

## **A Chiropractor's Guide to Hormone Assessment; why guess when you can test?**

Speaker: Jay H. Mead MD, FASCP

### **Do your patients suffer from:**

*Fatigue, Forgetfulness, Mood swings, Insomnia, Anxiety, Allergies, Low libido, Hot flashes, Night sweats, Tender breasts, Foggy thinking, Muscle wasting, Constipation, Heart beat irregularity, Acne, Unwanted hair growth, Sugar cravings, Thinning skin, Aches and pains, Depression, Decreased stamina or Infertility?*

### **Are they returning to optimal health?**

The missing piece could be hormone balancing.

Excellent results in Hormone Balancing require accurate, reliable and valid testing. This presentation will elucidate on the science behind the existing hormone testing methodologies, as well as outlining the monitoring practices and protocols of thousands of physicians successfully practicing BHRT. Discover when to use saliva and when to use serum or urinary analysis. With the advancement of testing methodologies and decades of research which validate the accuracy for measurement of free levels of hormones (estrogens, progesterone, testosterone, DHEA and cortisol) through saliva testing, the entire field of hormone balancing has been transformed. Understanding the tools of assessment and when to apply each of them advances the Practitioners therapeutic regimens and a patient's positive outcome. For the beginner, or the seasoned Practitioner, this presentation will build or enhance your tools for success.

Learning objectives:

- I. Introduction-
  - a. Laboratory science and establishment of reference ranges
  - b. Measurement of Hormones
- II. Biological Fluids which allow for Hormone testing
- III. Evaluation and monitoring of Hormone Supplementation
- IV. Best Assessments for Diagnostic Accuracy

## **Chiropractor's Guide to Successful Women's Hormone Balancing**

Speaker Erin T. Lommen ND

Hormone Balancing used to be a one-size-fits-all prescription. It was a- no testing, no discussion, just hand out the prescription for estrogen when someone complained of hot flashes or night sweats- proposition. Not true anymore. Both because the risks of synthetic HRT became astonishingly clear in 2002 (WHI study) and with the advancement of testing methodologies for measurement of free levels of hormones (estrogens, progesterone, testosterone, DHEA and cortisol) through saliva testing, the entire field of hormone balancing has been transformed. Salivary hormone testing and tailored treatment plans fitted for each individual are now the gold standard. Whether it's weight gain, hotflashes, depression, acne, anxiety or low libido, accurate assessment

and supplementation will optimize these women. This presentation will outline the basics and intricacies of assessment, diagnosis and treatment using bioidentical hormones.

Learning objectives:

- I. Identify hormones that have a significant impact on women's health and how these hormones function in the body
- II. Learn how to recognize symptoms of hormone imbalance at different life stages
- III. Understand methodologies and clinical patterns in hormone imbalance diagnosis
- IV. Obtain treatment protocols for a range of hormone related diseases

## **Adrenal Fatigue Introduction**

Speaker; Ben C. Markham, DC, DIBAK, DACBN, CCN

The adrenal glands are key endocrine players and the symphony director to many hormone imbalances. They are “the stress glands” and are effected by stress beginning intra-uterine until death. The specific role of stress effects on the adrenal will be discussed with attention to the vital difference between functional and pathological hormone dysfunction.

Learning Objectives:

- I. Basic Model of Adrenal Function
- II. Discuss Effects of Stress on the HPA Axis
- III. Learn How the Adrenal Effects Other Steroid Hormones
- IV. System Effects of Adrenal Hormones

## **Healthy Aging and Hormone Balancing for Men**

Speaker Jay H. Mead MD, FASCP

From Metabolic Syndrome to ED, men are experiencing a myriad of health complaints and serious cardiovascular risk due to hormonal imbalances. Healthy hormone balance is a critical piece for staying active, anabolic, fit and strong. This presentation explores the impact of metabolic syndrome on short and long term health issues. Learn in-depth clinical pearls for how to successfully assess, diagnose and treat men with hormonal imbalances.

Learning Objectives:

- I. Identify hormones that have a significant impact on men's health and how these hormones function in the body
- II. Learn how to recognize symptoms of hormone imbalance during andropause
- III. Evaluation methodologies and patterns to look for in diagnosing hormone imbalance
- IV. Develop treatment protocols for a range of hormone related diseases

## **Beyond Testosterone ... Youth's best kept secret; Progesterone for men**

Speaker: Jay H Mead MD, FASCP

By 2020, over 60% of the US population will be over age 60 and, approximately 50% of these are men. More and more men are realizing the important role their hormones play in their health, but the primary focus is still on testosterone monitoring and replacement. Just as women need adequate amounts of testosterone, the male body has a requirement for progesterone. Progesterone is imperative for optimal functioning of the cardiovascular system, the nervous system, the brain, and is of particular importance in prostate health. The male endocrine system is not made up of insulin and testosterone alone, and proper balance of the entire complement of hormones including progesterone will keep cognitive, cardiovascular and urinary function working optimally regardless of physical age. Learn in-depth assessment and treatments for men experiencing a myriad of health complaints and serious cardiovascular risk due to hormonal imbalances.

Learning Objectives:

- I. Describe the clinical presentation and appropriate assessment criteria for Hormone Balancing for Men
- II. Discuss the pathophysiology of Progesterone's effects on cardiovascular, neurological and glandular (prostate) tissue.
- III. Address the treatment choices including bioidentical hormone supplements, nutrition and botanical therapies.
- IV. Present monitoring and management options

## **Adrenal Function: Advanced Clinical Application**

Speaker: Ben C. Markham, DC, DIBAK, DACBN, CCN

We will build on our previous functional discussion with complete assessment techniques including history, physical exam and laboratory. These tests are not complicated and extremely accurate. There will be discussion of where to start in complex cases and the role of adrenal hormones in menopause, colon dysfunction, liver detoxification, thyroid dysfunction, inflammation, auto-immune condition and more.

