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

February 4-6, 2018

In person in Atlanta, GA or via live stream (EST)

SESSION DESCRIPTIONS*

SUNDAY, FEBRUARY 4 (DAY ONE)	
Welcome and Introduction	Dan Lukaczer, ND
Underlying Concepts of Immune Dysfunction and Inflammation, Part 1 Close to 100 different diseases have been classified as autoimmune conditions. A broader perspective reveals that shared mechanisms are the underlying cause of many of these maladies. Dr. Rountree will open the day with an overview of chronic inflammation, systemic influences on the immune system, and consequent dysfunctions.	Robert Rountree, MD
Underlying Concepts of Immune Dysfunction and Inflammation, Part 2 Dr. Rountree will continue to explore chronic inflammation, systemic influences on the immune system, and consequent dysfunctions.	Robert Rountree, MD
The Dietary Prescription for Chronic Inflammation & Autoimmune Conditions 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.	Helen Messier, MD, PhD
Question and Answer Session	Presenters
Laboratory Testing of Biomarkers of Immune Dysfunction 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.	Robert Rountree, MD
Question and Answer Session	Presenters
Food Allergies, Sensitivities, and Intolerances: Diagnosis and Treatment Dr. Fitzgerald will discuss and differentiate the various testing options available to assess reactions to food from a laboratory perspective. She will also cover conflicting data and the advantages and disadvantages of testing.	Kara Fitzgerald, ND
Question and Answer Session	
MONDAY, FEBRUARY 5 (DAY TWO)	

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IFM Certification Program: The Path and Benefits Please join us for an overview of the IFM certification program followed by a discussion with two of our Certified Practitioners. We will discuss how certification can be personally and professionally beneficial, review the process of becoming certified, and hear from graduates about their experiences in practice as IFM Certified Practitioners. At the end of the overview, there will be a question-and-answer session.	Robert Luby, MD TBA TBA
Assessment of Chronic Infections, Part 1: Dysbiosis There is a three-way cross-talk 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, MD, PhD
Assessment of Chronic Infections, Part 2: Lyme Disease and other Occult Infections Dr. Sult will dive into the long-standing controversy over *Lyme borreliosis*. In many cases, the acute infection and its symptoms are eliminated by antibiotics, especially if the illness is treated early. However, 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.	Tom Sult, MD
Questions and Answers Session	Presenters
Therapeutic Uses 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
Therapeutic Uses of Essential Fatty Acids 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.	Kara Fitzgerald, ND
Therapeutic Uses of Anti-Inflammatory Phytonutrients and Botanicals 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,	Helen Messier, MD, PhD

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Questions and Answers Session	Presenters
Immune: Business and Clinical Strategies for Successful Practice Implementation (non-CME) This optional, 90-minute informational session will outline the tools, laboratory testing, billing and coding, and legal considerations for implementing Functional Medicine, building on the techniques you learn at the Immune APM.	Kristi Hughes, ND TBA
TUESDAY, FEBRUARY 6 (DAY THREE)	
Yoga	
Case Management of Chronic Infections Dr. Sult will begin the day with a discussion on the workup, treatment, and management of Lyme disease.	Tom Sult, MD
Application of Metabolomics on the Microbiome: On the Cusp of Something Big The human microbiome is incredibly complex. Scientists have discovered there are over 1,000 different bacterial species that reside in and on their human hosts. These microbes have almost 3½ million unique genes, which is 150 times more than we humans carry. While genetic sequencing of the microbiome has allowed us to gain a greater understanding of who we live with and how they support human health, it has not given us all the information we need to understand the link between microbes, health and disease. Approaches like 16S RNA sequencing and metagenomics can, at best, reveal the identity of an individual's microbiota and give scientists an estimation of microbial activity in the body, but alone is unable to give us a direct peek into how the human microbiome dynamically interacts and influences its host. It appears the best way to understand this complex relationship is through the study of the meta-transcriptome--the collection of genes that the microbiome are expressing. These transcripts are the microbiome's activity. Trying to resolve the link between the microbiome and human health without looking at what they are doing of their metabolic output is like trying to predict a married couple's compatibility without observing how they communicate with each other. Meta-transcriptomics uses cutting edge molecular biology and bioinformatics to identify the overall function of the microbiome. This technology, along with computational data analysis, is now being used to unlock the secrets of this complex relationship. Dr. Helen Messier will give a brief overview of how this technology could be at the cutting edge of new and deeper understandings of the human microbiome.	Helen Messier, MD, PhD
Case Management of Allergic and Atopic Disease Dr. Fitzgerald will build on earlier presentations as she discusses the pathophysiologic mechanisms associated with	Kara Fitzgerald, ND

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allergy and atopy, and the management of those conditions.	
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
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. Dr. Rountree 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 in your practice come Monday morning.	Robert Rountree, MD