Rebecca Murray is a board certified Family Nurse Practitioner and Assistant Clinical Professor of Nursing (adjunct faculty) for Yale University School of Nursing. After graduating from Columbia University, she spent the first 12 years of her career in “critical care medicine” but her desire to practice “preventative medicine” lead her to become a Nurse Practitioner focusing on the “functional medicine” approach to patient care. For 15 years she was the Medical Director for Connecticut Holistic & Integrative Medicine specializing in medical nutrition therapy in diabetes control and prevention, weight management, PCOS, autoimmune diseases, hormonal balancing, and risk reduction for estrogen related cancers. She has now joined the world renowned “functional medicine endocrinologist” Dr. Edwin Lee at the Institute for Hormonal Balance in Orlando, FL. She continues to follow her passion of speaking at conference both nationally and internationally on the subjects of Metabolic Syndrome, PCOS, and Autoimmune Disease. She has also written numerous articles for peer reviewed journals on the subject of PCOS as it relates to insulin resistance and Metabolic Syndrome.

An Integrative Approach to Metabolic Syndrome/PCOS and Autoimmune Diseases

Rebecca Murray, APRN, FNP, CDE
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 placentation 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 sub-clinical presence of autoantibodies
- Present the latest research for treatment options and nutritional therapeutic modalities

Continuing Education Credits

Approval will be sought for 4 hours of continuing education (CEU) credits for DC’s and ND’s in state of the seminar location (facilitated by the University of Bridgeport, Division of Health Sciences Postgraduate Education Department). Nutritionist credits sought through NANP.

Times

ORLANDO SEMINAR | SEPTEMBER 24, 2016
- Seminar is on Saturday from 1:00pm - 5:00pm
- Registration starts at 12:30pm
- Followed by reception

WOLFEBORO SEMINAR | OCTOBER 22, 2016
- Seminar is on Saturday from 8:00am - 12:30pm
- Registration starts at 7:30am
- Followed by lunch

HARTFORD SEMINAR | OCTOBER 23, 2016
- Seminar is on Sunday from 8:00am - 12:30pm
- Registration starts at 7:30am
- Followed by lunch

Location/Date

ORLANDO, FL | SEPTEMBER 24, 2016
- Castle Hotel, Autograph Collection
- 8629 International Drive
- Orlando, FL 32819
- 1(407) 345-1511
- CODE: PCOS92416

WOLFEBORO, NH | OCTOBER 22, 2016
- Wolfeboro Inn
- 90 North Main Street
- Wolfeboro, NH 03894
- (603) 569-3016
- CODE: PCOS102216

HARTFORD, CT | OCTOBER 23, 2016
- Hotel Marriott Downtown
- 200 Columbus Blvd
- Hartford, CT 06103
- 1(860) 249-8000
- CODE: PCOS102316

Seminar Cost

Early registration price: $129
Discounted price available until one month before scheduled seminar date
Regular price: $169

Registration

- Call Customer Service: 800-FOR-HEALTH (367-4325)
- Register online:
  - http://www.designsforhealth.com/Metabolic-Syndrome-PCOS.html