

Women's Cancers

www.instituteofwomenshealth.com

January 26 - 28, 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
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

Women's Cancers

This course is suited for the practitioner who is working with or wants to work with women who have a cancer unique to women. The course is focused towards practitioners who seek to develop or further their expertise in the use of nutritional and botanical therapies in combination with conventional cancer treatments and management.

The course is designed to give you advanced skills in evaluation and treatment of women's cancers with an emphasis on evidence based natural and conventional therapies while also maintaining a respect for the value of clinical experience and empirical knowledge. This course will also pay specific attention to issues in co-management: antioxidants with chemotherapy and/or radiation, drug-nutrient-herb interactions, maximizing therapeutic outcomes with complementary treatments and minimizing side effects of conventional treatments.

Our faculty for this course exceeds our highest hopes, and includes nationally and internationally known clinicians, authors and researchers. We are honored and privileged to have the return of without doubt, one of the leading world wide experts, educator, author, and researcher in hormone replacement therapy, Dr. Leon Speroff. We are also incredibly fortunate to have one of the nation's leading radiologists in women's imaging, Amy Thurmond, M.D. Rodney Pommier, M.D., SueEllen Pommier, Ph.D., from Oregon Health Sciences University, have esteemed reputations in the area of cutting edge breast cancer research. Dr. Michael Zelings is considered to be an authority of DIM and its role in estrogen metabolism and estrogen related cancers. Lise Alschuler, N.D., brings her extraordinary clinical experience and expertise in integrative cancer management from Cancer Treatment Centers of America. Medical oncologist and researcher Dan Gruenberg, M.D., has a unique perspective as a conventionally trained oncologist, but a decade or more experience in integrative breast cancer care. Gynecological oncologist and researcher Lisa McCluskey, M.D., brings her immense clinical expertise in gynecological cancers. Kara Fitzgerald, N.D., has the rare expertise and clinical experience in working closely with laboratory testing of fatty acids as it relates to cancer risk and cancer patients. Similarly, Jeff Baker, N.D., has expertise and impressive clinical experience in working closely with the laboratory testing of hormone metabolism and genomic influences on breast cancer.

During the seminar you will receive a seminar notebook of speakers' notes. Additional books for purchase are available at the conference.

The course work for this seminar consists of 17 hours including 3 hours of pharmacy credit. This is an in depth, comprehensive course. Class size for this intimate and intensive training will be limited.

Continuing education credits have been applied for (N.D., D.C., N.P.). This course also qualifies for category II CME for M.D.s. Please contact Karen Hudson, M.P., H.C., to obtain help in certifying continuing education credits for your field.

www.instituteofwomenshealth.com

New Website

www.instituteofwomenshealth.com

Room rates for the
Red Lion Inn:
\$84.00 plus tax

**Please call by December 21,
2006 to get this rate. This rate
cannot be guaranteed after
this date.**

**Please call the Red Lion
directly at 1-800-343-1822
or 503-235-2100 and ask
for the Institute
of Women's Health rate.**

Upcoming 2007 Seminars

- **Menopause**
April 27-29, 2007
- **Primary Care For Women**
July 20-22, 2007
- **Menstrual Disorders**
October 19-21, 2007

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 - New Location

Red Lion Hotel

1021 NE Grand, Portland, OR 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

January 26 - 28, 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 January 11, 2007.

PLEASE CHECK ONE:

Registration fee ON or BEFORE January 11, 2007

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

Registration fee AFTER January 11, 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 January 26, 2007

8:15 am - 8:45 am

8:45 am - 9:00 am

9:00 am - 10:15 am

10:15 am - 10:30 am

10:30 am - 12:00 pm

12:00 pm - 1:00 pm

1:00 pm - 2:00 pm

2:30 pm - 2:45 pm

2:45 pm - 3:45 pm

3:45 pm - 4:00 pm

4:00 pm - 5:00 pm

Registration and Breakfast

Introduction

Breast Cancer - Medical Management

Dan Gruenberg, M.D.

Medical management of breast cancer patients. Selecting the right regimen. Common chemotherapeutic agents, anti-estrogens and aromatase inhibitors. New therapies, protocols and management issues. Common side effects.

Break

Fatty Acids & Their Relationship with Cancer

Kara Fitzgerald, N.D.

While it is commonly anticipated that elevated arachadonic acid is most closely associated with cancer, the reality is that an imbalance in any of the fatty acids may be carcinogenic. Increased polyunsaturates of any kind can increase oxidative stress, particularly when coupled with inadequate antioxidant support. Additionally, an elevated monounsaturated to saturated ratio may indicate cancer metastasis. In this lecture, we will discuss fatty acid patterns associated with cancer, including case studies and a review of the latest literature.

Lunch

Modern Breast Imaging

Amy Thurmond, M.D.

