

*Women's Health Seminar*  
**Saturday, September 11th, 2010**  
(Register early, Space is limited)

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

E-mail (required for confirmation)  
\_\_\_\_\_

Phone \_\_\_\_\_

**Doctors & Residents**

\$150.00 before August 23rd

\$200.00 after August 23rd

**Students**

\$75.00 before August 23rd

\$150.00 after August 23rd

**Checks only.** Make payable to:  
***Marianne Marchese, ND, LLC***

Mail this Registration Form & check to:  
***Marianne Marchese, ND, LLC***  
***2602 E. Sylvia Street***  
***Phoenix AZ 85032***

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*Women's Health Seminar*  
***Menopause:***  
*Hormones, Herbs and Nutrition*

Featuring  
**MARIANNE MARCHESE, ND**

with

**MONA MORSTEIN, ND**

**JENNIFER NEVELS, NMD**

**Saturday,**  
**September 11th, 2010**

**Fiesta Inn**

2100 S. Priest Drive  
Tempe, AZ 85282

# Schedule

- 8:00 a.m. — 8:30 a.m. Registration
- 8:30 a.m. — 10:00 a.m. Menopause essentials, review of endocrinology evaluation and model of management - Marianne Marchese, ND
- Terminology, effect of aging on the menstrual cycle, perimenopausal transition, signs and symptoms of menopause, history, exam and laboratory evaluation*
- 10:00 a.m. — 10:30 a.m. Break
- 10:30 a.m. — 12:00 p.m. Botanicals for Menopausal symptoms - Jennifer Nevels, NMD
- Traditional botanicals for perimenopause and menopausal symptoms*
- 12:00p.m. — 1:30 p.m. Lunch (on your own)
- 1:30 p.m. — 2:30 p.m. Nutrition for Menopause – Mona Morstein, ND
- Addressing menopausal symptoms, osteoporosis, and cardiovascular disease*
- 2:30 p.m. — 2:45 p.m. Break
- 2:45 p.m. — 3:45 p.m. Hormone replacement therapy, natural hormones and conventional HRT – Marianne Marchese, ND
- Review of the common available pharmaceutical hormone interventions, indications, contraindications, benefits and risk*
- 3:45p.m. — 4:00 p.m. Break
- 4:00p.m. — 5:30 p.m. HRT continued, selecting the right prescription, strategies to optimize the safety of hormone therapy -Marianne Marchese, ND

*Bio-identical hormones, indications, contraindications, delivery systems, equivalent doses and guidelines for prescription.*

**Marianne Marchese, ND** graduated from Creighton University in 1990. She received her N.D. degree from National College of Naturopathic Medicine in 2002 and completed a 2 year residency in women's health and integrative medicine. She completed post-graduate training in environmental medicine. She is currently an adjunct faculty member at Southwest College of Naturopathic Medicine teaching gynecology and gynecology lab. Dr. Marchese practices at Naturopathic Family Care and is Vice President of the AZNMA and on the board of directors of the CNME.

**Mona Morstein, ND** received her B.S. summa cum laude in Foods and Nutrition from Arizona State University, in Tempe, Ariz., and her ND, naturopathic physician degree from National College of Naturopathic Medicine in 1988. In 2002, Dr. Morstein was asked to join the faculty of Southwest College of Naturopathic Medicine by their president. She is now Chair of Nutrition, Associate Professor, supervising Physician of students in the out-patient medical clinic at SCNM and has her own busy private practice.

**Jennifer Nevels, NMD** received her Bachelors of Science in Psychology at the University of Arizona and graduated from the Southwest College of Naturopathic Medicine in 2003. She completed a one-year residency at SCNM and is past interim chair of the women's health department and past assistant professor of gynecology. Dr Nevels is co-owner of East Valley Naturopathic Doctors, Mesa, AZ. She has been featured on Channel 3 News, as an expert on various women's health concerns. Her publications include magazines such as Taste of Life, Delicious Living and Woman's World Magazine.

**Arizona CME credits:  
6.5 total hours including  
2.5 hours of pharmacy**

**\*\*\*Paperless conference  
Bring your laptop\*\*\*  
marchese@drmarchese.com**