

Illuminating the Path Forward

Integrating New Approaches for the Evaluation
and Treatment of Mood Disorders

Earn up to **17.5**
CME credits

*The **16th** International Symposium
on Functional Medicine*

May 27-30, 2009

The Westin Diplomat Resort & Spa
Hollywood, Florida





Robert Hedaya, MD

The 16th International Symposium on Functional Medicine



Mark Hyman, MD

What if we have been shining the light in the wrong places ?

Depression now afflicts more than 120 million people worldwide and almost 20 million people in the US alone, yet:

- Only 1/3 of depressed individuals receive treatment (US)
- More than half of the depressed patients achieve either only partial or no recovery using conventional pharmaceuticals
- Side effects contribute to poor treatment compliance, often furthering incomplete resolution of symptoms



Jay Lombard, DO

What if the answer is not to be found in a pill, but in the way our genes, diet, and environment interact to alter brain chemistry and detract from optimal health and functional balance?



Martha Herbert, MD, PhD

What if myriad factors such as:

- Dietary imbalance
- Nutritional insufficiencies
- Hormonal dysregulation
- Chronic inflammation
- Occult infections
- Environmental toxins
- Emotional trauma
- Attitudes and beliefs
- Lack of movement and exercise

are the real and underlying causes of an epidemic of disorders that persistently plague your patients, despite meteoric rises in prescriptions for mood-altering medications?



David Mischoulon, MD, PhD



Filomena Trindade, MD, MPH



Richard Lord, PhD

These subjects are the focus of the *16th International Symposium on Functional Medicine, May 27-30, 2009* at the Westin Diplomat Resort & Spa in Hollywood, Florida.



Richard Kell, ND

Illuminating the Path Forward

Integrating New Approaches for the Evaluation
and Treatment of Mood Disorders, including:

- Depression
- PMS
- Obsessive-compulsive disorder
- Bipolar disorder
- Postpartum depression
- Panic attacks
- Post-traumatic stress disorder

And Introducing...

Functional Medicine Grand Rounds: An In-Depth Day of Clinical Cases and Discussions with the Experts

The Functional Medicine Grand Rounds Day will shine the light even more brightly on key assessment and treatment issues related to mood disorders. We will cover important laboratory tests for evaluation of:

- Adrenal Stress
- Gluten Sensitivity
- Amino Acids Associated with Depression
- Selected Nutrients Involved in Mood Disorders

In addition, the Functional Medicine Grand Rounds Day includes concurrent sessions that focus on assessment and treatment through the lens of the Functional Medicine Matrix Model™ for:

- Dysthemia and Depression
- Postpartum Depression, Perimenopause and Premenstrual Dysphoric Disorder
- Urinary Neurotransmitters
- Hot Topic: Chosen by Symposium Attendees

Don't miss the opportunity to join the Institute for Functional Medicine and your colleagues for a 21st century medicine Symposium that will develop, deepen, and expand your clinical competencies in treating patients with mood-related disorders.



David Jones, MD



Esther Sternberg, MD



James Gordon, MD



Anna Cabeza, DO



Timothy Culbert, MD



Michael Ash, DO, ND



David Goldstein, MD

Illuminating the Path

Integrating New Approaches for the Evaluation and Treatment of Mood Disorders

Day 1: Wednesday, May 27 (8:00 am-6:00 pm)

Introduction.....David Jones, MD

Mood Disorders: Replacing a Broken Model with a Functional Medicine Approach.....Robert Hedaya, MD

The Place of Mindfulness in Healing Mood Disorders.....James Gordon, MD

Linking Body, Brain, and Planet: Systems Lessons from Autism.....Martha Herbert, MD, PhD

Concurrent Sessions

2:30-4:00 pm "early" (choose one)

1A Interpersonal and Social Rhythm Therapies in the Treatment of Mood Disorders
David Goldstein, MD

1B Mood Disorders and HPTA Dysfunction: Assessment and Treatment
Filomena Trindade, MD, MPH

1C The War Within: The Immune System, Infections, Inflammation, and Mood Disorders
Robert Hedaya, MD

1D Using Urinary Neurotransmitters and Amino Acid Therapy in the Treatment of Anxiety and Depression
Konrad Kail, ND

4:30-6:00 pm "late" (choose one)

1E IFM Community Networking and Mentor/Mentee Meeting
(non-CME)

1F Toxic Metals: An Underappreciated Cause of Mood Disorders
Mark Hyman, MD

1G The War Within: The Immune System, Infections, Inflammation and Mood Disorders
Robert Hedaya, MD

1H Treatment of Childhood Depression
Timothy Culbert, MD

Functional Medicine Clinical Practice Network Meeting (6:30-7:30 pm)

