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Menopause

www.instituteofwomenshealth.com

April 27 - 29, 2007
Portland, Oregon

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.
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
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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

Menopause

This course is full of new content, research updates and breaking news in the area of menopause, HRT, natural medicines, osteoporosis and sexual function. Our menopause course is suited for the practitioner who is working with or wants to work with menopausal women and wants to develop their expertise in the use of herbal and nutritional options, compounded bio-identical hormones, conventional HRT, and stay up to date on the latest scientific research in osteoporosis management, menopause management, sexual dysfunction and weight gain in menopausal women.

We are extremely thrilled to have world class faculty and researchers for this high caliber seminar. Dr. Michael McClung is one of the top osteoporosis researchers in the world and his lectures always inspire attendees to look at osteoporosis evaluation, prevention and treatment in new ways. Dr. Tieraona Low Dog is an international leader and innovator in integrative medicine and is known throughout the country for her expertise in botanical medicine research, safety issues, and integrating conventional and botanical medicines. Jane Harrison-Hohner, N.P. lectures frequently on sexual dysfunction, and is the principal investigator in a calcium and weight loss study. She brings the most up to date research on estrogens and androgens for sexual dysfunction, and menopause and weight gain. New to our faculty, Dr. Holly Lucille, is a nationally known speaker on CAM therapies, and focuses her approach this weekend on examining the vitalistic and contextual dynamic in which each woman experiences menopause. Dr. Tori Hudson brings a depth and breadth of knowledge to the topic of the integrative management of menopause that is difficult to find elsewhere. Her evidence-based knowledge of natural therapies and bio-identical hormones are one of the special features of this weekend.

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

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

www.instituteofwomenshealth.com

New Website

www.instituteofwomenshealth.com

Room Rates for the
DoubleTree Hotel:
\$119.00 plus tax

**Limited number of
rooms available.**

**Please call by March 27th
to get this rate. This rate
cannot be guaranteed
after this date.**

**Please call the
DoubleTree Hotel directly
at 503-281-6111
and ask for the Institute of
Women's Health rate.**

2007 Seminars

- **Primary Care for Women**
July 20-22, 2007
- **Menstrual Disorders**
October 19-21, 2007

2008 Seminars

- **Women's Cancers**
January, 2008
- **Menopause**
April, 2008
- **Primary Care for Women**
July, 2008
- **Menstrual Disorders**
October, 2008

General Information

To Contact us:

Institute of Women's Health & Integrative Medicine

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

Conference Site - New Location

Doubletree Hotel

1000 NE Multnomah, Portland, OR 97232
Tel: +1-503-281-6100 Fax: +1-503-284-8553

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

April 27 - 29, 2007

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 April 13, 2007.

PLEASE CHECK ONE:

Registration fee ON or BEFORE April 13, 2007

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

Registration fee AFTER April 13, 2007

- 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 April 27, 2007

8:30 am - 9:00 am

9:00 am - 9:15 am

9:15 am - 11:00 am

11:00 am - 11:15 am

11:15 am - 12:00 pm

12:00 pm - 1:00 pm

1:00 pm - 2:00 pm

2:00 pm - 2:15 pm

2:15 pm - 3:00 pm

3:00 pm - 3:15 pm

3:15 pm - 5:00 pm

Registration and Breakfast

Introduction

Menopause Essentials; Diet and Nutritional Supplementation for Menopause Symptoms

Tori Hudson, N.D.

A comprehensive investigation of the research and clinical uses of dietary interventions and selected nutrients in the management of menopause symptoms including vasomotor symptoms, dysfunctional uterine bleeding, insomnia, anxiety, depression and cognition.

Break

Menopause and Weight

Jane Harrison-Hohner, N.P.

The latest scientific studies and opinion of the experts on menopause and weight gain. Is menopause associated with weight gain? Is HRT associated with weight gain?

Lunch

Sexual Function and Menopause, Part I

Jane Harrison-Hohner, N.P.

The dynamics of sexuality in peri and postmenopausal women, physiological and hormonal changes, definitions of sexual disorders, genital atrophy and medical therapies associated with sexual dysfunction. The latest research on androgen and estrogen replacement and other selected interventions.

Break

Sexual Function and Menopause, Part II

Jane Harrison-Hohner, N.P. and Tori Hudson, N.D.

Case management of women with sexual dysfunction-including HRT, the use of vaginal estrogens, botanical therapies, topical vasodilators, topical testosterone preparations.

Break

Menopause: A Vitalistic Approach

Holly Lucille, R.N., N.D.

Menopause, for today's woman, means a variety of things, both perceived and real. The physical, mental, emotional and psychological aspects of this transition are widely individual for each person and have etiologies and effects in various realms. This presentation will use the science of Vitalism to explore how to comprehensively care for a woman during this time.

Tori Hudson, N.D. is an educator, researcher, clinician, lecturer and author. Dr. Hudson graduated from the National College of Naturopathic Medicine (NCNM) in 1984 and has been caring for patients for over 22 years. She was awarded the American Association of Naturopathic Physicians' Award for research in 1990 and the Physician of the Year award in 1999. She has been active as a consultant within the NIH and serves on many boards and advisory panels associated with women's health. Dr. Hudson is currently a Professor at the National College of Naturopathic Medicine and Bastyr University and the Medical Director of A Woman's Time natural health clinic, Portland, OR.

