

Presents

## Update on Autoimmune Diseases and their Root Causes

### TARGET AUDIENCE

This educational activity is designed for registered nurses and other healthcare providers interested in gaining evidence-based knowledge about autoimmune diseases.

### LEARNING OUTCOME

To increase the learner's knowledge of the identification of root causes of autoimmune diseases and various strategies for healing and recovery.

### OBJECTIVES

At the conclusion of this educational activity the participant will be able to:

1. Describe the underlying immune response that occurs during an autoimmune (AI) disease.
2. Identify the most common AI disorders and other familiar conditions not widely known as autoimmune in nature.
3. Understand the major causes and general goals of treatment for autoimmune diseases.
4. Discuss the use of Low Dose Naltrexone and other naturopathic treatment approaches to AI disease.
5. Review recent developments and research in AI triggers and root causes.
6. Explain the role of intestinal permeability in autoimmunity.
7. Describe the various dietary modifications used for managing inflammation.
8. Identify specific nutrients that are supportive for symptom improvement.
9. Identify and avoid common dietary and lifestyle modification pitfalls and roadblocks to healing AI disease.
10. Describe the role of stress in AI disease.
11. Discuss the importance of working with a functional medicine practitioner as opposed to western medicine to identify and heal AI disease.

### COURSE DESCRIPTION

Autoimmune (AI) diseases are among the most prevalent forms of chronic illness in our country affecting approximately 50 million Americans (1 in 5 people) and are a leading cause of pain, disability, and death. Controlling the symptoms caused by AI diseases is often difficult and simply treating the affected organ does not get to the root of the problem. Our intriguing line-up of presenters at this program will explore an updated "functional medicine" approach to the root causes, treatment, and management of AI diseases. These functional medicine practitioners will share their holistic approaches to AI disease management and how to engage both patient and practitioner in a therapeutic partnership to identify and treat the root cause.

## AGENDA

September 21, 2018

7:30-8:00	Registration and Continental Breakfast
8:00-8:15	Welcome and Announcements <i>Robbie Stefanski, MSN, RN</i>
8:15-9:15	Understanding Autoimmunity: Triggers, Goals, and Treatments <i>Joy Duhon, ND</i>
9:15-9:25	Break
9:25-10:25	Autoimmune Root Causes: Latest Developments and Research <i>Kelly Cobb, MD</i>
10:25-10:35	Break
10:35-11:35	Gut Health and Dietary Modifications for Autoimmunity – Part I <i>Dana Faris, RDN, LD</i>
11:35-12:35	Lunch Break (Available on site through the Petroleum Club, \$18.00 cash or check payable to Petroleum Club or participant may leave and return at 12:35 PM)
12:35-1:35	Gut Health and Dietary Modifications for Autoimmunity – Part II
1:35-1:45	Break
1:45-2:45	Pitfalls and Roadblocks to Healing Autoimmune Disease <i>Tyler LaFleur, RN, CCEP, CFMP</i>

### CONTINUING EDUCATION

University of Louisiana at Lafayette College of Nursing and Allied Health Professions is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Louisiana State Board of Nursing – Provider # 9.

To receive 5.0 contact hours, the participant must attend the entire program, and complete and submit the Contact Hour and Evaluation forms.

### DISCLAIMER

American Nurses Credentialing Center (ANCC) accreditation applies only to the educational content of the program. University of Louisiana at Lafayette College of Nursing and Allied Health Professions Continuing Nursing Education Program and ANCC Commission on Accreditation does not approve or endorse any product.

### SPECIAL NEEDS

University of Louisiana at Lafayette will seek to accommodate persons with special needs. If you have a special need which may require accommodations, please notify Continuing Nursing Education, 337) 482-6682 or email [nursing\\_ce@louisiana.edu](mailto:nursing_ce@louisiana.edu) five (5) days in advance to make arrangements.

## FACULTY

### Joy Duhon, ND

Dr. Duhon attended Oral Roberts University and received a bachelor's degree in Biology Pre-Med. After graduating from ORU, she attended the prestigious Bastyr University, a four year accredited Naturopathic Medical School in Seattle, WA where she earned her Doctorate in Naturopathic Medicine with a focus on prevention of disease and promotion of wellness in a primary care setting. Today, Dr. Duhon owns and operates her own naturopathic practice in Lafayette, LA where she partners with adults and children to identify the root cause of their health issues utilizing Functional Medicine principles.

