

PRESORTED STANDARD  
US POSTAGE  
**PAID**  
PORTLAND, OR  
PERMIT NO 166

## Acute & Chronic Pain in Women

October 17-19, 2008  
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*

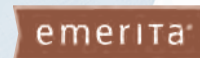
## Corporate Sponsors

### Gold Sponsor

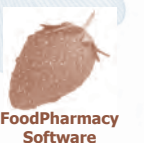


**Women's International Pharmacy**  
*Custom Compounded Prescriptions for Men and Women*

### Silver Sponsors



### Bronze Sponsors



**Program Director**  
**Tori Hudson, N.D.**

## Program Director

**Tori Hudson, N.D.**  
**Program Director**  
A Woman's Time, P.C.  
**Professor**  
National College  
of Naturopathic Medicine  
**Adjunct Clinical Professor**  
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

## Acute & Chronic Pain in Women

This course is suited for the practitioner who is working with or wants to work with and develop their expertise in the diagnosis and treatment of conditions involving acute and chronic pain. The weekend will begin with a fundamental clinical overview of pelvic pain. Attendees will also develop expertise in evaluation and clinical management with natural treatment protocols including herbal and nutritional options, bio-identical hormone prescriptions and the judicious selected use of conventional pharmaceutical interventions. Participants will learn the indications and uses of complimentary, alternative and conventional management as part of the overall goal of a more integrative approach to health care.

The course is designed to give you what you need in order to assess, evaluate and treat common pain disorders in women. Dr. Jeffrey Jensen, a consistently popular speaker, presents some very new understandings of pelvic pain syndromes, and also a clear approach to differential diagnosis and evaluation of pelvic pain, vulvar pain and vulvar dermatoses. A practicing gynecologist, Dr. Elizabeth Newhall brings decades of experience, practical and sound clinical judgement, and progressive thinking in managing pain with OTC and prescription medications. Dr. Newhall has a knack for making complicated clinical issues easily understandable and returns by popular demand. Our bladder pain lecture will be taught by an expert, entertaining and vibrant practicing urologist, Dr. Nina Davis. One of our special new faculty members and a highlight of this seminar is Dr. Howard Kornfeld. Dr. Kornfeld is an expert in pain management and addiction medicine. He uses the widest possible spectrum of pharmaceutical agents and natural medicines and we welcome his expertise and vast experience in chronic pain syndromes and substance addictions. Dr. Moira Fitzpatrick has been a practicing psychologist for over 25 years, and is now a naturopathic physician as well. Her experience in hypnosis and mind body techniques in managing pain will be the focus of her lecture. We will learn practical techniques to teach and deliver to our patients. Dr. Marianne Marchese has developed a keen and unique expertise in women's health and environmental medicine. Her understanding of the research and her clinical experience in diagnosing and treating the influences of environmental exposures in endometriosis will provide the practitioner with new avenues for treatment. Dr. Tori Hudson's 24 years of experience in the use of natural medicines for the disorders presented in this seminar will enable attendees to enhance and update their clinical skills and improve patient outcomes.

During the seminar you will receive educational materials including training manuals and research articles. You will also be asked to purchase Dr. Hudson's book, the Women's Encyclopedia of Natural Medicine, and have the option of purchasing other books that we will make available to aid you in your practice.

It is a rare opportunity to be educated by this esteemed group of speakers.

www.instituteofwomenshealth.com

## Website

www.instituteofwomenshealth.com

## Location:

**Red Lion Hotel**  
1021 NE Grand  
Portland, OR 97232  
503-235-2100 / 503-238-0132 Fax  
www.redlion.com

Please call the hotel by September 16th to get the special rate of \$99.00 plus tax.

Ask the Institute of Women's Health rate.

Limited number of rooms available at this rate.

## 2009 Seminars

- **Breast Cancer**  
January 23-25, 2009
- **Menopause**  
April 24-26, 2009
- **Primary Care for Women**  
July 17-19, 2009
- **Menstrual Disorders**  
October 23-25, 2009

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.**

### Institute of Women's Health & Integrative Medicine

October 17-19, 2008

### 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 October 3, 2008.

PLEASE CHECK ONE:

#### Registration fee ON or BEFORE October 3, 2008

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

#### Registration fee AFTER October 3, 2008

- 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.

## Day One: Friday, October 17, 2008

**8:15 am - 8:45 am** Registration, Pick up Materials, Breakfast

**8:45 am - 9:00 am** Introduction

**9:00 am - 10:00 am** Pelvic Pain Overview  
**Jeff Jensen, M.D.**

A review and overview of key aspects of acute and chronic pelvic pain including etiologies, theories and models of pain and pain perception. Evaluation and clinical approach to the work up of pelvic pain, with differential diagnosis.

**10:00 am - 10:15 am** Break

**10:15 am - 11:15 am** Vulvodynia and Vulvar Dermatoses  
**Jeff Jensen, M.D.**

Causes of vulvar pain and vulvar skin lesions are many, including infections, vulvar vestibulities, eczema, psoriasis, lichen sclerosis, herpes and more. Diagnosis and management of vestibulitis, and vulvar dermatosis will be a focus of this comprehensive lecture.

**11:15 am - 12:15 pm** Vulvar Vestibulitis and Vulvar Dermatoses: Natural Interventions  
**Tori Hudson, N.D.**

Healing the vulvar epithelium with topical and systemic natural therapies. The theoretical rationale and clinical experience utilizing botanical, nutritional and hormonal therapies.

**12:15 pm - 1:15 pm** Lunch

**1:15 pm - 2:30 pm** Medical Management of Pelvic Pain  
**Liz Newhall, M.D.**

Primary dysmenorrhea, endometriosis, adhesions, mastalgia, post-operative pain.