Current protocols for diagnosing breast cancer both in asymptomatic women, and in women with lumps, pain, and nipple discharge. Mammography including digital, ultrasound, core biopsy, and MRI are emphasized. Other technologies addressed include thermography, sono-vu automated ultrasound, PET-CT for breast, and ultrasound-guided cryoablation.

Break

Synergistic Protection: Using Cruciferous Diindolylmethane (DIM) in Anti-Cancer & Anti-Proliferative Medicine

Michael A. Zeligs, M.D.

Dysregulated estrogen metabolism in women promotes cancer risk and pre-cancerous proliferative disorders including breast hyperplasia and cervical dysplasia. Estrogen driven cell proliferation is reversible in response to supplemental use of cruciferous Diindolylmethane (DIM). This lecture will present the new findings on DIM as an effective, nutrition-based intervention for overactive estrogen, for hormonal and virally-driven dysplasia, and for pre-cancer. Evidence for synergy of DIM in combined use and a strategy of combined use of DIM with certain other anti-proliferative phytochemicals will be presented. Practical clinical approaches to reducing estrogen-related cancer risk will be discussed.

Break

Synergistic Protection: Using Cruciferous Diindolylmethane (DIM) in Anti-Cancer & Anti-Proliferative Medicine, Continued

Michael A. Zeligs, M.D.

Rodney Pommier, M.D. is Professor of Surgery in the Division of Surgical Oncology at OHSU. He graduated from OHSU School of Medicine and completed his residency in General Surgery at OHSU. He completed two separate Surgical Oncology fellowships, through the American Cancer Society at OHSU Division of Surgical Oncology and at Memorial Sloan-Kettering Cancer Center. He has a large breast cancer practice at OHSU and his research interests focus on the hormonal control of breast cancer.

SueEllen Pommer, Ph.D. is Research Assistant Professor in the Division of Surgical Oncology at OHSU. She completed her undergraduate degree in molecular biology at the University of California, Berkeley and completed her Ph.D. in genetics at OHSU as well as her post-doctorate work in genetics at OHSU. She is director of the OHSU Surgical Oncology Research Laboratory where she researches hormonal control of breast cancer and breast cancer stem cells.

Dan Gruenberg, M.D. is a medical oncologist and researcher with the Northwest Cancer Specialists in Portland, OR. He is well known and respected for his collaboration with CAM providers and integrative cancer management, and is currently the PI on a study of homeopathic medicine for N/V of chemotherapy for breast cancer patients.

Dee Packard, M.S. is a five year breast cancer survivor and counselor with 18 years of clinical experience with working with patients. She also has worked with the medical community in enhancing the therapeutic relationship between client and practitioner.

Day Two: Saturday January 27, 2007

8:30 am - 9:00 am

9:00 am - 10:15 am

10:15 am - 10:30 am

10:30 am - 12:00 pm

12:00 pm - 1:00 pm

1:00 pm - 2:15 pm

2:15 pm - 2:30 pm

2:30 pm - 4:00 pm

4:00 pm - 4:15 pm

4:15 pm - 5:30 pm

Breakfast

Hormone Metabolism & Genomic Influences on Breast Cancer

Part I

Jeff Baker, N.D.

This lecture will be in two parts: first, an examination of the literature linking estrogen metabolism and genomic polymorphisms to cancer risk. Part II of this lecture will focus on the application of this knowledge in clinical practice, including case studies.

Break

Hormone Metabolism & Genomic Influences on Breast Cancer

Part II

Jeff Baker, N.D.

Lunch

Nutritional & Botanical Therapies in Cancer Management

Lise Alschuler, N.D.

A focus on evidence based botanical and nutritional therapies used in the treatment and management of cancers.

Break

Breast Cancer: An Integrative Approach Utilizing Natural Therapies with Conventional Medicine Cancer Treatments

Lise Alschuler, N.D.

The scientific evidence addressing the issues of using antioxidants with chemotherapy and radiation, using nutrients and botanicals as adjunctive treatments, addressing side effects of conventional therapies with nutrients and botanicals, and drug/nutrient interactions, indications and contraindications.

Break

A New Hormone Therapy for ER-negative/PR-negative Breast Cancer

Rodney Pommier, M.D., SueEllen Pommier, PhD.

Current beliefs are that ER-negative/PR-negative breast cancers do not respond to hormonal therapy because they lack these two important receptors. The only treatment option for patients with these tumors is toxic chemotherapy. However, about half of such tumors express another receptor, the androgen receptor (AR). The AR is "reverse wired" compared to the ER and PR, so stimulation of this receptor with androgen hormones results in cell death rather than cell stimulation. This lecture will cover the basic science research investigating this new discovery and how DHEA may be used to treat women with ER-negative/PR-negative breast cancer.