Hosted by Mark Hyman, MD, and David Jones, MD.....*First 200 registrants only!*

Day 2: Thursday, May 28 (8:00 am-6:00 pm)

Introduction and Integration.....Robert Hedaya, MD

Overview of Neurochemistry and Neurotransmitters.....Jay Lombard, DO

Functional Medicine, Mood Disorders, and Primary Care: Where Do We Go from Here?.....Mark Hyman, MD

The Cytokine Hypothesis of Depression.....Michael Maes, MD, PhD

Forward

Bipolar Disorder
PMS
Panic Attacks

Depression
Postpartum Depression

Day 2 (cont'd): Thursday, May 28 (8:00 am-6:00 pm)

Concurrent Sessions

2:30-4:00 pm "early" (choose one)

- 2A** Mood Disorders and HPTA Dysfunction: Assessment and Treatment
Filomena Trindade, MD, MPH
- 2B** The Management of Atypical Depression Through Modulation of the Mucosal Immune System
Michael Ash, DO, ND
- 2C** Treating Mood Disorders Associated with PMS and Perimenopause
Anna Cabeca, DO
- 2D** Treatment of Mood Disorders Based on Pattern Recognition of Amino and Organic Acids
Richard Lord, PhD

4:30-6:00 pm "late" (choose one)

- 2E** Facilitated Discussion of Practice Models
(non-CME)
- 2F** Treating Mood Disorders Associated with PMS and Perimenopause
Anna Cabeca, DO
- 2G** Neurobiology of Mood: Strategies and Protocols for Neurotransmitter Balance
Jay Lombard, DO
- 2H** A Seven-Step Approach to Working with the Depression Patient
James Gordon, MD

Day 3: Friday, May 29 (8:00 am-12:30 pm)

- Introduction and Integration**.....Jay Lombard, DO
- Depression and Systemic Consequences of Alterations in the HPA Axis**.....George Chrousos, MD
- The Science Behind Nutrients and Phytonutrients as Antidepressant Treatments**.....David Mischoulon, MD, PhD
- The Psycho-Neuroendocrine Connection to Mood Disorders**.....Esther Sternberg, MD

PLENARY SESSION ENDS

2009 SYMPOSIUM SPECIAL EVENTS

Wednesday, 6:30-7:30 pm: Functional Medicine Clinical Practice Network Meeting (First 200 registrants only)

Thursday, 9:30 am: Linus Pauling Award

Friday, 12:30-2:00 pm: Grand Rounds Keynote Speaker Luncheon

Friday, 6:30-8:30 pm: IFM Party/Celebration

Post-Traumatic Stress
Disorder

Obsessive-Compulsive
Disorder



Day 3 (cont'd): Friday, May 29 (12:30-6:00 pm)

Functional Medicine Grand Rounds: An In-Depth Day of Clinical Cases and Conversations with the Experts (non-CME)

Keynote Speaker Luncheon (12:30-2:00 pm)

Laboratory Tests You Should Know, Part I: (2:00-3:30 pm)

Evaluation of Amino Acids Associated with Depression-David Musnick, MD

Evaluation of Gluten Sensitivity-Thomas O'Bryan, DC

Concurrent Sessions (4:30-6:00 pm) *(make selection from box below)*

Concurrent Sessions: Assessment and Treatment Through the Lens of the Functional Medicine Matrix Model™ *(same selections both days)*

3A-3D: Friday, 4:30-6:00 pm (choose one) 4A-4D: Saturday, 8:00-9:30 am (choose one)

3A/4A Dysthymia and Depression

Monique Class, MS, APRN, Richard Panico, MD, and Tom Sult, MD

3B/4B Postpartum Depression, Perimenopause and Premenstrual Dysphoric Disorder

Alicia Stanton, MD, Joel Evans, MD, and Margaret Christensen, MD

3C/4C Urinary Neurotransmitters: Point/Counterpoint

Jay Lombard, DO, and Chip Watkins, MD

3D/4D Hot Topic: Chosen by Symposium Attendees

IFM Party/Celebration (6:30-8:30 pm)

Day 4: Saturday, May 30 (8:00 am-12:00 pm)

Concurrent Sessions (8:00-9:30 am) *(make selection from box above)*

Laboratory Tests You Should Know, Part II: (10:30 am-12:00 pm)

Evaluating Adrenal Stress: Cortisol and DHEA-Bethany Hays, MD

Evaluation of Selected Nutrients involved in Mood Disorders-Michael Stone, MD

Hotel Information:

The Westin Diplomat Resort & Spa, Hollywood, Florida -- When making your reservation, be sure to mention that you are attending The Institute for Functional Medicine Symposium. Make your reservations early! A block of rooms is being held for us until May 1, 2009, at the reduced room rate of \$229. For reservations, call the hotel at 888-627-9057 or 954-602-6000.

