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

Program Director: Tori Hudson, N.D.

Menopause

www.instituteofwomenshealth.com

April 18 - 20, 2008
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.
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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 natural hormones and conventional HRT, and stay up to date on the latest scientific research in osteoporosis management, menopause management, sexual dysfunction, bio-identical hormones, and nutritional and botanical research.

We are extremely thrilled to have world class faculty and researchers for this high caliber seminar. Michael McClung M.D. is one of the top osteoporosis researchers/experts and authors- in the world and his lectures always inspire attendees to look at osteoporosis evaluation, prevention and treatment in new ways. New to our faculty, Kate Beadle N.P. lectures frequently and is a local expert on sexual dysfunction in women offering us the most up to date research on estrogens and testosterone for sexual dysfunction. We are pleased to welcome back Randi Ledbetter M.D., local gynecologist who is the director of a menopause clinic. Her practical and clinically based lectures are always well received. Edie Vickers N.D., L.Ac. is well known for her expertise in Chinese medicine, and her work with menopause as well as cancer. She is a highly sought after teacher and clinician and we feel fortunate to have her as a speaker at our seminar. Tori Hudson N.D. 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 nutritional and botanical 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.

During the seminar you will receive a seminar notebook of speaker notes and vendor educational materials. Additional books for purchase are available at the conference.

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

2008 Seminars

- **Primary Care for Women**
July 25-27, 2008
- **Pelvic Tumors, Pelvic Pain**
October 17-19, 2008

2009 Seminars

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

General Information

To Contact us:

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Conference Site

DoubleTree Hotel

1000 NE Multnomah,
Portland, Oregon 97232
Tel: +1-800-996-0510 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 18-20, 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 April 4, 2008.

PLEASE CHECK ONE:

Registration fee ON or BEFORE April 4, 2008

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

Registration fee AFTER April 4, 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, April 18, 2008

8:30 am - 9:00 am

Registration and Breakfast

9:00 am - 9:15 am

Introduction

9:15 am - 10:30 am

Menopause Essentials

Tori Hudson, N.D.

A review of physiology, clinical presentations, evaluation methods and a methodical approach to determine treatment options.

10:30 am - 10:45 am

Break

10:45 am - 12:00 pm

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 menopausal symptoms including vasomotor symptoms, dysfunctional uterine bleeding, insomnia, anxiety, depression and cognition.

12:00 pm - 1:00 pm

Lunch

1:00 pm - 2:15 pm

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.

2:15 pm - 2:30 pm

Break

2:30 pm - 3:30 pm

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.

3:30 pm - 3:45 pm

Break

3:45 pm - 5:00 pm

Osteoporosis: Advanced Skills in Case Management

Mike McClung, M.D.

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

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 23 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 NCNM and Bastyr University and the Medical Director of A Woman's Time natural health clinic.

Day Two: Saturday, April 19, 2008

8:30 am - 9:00 am

Breakfast

9:00 am - 10:15 am

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, estradiol, progesterone, DHEA, and testosterone. Therapeutic guidelines for prevention and treatment including integrative treatment considerations.

10:15 am - 10:30 am

Break

10:30 am - 11:30 pm

Sexual Function and Menopause, Part I

Kate Beadle, 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.

11:30 am - 12:15 pm

Sexual Function and Menopause, Part II

Kate Beadle, 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.

12:15 pm - 1:15 pm

Lunch

1:15 pm - 2:30 pm

State of the Science in Botanical Therapies for Menopause Symptoms

Tori Hudson, N.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.

2:30 pm - 2:45 pm

Break

2:45 pm - 4:00 pm

Chinese Herbal Patent Formulas for the Everyday Practitioner

Edie Vickers, N.D.

Need some new solutions to common menopause symptoms? This lecture will focus on the basics of prescribing Chinese Herbal patent formulations and practical clinical guides for product selection based on their menopause symptoms.

4:00 pm - 4:15 pm

Break

4:15 pm - 5:15 pm

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.

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.

Kate Beadle, N.P. has been an adult and women's health nurse practitioner for the last 10 years, and a Kaiser Health systems practitioner for the last 22 years. She specializes in menopause, sexual dysfunction, teaching and clinical practice, while also leading menopause groups visits.

Day Three: Sunday, April 20, 2008

8:30 am - 9:00 am

Breakfast

9:00 am - 11:00 am

Hormone Therapy Update and Conventional prescriptions;

What the practitioner needs to know

Randi Ledbetter, M.D.

A practical and clinical review of the benefits and risks of HRT as it relates to breast cancer, heart disease, ovarian cancer, urinary incontinence, osteoporosis and symptom relief. A comprehensive approach to the use of conventional hormone therapy prescriptions and how to approach clinical decision making with common and unique problems.

11:00 am - 11:15 am

Break

11:15 am - 12:30 pm

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. Estradiol, 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, including indications and guidelines for use and approaches to minimize safety concerns.

We Wish to Thank our Sponsors for Their Support

Edie Vickers, N.D., L.Ac. is the clinical director of the Institute for Traditional Medicine's sister clinic An Hao Natural Health Care Clinic. She graduated from the Oregon College of Oriental Medicine (OCOM) in 1986 and the National College of Naturopathic Medicine (NCNM) in 1987. She helped to start and still works at the non-profit clinic the Immune Enhancement Project (IEP), which specializes in HIV/AIDS, HepC, MS, and adjunctive cancer treatments, in 1992. She is an adjunct professor at NCNM.

Randi Ledbetter, M.D. graduated from Linfield College, McMinnville, OR and attended OHSU medical school. She is a member of the Oregon Medical Association, the American College of OB/GYN, the North American Menopause Society, and is the past President of the Washington County Medical Society. She specializes in Gynecology with an emphasis on Menopause medicine. She has her own private practice at St. Vincent Hospital.