

## GI Advanced Practice Module

Restoring Gastrointestinal Equilibrium: Practical Applications for Understanding, Assessing, and Treating Gut Dysfunction

September 29 – September 30, 2024

In-person & Live stream, All times CDT

TIMES	CATEGORY	SUNDAY, SEPTEMBER 29 (DAY ONE)	
8:00 – 8:30 am 1.5	Exam/Diagnosis	<p><b>Welcome, Introduction and Blueprint of Course</b></p> <p>This course highlights five distinct yet related gastrointestinal functions. Disturbance in any one of these five domains may contribute to dysfunction in any of the other four. The clinical manifestations of any combination of these dysfunctions may be silent, may be confined to local GI symptomatology, or may undergird chronic systemic disease. This course will assist clinicians in evaluating and therapeutically addressing the numerous conditions associated with these dysfunctions with personalization.</p>	Robert Luby, MD
8:30 – 10:00 am 1.5	Exam/Diagnosis	<p><b>Maldigestion and Malabsorption: Manifestations, Mediators and Mitigators (with Interactive Cases)</b></p> <p>Clinical presentations of maldigestion and malabsorption are common and vexing. This session will review the major mechanisms of maldigestion and malabsorption, their underlying antecedents, triggers, and mediators, and how they manifest locally and systemically. Laboratory and other evaluative modalities will be presented, as well as a wide palette of therapeutic interventions, from diet and lifestyle to botanical, nutraceutical, and pharmaceutical.</p>	Elizabeth Boham, MD, RD Vivian Asamoah, MD Dawn Beaulieu, MD Liz Lipski, PhD, CNS
10:45 am – 12:15 pm 1.5	Exam/Diagnosis	<p><b>Gut Inflammation: Manifestations, Mediators, and Mitigators (with Interactive Cases)</b></p> <p>Inflammation of the gastrointestinal tract can contribute to both local GI symptoms and systemic chronic conditions. This session will focus on how to assess and address the various mediators of gut inflammation. Because it involves genetic, antigenic, microbial, dietary, lifestyle, and environmental factors, inflammatory Bowel Disease (IBD) will serve as the prototype disease to be interrogated. Therapeutic interventions to address gut inflammation in general, and IBD in particular, will be featured.</p>	Elizabeth Boham, MD, RD Vivian Asamoah, MD Dawn Beaulieu, MD Liz Lipski, PhD, CNS
1:45 – 3:15 pm 1.5	Exam/Diagnosis	<p><b>Intestinal Dysbiosis: Manifestations, Mediators, and Mitigators (with Interactive Cases)</b></p> <p>This session will explore the beneficial functions of the gut microbiota and the consequences and manifestations of its disturbance (dysbiosis). Inasmuch as dysbiosis is a fulcrum of both GI dysfunction and systemic disease, we will focus not only on mitigating its local effects on gastrointestinal conditions, but also on a spectrum of well-sequenced therapeutic interventions to restore these symbiotic microbial communities back to optimal balance to prevent and treat chronic systemic disease.</p>	Elizabeth Boham, MD, RD Vivian Asamoah, MD Dawn Beaulieu, MD Liz Lipski, PhD, CNS

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<p><b>4:00 – 5:30 pm</b> <b>1.5</b></p>	<p><b>Exam/Diagnosis</b></p>	<p><b>Intestinal permeability: Manifestations, Mediators, and Mitigators</b> Intestinal permeability must be recognized and addressed because it is the bridge between gut dysfunction and chronic systemic disease. This session will provide the knowledge and tools to identify and address the root causes and consequences of intestinal permeability in order to enable clinicians to achieve better outcomes for their patients with this often-overlooked condition.</p>	<p>Elizabeth Boham, MD, RD Vivian Asamoah, MD Dawn Beaulieu, MD Liz Lipski, PhD, CNS</p>
<b>MONDAY, SEPTEMBER 30 (DAY TWO)</b>			
<p><b>8:00 – 9:30 am</b> <b>1.5</b></p>	<p><b>Exam/Diagnosis</b></p>	<p><b>Adverse Food Reactions</b> Adverse food reactions are common yet difficult to detect because their clinical indicators are often delayed and unrelated to local symptomatology. In addition, their manifestations may be variable and overlapping. This session will train clinicians to identify and manage the various forms of adverse food reactions, from classic food allergies, delay sensitivities, and immediate intolerances, to celiac disease and other gluten and wheat-related disorders.</p>	<p>Dan Lukaczer, ND R Robert Luby, MD</p>
<p><b>10:15-11:45 am</b> <b>1.5</b></p>	<p><b>Exam/Diagnosis</b></p>	<p><b>Comprehensive Elimination Diet and other Dietary Strategies</b> Food is energy, food is information, and food is medicine. Yet many foods may be mediators of gastrointestinal dysfunction and systemic disease in any individual. Leveraging dietary changes to maximize food as medicine and to minimize food as mediator is an essential skill for functional medicine clinicians, yet the elimination of foods is not without risk. This session will emphasize a team approach to initiating personalized dietary strategies with precision and safety.</p>	<p>Elizabeth Boham, MD, RD Liz Lipski, PhD, CNS Vivian Asamoah, MD</p>
<p><b>1:15 – 2:45 pm</b> <b>1.5</b></p>	<p><b>Exam/Diagnosis</b></p>	<p><b>Enteric Nervous System (ENS) – Rebalancing the Gut Brain Axis, Motility, and Lifestyle</b> The enteric nervous system has been referred to as “the second brain”, and its importance in the maintenance of gastrointestinal function cannot be overstated yet is often overlooked. In this session clinicians will learn how the ENS interfaces with the gut-brain axis, vagal nerve influences, gut motility, the microbiome, and all other GI dysfunctions. Rebalancing lifestyle behaviors is of primacy in addressing these dysfunctions in addition to a wide variety of applicable interventional options that will be presented.</p>	<p>Elizabeth Boham, MD, RD Liz Lipski, PhD, CNS Vivian Asamoah, MD</p>
<p><b>3:30 – 5:15 pm</b> <b>1.75</b></p>	<p><b>Exam/Diagnosis</b></p>	<p><b>Functional GI Disorders Clinical Integration – IBS – SIBO – GERD</b> Vague abdominal complaints represent a clinical conundrum for most clinicians. Dyspepsia and other “functional” GI disorders often involve the entire pentad of gut dysfunction and require all elements of the functional medicine “5R approach”. In this session irritable bowel syndrome, small intestinal bacterial overgrowth, and gastrointestinal reflux will serve as the prototype conditions to train clinicians how to achieve better clinical outcomes.</p>	<p>Dawn Beaulieu, MD Elizabeth Boham, MD, RD Liz Lipski, PhD, CNS Vivian Asamoah, MD</p>