Day Two: Saturday April 28, 2007

8:30 am - 9:00 am

9:00 am - 10:45 am

10:45 am - 11:00 am

11:00 am - 12:15 pm

12:15 pm - 1:15 pm

1:15 pm - 2:15 pm

2:15 pm - 2:30 pm

2:30 pm - 3:30 pm

3:30 pm - 3:45 pm

3:45 pm - 5:00 pm

Breakfast

Bio-identical Hormones and Conventional HRT: Are all estrogens and progestogens the same?

Tori Hudson, N.D.

An overview of the research on benefits and risks of HRT. This lecture will focus on the research and theoretical basis for making distinctions between bio-identical hormones, compounded bio-identical hormones and non bio-identical hormones. Knowledge of the risks and benefits of hormonal approaches to menopause management is a key concept to making clinical decisions and recommendations.

Break

Osteoporosis: Physiology, Risk Factors, Evaluation and Interpretation of Results

Mike McClung, M.D.

The scientific basis and recent research on the development of bone loss and issues related to osteoporosis. Risk assessment for diagnosis and evaluation for underlying causes of bone loss. How to use laboratory tests, peripheral and central bone density testing and their interpretation and value in management.

Lunch

Osteoporosis: Conventional Treatment Options and Management

Mike McClung, M.D.

Treatment guidelines and management of low bone mass and osteoporosis. Recent updated research on HRT, bisphosphonates, SERMs, calcitonin and parathyroid hormone. New conventional therapies on the horizon. Benefits and risks of each with an understanding of expected outcomes.

Break

Osteoporosis: Advanced Skills in Case Management

Mike McClung, M.D.

Case-based discussion of difficult clinical questions. (Encourage attendees to bring their own cases.)

Break

Osteoporosis: Prevention and Natural Interventions

Tori Hudson, N.D.

Dietary and lifestyle influences on bone density and bone loss. Nutritional interventions for prevention and treatment. Natural hormones, estriol, progesterone, DHEA, and testosterone. Therapeutic guidelines for prevention and treatment including integrative management.

Jane Harrison-Hohner, RN, MSN, WHCNP has been in practice as a nurse practitioner for the last 20 years, holding positions as Assistant Professor at the School of Nursing OHSU, and former director of the menstrual disorders clinic. She is currently a research associate on calcium supplementation and post partum depression.

Holly Lucille, R.N., N.D. graduated from the Southwest College of Naturopathic Medicine. Dr. Lucille is on the clinical staff of Renaissance Malibu, an addiction and recovery center, where she applies the principles of Naturopathic Medicine to serve people in recovery and has a private practice in Los Angeles. She is on the faculty of the Global Medicine Education Foundation, a teaching organization aimed at understanding the common threads of spirituality, ecology, culture, relationships and community inherent in all approaches to healing. Dr. Lucille lectures throughout the nation and is the author of *Creating and Maintaining Balance: A Woman's Guide to Safe, Natural, Hormone Health.*

Day Three: Sunday April 29, 2007

8:30 am - 9:00 am

9:00 am - 10:30 am

10:30 am - 10:45 am

10:45 am - 12:30 pm

Breakfast

State of the Science in Botanical Therapies for Menopause

Tieraona Low Dog, M.D.

A review of the research, and the latest updates on black cohosh, red clover, kava, ginseng, St. John's Wort, Ginkgo, Valerian and more. These plants and others will be discussed for their appropriate use in managing common and uncommon symptoms associated with menopause. Safety issues, indications and contraindications will also be addressed.

Break

Selecting the Right Prescription and Strategies to Optimize the Safety of Hormone Therapy

Tori Hudson, N.D.

How to compound prescriptions for appropriate use in clinical practice. Estriol, estrone, estradiol, progesterone, testosterone, DHEA and combination formulations using bi-estrogen and tri-estrogens will be discussed with a critical look at their uses as well as their limitations. Conventional HRT options, indications and guidelines for use including approaches you can use to reduce those risks and to minimize safety concerns.

We wish to thank our Educational Patrons for their support

French Meadow Bakery Integrative Therapeutics Inc.

Michael R. McClung, M.D., F.A.C.E. is a clinician, educator and clinical investigator in the field of osteoporosis and metabolic bone disease. Dr. McClung completed his medical training at Southwestern Medical School in Dallas and his endocrinology fellowship at the National Institutes of Health. As founding Director of the Oregon Osteoporosis Center in Portland, Oregon, he coordinates a multi-disciplinary treatment center for the evaluation and management of osteoporosis and other metabolic bone disorders. Dr. McClung has an academic appointment as an Associate Professor of Medicine at Oregon Health Sciences University.

Tieraona Low Dog, M.D. is Director of Education for the Program in Integrative Medicine and Clinical Assistant Professor in the Department of Medicine at the University of Arizona School of Medicine. She was appointed by President Clinton to serve on the White House Commission of Complementary and Alternative Medicine. Considered to be one of the leading experts in the field of herbal medicine, Dr. Low Dog is Chair of the U.S. Pharmacopoeia Botanicals/Dietary Supplements Expert Panel. In honor of her work, she was the recipient of Time Magazine's award of Innovator in Complementary and Alternative Medicine in 2001.