many factors and without intervention, lead to persistent weight gain. This lecture will help physicians identify the common clinical presentations and laboratory markers and establish an integrative treatment plan incorporating herbal, hormonal and nutritional interventions to promote a patient's broad spectrum wellness.

Break

Estrogen Dominance and its Role in Cortisol, Weight Management and Hypothyroidism

Michael Greer, M.D.

Estrogen is a potentially dangerous hormone when overabundant - a condition made increasingly common due to environmental exposure to estrogenic compounds in plastics, pesticides and food products. How to moderate systemic estrogen and thereby also bring cortisol and thyroid hormones into balance to achieve breakthroughs in the management of obesity.

Institute of Women's Health & Integrative Medicine July 17-19, 2009

Registration Form

Name:

Last _____ First _____ Middle _____

Degree _____ Email _____

Mailing Address:

Street _____ Suite _____

City _____ State _____ Zip _____ Country _____

Phone _____ Fax _____

Form of Payment: \$45.00 fee to be charged for any cancellations after June 29, 2009.

PLEASE CHECK ONE:

Registration fee ON or BEFORE June 29, 2009

- New Attendee - \$395.00
 Previous Attendee - \$375.00

Registration fee AFTER June 29, 2009

- New Attendee - \$460.00
 Previous Attendee - \$425.00

- Bill my credit card: Visa Mastercard Check is enclosed
 Amex Discover

Credit Card Number: _____

Expiration Date: _____ Signature _____

Registrations paid by credit card can be faxed to 503-222-0276.

Check out more information about our next conference and the Institute of Women's Health and Integrative Medicine at

www.instituteofwomenshealth.com

Go to our website to order audio CDs of this and many of our other conferences

Tori Hudson, N.D. is an educator, researcher, clinician, lecturer and author. Dr. Hudson graduated from NCNM in 1984 and has been in clinical practice for 25 years, specializing in women's health. She was awarded the American Association of Naturopathic Physician's award for research in 1990 and the Physician of the Year award in 1999. Dr. Hudson is currently a clinical professor at NCNM and Bastyr University, and medical director of A Woman's Time natural health clinic.

Michael Murray, N.D. is widely regarded as one of the leading authorities on natural medicine. He is a prolific author of many books and articles, including The Encyclopedia of Natural Medicine and The Textbook of Natural Medicine. Dr. Murray graduated from Bastyr University and had served on the faculty and as a board member to the college. He is currently the director of research and development for Natural Factors and an independent consultant.

Gaetano Morello, BSc., N.D. graduated from Bastyr University and has been educating physicians and pharmacists for 15 years. He is a contributing author to The Textbook of Natural Medicine and the author of The Fiber Miracle. He lectures and writes extensively for consumer and clinician audiences.

Jim Leggett, M.D. is an infectious disease specialist and practices at Providence Portland Medical Center. He is a clinical professor and teaches medical students and residents at PPMC and OHSU. His research interest is in antimicrobial pharmacodynamics.

Tieraona Low Dog, M.D. currently serves as the Director of the Fellowship at the Arizona Center for Integrative Medicine at the University of Arizona. Dr. Low Dog has served on the White House Commission of Complementary and Alternative Medicine, the Advisory Council for the national Institutes of Health National Center for Complementary and Alternative Medicine (NCCAM), the NCCAM board of Scientific Councilors and the U.S. Pharmacopeia of Dietary Supplements and Botanicals.

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Educational Patron:	Natural Factors	

Mary McCarthy, M.D. attended Oregon Health Sciences University School of Medicine, receiving her MD in 1982. She did a residency in Psychiatry and has had a private practice in adolescent and adult psychiatry for over 20 years in Portland; is a consultant for the Oregon State Hospital and the Oregon Department of Corrections; and is an Associate Professor in the Department of Psychiatry at OHSU. She developed an interest in nutrition while in medical school and incorporates this information into her psychiatric practice.

Michael Greer, M.D. graduated from Hahneman Medical School and has been a board certified OB/GYN since 1984. Over the last decade he has developed an integrative medicine practice, incorporating the best of conventional medicine and natural health philosophies. He hopes that his weight management practice will serve as a model for other physicians. He currently practices in Seattle, Washington. Dr. Greer lectures at medical universities and conferences nationwide on weight management and hormone balancing for wellness.