



INFORMATION

2008 Webinars:

Register Now! see page 3

March 11

April 1

April 29

AFMCP

► San Antonio

INSPIRATION

Letter from IFM
President

Clinician's Corner
In Memory of
Vince Marinkovich

JOIN US!

15th International Symposium

► La Costa Resort
Carlsbad, CA
May 22–25, 2008

INTEGRATION

14th Symposium
Clinical Pearls

Dear Friends and Colleagues,

Chronic and recurrent pain is about more than just biochemistry and anatomy. The 15th International Symposium on Functional Medicine, *The Many Faces of Pain: Functional Models for Assessment and Treatment*, will take us deep into the dark, labyrinthine world where our patients struggle to find relief and resilience in the face of pain—and from where they look to us for answers. These patients with complex pain syndromes require integrative, functional approaches in order to achieve lasting resolution and promotion of healing. To help meet this need, IFM has brought together an international faculty for this year's Symposium who can advance your understanding of the most current, innovative, and evidence-based pain therapies.



Overall, the 15th Symposium promises to be our best, beginning in the Preconference with a presentation by Dr. Paul Cheney titled "Chronic Fatigue Syndrome, Oxidative Stress, and Pain: A Physician's Journey Through the Functional Medicine Model." Dr. Cheney will tell a personal story of how he used the critical thinking skills of functional medicine to arrive at his present modeling of chronic fatigue syndrome (CFS) as an example of physiological adaptation to oxidative free radicals. His model is consistent and more inclusive than any you have heard, and his pioneering treatments and remarkable outcomes will be deeply appreciated by those of us who struggle with our CFS patients' fatigue and pain.

On the afternoon of the Preconference, Dr. Catherine Willner will take us on the full tour of the Functional Medicine Matrix Model, as she demonstrates the efficacy of framing the many faces of pain through comprehensive evaluation and treatment. Over the next three days, the Plenary sessions will expand the conventional model of pain while exploring where pain originates and the many ways we perceive it, while Concurrent workshops build your hands-on clinical skills for a variety of pain syndromes.

Join us as we seek a reinvigorated and expanded approach to assessment, treatment, and management of patients with pain. This year's Symposium is not to be missed.

Yours in health,

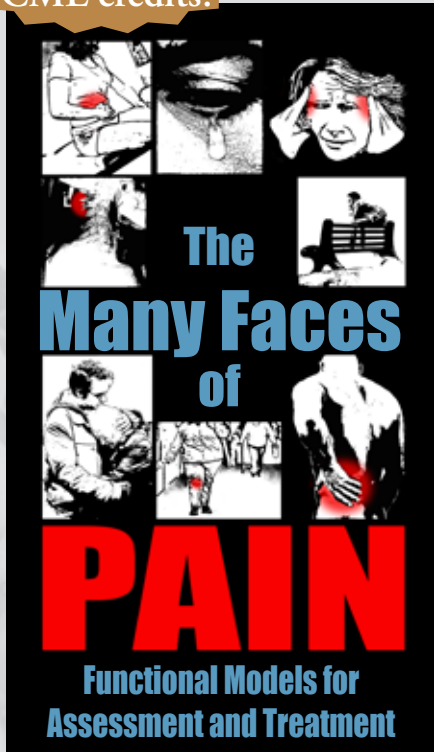
David S. Jones

President, Institute for Functional Medicine

"Functional medicine is patient-centered health care that addresses the unique interactions among genetic, environmental, and lifestyle factors influencing both health and complex, chronic disease."

SCHEDULE AT-A-GLANCE

Earn up to
23.5
CME credits!



