



Healthscope
FUNCTIONAL PATHOLOGY

functional
medicine
conference 2011

Saturday 22 – Sunday 23 October 2011
The Sebel | Albert Park | Melbourne Australia

You are Invited to
The Functional Medicine
Conference 2011

Hormones | Liver Detoxification | Nutrigenomics
Biochemistry | Clinical Management | Treatment Protocols

Proudly Presented by Healthscope Functional Pathology

CPD/CPE Points have been applied for to the RACGP

Who We Are

Healthscope Functional Pathology, formerly known as ARL Functional Pathology, provides specialised laboratory testing services to Functional Medicine Practitioners and their patients. Our goal is to assist practitioners and patients to achieve and maintain optimal health.

Functional Medicine Conference 2011

Programme Content

The Functional Medicine Conference 2011 brings together, for the first time in Australia, leading International and Australian experts in the fields of Nutrigenomics, Liver Detoxification and Hormone Imbalance. Dr Patrick Hanaway, Chief Medical Officer at Genova Diagnostics, USA, will be joined by Dr John Lee, Dr Russell Cooper and Dr Mona Kaur as well as leading Naturopaths Angela Hywood and Rachel Arthur from Australia to present this detailed scientific programme.

This unique conference will present clinical case presentations, pathology investigations and biochemical assessments, results interpretation and nutritional treatment protocols. Practitioners will be guided through strategies aimed at improving clinical outcomes and building practitioner confidence in the application of Functional Medicine.

Nutrigenomics

The programme has been designed specifically by our speakers to introduce Functional Medicine practitioners to the emerging field of nutrigenomics and explain how analysing the interrelationship between nutrigenomics, hormone imbalance and liver detoxification will help to individualise treatments and enhance patient recovery.

Nutrigenomics refers to the connection between health and diet on the genome at the molecular, cellular and systemic level. This emerging field provides the foundation for personalised dietary and nutrient recommendations based on an individual's genetic makeup, which may assist in the prevention of common multifactorial disorders decades before their clinical manifestation.

'As Functional Medicine practitioners we will have an exciting opportunity to make genetically determined dietary recommendations aimed at improving human health.'

Nutrigenomics has the potential to revolutionise both clinical and public health nutrition practice and provide the information to:

- Establish genome-informed nutrient and food-based dietary guidelines for disease prevention and healthy ageing
- Guide individualised nutritional therapy for management of disease

Hormones and Liver Detoxification

The role of the **gastrointestinal system** and **liver detoxification** and their influence on **hormone imbalance** will be presented at the conference with detailed case histories. Evaluating multiple organ systems and biochemical pathways allows for treatment of the whole person. The **Functional Medicine Conference 2011** will explore a comprehensive health evaluation programme designed to identify biochemical and nutritional imbalances that help to overcome chronic disease and promote optimal health and wellbeing, including:

- Functional Liver Detoxification Profile (FLDP)
- Hormone Profiles – Saliva, Urine & Blood
- Adrenal Hormones
- Thyroid Hormones
- Iodine
- Nutrigenomics, including MTHFR
- Complete Digestive Stool Analysis (CDSA)

Objectives

- To recognise the inter-relationship between liver detoxification, hormones and nutrigenomics
- To review the functional need for nutrients and the use of functional pathology testing to individualise supplement therapies
- To understand the clinical uses of the FLDP, including a comprehensive overview of the three phases of liver detoxification
- To gain deeper understanding of the consequences of imbalanced liver detoxification, individual variability and the impact this may have on hormone metabolism
- To understand the benefits of using blood, urine or saliva specimens for sex hormone testing
- To understand the clinical uses of thyroid hormone and iodine testing
- To highlight individualised nutritional needs based upon genomic polymorphisms and genetic predisposition
- To review relevant biochemical pathways

Who Should Attend?

The Functional Medicine Conference 2011 is expected to appeal to:

- General Practitioners & Medical Specialists
- Naturopaths
- Pharmacists
- Nutritionists
- Dieticians
- Scientists & Researchers
- Nurses
- Chiropractors
- Students
- Other Allied Health Professionals

Speakers



Dr John Lee – M.B; B.S. – Australia

Healthscope Functional Pathology is delighted to welcome Dr John Lee back to the stand as a keynote speaker. Dr Lee is a general practitioner with a keen interest in Functional Medicine. He is renowned for his informative and stimulating presentations on the clinical application of Functional Medicine principles.