### Dana Faris, RDN, LD

Ms. Faris received her Bachelor's Degree in Dietetics from Texas Christian University. She has additional training and education through the Human Nutrition and Functional Medicine Program at the University of Western States. She was brought into the functional medicine world after exploring ways to overcome her own chronic health conditions from a natural approach. She uses these same principles to help her patients who are also struggling with chronic illnesses. Ms. Faris currently works to treat patients from all over the world addressing topics beyond diet such as gastrointestinal imbalances, autoimmune conditions, thyroid and hormone imbalances, and overall nutrition optimization. She has recently had the opportunity to be the recipe developer for the newly published, *The Autoimmune Solution Cookbook*. Ms. Faris is dedicated to meeting her patients where they are in their health journey as well as providing them with the knowledge and tools to find lifelong wellness.

### Kelly Cobb, MD

Dr. Cobb is a board certified internal medicine physician who holds an MD from LSU School of Medicine as well as degrees from the University of Texas in psychology, humanities, and communication. She is board eligible in geriatrics, certified in age management medicine, and has studied Functional Medicine as well as Allopathic Medicine and believes a combined treatment approach is necessary. Dr. Cobb owns her own practice in Lafayette as well as lectures on many topics such as thyroid dysfunction and other autoimmune diseases. She has been involved in research in osteoporosis and nerve regeneration and has extensive experience treating women's health issues. As a partner in her patients' quest for health, Dr. Cobb values an open dialogue and shared decision making with her patients. She believes this allows for strong relationship building and optimal healing.

### Tyler LaFleur, RN, CCEP, CFMP

Mr. LaFleur is the Executive Officer for the High-Performance Health Institute (HPHI) and its Executive Performance Group, HP3. He is the author of *Health Perversity: Rules for Becoming Fat, Sick, and Stressed* and received his Bachelor of Science in Nursing from the University of Louisiana at Lafayette. He is also a Certified Clinical Exercise Physiologist through the American College of Sports Medicine and a Certified Functional Medicine Practitioner. He has served in the health and wellness coaching industry for more than a decade and is a Masters of Leadership candidate at the Thayer Institute for Performance Virtuosity. Tyler and his wife, Lacie Jo, and their two children live in Lafayette, LA.

### REFUND

**REFUNDS WILL NOT BE ISSUED FOR CANCELLATIONS OR INCORRECT FEE SUBMISSIONS. FEE MAY BE APPLIED TO FUTURE PROGRAMS IF YOU CANCEL AT LEAST TWO DAYS PRIOR TO THE PROGRAM.**

# Update on Autoimmune Diseases and their Root Causes

September 21, 2018

## REGISTRATION FORM

Name: \_\_\_\_\_  
(Last) (First) (Middle)

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (H): \_\_\_\_\_ (W): \_\_\_\_\_  
(C): \_\_\_\_\_

E-mail: \_\_\_\_\_

Employer: \_\_\_\_\_

**REGISTRATION CAPACITY WILL BE LIMITED**

*Early Registration Submission is Suggested.*

(CHECK ONE)

### REGISTRATION

_____ Individual	\$80.00
_____ Subscriber Participant	\$20.00
_____ Retired RN	\$30.00
_____ Undergraduate Students and Dietetic Interns	\$10.00
_____ Graduate Students	\$40.00

Please add \$10.00 for registrations received after  
Monday, September 17, 2018.

For your convenience the College of Nursing accepts  
telephone registrations. However, it will be necessary to  
submit payment via mail.

**FOR MORE INFORMATION, CALL 337-482-6682**

**PLEASE MAKE CHECK PAYABLE TO:**

**UL Lafayette**

**College of Nursing & Allied Health Professions**

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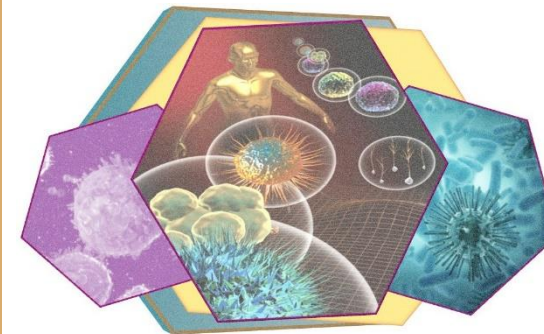
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## Update on Autoimmune Diseases and their Root Causes

**Friday, September 21, 2018**  
**8:00 AM – 2:45 PM**

**Contact Hours: 5.0**

### 2018-2019 Subscribers

**Abbeville General Hospital**  
**Acadiana Brain Injury Center**  
**Complete Home Health**  
**First Option Home Health**  
**Heart Hospital of Lafayette**  
**Iberia Medical Center**

**LGH - Main Facilities & Professional Centers**  
**Lafayette Juvenile Detention**  
**LPSS - Nursing Health Services**  
**Opelousas General Health System**  
**Our Lady of Lourdes Regional Medical Center**  
**Park Place Surgical Hospital**  
**Region IV Nurses**

*Presented at*  
**Petroleum Club of Lafayette**  
**111 Heymann Blvd**  
**Lafayette, LA**