

Hormone Advanced Practice Module: Re-establishing Hormonal Balance in the Hypothalamic, Pituitary, Adrenal, Thyroid, and Gonadal Axis

July 22 – 24 , 2022 | Livestream (Pacific time)

TIME	CE HOURS	CATEGORY	FRIDAY, JULY 22 (DAY ONE)	
7:15– 9:00 am	1.75	Exam/Diagnosis	<p>Key Principles of Assessing and Treating Hormonal Dysfunction</p> <p>This opening talk will explore the definition of optimal hormonal health. Dr. Evans will outline and review the underlying principles that the faculty will utilize in prioritizing assessment and treatment approaches. Key concepts will be introduced and explained, and foundational physiology reviewed. A preview of the important take-home points from each lecture will be discussed as well as placed in the context of the Matrix and the functional medicine approach to health.</p>	Joel Evans, MD
9:45– 10:45 am	1.0	Exam/Diagnosis	<p>Assessing and Treating Patterns of Adrenal Dysfunction, Part 1</p> <p>Dr. Trindade will begin the discussion of hormonal dysfunction with a focus on the linchpin: the adrenal glands. Adrenal dysfunction manifests in a wide variety of patterns, and dysfunction commonly occurs on a spectrum from “adrenal overdrive” to “adrenal fatigue.” The key players in this symphony are adrenaline, cortisol, and dehydroepiandrosterone (DHEA). Stress and many other factors have profound impacts on adrenal function. Dr. Trindade will discuss the important history, physical examination, and laboratory evaluations that should be performed to better understand patterns of adrenal dysfunction.</p>	Filomena Trindade, MD, MPH
11:00 am– 12:00 pm	1.0	Exam/Diagnosis	<p>Assessing and Treating Patterns of Adrenal Dysfunction, Part 2</p> <p>Dr. Trindade will continue her presentation on adrenal dysfunction. This session will highlight behavior modification, nutraceutical supplementation, botanical medicine, and hormone replacement therapy.</p>	Filomena Trindade, MD, MPH
1:30– 2:00 pm	.5	Exam/Diagnosis	<p>Assessing and Treating Patterns of Adrenal Dysfunction, Case Studies</p> <p>Dr. Trindade will present a series of case vignettes illustrating patterns of HPA axis dysfunction. Relevant laboratory evaluation, modifiable lifestyle factors, nutraceuticals, botanicals, and hormone replacement therapy will be discussed.</p>	Filomena Trindade, MD, MPH
2:00– 3:00 pm	1.0	Exam/Diagnosis	<p>Advanced Assessment and Treatment of Thyroid Dysfunction, Part 1</p> <p>Dr. Lukaczer will frame the topic of thyroid dysfunction by clarifying how to place it in the context of the functional medicine Matrix. Understanding how thyroid function affects and is affected by stress and other adrenal and sex-steroid hormone disturbances is key to knowing how best to effectively push on the web related to thyroid dysfunction. Dr. Lukaczer will catalog the important history, examination, and laboratory evaluations that should be conducted to better understand patterns of thyroid dysfunction. He will also cover controversies over laboratory assessment, including thyroid-stimulating hormone, reverse T3, and iodine testing.</p>	Dan Lukaczer, ND
3:45– 5:15 pm	1.5	Exam/Diagnosis	<p>Advanced Assessment and Treatment of Thyroid Dysfunction: Part 2</p> <p>In Part 2, Dr. Lukaczer will discuss the best thyroid treatment options, including lifestyle modifications, nutrition, supplementation, and pharmaceutical interventions. He will make recommendations on treatment options and review and comment on the controversies surrounding hormone replacement using T3 and T4, iodine supplementation, and nutraceutical approaches.</p>	Dan Lukaczer, ND