Jeff Baker, N.D. graduated from the National College of Naturopathic Medicine in 1998. He has maintained a private practice and co-managed an integrated medinary/compounding pharmacy in Portland, OR. For the past 5 years, he has provided clinical education for Genova Diagnostic Lab and has lectured extensively on integrative medicine and laboratory testing.

Lise Alschuler, N.D. is currently the director of the naturopathic medicine department at Midwestern Regional Medical Center - Cancer Treatment Centers of America in Zion, IL. She was formerly the clinic medical director of the Bastyr University Center for Natural Health in Seattle, WA., and an associate professor at Bastyr University. She has been a practicing naturopathic physician for 10 years. She lectures about herbal and naturopathic medicine internationally. She has also authored many articles in professional and popular press publications.

Lisa McCluskey, M.D. is a practitioner and researcher. Dr. McCluskey received her medical degree in 1992 from the Oregon Health Sciences University, Portland, OR. She completed her residency in Obstetrics and Gynecology at the University of Missouri-Columbia, MO. She also completed her fellowship in Gynecologic Oncology, Los Angeles County/University of Southern California. She practices as a Gynecologic Oncologist with the Northwest Cancer Specialists, Portland, OR.

Michael A. Zeligs, M.D. is a physician working in the fields of preventive nutrition and aging intervention. He has pioneered new uses for phytonutrients found in cruciferous vegetables. Dr. Zeligs' research pinpointed DIM as the safest and most beneficial indole in cruciferous vegetables with benefits for estrogen metabolism and general health. Dr. Zeligs graduated from the University of California, Irvine, College of Medicine. He is currently a senior staff physician at Boulder Community Hospital and the founder and CEO of BioResponse Nutrients.

Day Three: Sunday January 28, 2007

8:00 am - 8:30 am

8:30 am - 10:00 am

10:00 am - 10:15 am

10:15 am - 11:45 am

11:45 am - 12:00 pm

12:00 pm - 1:15 pm

Breakfast

Postmenopausal Hormone Therapy: It's Time to Move Forward

Leon Speroff, M.D.

The research in postmenopausal HRT and any association with breast cancer and heart disease in particular, but also ovarian cancer has been studied long and hard. The controversies and confusions in interpreting the research have been difficult for clinicians to know how to proceed in managing their menopausal patients. Dr. Speroff's comprehensive knowledge of the many decades of research, including the most recent studies, will guide us towards an updated academic and clinical understanding of HRT research and how we can advise our patients in the safe and effective use of HRT.

Break

Ovarian, Endometrial, Vaginal, Vulvar & Cervical Cancer

Lisa McCluskey, M.D.

Epidemiology, etiology, pathogenesis, clinical presentation, conventional treatment, management issues and treatment outcomes of gynecological cancers.

Break

Cancer and the Mythic Imagination

Dee Packard, M.S.

Serious illness opens an ever-gapping void. This void is either filled with meaning, or with fear and anxiety. By understanding certain underlying mythic patterns, we have maps for healing ourselves and our patients. In bringing the primordial resource of imagination to the practice of our medicine, we find our way to wholeness-the place we all belong.

We wish to thank our Educational Patrons for their support

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Kara Fitzgerald, N.D. received her doctorate of naturopathic medicine from National College of Naturopathic Medicine in Portland, OR. She completed her residency at Metamatrix Clinical Laboratory and Progressive Medical Centers in Atlanta, GA. Currently, she is head of clinical education at Metamatrix and maintains a clinical practice at Spherios Medical Center. She consults with clinicians worldwide to assist with functional laboratory testing, interpretation and clinical intervention in complex cases. She is a contributing author of the 2nd addition of Laboratory Evaluations in Molecular Medicine, and is a frequent and sought after educator on the clinical application of functional laboratory testing and interpretation.

Amy Thurmond, M.D. is a researcher, lecturer and physician. Dr. Thurmond has had numerous publications, editorials and awards. Dr. Thurmond graduated from UCLA Medical School in 1982, completed an internship in surgery at OHSU, a fellowship in cardiology at St. Vincent Medical Center in Portland, OR and both a residency in radiology and a fellowship in interventional radiology/research at OHSU. She currently works with EPIC Imaging as a diagnostic radiologist.

Leon Speroff, M.D. is a nationally and world renowned physician, lecturer and researcher. Dr. Speroff graduated from the Case Western Reserve University of Medicine, Cleveland, OH in 1961. He is a Professor of Obstetrics and Gynecology at the Oregon Health Sciences University School of Medicine. Dr. Speroff is the Director, Women's Health Research Unit, Department of Obstetrics and Gynecology, OHSU. Dr. Speroff is the Chairman for the Committee for Research Career Development for the American Society for Reproductive Medicine. Dr. Speroff sits on many distinguished editorial boards including Contemporary OB/GYN, OB/GYN Clinical Alert, and Primary Care Update for OB/GYN's.