Rebecca Murray has been a board certified Family Nurse Practitioner for over 28 years who specializes in the “integrative approach” to the prevention, evaluation and treatment of medical problems. After graduating from Columbia University and spending 12 years in critical care medicine observing first hand the ravages of chronic disease states that could have been prevented, she decided to obtain her Master’s Degree in primary health care as an Advanced Practice Registered Nurse (APRN) in order to allow her the autonomy to practice preventative medicine. Her areas of focus and specialty include: metabolic syndrome/insulin resistance, obesity/weight management, evaluation/management and prevention of diabetes (area of certification), hormonal imbalances/PCOS, risk reduction of estrogen-related cancers, and “medical nutrition therapy” for multiple health-related problems.

Currently Rebecca is an Assistant Clinical Professor of Nursing at Yale University (Adjunct Faculty), a preceptor for Yale University FNP students at the West Side School Based Health Center, and has her own private practice in Groton, CT, specializing in holistic and integrative medicine. She has written numerous articles in peer-reviewed medical journals (including the CEU program on PCOS for an NP journal), and serves on local, regional, and state-wide task forces that focus on the growing epidemic of childhood and adult obesity. Rebecca speaks locally and nationally at professional conferences on the use of nutritional approaches to the prevention and treatment of numerous chronic health conditions. She views herself as a “perpetual student” as EVERYDAY there is more to learn that can help us as practitioners to optimize the health of our patients.

An Integrative Approach to Metabolic Syndrome/PCOS and Autoimmune Diseases

Rebecca Murray, APRN, FNP, CDE
Seminar Overview

Part I – Polycystic Ovarian Syndrome (PCOS)

Polycystic Ovarian Syndrome (PCOS) is the number one endocrine problem in women and also the most under-diagnosed. Since the main presenting symptoms of PCOS are acne and irregular or absent periods, the most common treatment is the use of oral contraceptive pills (OCPs). OCPs will decrease acne and regulate periods but do NOTHING to address the underlying problem of chronic anovulation, which is recognized as the number one cause of infertility in the United States. But there is another negative outcome to the hormonal imbalance associated with PCOS and that is “suboptimal follicular development” and the increased risk of first trimester loss or early placental degradation, which can have the devastating outcomes of premature birth or fetal loss.

Whether or not a woman is trying to conceive, PCOS has been identified as part of metabolic syndrome (MetSyn) and therefore the patient is at risk for the development of the co-morbidities of MetSyn such as type 2 diabetes, hypertension, dyslipidemia, early cardiovascular disease, myocardial infarction (MI), and other embolic events such as a cerebral vascular accident (CVA).

Learning Objectives

• Present an overview of the pathophysiology of metabolic syndrome as it relates to PCOS

• Describe the “early” symptoms that may be missed as an indication that this endocrine problem is evolving

• Identify the testing (along with associated ICD9 codes for insurance reimbursement) now available to accurately diagnose PCOS, risk for CVD, and “estrogen dominance”

• Discuss the medical situations in which treatment with estrogen replacement may not be indicated and may actually be harmful

• Present the latest research for treatment options and nutritional therapeutic modalities

Part II – Autoimmune Diseases

Autoimmune diseases have been identified by the National Institutes of Health (NIH) as affecting more than 23.5 million people in the United States. The American Autoimmune Related Diseases Association (www.aarda.org) states that this number is closer to 50 million people. The reason for the discrepancy is that the statistics used by the NIH had not included many of the 80 disease states now known to have an autoimmune-related etiology. Additionally, named a major health issue by the Office of Research on Women’s Health at the NIH, autoimmune disease is one of the top 10 causes of death in female children and women of all age groups up to age 64. The term “autoimmune disease” refers to a varied group of illnesses that involve almost every human organ system. It includes diseases of the nervous, gastrointestinal and endocrine systems as well as the skin and other connective tissues, eyes, blood and blood vessels.

As practitioners, we need to be aware of the symptoms that may be warnings of a developing autoimmune process and the testing that is available to assist in early intervention. We know that various autoimmune diseases can cluster in families (a genetic component for susceptibility) but not everyone in the family develops a disease process. This leads to the concept of an “environmental trigger” in a person who is genetically susceptible.

Learning Objectives

• Review the genetic risk factors with autoimmune diseases

• Discuss the role of environmental triggers as a cause for the “molecular mimicry” phenomena that occurs when the body starts to attack itself through production of antibodies

• Describe the very early symptomatology that can be a forewarning of progressive autoimmune problems

• Identify the cutting edge testing now available to identify the subclinical presence of autoantibodies

• Present the latest research for treatment options and nutritional therapeutic modalities

Times

• Seminars in Phoenix, Portland, and Tampa are on Saturdays from 1:00pm - 5:00pm

• Seminar in Seattle on Sunday from 1:00pm - 5:00pm

• Hors d’oeuvres and cocktails to follow

Locations/Dates

PHOENIX, AZ  
OCTOBER 11, 2014
POINTE HILTON TAPATIO CLIFFS RESORT
11111 North 7th Street, Phoenix, AZ 85020
800-947-9784
CODE: PCOS101114

PORTLAND, OR  
NOVEMBER 1, 2014
PORTLAND MARRIOTT DOWNTOWN WATERFRONT
1401 SW Naito Parkway, Portland, OR 97201
503-226-7600
CODE: PCOS11114

SEATTLE, WA  
NOVEMBER 2, 2014
COURTYARD SEATTLE DOWNTOWN
612 2nd Avenue, Seattle, WA 98104
206-625-1111
CODE: PCOS11214

TAMPA, FL  
NOVEMBER 8, 2014
HILTON TAMPA AIRPORT WESTSHORE
2225 N Lois Avenue, Tampa, FL 33607
813-877-6688
CODE: PCOS11814

Seminar Cost

Early registration price: $89
Discounted price available until one month before scheduled seminar date
Regular price: $129

$50 product credit to those who attend!
Please sign in at door to receive credit.

Registration

Choose from the following:

• Online: designsforhealth.com/Metabolic-Syndrome-PCOS

• Call Customer Service: 800-FOR-HEALTH (367-4325)