For full session descriptions go online to www.functionalmedicine.org/eduprog/symp_next.asp

PRECONFERENCE Thursday, May 22

The Collision Between Pain and Fatigue

Catherine Willner, MD

Chronic Fatigue Syndrome, Oxidative Stress, and Pain: A Physician's Journey Through the Functional Medicine Model

Paul Cheney, MD, PhD

Connecting Pain to the Functional Medicine Matrix

Catherine Willner, MD

The Link Between Pain, Hormonal Dysfunction, Oxidative Stress, Inflammation, and Immune Dysregulation

Catherine Willner, MD

PLENARY LECTURES – Day 1 Friday, May 23

The Genetic Connection to Pain: Nurture and Nature

Jeffrey Mogil, PhD

The Necessity for Nutrition in the Management of Chronic Pain

Nancy Cotter, MD

Pain as a Metaphor for Dysfunction

Jeffrey Bland, PhD

PLENARY LECTURES – Day 2 Saturday, May 24

Evaluating Electrostimulation for the Control of Pain

Robert Bonakdar, MD

Low Back Pain: Manipulative Therapy and the Scientific Rationale

John Triano, DC, PhD

The Neurogenic Switching Hypothesis: Pain and Inflammation at Distant Sites

William Meggs, MD, PhD

PLENARY LECTURES – Day 3 Sunday, May 25

How We Filter Pain: Adaptation to Environmental Stimuli

Sonia Lupien, PhD

Treating Pain with Energy Medicine: New Roads to Follow

Eric Leskowitz, MD

Integrating Truth and Hope: Mind-Body Medicine and its Place in Healing Pain

Mark Gilbert, MD

CONCURRENT SESSIONS Friday and Saturday, 2:30 and 4:30 pm

Afternoon Concurrent sessions focus on functional medicine approaches to pain issues, including:

- musculoskeletal pain
- pain management
- pharmacogenomics
- natural foods
- nutritional supplementation
- low back pain
- fibromyalgia
- migraines
- tendonitis and osteoarthritis
- non-pharmacological control of pain using biofeedback, hypnosis, and imagery

May 22–25, 2008

The La Costa Resort & Spa
Carlsbad, CA

To register, call IFM Client Services at 800.228.0622 or visit our
Web site at www.functionalmedicine.org



Tell-A-Colleague Program

To show our appreciation for spreading the word about functional medicine, we've created a Tell-A-Colleague program. Here's how it works:

Refer a colleague to this year's Symposium and you will be able to attend the Preconference on Thursday, May 22, for FREE (up to \$250 value). To qualify for this program, the colleague(s) you refer must not have attended previous Symposiums.

Refer a colleague to IFM's Symposium and you'll receive FREE registration to attend the Preconference on May 22!
(up to \$250 value)

Call Client Services at
800.228.0622 to participate.

15th Symposium Webinar Series

All Webinars start at 5 pm PDT/8 pm EDT and last one hour.

Register for these complimentary Webinars at

<https://fxmedevents.webex.com> or call Client Services at 800.228.0062

The Institute for Functional Medicine is pleased to invite you to participate in our complimentary Webinar series exploring “**The Many Faces of Pain**,” leading up to the 15th Symposium on Functional Medicine in May 2008. These one-hour Webinars are designed to be thought provoking and intellectually stimulating while also providing practical ways to help patients with chronic pain conditions.



Patrick Hanaway, MD

Pain, Pharmacogenomics, and Personalized Medicine

Tuesday, March 11, 5-6 pm PST

Pharmacogenomics is the study of individual genomic interactions with pharmaceutical drugs, herbs, and natural products. This emerging area of science presents important opportunities for clinicians to better individualize treatment plans for patients. But how much can we use pharmacogenomics to tailor therapies in the control and management of pain? How does the genomics of inflammation relate to a patient’s response to pain? **Dr. Patrick Hanaway** will introduce us to pharmacogenomics, discuss new ideas for thinking about pain and inflammation, and present important research on the genetic polymorphisms that affect the metabolism of pain medications.

Chondroprotection Using Glucosamine and Chondroitin: Separating Fact from Fiction

Tuesday, April 1, 5-6 pm PST

Every day in our clinics, patients ask us questions about what really works for joint pain. Chondroitin and glucosamine have been researched extensively, and although the evidence points to improvement in cartilage repair, there is still considerable hype and misunderstanding around their use. How does this research help us when generalized to arthritic conditions? What is the difference in efficacy and mechanism between the two, and are they effective topically? What therapeutic congeners are most effective, what dose should be prescribed, and are there potential long-term issues? Join us as experts **Dr. Nancy Cotter** and **Dr. David Musnick** discuss these issues and answer your questions.



