

**2021 Conference for the
Arizona Naturopathic Medical Association
and
Hawaii Society of Naturopathic Physicians
Being Held Virtually October 29-31, 2021**

Arizona CMEs: 21.6 total CMEs, including 3.0 Opioid, 8.4 Pharm & 10.2 General approved by the Arizona Naturopathic Medical Association. 50 minute lecture = 1 credit hour per Arizona Naturopathic Medical Board rules.

Times are shown in Arizona time

Friday, October 29, 2021

5:30 pm – 8:30 pm **Opioid Workshop**

This workshop will satisfy the annual opioid CME requirements for Arizona ND licensure.

Saturday, October 30, 2021

8:00 am – 9:30 am **Management of infertility and miscarriage - Clinical Case presentations**

Speaker: Marianne Marchese, ND

Attendees will learn how to effectively manage patients dealing with infertility and miscarriage through case presentations.

9:30 am – 10:00 am **Break**

11:30 am – 12:30 pm **To Lift or Not to Lift: Using the Menstrual Cycle to Your Exercise Advantage**

Speaker: Carrie Jones, ND

As a female, why does it seem easier to lift heavy or run longer during certain times of the month, while other times it can feel like moving through quicksand? It turns out, not only do those cycling hormones estradiol and progesterone affect mood, heart, skin, and digestion, they also affect several factors that have to do with exercise. The idea behind cycle syncing is not a new concept however it is a growing field in the world of athletics. By using the different phases of the menstrual cycle as a guideline, women can tailor their exercise to meet the needs and demands of their body. For example, in the mid-to-late follicular phase, women tend to be able to do more powerful HIIT training or lift heavier weights. This is different from the late-luteal phase where gentler workouts involving flexibility, stretching, yoga or Pilates are more preferred. This lecture will briefly review what is happening with each hormone during each phase of the menstrual cycle. That information will then be synced to how the estradiol, progesterone and testosterone levels at that time affect conditions such as muscle building/breakdown, stamina, blood volume, muscle health, temperature control, energy and more.

12:30 pm – 1:30 pm

Lunch

1:30 pm – 3:00 pm

Research Update on women's topics

Speaker: Tori Hudson, ND

This presentation will cover the most timely topics in women's health.

3:00 pm – 3:30 pm

Break

3:30 pm – 5:00 pm

Why Am I Not Getting Pregnant? - The Top 4 Roadblocks & Solutions to Fertility Success

Speaker: Kiera Lane, NMD, LAc, FABORM

Survey the rugged terrain of the infertility landscape with Dr. Kiera Lane, fertility expert. This population is in great need of tools to get pregnant, stay pregnant and have healthy pregnancies and healthy babies. We will cover basic laboratory assessment that new or seasoned practitioner could utilize. Additionally, we will cover the four most common roadblocks to conceiving that Dr. Lane has seen after 20 years of experience assisting this population. Dr. Lane will discuss four major roadblocks that prevent women, men and couples from pregnancy success and how to effectively address them to swing the pendulum from disappointment to hope.

90 minutes

Sex on the Brain

prerecorded

Speaker: Rachel M. Klein, ND, DC, DACNB, FIBFN-CNDH

This lecture explores the neurology of sex, and how we can help our patients enjoy better sex lives. By understanding the nervous system response to excitation and arousal we can better apply treatments to target dysfunction affecting the sexual relationship and improve enjoyment. Learners will leave this lecture with skills to address patient concerns surrounding sex, stimulation and satisfaction.

Sunday, October 31, 2021

8:00 am – 9:30 am

Managing Sexual Health After Cancer

Speaker: Melissa Coats, ND, FABNO

When men or women are dealing with cancer it is stressful enough, but often times there are a lot of decisions made quickly that impact a lifetime. This presentation will cover how naturopathic medicine can help with managing the mental and physical changes that happen when sexual and reproductive health are impacted from cancer.

9:30 am – 10:00 am

Break

10:00 am – 11:00 am **Natural Treatments for Sexual Health**

Speaker: Dorian Richardson, ND

This presentation will go over a variety of natural treatments we can use to address a variety of sexual health concerns. This includes low libido, erectile dysfunction, inability to orgasm and more. We will go over herbal treatments, lifestyle recommendations and the importance of mental health support in sexual health.

11:00 am – 12:00 pm **AzNMA Annual Membership Meeting**

12:00 pm – 1:00 pm **Break**

1:00 pm – 2:30 pm **Practical Approach to Erectile Dysfunction**

Speaker: Eric Yarnell, ND, RH(AHG)

Dr. Yarnell will discuss how to talk to, work-up and treat patients with ED. This will include discussing this sensitive topic with reticent patients, working with patients from different cultures, and teenagers. Numerous example cases from practice will illustrate the described approaches.

2:30 pm – 3:00 pm **Break**

3:00pm – 4:00 pm **Expanding Men's Longevity: Hormones & Beyond**

Speaker: Matthew Hernandez, NMD

Men's health is often an overlooked topic in medicine, yet more men are wanting to improve their health and longevity. In this presentation, we will discuss what physicians should consider when approaching men's health so that they may help their male patients develop a plan to increase their healthspan.

4:15 pm – 5:00 pm **AHCCCS Workshop**

5:00 pm **Conference Ends**

60 min. prerecorded

Controversies in integrative men's health: testosterone, PSA screening, prostate cancer, erectile dysfunction, male infertility

Speaker: Michael Traub, ND, DHANP, CCH, FABNO

The risks and benefits of testosterone therapy will be addressed including cardiovascular, prostate cancer, bone density, muscle mass, erythropoiesis, mood, cognition and sexual function.

The USPSTF's 2018 recommendation for PSA Screening will be reviewed and critiqued.

An update in the management of prostate cancer will be provided.

Androgen deprivation therapy in the setting of metastatic castration-resistant prostate cancer will be reviewed, including the dark side of 5-alpha reductase inhibitors.

Erectile dysfunction assessment and treatment will be discussed, including naturopathic approaches to male sexual dysfunction.

Supplements to enhance male fertility will be reviewed.