Continuing Education Designations

For MDs and DOs: IFM designates this educational activity for a maximum of 17.5 *AMA PRA Category 1 Credit(s)*™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Attendees with other degrees will find details about continuing education credits at www.functionalmedicine.org.

IFM is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

16th International Symposium Registration Form

Name _____ Degree _____
 Address _____
 City _____ State/Province _____
 ZIP/Postal Code _____ Country _____
 Email* _____ *Required (Confirmation information will be emailed)
 Phone () _____ Fax () _____

Option A: 16th International Symposium: Includes 3 1/2 days of Plenary and Concurrent Sessions & Grand Rounds Day: Wednesday, May 27-Saturday, May 30, 2009 (noon)

- Early Bird Registration—Must be postmarked by April 20, 2009
- IFM Member Registration.....\$805.50
 - Regular Registration.....\$895.00
- After April 20, 2009
- IFM Member Registration.....\$850.50
 - Regular Registration.....\$945.00
 - Student/Spouse Registration*.....\$640.00

Includes:

- Up to 17.5 CME credits
- CD with course syllabus
- 2 Post-Symposium Webinars
- Functional Medicine Clinical Practice Network Meeting (First 200 registrants only)
- Keynote Speaker Luncheon
- IFM Party/Celebration

Option B: 16th International Symposium: Includes 2 1/2 days of Plenary and Concurrent Sessions Only: Wednesday, May 27-Friday, May 29, 2009 (12:30)

- Early Bird Registration—Must be postmarked by April 20, 2009
- IFM Member Registration.....\$580.50
 - Regular Registration.....\$645.00
- After April 20, 2009
- IFM Member Registration.....\$625.50
 - Regular Registration.....\$695.00
 - Student/Spouse Registration*.....\$445.00

Includes:

- Up to 17.5 CME credits
- CD with course syllabus
- Functional Medicine Clinical Practice Network Meeting (First 200 registrants only)

*Student/Spouse Registration: Copy of student ID or name of registered spouse must accompany registration form

TOTAL \$ _____

Concurrent Sessions

(see left panels for details)

Plenary Concurrent Sessions: choose one for each session

Wednesday early: 1A 1B 1C 1D Wednesday late: 1E 1F 1G 1H

Thursday early: 2A 2B 2C 2D Thursday late: 2E 2F 2G 2H

Grand Rounds Concurrent Sessions: choose one for each session

Friday: 3A 3B 3C 3D Saturday: 4A 4B 4C 4D

Register online: www.functionalmedicine.org – click on Educational Publications and Programs

Mail to: The Institute for Functional Medicine, P.O. Box 1697, Gig Harbor, WA 98335

Call IFM Client Services: 800-228-0622 or 253-858-4724 **Fax to:** 253-853-6766

Payment: Make checks payable to **The Institute for Functional Medicine**. All checks must be payable in U.S. dollars and drawn on a U.S. bank. Please do not send cash. For wire transfers, please contact IFM.

- Check Visa MasterCard American Express Discover

Card Number _____ Exp. _____ 3-digit Sec. Code _____

Signature _____ Date _____

Cancellation Policy:

Registrants must be received in writing no later than May 15 to be eligible for a full refund, less a \$150 service charge. Cancellations received after May 15 are nonrefundable and nontransferable.

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Register now for 3 complimentary Pre-Symposium Webinars

March 24: Mark Hyman, MD
"Mood Disorders within the Framework
of Functional Medicine"

April 14: Jennifer Lovejoy, PhD
"Food and Mood"

April 21: Colleen Fogarty, Draper, MS, RD, LDN
"The Genetics of Mood Disorders"

Your full Symposium registration includes two Post-Symposium Clinical Pearls Webinars (FOR SYMPOSIUM ATTENDEES ONLY!)

June 16: Bethany Hays, MD, and Michael Stone, MD

"Applying Clinical Pearls to Practice, Part 1"

July 14: Filomena Trindade, MD, MPH, and Jay Lombard, DO

"Applying Clinical Pearls to Practice, Part 2"

www.functionalmedicine.org

phone: 800-228-0622 or 253-858-4724



A Non-Profit Educational Organization

4411 Pl. Fosdick Drive NW, Suite 305

P.O. Box 1697

Gig Harbor, WA 98335

www.functionalmedicine.org

First 200 Registrants are invited

to participate in the inaugural

"Functional Medicine Clinical Practice

Network Meeting" hosted by Mark

Hyman, MD, and David S. Jones, MD

on Wednesday, May 27, 2009 from

6:30-7:30 pm.

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