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SATURDAY, JULY 23 (DAY TWO)				
7:00– 8:15 am	1.25	Principles of Practice / Philosophy	Stress, Spiritual Beliefs, and Chronic Illness A chronic illness can cause physical suffering and the stress of the illness can accentuate and fuel exacerbations related to that disease. Dr. Evans will frame how a patient’s belief system can have a profound influence on how they view their illness, as well as how ways of coping with disease can have profound effects on getting well. This talk will emphasize the relationship of stress to health and illness, as well as explain how spiritual practice and stress reduction can influence the course of disease and affect healing. Specific stress-reduction techniques and the literature documenting their effectiveness will be discussed. Finally, he will discuss the importance of introducing hope, connection, and spirituality as part of a therapeutic healing plan.	Joel Evans, MD
9:00– 10:30 am	1.5	Exam/Diagnosis	Evaluating and Treating Hormonal Dysfunction in Men, Part 1 The topics of assessing and treating men for hormonal dysfunction and the use of testosterone replacement were once brushed aside; this is no longer the case. Long before considering testosterone or other hormone replacement therapies in men, however, the clinician should be looking at therapeutic interventions that can modulate hormone action. Many nutraceutical, botanical, dietary, and lifestyle therapies have good scientific support for improving problems of fatigue, decreased muscle mass, impotence, and other sexual dysfunctions related to male hormonal disturbances. Dr. Holthouse will center his lectures on the history, physical examination, and laboratory evaluations that should be performed to better understand the pattern of hormonal dysfunction, as well as the best treatment options, including lifestyle, nutrition, supplementation, and pharmaceutical interventions. Areas covered include controversies around prostate cancer prevention, the effects of stress and weight on testosterone, testosterone replacement and aging, and andropause.	Mark Holthouse, MD
12:00– 1:30 pm	1.5	Exam/Diagnosis	Evaluating and Treating Hormonal Dysfunction in Men, Part 2 and Interactive Q&A Dr. Holthouse will continue his review and recommendations on key topics in male hormone dysfunction, including approaches for testosterone replacement and monitoring. An interactive case discussion will further review treatment of male hormonal imbalance.	Mark Holthouse, MD Joel Evans, MD
1:45– 2:45 pm	1.0	Exam/Diagnosis	Evaluating and Treating Hormonal Dysfunction in Women, Part 1 and Interactive Q&A Marcelle Pick starts the topic of hormone dysfunction in women by reviewing sex steroid hormone patterns during the reproductive period of life. She will then highlight functional medicine approaches to disorders commonly seen during this period, including early menarche, PMS and other menstrual disorders, PCOS, and infertility. This session will also include an interactive case discussion highlighting hormone imbalance patterns common in a women’s health setting.	Marcelle Pick, NP
3:30– 5:00 pm	1.5	Exam/Diagnosis	Evaluating and Treating Hormonal Dysfunction in Women, Part 1 cont. and Interactive Q&A Marcelle Pick will continue the topic of hormone dysfunction in women with a clinical case presentation series. Cases will cover a variety of women’s health topics including PMS, PCOS, infertility, and	Marcelle Pick, NP

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			dysmenorrhea. Cases will include discussion of laboratory evaluation, modifiable lifestyle factors, and hormone replacement therapy.	
SUNDAY, JULY 24 (DAY THREE)				
7:00– 8:00 am	1.0	Exam/Diagnosis	Evaluating and Treating Hormonal Dysfunction in Women, Part 2 Dr. Warner will explore dysfunctional hormonal patterns and disorders most associated with the perimenopausal period of life. She will discuss functional medicine approaches to conditions such as loss of libido, fibroids, and endometriosis, and will further explain the concepts of disordered estrogen metabolism in terms of breast cancer influences. To explore this topic even more deeply, she will also examine the roles of various forms of testing in breast cancer prevention, including tests and imaging for screening and risk stratification purposes.	Wendy Warner, MD
8:15– 9:30 am	1.25	Exam/Diagnosis	Evaluating and Treating Hormonal Dysfunction in Women, Part 2 cont. and Interactive Q&A Dr. Warner will continue exploring dysfunctional hormonal patterns and disorders most associated with the perimenopausal period of life. An interactive case discussion will highlight female sexual health, breast cancer prevention, and menopausal symptom management.	Wendy Warner, MD
10:15– 11:15 am	1.0	Exam/Diagnosis	Evaluating and Treating Hormonal Dysfunction in Women, Part 3 and Interactive Q&A Dr. Evans will further review and discuss recommendations on key topics in female hormone dysfunction, focusing on the menopausal period of life; this review will highlight imbalances associated with hormonal deficiencies, including osteoporosis, cognitive decline, and heart disease risk. Dr. Evans will discuss how a functional Medicine approach can be applied to menopausal management and will also summarize hormone replacement approaches.	Joel Evans, MD
11:30 am–1:15 pm	1.75	Exam/Diagnosis	Evaluating and Treating Hormonal Dysfunction in Women, Part 3 cont. and Interactive Q&A Dr. Evans continues the discussion on female hormone dysfunction, focusing on the menopausal period of life. An interactive case discussion will highlight risk and benefit analysis regarding menopausal hormone replacement therapy.	Joel Evans, MD
1:15– 1:30 pm	.25	Exam/Diagnosis	Closing The focus of the Hormone Advanced Practice Module is to prepare the participant to evaluate and treat a variety of conditions intimately connected to hormonal dysfunction accurately and confidently. Dr. Evans will close the onsite portion of the module with a reminder of the take-home messages and clinical applications that you should be comfortable using come Monday morning.	Joel Evans, MD