



**institute**  
for healthy aging

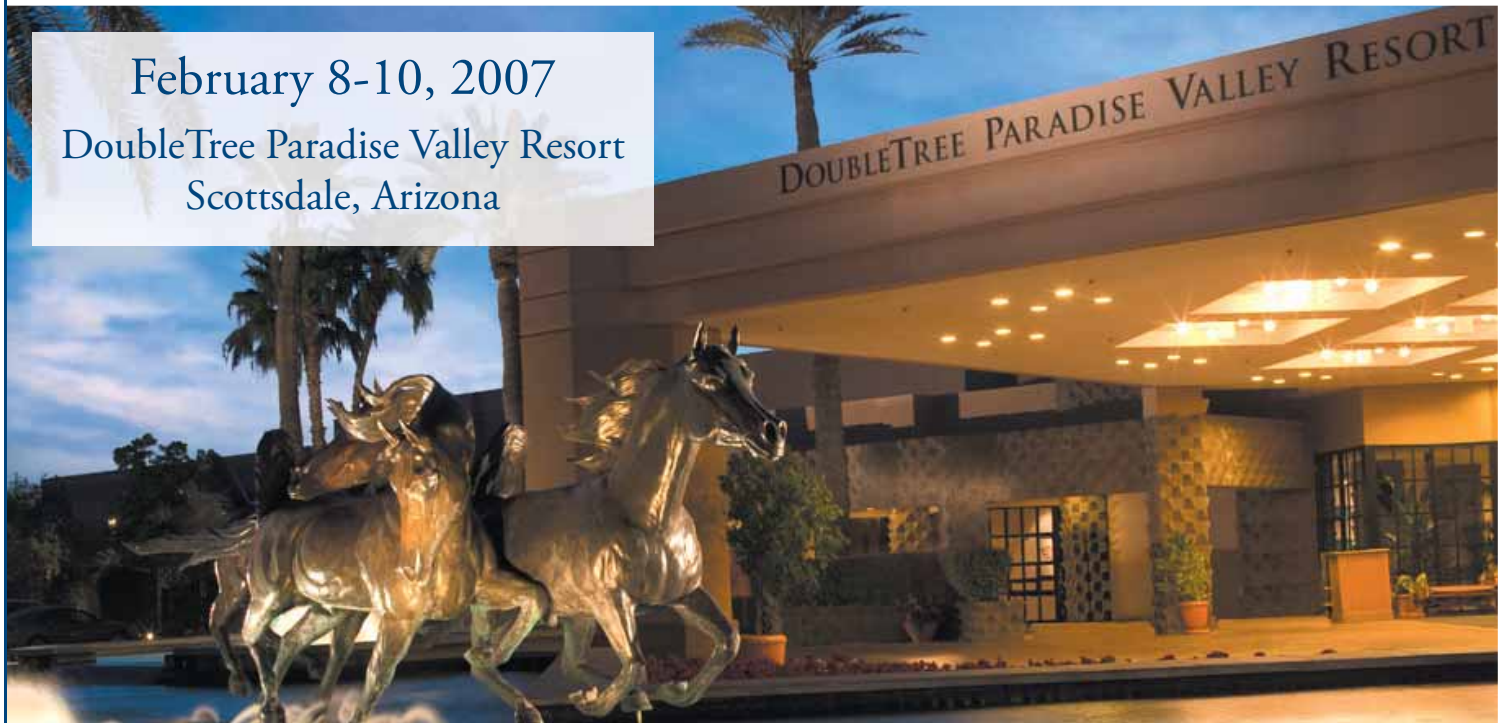
*p r e s e n t s*

# Recent Advances in the Use of Iodine in Medical Practice

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

February 8-10, 2007

DoubleTree Paradise Valley Resort  
Scottsdale, Arizona



**Jointly Sponsored by: 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 # 347-999-07-006-L04.

**Partially supported by an educational grant from Vitamin Research Products**

# PROGRAM

Thursday, February 8 – Welcome Reception 7:00 pm

## FRIDAY, FEBRUARY 9

### — SESSION ONE —

8:00 am – 8:30 am Registration

Introduction by Course Director,  
Guy E. Abraham, MD

8:30 am – 10:30 am

Guy E. Abraham, MD

*The Historical Background of the Iodine Project*

- Discuss past history of iodine in medicine and its safe and effective use for conditions unresponsive to other treatment modalities
- Outline the causes of medical iodophobia based on misinformation.
- Identify new research on iodine validating its use in medical practice.

10:30 am – 10:45 am Break

10:45 am – Noon

Jorge Flechas, MD

*The Iodine Loading and Spot Test*

- Examine practical aspects of the iodine/iodide loading test in the assessment of whole body sufficiency for iodine.

Noon – 1:30 pm Hosted Luncheon

### — SESSION TWO —

1:30 pm – 3:30 pm

David Brownstein, MD

*Iodine: The Most Misunderstood Nutrient*

- Discuss research data on the scope of iodine deficiency in the U.S.
- Distinguish between organic and inorganic forms of iodine/iodide liquids and tablets.
- Review and evaluate evidence that substantiates that RDA is inadequate for not only the thyroid but the whole body's need for iodine.

