



## **EDS Wellness' 2017 Physician's Conference Agenda**

The Salamander Resort

### **Friday, June 9th, 2017**

**7:30 p.m. - 8:30 p.m.** - Welcome Reception Gold Cup Wine Bar-The Salamander Resort

*(Light snacks, beer and wine provided from 7:30pm – 8:30pm)*

### **Saturday, June 10th, 2017**

**7:45 a.m. - 8:15 a.m.** (Waterford Room) Conference Check-in and Registration

*(Coffee and tea will be available right outside our conference room for all attendees, speakers and volunteers)*

**8:15 a.m. - 8:30 a.m.** (Waterford Room) Welcome and Introduction by Kendra Neilsen Myles, C.H.E.S, RYT 200, Executive Director and Founder, EDS Wellness

**8:30 a.m. - 9:00 a.m.** (Waterford Room) Patient Case Study #1 with Open Discussion. Moderators - Dr. Alan Hakim & Maria Dastur

**9:00 a.m. - 10:00 a.m.** (Waterford Room) Speaker: Alan Hakim, M.D. Presentation: *'Updated Diagnostic Criteria and Considerations for Multisystemic Hypermobility Syndromes'*

**10:00 a.m. - 10:30 a.m.** (Waterford Room) Interactive Q&A and Round-Table Discussions. Topic: *'The comorbid occurrence of complex and "not so rare " conditions - i.e., Hypermobility Spectrum Disorders, Ehlers-Danlos syndromes, Mast Cell Activation Disease, Dysautonomia/POTS, functional GI disorders, and more.'* Moderators - Dr. Alan Hakim & Kendra Neilsen Myles

**10:30 a.m. - 10:45 a.m.** - Break

**10:45 a.m. - 11:45 a.m.** (Waterford Room) Speaker: Peter Rowe, M.D. Presentation: *'Treatable co-morbid conditions: POTS/Dysautonomia, milk protein intolerance, and adverse neural tension—lessons from chronic fatigue syndrome'*

**11:45 a.m. - 12:00 p.m.** (Waterford Room) Q&A and Open Discussion from Dr. Rowe's presentation

**12:00 p.m. - 1:00 p.m.** (Waterford Room) Lunch provided



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**1:00 p.m. - 2:00 p.m.** (Waterford Room) Speaker: Jyothi Rao, M.D. Presentation: *'Gut Microbiome and the Role of Nutrition in Chronic Illness'*

**2:00 p.m. - 2:30 p.m.** (Waterford Room) Interactive Q&A and Round-Table Discussion. Topic: *'The Role of Nutrition in Healing and Wellness'* Moderators - Kendra Neilsen Myles & Dr. Jyothi Rao

**2:30 p.m. - 3:30 p.m.** (Waterford Room) Speaker: Lawrence Afrin, M.D. Presentation: *'Mast Cell Activation Disease: Current Concepts'*

**3:30 p.m. - 4:00 p.m.** (Waterford Room) Interactive Q&A and Round-Table Discussion. Topic: *'The Epidemic of Chronic Comorbid Conditions'* Moderators - Maria Dastur & Dr. Larry Afrin

**4:00 p.m. - 5:00 p.m.** (Waterford Room) Speaker: Pradeep Chopra, M.D. Presentation: *'Aspects of management of chronic pain in EDS.'*

**5:00 p.m. - 5:30 p.m.** (Waterford Room) Interactive Q&A and Round-Table Discussion. Topic: *'Connecting the dots of pain management, Dysautonomia and MCAS'* Moderators - Dr. Pradeep Chopra & Kendra Neilsen Myles

**5:30 p.m. - 7:00 p.m.** - Break/Rest/Enjoy Resort Activities and Amenities

**7:00 p.m. - 9:00 p.m.** - (Optional) Group Dinner at Hunter's Head Tavern (R.S.V.P Required)

### **Sunday, June 11th, 2017**

**8:00 a.m. - 8:30 a.m.** (Waterford Room) Registration & Check-in/Conference Desk Open

*(Coffee and tea will be available right outside our conference room for all attendees, speakers and volunteers)*

**8:30 a.m. - 9:00 a.m.** (Waterford Room) Patient Case Study #2 with Open Discussion. Moderators - Dr. Peter Rowe & Kendra Neilsen Myles

**9:00 a.m. - 10:00 a.m.** (Waterford Room) Speaker: Alan Pocinki, M.D. Presentation: *'Breaking the Cycle of Chronic Pain, Poor Sleep, Fatigue, and Depression'*



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**10:00 a.m. - 10:30 a.m.** (Waterford Room) Interactive Q&A and Round-Table Discussion. Topic: *'Over Medicalization of the Complex, Chronic Illness Patient'* Moderators - Dr. Alan Pocinki & Kendra Neilsen Myles

**10:30 a.m. - 10:45 a.m.** - Break

**10:45 a.m. - 11:45 a.m.** (Waterford Room) Speaker: Deborah Norris, Ph.D. Presentation: *'Evidence-based research for Mindfulness & Mind-Body Strategies in Clinical Practice'*

**11:45 a.m. - 12:00 p.m.** - Q&A and Open Discussion

**12:00 p.m. - 1:00 p.m.** (Waterford Room) Lunch provided. Optional Group Discussion - Topic: *'Fostering the Patient-Provider Relationship'*

**1:00 p.m. - 1:30 p.m.** (Waterford Room) Patient Case Study #3 with Open Discussion. Moderators - Kendra Neilsen Myles & Maria Dastur

**1:30 p.m. - 2:30 p.m.** (Waterford Room) Speaker: Clair Francomano, M.D. Presentation: *'Genetics of Ehlers-Danlos syndromes and other Heritable Connective Tissue Diseases'*

**2:30 p.m. - 3:00 p.m.** (Waterford Room) Interactive Q&A and Round-Table Discussion. Topic: *'The Role of Integrative Healthcare/Functional Medicine in Chronic Illness.'* Moderators - Dr. Clair Francomano & Kendra Neilsen Myles

**3:00 p.m. - 4:00 p.m.** (Waterford Room) Speaker: Jan Dommerholt, DPT. Presentation: *'EDS and Central Sensitization'*

**4:00 p.m. - 4:30 p.m.** (Waterford Room) Interactive Q&A and Round-Table Discussion Topic: *'The Importance of Physical therapy, Exercise and Movement to Help Prevent "the EDS Spiral" of Deconditioning'*. Moderators - Jan Dommerholt, DPT & Kendra Neilsen Myles

**4:30 p.m. - 5:30 p.m.** (Waterford Room) Speaker Panel Q&A, Diagnostic Resources and Putting together your "Integrative Referral Team," Coding and Insurance Considerations and Conference Wrap-up

**Thank you for coming!**