



the **institute**
for healthy aging

p r e s e n t s

The Safe and Effective Implementation of Orthiodosupplementation in Medical Practice

15 Hours Category 1 CME, 15 Nursing Contact Hours, 15 Hours Pharmacy CE



October 4-6, 2007

Marriott
Coronado Island Resort
San Diego, California



Jointly Sponsored by: The Foundation for Care Management and The Institute for Healthy Aging

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of the Foundation for Care Management (FCM) and The Institute for Healthy Aging (IHA). FCM is accredited by the ACCME to provide continuing medical education for physicians.

FCM designates this educational activity for a maximum of 15 *AMA PRA Category 1 credits*™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

The Foundation for Care Management is an approved provider of continuing nursing education by the Colorado Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Approval period: July 1, 2006—June 30, 2009. Provider # FCM-0303.



The Foundation for Care Management is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. Program # 347-999-07-041-L04.

Supported, in part, by an educational grant from Vitamin Research Products

P R O G R A M

THURSDAY, OCTOBER 4

— WELCOME RECEPTION —

7:00 pm – 9:00 pm

FRIDAY, OCTOBER 5

— SESSION ONE —

8:00 am – 8:30 am

Registration

8:30 am – 11:30 am (15 min. break)

Guy E. Abraham, MD

*Orthiodosupplementation:
Theoretical and Practical Aspects*

- Outline a brief history of iodine in medicine.
- Discuss the different forms of iodine available to physicians: their safety and efficacy.
- Outline methodologies available for the measurement of the various forms of iodine and their proper utilization.
- Identify new approaches in assessing iodine metabolism without the use of radioiodide.

11:30 am – 1:00 pm **Hosted Luncheon**

— SESSION TWO —

1:00 pm – 4:00 pm (15 min. break)

David Brownstein, MD

The Clinical Applications of Iodine Therapy

- Recognize why the RDI is inaccurate for iodine.
- Discuss why deficiency may be the underlying cause of cancer of the breast, prostate and thyroid.
- Describe how to implement the use of inorganic iodine to treat thyroid disorders and other glandular disorders.
- Identify in the case of hypothyroidism, why it is important to ensure iodine sufficiency before treating with thyroid hormone.

4:00 pm – 6:00 pm

Questions and Answers with panel of speakers

Evening Open

SATURDAY, OCTOBER 6

— SESSION THREE —

8:30 am – 10:30 am

Bernard Eskin, MD

*The Role of Iodine in Breast Disease:
Estrogen Receptors and Genomics*

- Evaluate and review the effect of iodine on breast tissue cells.
- Describe iodine and estrogen metabolism in the breast.
- Discuss activators of estrogen action.
- Determine how iodine affects breast disease.

1030 am – 10:45 am **Break**

10:45 am – 12:15 pm

William Shevin MD, DHt

Clinical Experience with Orthiodosupplementation

- Study 18 months experience with iodine supplementation.
- Examine case examples of patients who have improved from orthiodosupplementation.
- Review and evaluate problems in treating patients with thyroid diseases.
- Apply detection and treatment strategies for bromine intoxication.

12:15 pm – 1:45 pm **Hosted Luncheon**

— SESSION FOUR —

1:45 pm – 3:45 pm

Jorge Flechas, MD

Assessing Urinary Stable Halides in Clinical Practice: Laboratory and Clinical Aspects

- Describe the procedures for measurement of urine iodide and bromide.
- Study the data obtained using these procedures in patients with various clinical conditions.
- Discuss case studies of patients with Fibrocystic breast disease, thyroid nodules, ovarian cysts, and thyroid goiter.

3:45 pm – 4:00 pm **Break**

4:00 pm – 6:00 pm

Questions and Answers with panel of speakers

6:00 pm – **Wrap-up/Evaluations with FCM/IHA**

Evening Open

THE CONFERENCE

More than 100 years ago, iodine was called “The Universal Medicine” because of its safe, effective and widespread applications for conditions unresponsive to other treatment modalities. Following World War II, iodophobic misinformation resulted in medical iodophobia. As a result, iodine has been neglected in medical textbooks and vilified in endocrine publications. Medical iodophobia may have caused more human misery and death in the USA than both World Wars. After 60 years in the Dark Ages, the use of iodine in medical practice is experiencing a revival due to recent in-vivo and in-vitro research on this essential element, validating the observations of our medical predecessors.

Throughout this seminar, the emphasis will be on the use of Iodine as an essential element in medical practice which has been neglected, underestimated and misunderstood.



Coronado Island Marriott Resort

Like a magical land rising from the sapphire blue sea, the Coronado Island Marriott Resort transports you to a world of complete tranquility and European elegance. Experience the most exclusive choice of Coronado hotels – a unique setting that feels far removed from everything, yet conveniently close to downtown San Diego. Take in the thrills of the big city, then cross the bridge, or ride a ferry or our water taxi back to our beautiful island. Watch the sunset from your spacious terrace, a relaxing hot tub, or the gardens that lace our lavish Marriott hotel in Coronado, San Diego – all overlooking the bay. Luxurious spa treatments, three outdoor heated pools, six lighted tennis courts and bicycle rentals, you’ll find an oasis like no other at this timeless jewel among hotels in Coronado, California.

