

Immune Advanced Practice Module

The Many Faces of Immune Dysregulation and Chronic Inflammation: Chronic Infections, Atopy, and Autoimmune Disorders

March 1-3, 2024

FRIDAY, MARCH 1 (DAY ONE)			
TIME	CATEGORY & CE HOURS	SESSION TITLE & DESCRIPTION	SPEAKERS
7:00 am– 8:30 am	Exam/Diagnosis 1.5	<p>Welcome and Introduction</p> <p>Underlying Concepts of Immune Dysfunction and Inflammation, Part 2</p> <p>Dr. Rountree will continue to explore chronic inflammation, systemic influences on the immune system, and consequent dysfunctions as this is the second portion that preceded the live course.</p>	Dan Lukaczer, ND Robert Rountree, MD
9:15 am – 10:45 am	Exam/Diagnosis 1.5	<p>The Dietary Prescription for Chronic Inflammation & Autoimmune Conditions and Interactive Q&A</p> <p>Any treatment approach to immune dysfunction must build upon a dietary foundation. Dr. Messier will explore controversies and clarify the best dietary approaches for decreasing inflammation and managing autoimmune conditions.</p>	Helen Messier, PhD, MD
12:15 pm – 1:30 pm	Exam/Diagnosis 1.25	<p>Therapeutic Uses of Essential Fatty Acids and Interactive Q&A</p> <p>Dr. Fitzgerald will discuss the “Fatty Acid Prescription,” including assessment and how much to prescribe of ALA, EPA, DHA, and GLA for various conditions and situations.</p>	Kara Fitzgerald, ND
2:15 pm – 3:45 pm	Exam/Diagnosis 1.5	<p>Laboratory Testing of Biomarkers of Immune Dysfunction and Interactive Q&A</p> <p>Laboratory evaluation is an essential part of the Functional Medicine workup. Interpreting lab results means connecting disparate pieces of information into a clinical picture that can then be acted upon and tracked. Dr. Rountree will discuss foundational laboratory tests that may reveal patterns of immune dysfunction. From hs-CRP to fibrinogen, from a CBC to serum ferritin, Dr. Rountree will identify the clinical pearls of foundational lab tests.</p>	Robert Rountree, MD
3:45 pm– 4:15 pm	Exam/Diagnosis 0.5	<p>Q&A Session</p> <p>Drs. Rountree, Messier, and Fitzgerald will discuss laboratory testing and different dietary plans for inflammation and autoimmune conditions.</p>	Robert Rountree, MD Helen Messier, PhD, MD Kara Fitzgerald, ND Dan Lukaczer, ND

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SATURDAY, MARCH 2 (DAY TWO)			
7:00 am – 8:30 am	Exam/Diagnosis 1.5	Assessment of Chronic Infections, Part 1: Occult/Chronic Infections with Lyme Disease A subset of patients do not respond to standard treatment and develop an array of symptoms that can involve the joints, heart, and central nervous system. Dr. Sult will discuss the literature, the controversy, testing, and treatment options for this chronic infective organism. <i>Lyme borreliosis</i> serves as an example on how to treat other chronic infections. Dr. Sult will also provide insight on the assessment and treatment of other chronic infections.	Tom Sult, MD
9:15 am – 10:45 am	Exam/Diagnosis 1.5	Food Allergies, Sensitivities, and Intolerances: Diagnosis and Treatment Dr. Fitzgerald will discuss and differentiate the various types of food reactions including food sensitivities, food intolerances, and food allergies. She will also present the conflicting data surrounding food reactions testing and provide functional recommendations.	Kara Fitzgerald, ND
10:45 am – 11:15 am	Exam/Diagnosis 0.5	Round Table Discussion: Food Reactions Drs. Fitzgerald and Sult will discuss food reactions and answer questions submitted during the program related to their presentations, specifically diet and lifestyle options involving the defense and repair node.	Kara Fitzgerald, ND Tom Sult, MD Dan Lukaczer, ND
12:45 pm – 1:45pm	Nutrition 1.0	Therapeutic Uses of Anti-inflammatory Botanicals and Phytochemicals Part 2 A variety of phytonutrients and botanical agents exhibit inflammatory modulating activity. Dr. Messier will discuss the biochemistry and clinical applications of the most important ones in this category, including Boswellia, ginger, turmeric, and harpagophytum (devil's claw).	Helen Messier, PhD, MD
2:30 pm – 4:00 pm	Nutrition 1.5	Underlying Rationale for Use of Immunomodulators Dr. Rountree will focus on the therapeutic use of both nutritional and botanical immunomodulators and their potential contraindications. He will cover various botanical agents, medicinal mushrooms, beta glucans, polyphenols, and bioflavonoids.	Robert Rountree, MD
4:00 pm – 4:30pm	Exam/Diagnosis 0.5	Roundtable Discussion: Immunomodulators and Anti-inflammatories Drs. Messier and Rountree will discuss, and answer questions submitted during the program related to their presentations, specifically dialoguing about the different uses of immunomodulators and anti-inflammatory botanicals and phytochemicals	Helen Messier, PhD, MD Robert Rountree, MD Dan Lukaczer, ND

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SUNDAY, MARCH 3 (DAY THREE)			
7:00 am – 8:15 am	Exam/Diagnosis 1.25	Assessment of Chronic Infections, Part 2: Dysbiosis There is a three-way crosstalk among the intestinal epithelium, pathogens, and indigenous microbiota. Dr. Messier will discuss these relationships in the context of chronic infections and multifocal dysbiosis. She will clarify the role of tolerance and the relationship of dysbiosis to infection. Her talk will include commonly encountered microbes, testing, and treatments.	Helen Messier, PhD, MD
8:30 am – 9:30 am	Exam/Diagnosis 1.0	Case Management of Chronic Infections Dr. Sult will discuss the workup, treatment, and management of Lyme disease and other chronic infections.	Tom Sult, MD
9:30 am – 10:00 am	Exam/Diagnosis 0.5	Round Table Discussion: Dysbiosis and Chronic Infections Chronic infections and multifocal dysbiosis are frequently recognized as etiological factors for many patients with refractory and difficult-to-treat symptomatic presentations. Drs. Messier and Sult will discuss practical applications and indications for addressing dysbiosis and chronic infections through case-based vignettes from their clinical practices.	Helen Messier, PhD, MD Tom Sult, MD Dan Lukaczer, ND
10:45 am – 11:45 am	Exam/Diagnosis 1.0	Case Management of Allergic and Atopic Disease Dr. Fitzgerald will build on earlier presentations as she discusses the pathophysiologic mechanisms associated with allergy and atopy, and the management of those conditions.	Kara Fitzgerald, ND
11:45 am – 12:45 pm	Exam/Diagnosis 1.0	Case Management of Autoimmune Disease Dr. Rountree will wrap up the case study discussions with a focus on the workup, treatment, and management of autoimmune diseases from a functional medicine perspective.	Robert Rountree, MD
1:00 pm – 1:30 pm	Exam/Diagnosis 0.5	Round Table and Q&A Discussion Autoimmune diseases are associated with other immune disturbances like allergies and atopic diseases. Drs. Fitzgerald and Rountree will discuss practical applications and indications for addressing autoimmune diseases and chronic integumentary system reactions through case-based vignettes from their clinical practices.	Kara Fitzgerald, ND Robert Rountree, MD Dan Lukaczer, ND
1:30 pm – 2:15 pm	Exam/Diagnosis 0.75	Summary: Key Clinical Applications The goal of this APM is to prepare each participant to accurately and confidently evaluate and treat a variety of conditions that are intimately connected to immune dysfunction and inflammation.	Robert Rountree, MD