Nancy Cotter, MD



David Musnick, MD



Jay Lombard, DO

The Link Between Chronic Pain and Depression

Tuesday, April 29, 5-6 pm PST

The link between chronic pain and depression is obvious to primary care practitioners, and research has shown that patients with major depression are twice as likely to have chronic pain. But what is the physiological connection? In this Webinar, we will follow the path of investigations uncovering similar neurotransmitters associated with both depression and pain perception. We also will discuss research revealing that the chemical messengers responsible for regulating pain and mood appear to be functionally depleted in these conditions. This area of complicated neurobiology is crucial to our understanding of how to effectively treat pain and depression concurrently. Join **Dr. Jay Lombard** as he helps clarify these underlying mechanisms and potential therapies.



We look forward to your participation in an upcoming Webinar!



VINCENT A. MARINKOVICH, MD

We have lost a dear friend, mentor, and stalwart advocate for patients with chronic, complex, and confounding medical problems. Vince Marinkovich was born November 22, 1932, in San Pedro, California. He was a first-generation American, born of parents from the Dalmatian Coast of Croatia. From an economically and educationally humble background, he distinguished himself in high school, which prompted his advancement to California Institute of Technology (BS in 1955) and then on to Harvard Medical School (MD in 1959). He completed his internship and residency in pediatrics at Johns Hopkins University in 1961.

Vince did post-doctorate work at Oxford University in England and then at King's College London (biochemical genetics). He returned to Caltech in 1962 on an NIH Fellowship to study immunology. He moved north to Stanford with an appointment in the department of Pediatrics and was later appointed Director of Allergy and Immunology in the Pediatrics Department at Stanford.

Dr. Marinkovich integrated clinical work in his allergy private practice in Menlo Park with research in advanced technology for testing multiple allergens. He distinguished himself in clinical research focused on food and mold hypersensitivity.

During this last decade, he served as a faculty member at the Institute for Functional Medicine (IFM) in Gig Harbor, Washington. His advocacy for patients as an expert witness in the forensic area of mold hypersensitivity clearly demonstrated the heroic qualities of his spirit. He was loved and respected by his patients, as well as those of us at IFM who had the pleasure of teaching with him. His presence with us will be sorely missed.



INTEGRATION

Symposium Clinical Pearls

At the 14th International Symposium on Functional Medicine, **21st Century Endocrinology—Thyroid and Adrenal as Sentinel Organs**, we heard from a group of outstanding presenters who provided intriguing and practical views on the complicated issues of hypothalamic-adrenal-thyroid dysfunction.

The faculty and staff at IFM collected and compiled the most interesting and insightful clinical pearls. Below you will find just a few, which we hope will spur your interest in this field by providing practical tips for managing complex patients.

The full set of clinical pearls for the entire Symposium was sent to all IFM members, Symposium attendees, and purchasers of Symposium course materials.

From Michael D. Lumpkin, PhD, on **Stress, Disease, and the Neuroendocrine-Immune Systems: Putting it Together**

- Increased glucocorticoid levels suppress the immune system, creating greater susceptibility to infection. Reducing stress improves immune status.
- At certain places in the hypothalamus, there is no blood-brain barrier, allowing large molecules such as cytokines to get through.

From John C. Lowe, MA, DC, PhD, on **Fibromyalgia and Hypothyroid Disease**

- Hypothyroidism is proposed as the main mechanism of fibromyalgia (FM). The incidence of hypothyroidism in the general population is believed to be 1–5%, but seven studies showed that the incidence of primary hypothyroidism is 10–24% in FM patients.
- The serotonin deficiency theory of FM has been debunked. The only site of low serotonin found in FM patients was platelets. Also, serotonin is a powerful vasoconstrictor, but studies showed that FM patients have significantly decreased cerebral blood flow, in some cases near ischemia.
- Most FM patients do not recover merely by taking thyroid hormone. Obstacles to cure include unwholesome diet, nutritional deficiencies, low physical fitness, low hormone levels or resistance, and metabolism-impeding drugs.
- Multiple approaches are necessary for most FM patients, including thyroid management, cortisol, diet, stress, vitamins, and minerals.