REGISTRATION

Please complete and send with registration fee to:

the Institute for Healthy Aging, 4610 Arrowhead Drive, Carson City, Nevada 89706

For further information: *Phone 1-800-340-2832, Fax 775-884-1331, email info@theiha.org*

Before Sept 1 \$495 After Sept 1 \$550

Registration Includes:

- Reception
- Admission to all lectures/discussions
- Luncheons
- All symposium materials

For Marriott Resort room reservations call 1-800-228-9290 by September 1, 2007 to receive the special **Iodine Conference** room rate of \$219 (USD) per night, single or double occupancy (hotel not included in registration fee).

For special needs call 775-884-8202.

Name _____ Phone (____) _____

MD DO PA PA-C RN NP ARNP LPN PhD RPh PharmD DC DDS Other _____
(circle one)

Address _____

City _____ State _____ Zip _____

Email _____ Fax (____) _____



Credit Card # _____ Exp. Date _____



Signature _____

CANCELLATION POLICY: All cancellations are subject to a \$50.00 non-refundable processing fee. No refunds will be given if not cancelled 5 days prior to program event date. Cancellations need to be sent in writing and can be faxed to 775-884-1331.

ABOUT OUR SPEAKERS

Guy E. Abraham, MD, is a former Professor of Obstetrics, Gynecology, and Endocrinology at the UCLA School of Medicine. Some 36 years ago, he pioneered the development of assays to measure minute quantities of steroid hormones in biological fluids. His contributions have been acknowledged with several awards: General Diagnostic Award from the Canadian Association of Clinical Chemists, 1974; the Medaille d'Honneur from the University of Liege, Belgium, 1976; the Senior Investigator Award of Pharmacia, Sweden, 1980.

Twenty-five years ago, Dr. Abraham developed magnesium emphasized nutritional programs for women with premenstrual tension syndrome and post-menopausal osteoporosis. More than seven years ago he initiated the Iodine Project, a reevaluation of the role of the essential element iodine in medical practice. In order to better understand iodine metabolism, he developed a simple technique to measure iodide and other halides in biological fluids. Five years ago, he introduced the concept of orthiodosupplementation, iodine supplementation for whole body sufficiency, based on an iodine/iodide-loading test that he developed.

David Brownstein, MD, is a family physician and is one of the foremost practitioners of holistic medicine. He is the Medical Director of the Center for Holistic Medicine in West Bloomfield, MI.

Dr. Brownstein has lectured internationally to physicians and others about his success in using natural hormones and nutritional therapies in his practice.

Dr. Brownstein specializes in the use of vitamins, minerals, herbs and natural hormones. He is the author of six books that illustrate the success he has had in treating many different conditions including: chronic fatigue syndrome, headaches, migraine headaches, heart disease, menopausal symptoms, fibromyalgia, immune disorders and thyroid disorders.

Bernard A. Eskin MS, MD, is Professor of Obstetrics and Gynecology and Director of the Menopause/Geripause Center at Drexel University College of Medicine. He also serves as Clinical Associate Professor of Psychiatry and Adjunct Professor of Pharmacology. He has published over 100 peer-reviewed journal articles and is the author or editor of 20 textbooks. His overall clinical care, research and teaching have been directed towards further improvements in Woman's Health.

In the 1960's Dr. Eskin recognized that iodine was a major activator for the metabolism of the breast and critical to nursing and hormonal maintenance of cells and tissues. During 2006-7 he has been updating national and international mammary gland experimental results on influence of the forms of iodine that are most useful. As an endocrinologist, he has been interested in the hormonal variations disturbed by iodine deficiency and how these hormones affect breast tissues. These and other functions have been analyzed particularly in the menopausal and geriatric woman.

Jorge D. Flechas, MD, MPH, is the Medical Director of Flechas Family Practice in Hendersonville, NC, specializing in hormonal therapy for treatment in Fibromyalgia and Chronic Fatigue and Immune Dysfunction Syndrome (CFIDS). He also specializes in Iodine Therapy for Hypothyroidism and Fibrocystic Breast Disease. He is on the family practice staff of Park Ridge Hospital in Fletcher, NC and is licensed to practice in North Carolina. He is board certified in Family Practice by the America Board of Family Practice, and is a member of the New York Academy of Sciences and American College of Nutrition.

Four years ago, Dr. Flechas learned the technique to measure urine iodide levels and the iodine/iodide-loading test at Dr. Abraham's R & D Laboratory. He has made this procedure available to the medical community and has performed more than 20,000 tests.

William Shevin MD, DHt, attended Wayne State University School of Medicine from 1968-1972, and did a rotating internship at Detroit General Hospital. In January of 1974 he went into private practice in rural Massachusetts, where he remained for 5 years, and received his board certification in Family Practice.

Dr. Shevin then went to Connecticut to work at Integral Health Services, where he was exposed to holistic medicine and classical homeopathy. He became very involved in the latter practice, earning his board certification in homeopathic Medicine in 1984.

Dr. Shevin has remained in private practice since 1974. He became interested in iodine deficiency after reading an article in December 2005, and currently has approximately 300 patients in treatment.