Dr John Lee is a graduate of the University of Melbourne. He currently works as a general practitioner in Brisbane where he has dedicated his work toward hormonal management in the areas of thyroid and sex hormones, with a particular interest in utilising salivary hormone assays and other functional pathology tests.



**Dr Patrick Hanaway, M.D.
Chief Medical Officer,
Genova Diagnostics - USA**

Dr Patrick Hanaway is a board-certified family physician with a Medical Degree from Washington University (St. Louis) and residency training at the University of New Mexico. In addition to being a

family physician, Dr Hanaway is currently the President-Elect of the American Board of Integrative Holistic Medicine.

Dr Hanaway co-founded 'Family to Family: Your Home for Whole Family Health' in Asheville, NC and is the Chief Medical Officer of Genova Diagnostics. Dr Hanaway has lectured extensively on the clinical application of nutrition and genomics; particularly in the areas of digestion, oxidative stress, inflammation, hormone metabolism and achieving long term wellness. Dr Hanaway is responsible for all clinical research activities and Genova Diagnostic's health education programme.



**Dr Mona Kaur – MBBS; Dip Ac;
MACNEM - Australia**

Dr Mona Kaur is a graduate of the University of Adelaide Medical School and has experience in general practice, acupuncture, nutritional and environmental medicine and mind-body medicine. She is also DAN (Defeat Autism Now!) certified.

Her particular areas of interest include hormones and fertility, thyroid and adrenal disorders, gut, metabolic and biochemical disorders and allergies. Dr Mona Kaur is an engaging and dynamic speaker who will provide important insights into Functional Pathology tests that can be put to immediate clinical use within your practice.



**Dr Russell Cooper –
M.B; BCh Australia**

Dr Russell Cooper is a leading anti-ageing practitioner in Australia. He lectures across Australasia on bio-identical hormone replacement therapy, growth hormone and genetic diagnostics.

He is board certified with the American board of anti-ageing medicine, has Australian fellowships in nutritional and environmental medicine, herbal medicine and acupuncture and diplomas in anti-ageing and personalised prevention through the European society of anti-ageing medicine and the European institute of personalised prevention respectively.

He is currently participating in the first Master of Science in preventive, anti-aging and regenerative medicine through Dresden international university in Europe. He is the author of a number of scientific publications.



**Angela Hywood – BSc; Dip Bot Med;
Dip Hom; Dip CN; Dip NFM - Australia**

Angela Hywood is the founder of Tonic Australia, a groundbreaking and innovative model of evidence based complementary medicine in clinical practice and education programmes. She has been in clinical practice for 14 years and has been heavily

involved in international education for the past 8 years.

Angela is in high demand as a guest speaker at medical, naturopathic and chiropractic conferences internationally. Angela maintains practices in Sydney and Boston, USA. She balances her time between clinical practice and education roles in Australia, New Zealand, USA, UK and Canada.



**Rachel Arthur – BHSc; BNat(Hons)
Australia**

Rachel Arthur is a respected and widely published naturopath specialising in nutrition. She has written extensively on nutrition in well-known texts and journals over the past five years. She also continues to teach nutrition and clinical studies at Southern Cross University, where she is about to embark upon an exciting new nutrition research project.

Her extensive clinical experience, familiarity with the scientific literature and enthusiasm for education make her seminars and workshops empowering experiences for attendees and frequently attract excellent feedback.

The Programme – Day 1, Saturday 22 October 2011

0800 – 0900

Registration

0900 – 0915

Welcome Address and Day 1 Introduction

0915 – 1115

Hormone Biochemistry – A Review of the Steroidogenic Pathways
Dr John Lee (Australia)

1115 – 1130

Morning tea

1130 – 1330

Hormones, Nutrigenomics and the Three Phases of Liver Detoxification
Rachel Arthur (Australia)

1330 – 1415

Lunch

1415 – 1515

Nutrigenomics Part I – Polymorphisms & Endocrine Metabolism
Dr Russell Cooper (Australia)

