

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

July 12-14, 2018

In person in Portland, OR or via live stream (PDT)

SESSION DESCRIPTIONS*

WEDNESDAY, JULY 11	
The Spirituality of Healing and the Functional Medicine Matrix (non-CME) This non-CME optional talk will summarize the power of thoughts, feelings, and emotions on health. Dr. Evans will provide an overview of how various belief systems view health and disease and the role of the clinician as healer. He will discuss how stress has been viewed by other cultures throughout the world and will speak to how a patient's spiritual belief system and spiritual support are important in helping them to heal. A spiritual path, whatever that may be, can help us to be more effective healers. The concepts of spirituality discussed in this talk are respectful of all religious beliefs. The principles mentioned are intended to foster a spirit of community and connection among us all.	Joel Evans, MD
THURSDAY, JULY 12 (DAY ONE)	
Key Principles of Assessing and Treating Hormonal Dysfunction This opening talk will serve as an introduction to the entire module and will explore the definition of optimal hormonal health. Dr. Evans will outline and review the underlying principles that the Hormone module faculty 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.	Joel Evans, MD
Assessing and Treating Patterns of Adrenal Dysfunction: Part 1 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.	Filomena Trindade, MD, MPH
Assessing and Treating Patterns of Adrenal Dysfunction: Part 2 Dr. Trindade will discuss the important history, physical examination, and laboratory evaluations that should be performed to better understand patterns of adrenal dysfunction. From there, the best treatment options, including lifestyle modifications, nutrition, supplementation, and pharmaceutical interventions, will be described.	Filomena Trindade, MD, MPH
Advanced Assessment and Treatment of Thyroid Dysfunction: Part 1	Dan Lukaczer, ND

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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.	
Stress, Spiritual Beliefs, and Chronic Illness A chronic illness is one of the most difficult challenges in life. Not only can disease cause physical suffering, but 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 and explained. Finally, the importance of introducing hope, connection, and spirituality as part of a therapeutic healing plan will be discussed.	Joel Evans, MD
FRIDAY, JULY 13 (DAY TWO)	
IFM Certification: The Path and Benefits (non-CME) Please join us for an overview of the IFM certification program and a discussion with two of our Certified Practitioners. We will review the process and discuss how certification can be of benefit both personally and professionally. There will be ample time for questions.	Robert Luby, MD TBA TBA
Advanced Assessment and Treatment of Thyroid Dysfunction: Part 2 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.	Dan Lukaczer, ND
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	Mark Holthouse, MD

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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. From there, the best treatment options, including lifestyle, nutrition, supplementation, and pharmaceutical interventions, will be described. Areas covered include controversies around prostate cancer prevention, the effects of stress and weight on testosterone, testosterone replacement and aging, and andropause.	
Evaluating and Treating Hormonal Dysfunction in Men: Part 2 Dr. Holthouse will continue his review and recommendations on key topics in male hormone dysfunction, including approaches for testosterone replacement and monitoring.	Mark Holthouse, MD
Evaluating and Treating Hormonal Dysfunction in Women: Part 1 Marcelle Pick will begin the topic of hormone dysfunction in women by reviewing sex steroid hormone patterns during the reproductive period of life. She will discuss hormonal assessment and present the pros and cons of various testing methodologies. 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. Lastly, she will present an overview of birth control methods, including benefits and risks.	Marcelle Pick OB/GYN, NP
Hormone: 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 Hormone APM.	Dan Kalish, MD Joel Evans, MD Filomena Trindade MD, MPH Mark Holthouse, MD Marcelle Pick, OB/GYN, NP
SATURDAY, JULY 14 (DAY THREE)	
Evaluating and Treating Hormonal Dysfunction in Women: Part 2 Dr. Christensen will explore dysfunctional hormonal patterns and disorders most commonly associated with the	Margaret Christensen, MD

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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.	
Evaluating and Treating Hormonal Dysfunction in Women: Part 3 Dr. Evans will continue the review and 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
Closing The focus of the Hormone Advanced Practice Module is to prepare the participant to accurately and confidently evaluate and treat a variety of conditions intimately connected to hormonal dysfunction. 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