

Thyroid & Adrenal Conditions

Saturday 18 & Sunday 19 March, 2017, Adelaide

SATURDAY 18 MARCH

- 9.00am Introduction and welcome
 9.05am The HPA axis, adrenal physiology and HPA dysfunction defined Dr Kamal Karl

10.30am Morning Tea

- 11.00am HPA Dysfunction – causes, diagnosis and treatment Dr Kamal Karl

1.00pm Lunch

- 2.00pm HPA Dysfunction - nutritional, environmental and dietary strategies Dr Mona Kaur

3.30pm Afternoon Tea

- 4.00pm HPA Dysfunction – Case history presentations, clinical pearls and Q & A Dr Kamal Karl, Dr Mona Kaur, Dr Kylie Dodsworth

5.30pm Close

SUNDAY 19 MARCH

- 9.00am Thyroid physiology and dysfunction, sub-clinical and disease (including autoimmune, critical life stages) Dr Nicole Avard

10.30am Morning Tea

- 11.00am Hypothyroid – environmental and nutritional treatment strategies Rachel Arthur
 12.30pm Hashimotos Case Study Dr Nicole Avard

1.00pm Lunch

- 2.00pm Hyperthyroid – environmental and nutritional treatment strategies Rachel Arthur

3.30pm Afternoon Tea

- 4.00pm The safe application of NEM to thyroid & adrenal conditions Dr Kerry Harris
 4.30pm Thyroid conditions – case histories, clinical pearls and Q & A Rachel Arthur, Dr Kamal Karl

5.30pm Close

Thyroid & Adrenal Conditions Learning Outcomes

- Review the biological and physiological processes behind the symptoms of clinical and sub-clinical thyroid, adrenal conditions and HPA axis dysfunction
- Outline identification and assessment of thyroid and HPA axis dysfunction, including standard and functional testing and optimal reference ranges
- Outline the nutritional and environmental treatment strategies for hypothyroid
- Outline the nutritional and environmental treatment strategies for hyperthyroid
- Outline the life stages (pregnancy, menopause) where thyroid function is compromised and the treatment strategies at each stage
- Outline the nutritional and environmental treatment strategies for the stages of HPA axis dysfunction
- Describe the considerations for the safe application of NEM to thyroid & adrenal conditions