

Produced by the Alabama Department of Public Health

The Alabama Department of Public Health is a partner of the Public Health Training Network

Alternative & Complementary Therapies in Women's Health Care Satellite Conference and Live Webcast

Thursday, June 19, 2008 • 1:00-3:00 p.m. (Central Time)

2:00-4:00 p.m. (Eastern) • 12:00-2:00 p.m. (Mountain) • 11:00-1:00 p.m. (Pacific)

Title X Family Planning Clinics are vital to the provision of reproductive health care and often serve as an entry point into a health care system that would otherwise be out of reach for many low income men and women. And as we serve our clients new medical studies suggest that as many as 60 million Americans use herbal remedies on a regular basis. With so many people turning to alternative and complementary therapies how do we as health professionals know what's safe?

Conventional medicine generally focuses on the treatment of symptoms rather than teaching healthy living and awareness of the body's natural tendency towards health. From a women's health perspective this approach views physiological processes, such as menstruation, pregnancy and menopause as conditions requiring medical treatment.

Alternative and complimentary approaches are defined as practices that differ from conventional medicine. This type of treatment recognizes the intimate unity of the mind with the body's immune, endocrine and nervous systems. The alternative and complimentary medical approach to women's health is to treat these systems as one, facilitating the body's innate ability to heal itself and to restore intrinsic cycles through noninvasive, natural therapies for symptoms and diseases. Herbal remedies are a popular approach in this type of medical treatment.

What actually works? What is safe? How can we advise our patients about what to look for in a supplement? Are there contraindications when taking herbal supplements with other medications? This telecast will answer these challenging questions and more.



Program Objectives:

1. Discuss how to pick a quality herbal product.
2. Name five vitamins commonly used as supplements and discuss their potential benefits.
3. Discuss common herbal products which may be used by patients seeking to improve their physical health.
4. Discuss integrative therapies for common complaints often presented in women's health.

Faculty:

Leigh Beasley, M.D.
Emory Regional Training Center
Atlanta, GA

Satellite Conference and Webcast Details:

Target Audience: Clinicians, nurses, educators, social workers, health educators, and other healthcare providers and administrators who are involved with family planning programs.

Registration: www.adph.org/alphn

Cost: There is no cost to view.

CEUs Approved: Nurses - ABN 1.9 hours • ASNA 1.6 hours, Social Workers 1.6 hours • NP Pharmacology 1.9 hours

Satellite Technical Information: Ku & C bands.

Webcast Information: Register at www.adph.org/alphn. To view the webcast, you need RealPlayer. Test your computer before the day of the program from the "test connection" link at www.adph.org/alphn. On the day of the program, go to www.adph.org/alphn. Click on the "view webcast" link.

Conference Materials: Posted on our website approximately one week before the program.

Questions For Faculty: If you have questions that you want addressed during the conference, you may fax or email those questions and a response will be given during the program.

Email: alphnquestions@adph.state.al.us or fax: 334.206.5640.

Conference Detail Questions: If you have questions about any of these conference details, call 334.206.5618 or email: alphn@adph.state.al.us

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