PRODUCT	PRICE
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EDUCATIONAL PROGRAMS

15th International Symposium on Functional Medicine, May 22–25, 2008

La Costa Resort & Spa in Carlsbad, CA

Preconference

Plenary Lectures and Concurrent Sessions

\$250

\$695

For complete registration information, call Client Services at 800-228-0622 or visit our web site at www.functionalmedicine.org/eduprog/symp_next.asp

Applying Functional Medicine in Clinical Practice, Dec. 8–12, 2008

San Antonio, TX

Please contact us for *additional* member and Early Bird discounts.

\$3,550

Physician

\$3,050

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PUBLICATIONS

Neuroprotection: A Functional Medicine Approach to Common and Uncommon Neurologic Syndromes Self-Paced Clinical Module



Bonus!

Receive a free CD featuring Jay Lombard's seminar with this purchase!

\$250

14th International Symposium on Functional Medicine

21st Century Endocrinology: Thyroid and Adrenal as Sentinel Organs

SYNCHED TALKS: IFM is proud to make five of these outstanding presentations available to view at home (slides and audio are synched together in one multimedia presentation).

The Sentinel Role of Adrenal and Thyroid in Complex Chronic Illness Jeffrey Bland, PhD, CNS **\$29.95**

Stressed to Death: Aging, Long-term Stress, and Allostatic Load Sonia Lupien, PhD **\$29.95**

Stress, Prenatal Imprinting, and Childhood Developmental Disorders Bethany Hays, MD **\$29.95**

Thyroid Assessment: Controversies and Conundrums Alan McDaniel, MD **\$29.95**

The Widening Web of Celiac Disease and Thyroid Dysfunction Thomas O'Bryan, DC **\$29.95**

Combination Set of 5 CDs - all of the above 14th Symposium Presentations, includes Clinical Pearls **\$129.95**

PROCEEDINGS SETS

14th Symposium CD Combo (Plenary/Concurrent Audio CDs and Syllabus), includes Clinical Pearls **\$295**

14th Symposium MP3 Combo (Plenary/Concurrent Audio MP3s and Syllabus), includes Clinical Pearls **\$195**

14th Symposium Precourse CD Combo (Audio CDs and Syllabus), includes Clinical Pearls **\$185**

14th Symposium Precourse MP3 Combo (Audio MP3s and Syllabus), includes Clinical Pearls **\$125**

**\$9.50
S&H**

Clinical Nutrition: A Functional Approach, 2nd Edition



\$59.95

Textbook of Functional Medicine The ideal text for understanding functional medicine

\$189

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Student Rate (must fax current Student ID to receive discount)

\$295

\$195

The Institute for Functional Medicine

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800.228.0622 FAX: 253.853.6766

www.functionalmedicine.org

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FUNCTIONAL MEDICINE INSPIRER:
Your source for functional medicine information!



IFM presents The 15th International Symposium on Functional Medicine

The Many Faces of Pain: Functional Models for Assessment and Treatment

Thursday, May 22 - Sunday, May 25, 2008

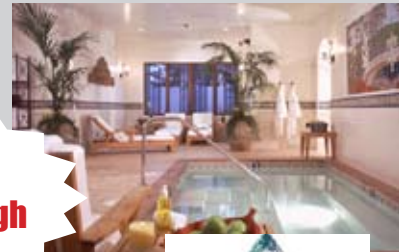
The La Costa Resort & Spa, Carlsbad, CA

*See page 2 for listing of speakers
and titles of presentations*

To register, contact
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or visit our Web site at
www.functionalmedicine.org/eduprog/symp_next.asp

*New date
pattern!*

**Thursday through
Sunday Noon**



Printed on acid-free recycled post-consumer paper using soy-based inks. We encourage you to share this newsletter and recycle.