**2:30 pm - 3:00 pm** Break

**3:00 pm - 5:00 pm** Common and Uncommon Pains in Women: 25 years of Experience using Herbal/Botanical/Hormonal Therapies  
**Tori Hudson, N.D.**

Migraines, mastalgia, idiopathic pelvic pain, fibromyalgia, rheumatism, cholelithiasis, dyspareunia, colitis, dysmenorrhea.

**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 24 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.

**Elizabeth Newhall, M.D.** graduated from UC, Davis medical school and completed her Ob/Gyn residency at OHSU. Dr. Newhall is well known as a leader in promoting reproductive rights for women, with a progressive and integrative approach to medicine. With over 25 years of clinical practice and teaching, Dr. Newhall is currently the medical director of Downtown Gynecology and the Downtown Women's Center.

## Day Two: Saturday, October 18, 2008

**8:30 am - 9:00 am** Breakfast

**9:00 am - 10:30 am** Endometriosis: An Integrative Approach  
**Tori Hudson, N.D.**

Theories as to etiology and the basis for a new treatment approach. Selected botanical, nutritional and bio-identical hormones.

Recommended naturopathic protocols. Indications for referral and integration with conventional treatments.

**10:30 am - 10:45 am** Break

**10:45 am - 12:30 pm** Endometriosis: The Role of Environmental Contaminants and Endocrine Disruptors  
**Marianne Marchese, N.D.**

Understanding the link between environmental toxic exposures and endocrine disruptors as one of the influencing offenders in the development of endometriosis. Learn how to screen and test for exposure, institute environmental medicine treatments using clinical protocols and natural therapies, and gain practical skills with case examples.

**12:30 pm - 1:30 pm** Lunch

**1:30 pm - 2:45 pm** Chronic Pain in Women Patients  
**Howard Kornfeld, M.D.**

Physiology, pharmacology, natural medicine and the healing response - a comprehensive, progressive and integrative approach to understanding and treating chronic pain.

**2:45 pm - 3:00 pm** Break

**3:00 pm - 5:00 pm** Addressing Addiction Issues in Pain Management  
**Howard Kornfeld, M.D.**

Restoration of the endogenous opioid system through wise pharmacology and emotional/spiritual recovery.

**Howard Kornfeld, M.D.** is a graduate Northwestern University School of Medicine and is the founder of a private addiction and pain management practice in Mill Valley. In clinic practice for more than 30 years, he is a fellow and certified by the American Society of Addiction Medicine and on the clinical faculty at UCSF.

**Marianne Marchese N.D.** graduated with a B.S. in Occupational Therapy and worked at the Rehabilitation Institute of Chicago. She received her Doctorate of Naturopathic Medicine from NCNM and completed a 2 year residency in women's health and integrative medicine with certification in environmental medicine. She currently practices in Scottsdale, AZ.

**Jeff Jensen, M.D.** received his B.S. degree in biology from Stanford in 1980, his M.D. degree from Emory University in 1984, completed his residency training in Obstetrics and Gynecology at OHSU in 1988, and received a Masters in Public Health from the University of Washington in 1997. He joined the faculty at OHSU in 1992, and has been the Director of the Vulvar Pain Clinic since 1993.

## Day Three: Sunday, October 19, 2008

**8:00 am - 8:30 am** Breakfast

**830 am - 9:45 am** Interstitial Cystitis  
**Nina Davis, M.D.**

Epidemiology, pathophysiology, symptomatology, diagnostic criteria and clinical evaluation. Pharmacologic treatments and additional conventional treatments.

**9:45 am - 10:00 am** Break

**10:00 am - 10:45 am** Interstitial Cystitis  
**Tori Hudson, N.D.**

Research and rationale for the use of selected nutritional and botanical therapies. A comprehensive naturopathic management protocol.

**10:45 am - 11:00 am** Break

**11:00 am - 12:30 pm** In-office Techniques for Chronic Pain  
**Maira Fitzpatrick, Ph.D., N.D.**

Two techniques that have been used successfully to alter the experience of pain include hypnosis and the use of an alpha stim unit. Specific hypnosis protocols for pain will be taught and practiced including direct suggestion, displacement, dimming, dilution, sensory substitution and prevention of migraines. Each participant will have the opportunity to practice facilitating a hypnotic state. There will be a demonstration of the many uses of the alpha stim unit for pain. Discover that patients can learn to be free of disruptive pain.

We Wish to Thank our Corporate Sponsors for their ongoing support:

Gold Sponsor: Women's International Pharmacy

Silver Sponsors: Bezwecken  
Emerita  
Natural Health International  
NeuroScience  
Bronze Sponsors: Emerson Ecologics  
Food Pharmacy Software  
GladRags

Nordic Naturals  
Spectracell Laboratories  
Vital Nutrients  
Vitanica  
Pharmax  
Wellness Essentials  
Wise Woman Herbals

**Maira Fitzpatrick, Ph.D., N.D.** received her doctorate in naturopathic medicine from Bastyr University in Seattle, WA, and received her Ph.D in clinical psychology at the California School of Professional Psychology in San Diego, CA in 1983. Most recently, she has worked in an integrative medical clinic providing hypnotherapy and psychological services. She is currently in private practice in Seattle, WA.

**Nina Davis, M.D.** is Associate Professor of Urology and Urogynecology at OHSU. She directs the Center for Women's Health Urology Clinic at OHSU and the Women's Urology Clinic at Portland VA Medical Center. At the Center for Women's Health and the VA, Dr. Davis's practice focuses on voiding dysfunction, pelvic pain syndromes, neurourology, and male and female sexual health.