

## **Course Objectives**

Women, Aging & Cardiometabolic Health

*Unconvention 2023*

Presented by Kimberly A. Besuden, D.C., C.F.M.P.

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**Goal:** To provide clinicians with the ability to clinically manage a patient during aging process related to cardiometabolic health. To offer the practitioner protocols to interpret underlying health and wellness issues that may arise while supporting aging and hormonally challenged patients that may be nutritionally deficient.

### **Objectives:**

1. To present the problem of nutritional deficiencies involved in the endocrine system and aging in our current environment that may effect women's cardiometabolic health.
2. To make information accessible concerning utilization of whole food supplementation, proper lifestyle for wellness and dietary choices to promote a healthy cardiometabolic system.
3. The use of nutritional supplementation to restore, repair and renew the human systemic system by incorporation of patient education to support a healthy endocrine system and a healthy aging process. Additionally, provide testing protocols for pre and post supplementation to support cardiometabolic health.

**Outcomes:** To increase the doctors' knowledge base on the positive promotion of lifestyle to patients while addressing nutritional deficiencies related to cardiometabolic health. Clinical options available to provide support for the improvement of cardiometabolic health, the endocrine system and healthy aging.

**Content:** Multi-media PowerPoint presentation with lecture, providing the background and rationale for the implementation of a functional medicine approach and the future use of nutritional supplementation for cardiometabolic health to create lifestyle changes and patient health management.

**Prior level of knowledge:** No prior experience is necessary for participation.

### **Course Breakdown:**

**Hours:**

**Credit Hours Requested:** One hour

**Teaching Methods Used:** Lecture, Syllabus, PowerPoint Presentation

**Faculty Background:** Kimberly A. Besuden, B.S., D.C., C.F.M.P., (see attached CV)