

E-LASER EXPO – Modernizing Healthcare

Northwestern Health Sciences University

DATE: September 26-27, 2024

CE HOURS: 12 - Lasers

LOCATION: Asheville, NC

INSTRUCTORS: Erik Reis, DC, DACNB, CBIS; Serena Poon; Ryan Manning, DC; Robert Silverman, DC, DACBN, DCBCN; Diana Martinez, MD, PhD, BCN; Dustin Dillberg, DACM, Lac; Kirk Gair, DC, ID. E.



Thursday, September 26, 2024		1:30 pm – 7:00 pm
1:30-3:30 pm 2 CE hours	<p>Beyond the Spine - Navigating Traumatic Injuries and Promoting Healthy Aging and Longevity in Your Practice</p> <p>Explore the multifaceted aspects of managing traumatic injuries, fostering healthy aging, and promoting longevity in your clinical practice. Take an in-depth look into the latest advancements and methodologies for addressing concussions and traumatic injuries, with a special focus on metabolic, cognitive, and neurological health. We will explore innovative approaches and therapies that go beyond traditional methods, highlighting the importance of holistic and integrative approaches in patient care.</p> <p>The curriculum will integrate the principles of rehabilitation, pain management, and preventative strategies, emphasizing the role of nutrition, lifestyle, and cutting-edge therapeutic techniques like low-level laser in promoting recovery and long-term well-being.</p> <p>Bridge the gap between conventional medical approaches and integrative therapies, offering participants a comprehensive understanding of how to enhance patient outcomes in both acute and chronic scenarios.</p>	Erik Reis, DC, DACNB, CBIS
30-minute break		
4:00-5:00 pm	<i>Non-CE Session</i>	
5:00-7:00 pm 2 CE hours	<p>Advanced Integration of Low-Level Laser Therapy (LLLT) & Manual Techniques for Pain Relief & Longevity</p> <p>The application of LLLT with manual therapy techniques for reducing musculoskeletal pain and restoring function will be discussed & demonstrated. Specific areas to be addressed are the cervical spine, lumbar spine, shoulder and hips. A review of the Cervical Spine/ Shoulder, Lumbar Spine/ Hips will be discussed. The essential physics of LLLT and how they are applied to the areas above will be considered. Laser positioning, settings, and duration of treatment will be discussed.</p> <ul style="list-style-type: none"> • Soft tissue techniques for the management of common musculoskeletal pain. • Demonstrate application of LLL techniques for the management of common musculoskeletal pain. • Application of basic knowledge of LLL and how it applies to the reduction of pain, inflammation, and tissue healing. 	Ryan Manning, DC

Friday, September 27, 2024		8:00 am – 5:30 pm
8:00 – 10:00 am 2 CE hours	<p>Extending the Clock - Strategies for Targeting Mitochondrial Dysfunction to Enhance Longevity</p> <p>“The use of low-level laser therapy across three different wavelengths simultaneously is an exciting new development to treating mitochondrial dysfunction.”</p> <p>Mitochondrial dysfunction has been highlighted as a pivotal factor in the aging process and the pathogenesis of numerous age-related diseases. Strategies targeting the rejuvenation of mitochondrial function offer a promising avenue to enhance longevity and mitigate the effects of aging. These strategies include using antioxidants to reduce mitochondrial oxidative stress, promoting mitochondrial biogenesis through exercise and dietary interventions, and adding nutritional supplementation to improve mitochondrial efficiency and dynamics.</p> <p>Recent advancements in understanding the molecular mechanisms underlying mitochondrial dysfunction have paved the way for the development of targeted therapies. Sirtuin activators and mTOR inhibitors are being explored for their roles in extending lifespan through pathways related to mitochondrial health. Collectively, these strategies underscore the critical role of mitochondria in aging and highlight the potential of mitochondrial-targeted interventions in the quest for longevity.</p>	Robert Silverman, DC, DACBN, DCBCN, MS
15-minute break		
10:15 – 11:15 am 1 CE hour	<p>Research Shows Enhancing Mental Health with Low-Level Laser Therapy</p> <p>Low level laser therapy (LLLT) has emerged as a promising approach in the field of mental health, offering potential benefits in treating conditions such as anxiety, depression, and sensory processing disorders. By targeting neurons and brain circuitry, LLLT can modulate neural activity while supporting therapy-driven neuroplasticity, leading to symptom reduction and improved mental well-being. Recent studies indicate that LLLT is a non-invasive and effective treatment option, opening new avenues for managing mental health disorders with fewer side effects compared to traditional methods.</p>	Diana Martinez, MD, MSc, PhD, BCN
11:15 – 2:15 pm (1-hr lunch break at 12:15) 2 CE hours	<p>Laser Acupuncture - Bridging Ancient Wisdom and Modern Medicine</p> <p>Explore the innovative integration of laser technology with traditional acupuncture practices. We will delve into the historical roots of acupuncture, its principles, and how modern laser techniques can enhance its efficacy and application. Attendees will learn about the scientific basis of laser acupuncture, its clinical benefits, and practical considerations for incorporating this hybrid approach into their practice.</p>	Dustin Dillberg, DACM, LAc
2:15 – 5:30 pm (15-minute break at 3:15) 3 CE hours	<p>Enhanced: Creating Enhanced Performance, Healing, and Clinical Outcomes</p> <p>“Performance Enhancement” is a buzzword for the digital era, and High Energy Lasers combined with other modern approaches makes it a reality. Dr. Gair will cover how lasers enhance the function of mitochondria in a new and exciting manner that can combat the rapid health decline we are seeing since the pandemic and that affects every system in the body. This will help you to understand that your lasers “boldly go” far beyond just decreasing pain and healing injuries faster and into realms that have barely been explored so far. Lasers can enhance sports performance, brain performance, and virtually every system in the body as a positive secondary effect when you are treating the common conditions you see in practice every day.</p>	Kirk Gair, DC, ID. E.