1515 - 1530

Afternoon tea

1530 – 1615

Case Studies – Highlighting the Gastrointestinal System and the Relationship between Hormone Imbalance and Adrenal Function
Dr Mona Kaur (Australia)

1615 – 1700

Adrenal Fatigue Part I - Optimising the Autonomic Nervous System
Angela Hywood (Australia)

1700 – 1730

Question and Answer Session

1900 - Midnight

Delegates Drinks and Dinner
(Additional event; not included in Conference price) The Grand Ballroom,
The Sebel Albert Park Melbourne

Delegates Dinner

An additional event not to be missed. Come and relax over pre dinner drinks with friends and colleagues, then enjoy a delicious three course meal with wine and coffee. Partners are welcome.

Cost: \$100.00 per person incl. GST
(not included in the Conference price)

Dress: Cocktail

When: Saturday 22 October 7.00pm till Midnight

Where: The Grand Ballroom The Sebel Albert Park

Who: All delegates are invited. Partners are welcome

The Programme – Day 2, Sunday 23 October 2011

0800 – 0900

Sponsor's Breakfast

0900 – 1000

Understanding the Benefits of Using Blood, Urine or Saliva Specimens for Sex Hormone Testing

Dr Patrick Hanaway (USA)

1000 – 1100

Adrenal Fatigue Part II - Optimising the Autonomic Nervous System

Angela Hywood (Australia)

1100 – 1115

Morning Tea

1115 – 1315

Nutrigenomics Part II – Genetic Diagnostic Testing and Case Studies

Dr Russell Cooper (Australia)

1315 – 1400

Lunch

1400 – 1500

Case Studies – Clinical Strategies and Pathology Testing for the Management of Hormone Imbalance and Adrenal Fatigue

Dr Mona Kaur (Australia)

1500 – 1515

Afternoon Tea

1515 – 1630

Case Studies – Clinical Strategies and Pathology Testing for the Clinical Management of Hormone and Thyroid Imbalance

Dr John Lee (Australia)

1630 – 1700

Panel Q & A Session

1700

Conference Close

Name _____

Address _____

Occupation _____

How did you hear about FMC 2011? Mailout eNews The Path Advertisement Other, please specify _____

Phone _____

Email _____

CPD/CPE/PSA # _____

Special Dietary Requirements? Please specify _____

Number of Delegates _____

Names of Additional Delegates _____

Venue

The Sebel Hotel overlooks beautiful Albert Park Lake and golf course. This venue is renowned for its first class conference and exhibit facilities. The Sebel is equipped to provide contemporary, comfortable and stylish accommodation perfect for delegates travelling from rural areas or interstate to attend FMC 2011.

A special accommodation rate of \$175 per night for FMC 2011 delegates has been negotiated with The Sebel. Reservations should be made with The Sebel on 1800 633 888, please quote "Functional Medicine Conference".

Melbourne

Take advantage of FMC 2011 to explore and enjoy Melbourne's many attractions and vibrant atmosphere.

Regarded by many as Australia's cultural 'hub', Melbourne's city attractions include colourful laneways, night markets, fine dining options and coffee made by world famous baristas. Theatre and Concerts are also a major Melbourne drawcard.

For major Melbourne events during October visit the following websites:

Only Melbourne www.onlymelbourne.com.au

That's Melbourne www.thatsmelbourne.com.au

Register

Please register me for (✓ please tick)

\$550 (incl. GST) inclusive of nutritious gluten-free lunch and all breaks

\$100 (incl. GST) Delegates Drinks and Dinner Saturday 22 October. **Please note this is an additional charge**

Payment Options

1. Please find attached a cheque for \$ _____

Please make cheques payable to Healthscope Functional Pathology

2. Please charge to my credit card \$ _____

Visa Mastercard

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Card Holder Name: _____

Card Holder Signature: _____

For further information please contact Healthscope Functional Pathology on 1300 55 44 80 (within Australia) or +61 3 9539 5455 between the hours of 8.30am and 5.30pm AEST.

Book and Pay Now to Reserve Your Seat!



1868 Dandenong Road
Clayton, Victoria, 3168
AUSTRALIA

T 1300 55 44 80
F 61 3 8540 5555

E infofp@healthscope.com.au
W www.functionalpathology.com.au