3:30 pm – 3:45 pm Break

3:45 pm – 6:00 pm

*Questions and Answers with panel of speakers*

Evening Open

## SATURDAY, FEBRUARY 10

### — SESSION THREE —

8:30 am – 10:30 am

Bernard Eskin, MD

*The Role of Iodine in Breast Disease:  
Endocrinology and Pathology*

- Explore research performed in rats on the protective effect of iodine against breast cancer.
- Determine the importance of the form of iodine used for maximal effect.
- Describe recent research that confirms the anticarcinogenic role of iodine on the breast.

10:30 am – 10:45 am Break

10:45 am – Noon

Donald Miller, MD

*Extrathyroidal Benefits of Iodine*

- Discuss evidence of extrathyroidal function of iodine.

Noon – 1:30 pm Hosted Luncheon

### — SESSION FOUR —

1:30 pm – 2:45 pm

William Shevin MD, DHt

*Clinical Experience with Orthoidosupplementation*

- Review and evaluate case studies on orthoidosupplementation in medical practice.

2:45 pm – 4:00 pm

Glenn T. Ozalan, NMD,

Vimal Patel, RPh, CCN

*Integrating Orthoidosupplementation in a  
Holistic Practice*

- Examine case studies on orthoidosupplementation in a holistic practice.

4:00 pm – 4:15 pm Break

4:15 pm – 6:00 pm

*Questions and Answers with panel of speakers*

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

Evening Open

## THE CONFERENCE

The goal of this conference is to acquaint physicians and other health care professionals with recent advances in the use of the essential elemental iodine, that is, the inorganic nonradioactive form of this element, in medical practice. More than 100 years ago, iodine was called "The Universal Medicine" because of its safe, effective and widespread applications for conditions not responding to other treatment modalities. Following World War II, iodophobic misinformation resulted in medical iodophobia. In consequence, 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, iodine 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 conference, the emphasis will not be on drug treatment but on the use of an essential element that has been neglected, underestimated and misunderstood. This is the first of a series of educational seminars to be held in the future.



The DoubleTree Paradise Valley Resort hotel offers luxury, resort amenities, and visually stunning Sonoran Desert views on 22 acres of lush, tropical paradise, just minutes from historic Old Town Scottsdale. Located 12 miles from Phoenix Sky Harbor International Airport, Paradise Valley Resort hotel in Scottsdale, Arizona, provides the perfect backdrop for a memorable convention event.

Renowned for its Frank Lloyd Wright-inspired architecture, sparkling fountains and water features, this warmly rustic yet sophisticated resort hotel features fine dining and casual cuisine, two large outdoor heated pools with whirlpools, a full health club, luxurious spa treatments, racquetball courts, a nine-hole putting green and on-site golf specialist, tour services and more. Tastefully appointed guestrooms and suites with private patios or balconies include all the comforts of home and a long list of amenities, including our incredibly comfortable Sweet Dreams beds and high-speed internet access. For your convenience, wireless internet access is available in hotel public areas.

Brilliant blue skies reign supreme in the American Southwest. In Scottsdale, they promise more than 330 days of sunshine each and every year. That's more sunshine than just about any other city in the U.S. The average temperature in February is 70 degrees with an evening temperature of 44 degrees.

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## REGISTRATION

Please complete and send with registration fee to:

**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*

Full Conference	Before Dec 1	After Dec 1
Registration Includes: Reception, Admission to all lectures/discussions, All symposium materials, Luncheons	\$475	\$525
<b>Student Rate</b> Luncheons not included (registered at accredited college)	\$225	\$275

For DoubleTree room reservations call 1-877-445-6677 by Jan 8, 2007 to receive the special **Iodine Conference** room rate of \$209 (USD) per night, single or double occupancy.

*For special needs call 775-884-8202.*

Name \_\_\_\_\_

MD DO PA PA-C RN NP ARNP LPN PhD RPh PharmD DC DDS Other \_\_\_\_\_  
(Circle One)

Address \_\_\_\_\_

State \_\_\_\_\_ ZIP \_\_\_\_\_

Email \_\_\_\_\_ Telephone \_\_\_\_\_





 Card # \_\_\_\_\_ Exp. \_\_\_\_\_

or make cheque payable to IHA      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. He has been honored as follows: 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. 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 orthoiodosupplementation, that is, 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 well 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 the 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 had his boards 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 15,000 tests.

**Donald W. Miller, Jr. MD**, is a professor of surgery at the University of Washington School of Medicine. He received his M.D. degree from Harvard and did his cardiothoracic surgery residency at Columbia-Presbyterian Medical Center. Dr. Miller has written two books on heart surgery.

Although he has used iodine as an antiseptic in heart surgery for the last 35 years, Dr. Miller knew little about this halogen until he read Dr. David Derry's book *Breast Cancer and Iodine*. This spurred him to do an in-depth study of iodine, presented here.

**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.

**Glenn T. Ozalan, NMD, Vimal Patel, RPh, CCN**

Dr. Ozalan, a graduate from The National College of Naturopathic Medicine of Portland Oregon and Vimal Patel RPh, a compounding pharmacist with certification as a clinical nutritionist have 50 years combined experience in holistic medicine. Together they run The Advanced Health & Wellness Center in Scottsdale, AZ. They have integrated orthoiodosupplementation in their practice and will be sharing case studies.