

**Outline Top 10 reasons you are fatigued;  
Cindy Howard; Friday, July 23<sup>rd</sup>; 8am-10am, 10:30am-12:30pm**

Hour1

1. Introduction of the health concerns to discuss that could be the cause for patient fatigue in a primary care setting
  - A. Anemia
    - a. types of anemia
    - b. how to test
  - C. Treatment of anemia
  - d. Spinal assessment
2. Hypothyroidism
  - A. how to test
    - a. Which thyroid tests should be included
  - B. symptoms in addition to fatigue
  - C. Hashimoto's
  - D. Case study
3. Food Sensitivities
  - A. Difference in testing
    - a. What is a zoomer
  - B. How to utilize in practice
  - C. Case study

Hour2

1. Poor sleep
  - A. requirements
  - B. Lifestyle changes and supplements to improve sleep
  - C. Treatments to improve sleep/falling asleep/staying asleep
2. Adrenal dysfunction
  - A. How to assess and test for
  - B. treatments and lifestyle changes for success
  - C. Stress levels
    - a. Areas of stress and how to facilitate change
    - b. Role of stress in infection
  - C. Infection/fatigue a
  - D. Case study: athlete with adrenal dysfunction/infection

### Hour3

1. Heart disease
  - A. Association to fatigue
  - B. Diagnosis
  - C. Inflammatory markers and disease risk assessment
  - D. Treatment protocols
  - E. Case study
2. Urinary Tractinfection
  - A. Screening/Causes
  - B. Treatment and prevention
  - C. Case study
3. Vitamin D and other micronutrient deficiency
  - A. Testing
  - B. Role in mitochondrialfunction
  - C. Treatment

### Hour4

1. Candida/gut infection
  - A. testing for **SIBO** and Large intestinal health
  - B. Role of oral health
  - C. treatment
  - D. Case study
2. Caffeine Overload
  - A. Misconception and relationship to adrenal fatigue
  - B. Role of genetics
3. Case study putting all aspects of fatigue together.

**Cardiovascular Disease: Diagnosis and Management Internal Disorders;  
Delilah Renegar; Friday, July 23<sup>rd</sup>; 2pm-3:30pm, 4:00-5:30pm**

Friday July 23, 2021

2:00 pm-3:30 am

A. Cardiovascular Disease

- Cause for cardiovascular disease identified
- Demand for natural therapies in health care
- Chiropractic and cardiovascular

B. Coronary arteries and veins

- Chest Pain
- Myocardial infarction
- Brain attack (stroke)
- Pericarditis
- Congestive heart failure
- Chronic congestive heart failure
- Right heart failure
- COR pulmonale
- Type 2 diabetes mellitus and coronary heart disease
- History/Physical Examination
- Spirometry
- Electrocardiography (EKG)
- Doppler Ultrasound
- Peripheral gradient blood pressures

4:00 pm- 5:30 pm

A. Examination

- History for cardiovascular disease
- A detailed interview
- A thorough examination

B. Laboratory Tests

- Multichannel blood chemistries
- Lipoproteins
- Coronary risk factor (CRF)
- Glucose
- Urinalysis
- Re-examination
- Documentation

C. Nutritional Disorders

- Awareness of high risk nutritional disorders
- Nutritional protocols
- Record keeping
- Justifying the need for care

**Screening in Primary Care;  
Victor Carsrud; Saturday, July 24th; 8am-10am**

Portal of Entry vs Primary Care:

Standard of Care and Protocols for Routine Clinical Examinations

- A. Differences in standards and protocols for routine patients for chiropractors
  - 1. Care between chiropractors and allopathic providers
  - 2. Expectations of establishing physical examination/ corresponding diagnostics
  - 3.
  - 4.
  
- B. Breaking down common diagnostic protocols
  - 1. Musculoskeletal
  - 2. Neurologic
  - 3. Cardiovascular
  - 4. Respiratory
  
  - 5. Endocrine
  - 6. GU
  - 7. GI
  - 8. Psych
  
- A. Emergent and chronic referrals if needed
- B. Case studies for each of the systems

**Dermatology;**  
**Toby Jeurink; Saturday, July 24th; 10:30am-12:30 pm, 2pm-3:30pm**

Objective: fuform doctors on how to identify common dermatological conditions. Inform doctors of common medical treatments for such conditions and when referral is necessary. Inform doctors of nutritional treatment options. Provide discussion of current research in dermatology.

**Hour1**

- A. Research overview of Gut Brain Skin Connection**
  
- B. Commonalities in treatments for the most common skin conditions using a nutritional model**
  - 1. Autoimmune**
  - 2. Bacterial**
  - 3. Viral**
  - 4. Fungal**
  - 5. Nutritional Deficiencies**
  - 6. Metabolic Disorders**
  - 7. Spinal**

**Assessment Hour2**

- A. Review of most common dermatology conditions in Primary Care
  - 1. Acne
  - 2. Psoriasis
  - 3. Eczema
  - 4. Contact Dermatitis
  - 5. Seborrheic Dermatitis
  - 6. Skin Cancer
  - 7. Dermatitis Herpetiformis
  - 8. Questions and Clarifications

**Why am I Not Pregnant NOW?;  
Kristine Tohtz; Saturday, July 24<sup>th</sup>; 4pm-5:30pm**

**GENERAL LECTURE DESCRIPTION:**

This lecture discusses important aspects to conception care to best support fertile potential for a healthier and more successful pregnancy for all parties involved.

**COURSE GOALS:**

- Provide an understanding of the barriers to health in women trying to get pregnant.
- Discuss basic lab values, advanced testing and genetics to best support women's and men's fertility potential.
- " Empower and engage patients with skills and knowledge in their fertility and pregnancy journey.

**COURSE OBJECTIVES:** After completion of this course the student will demonstrate knowledge of:

- Review recent statistics and morbidity/ mortality in perinatal women.
- Discuss current medical treatment considerations for barriers to fertility.
- Define normal values in basic and advanced lab studies coupled with improved patient history taking techniques and coordination of care what the best possible customized care plan for a patient looking to achieve a healthy pregnancy.
- Review treatment possibilities and methodology using full scope care for a chiropractic physician.

**COURSE TOPICS:** The course will cover the following topics:

1. Overview of demographic data and common health conditions of perinatal women including common medical treatment for fertility challenges. (0.5 hours)
2. Discussion of our role as Chiropractic Physicians in terms of life / lifestyle, nutrition, supplements and as an educator and support physician in fertility for both participants (1.0 hours)
3. Treatment approaches for life/lifestyle, supplements, chiropractic care and nutrition and as an educator and support physician in fertility for both participants (0.5 hours)

**A clinical Approach to Diagnosis and Management of Infectious Disease;  
Brett Wisniewski; Sunday, July 25th; 8am-10am; 10:30am-12:30pm**

Hour 1 Review the fundamentals of the immune system and mechanisms of immunity

Hour 2 Discuss common infections/pathogens seen in a primary care practice

- A. History
- B. Physical examination
- C. Subluxation analysis
- D. Diagnosis

Hour 3 Discussion of the appropriate plan

- A. Diagnostic methods
- B. Effective treatments
- C. Follow-up protocols

Hour 4 Present real patient cases, diagnostics work up and treatments