Learning Objectives:

- I. Quick, thorough and effective examination techniques
- II. The role of saliva hormone testing
- III. Lifestyle intervention

#### IV. What role does specific targeted nutrition play?

### **Sizing Up Menopausal Metabolism; Advanced Women's Health**

Speaker: Erin Lommen ND

Not only are we getting older... we're getting bigger! 73% of US population is overweight--11,000 Americans turn 50 every day. And of those, over 50% are women. Dieting does not work. Less than 9% of diet programs nationwide are successful in maintaining weight reduction for 1 year! The problems of Insulin Resistance, Metabolic Syndrome and PCOS are clearly increasing in our population. DHEA levels (androgens) increase in women with hyperinsulinemia. The pharmaceutical industry is currently investing billions in researching new drugs to treat and modify the effects of these conditions...yet it's not working. Reversing Insulin Resistance and rebuilding the obstacles to healing are the solution for the discerning anti-aging practitioner. This presentation will provide clinical interventions which focus on bioidentical hormonal balancing (BHRT), nutraceutical and botanical treatment protocols. This and other clinical pearls will help early detection and reversal of these conditions.

#### Learning Objectives:

- I Learn how insulin resistance, metabolic syndrome and PCOS manifest in the female population
- II Identify the diagnostic workup require to correctly identify the conditions
- III Outline treatment options utilizing bioidentical hormone supplements, nutrition and botanical therapies.
- IV Discuss clinical pearls and pitfalls in complex clinical cases

### **Gut Health Basis For Overall Health**

Speaker: Ben C. Markham, DC, DIBAK, DACBN, CCN

A discussion of the critical role of optimal digestion and the systemic health effects that poor digestion causes. We will learn the critical importance of proper pH and gastric function and it's effect on the colon as well as how the adrenal is related to G-I function.

#### Learning Objectives:

- I. Why the colon malfunctions
- II. The role of diet in G-I health
- III. Why pH is important in colon health
- IV. Systemic effects of G-I disturbance

## **I. Breast Health Update; A must for the Bust**

Speaker: Erin T. Lommen ND

Safe and effective hormone protocols are the mandate for alternative Practitioners. Breast cancer is **the most common cancer affecting women** today. The likelihood of a woman developing breast cancer in her lifetime is approximately 1 in 7, yet our typical approach in usual medicine is at most, only a defensive one ...i.e., wait until the cancer occurs. Current standards of practice focus almost exclusively on screening mammograms **rather than on prevention**. With any discussion of Breast cancer, must also come a focus on estrogens. This presentation will analyze further our understanding of the three estrogens and delve deeper into the Estrogen questions in order to equip Practitioners with treatments for all women.

- I. Review the basics of estrogens and their metabolism
  - a. Estrone
  - b. Estradiol
  - c. Estriol
  - d. Cofactors and important pathways
  - e. Urinary Metabolites
    - i. Weak physiologic action
    - ii. Ways to affect pathways
- II. Discuss state-of-the-art risk prevention practices
  - a. Estrogen Quotient and Progesterone Estradiol ratio
  - b. Protective strategies
- III. Breast Health update
- IV. Conclusions and Treatment Protocols

## **Vitamin D; the forgotten hormone.**

Speaker: Jay H Mead MD FASCP

It is estimated that over 1 billion people in the world are vitamin D deficient. This deficiency is associated with these common and debilitating illnesses: PCOS, Metabolic Syndrome, Depression, Cancer, Osteoporosis, Hypertension, Autoimmune Disease, Diabetes, Epilepsy, Migraine headaches, and Neurotransmitter imbalances. This discussion will prepare the Practitioner for significant success by understanding the state-of-the-art testing as well as current treatment recommendations and dosage guidelines.

### **Learning Objectives**

- I. Exploration of the myriad of roles Vitamin D plays in health
- II. Evaluation of testing and monitoring methods
- III. Understand the impact that low Vitamin D has on chronic disease
- IV. Learn dosing guidelines for supplementation

## **Nutritional Corrections: Foundations For All Hormone Balancing**

Speaker: Ben C. Markham, DC, DIBAK, DACBN, CCN

We will discuss the role of nutritional intervention in each endocrine area and how to prioritize your treatment options. Learn when, where and how to support the pituitary, adrenal, thyroid, pancreas and male/female hormone relationships.

Learning Objectives:

- I. Learn your options of specific nutritional support for each endocrine gland
- II. Understand dosing and contra-indications
- III. When to use botanical/glandular support vs pharmaceutical
- IV. Utilizing saliva hormone testing as a guide to your nutritional recommendations

## **Adrenals, Thyroid and connecting all the Dots: a natural approach**

Speaker Jay H Mead MD, FASCP

So once we've balanced the adrenals, another essential building block for foundational endocrine health is thyroid optimization. All of the hormones we have discussed, can have an impact on thyroid function. Additionally, as a result of misinterpretations and medical misinformation, there also exists a phobia about allergies and an historic unfolding of unfounded fear of over-supplementation with regard to Iodine. This presentation will tie these loose ends together and provide answers to frequently asked questions like how to assess and how to interpret thyroid testing or what is the science behind the medicinal uses of this essential element-Iodine?

Learning Objectives

- I. Understand the importance of adrenal health and its foundational role in optimal thyroid function
- II. Understand how Adrenal fatigue, Estrogen Dominance, Insulin Resistance, Stress and Iodine deficiency, affect thyroid function
- III. Learn about the axis - hypothalamus/pituitary/adrenal/thyroid (HPAT axis) .
- IV. Learn what to assess; laboratory parameters
- V. Obtain ready-to-use Monday morning treatment options