

# Hopkinton Drug Lecture Series



## **BIO-IDENTICAL HORMONE REPLACEMENT THERAPY**

**Patricia Jay MD - OBGYN**

Treatment of symptoms such as hot flashes, night sweats, mood swings, trouble sleeping, weight gain, fatigue, loss of libido, irregular menstrual cycles etc. with Bio-Identical Hormone Replacement Therapy.

*Tuesday September 13, 2011*



## **AUTISM**

**Carol Englander MD - Family Practitioner**

Biomedical and Nutritional Treatment for Autism. Covering treatment principles that apply across the full range of the autism spectrum.

*Thursday September 29, 2011*



## **GENETIC DISORDERS**

**Aubrey Milunsky MD - Geneticist**

Knowing your genes may save your life and the lives of those you love. Hear valuable information on genetic disorders including cancer, heart disease, autism, mental illness, birth defects, neurologic disorders, diabetes, obesity and more.

*Wednesday October 19, 2011*



## **COMPREHENSIVE DENTAL CARE**

**John Zarrella DMD - Dentist**

Comprehensive dental care relating to overall health including, chronic headaches, migraines and chronic neck aches. Learn how to keep your gums and teeth healthy for life.

*Thursday November 3, 2011*



## **INFLAMMATORY BOWEL DISEASE**

**Guy Daniels MS MH - Nutritionist, Herbalist**

Causes and treatments for Inflammatory Bowel Disease. Focusing on allergens, pathogens and genetics including examples and clinical data.

*Tuesday November 29, 2011*



## **HOME HEALTHCARE**

**Gail Hanson MBA CSA, Joann Carrigan CIRS-A, Lyn O'Brien PhD ANP**

Understanding your home health care options before a crisis. Discussion will cover high quality home care services for busy families struggling with the care of aging parents while managing their own lives.

*Tuesday December 13, 2011*



## **HYPOTHYROIDISM**

**Kenneth Blanchard MD - Endocrinologist**

Diagnosis and treatment options for Hypothyroidism and its debilitating symptoms including depression, fatigue, headaches and weight gain.

*Tuesday January 10, 2012*



## **GASTROINTESTINAL HEALTH**

**Sarika Arora MD - Internal/Functional Medicine**

Introduction to gastrointestinal health and balance and its relationship to food sensitivities and skin conditions.

*Thursday January 26, 2012*

**When: 7pm**

**Where: Hopkinton Senior Center**

**28 Mayhew St Hopkinton, MA 01748**

**RSVP RECOMMENDED (508) 435-4441 x111**

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# Speaker Information

## Patricia Jay, MD - OB/GYN Gynecology

Dr. Jay graduated from Boston College and then received her medical degree from University of Mass. Medical School. She is a board certified OB/GYN and practices Obstetrics and Gynecology at Southborough Medical Group in Framingham and Westborough. She also has a focus in bio-identical hormone replacement therapy (BHRT), treating patients from all over New England with hormonal issues.

**Topic: Treatment of symptoms such as hot flashes, night sweats, mood swings, trouble sleeping, weight gain, fatigue, loss of libido, irregular menstrual cycles etc. with BHRT.**

## Carol Englander, MD - Family Practitioner

Dr. Englander is a family physician practicing medicine in Framingham, MA. She has been treating children and adults on the autism spectrum for over 20 years. She practices integrative medicine, combining traditional western medicine with complementary approaches. Her approach to autism utilizes diet and nutrition, biochemical evaluation, and the Defeat Autism Now biomedical protocol. She contributed to the first mercury detoxification protocol developed by the Autism Research Institute.

Dr. Englander is a graduate of Northwestern University Medical School, and interned at Passavant Memorial Hospital. She worked for the State of Illinois in the drug abuse program, and later worked for the Kaiser Permanente Health Plan in Richmond, CA.

She served as a founding member of the board of trustees of the American Holistic Medical Association, and is also active in the American Academy of Environmental Medicine and the American College for the Advancement of Medicine. She was the medical director of the Center for Health in Watertown, MA. Previously she served as health editor for New Age magazine, as well as the holistic/complementary medical advisor for WHDH Channel 7 in Boston.

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“Great idea to present topics of interest to the community”

*Survey Respondent - Milford, MA*

*Carol Englander - cont.*

### **Topic: Biomedical and Nutritional Treatment for Autism**

Biomedical and nutritional treatments benefit many children and adults on the autism spectrum. These treatments may also improve the efficacy of behavioral interventions such as Applied Behavioral Analysis, speech therapy and social development programs. The Defeat Autism Now protocol has been evaluated by surveys of over 23,000 children, based on the opinions of their parents regarding the effectiveness of various treatments. While this presentation will not be able to address a specific child, and not all treatments are effective for everyone, the principles apply to everyone on the autism spectrum.

The order of treatment is important for your child. While each child is different, experience has taught us that improving diet, eliminating food allergies and sensitivities, including foods containing gluten, casein and often soy and corn can frequently bring about significant improvement.

Diets self-selected by individuals on the autism spectrum are often very limited in the number of foods and thus, the nutritional quality of the diet. Thus, nutritional supplementation with vitamins, minerals, and omega-3 oils crucial for nervous system development are essential. In order to make the best choices for each individual, a number of laboratory tests are done to evaluate these needs. In addition, a significant number of patients with autism have permanent problems turning the vitamins in food and supplements into the forms needed by the nervous system. While these processing defects cannot be changed, discovering which active vitamins a child needs allow us to bypass the defect, thus improving learning, language and social interactions. Antioxidants are also often lacking in their diets, and high doses of several antioxidants have been shown to improve learning and behavior

Some children with autism have low levels of helpful bacteria and high levels of harmful bacteria and yeast in their intestines. Beneficial bacteria help with digestion and inhibit harmful ones. Harmful bacteria and yeasts can produce toxins which affect the nervous system, cause inflammation, leading to increased intestinal permeability, or "leaky bowel," which can produce further food sensitivity and allow toxins to reach the rest of the body more quickly. In order to determine the optimal treatments for the intestine, lab testing is necessary, to identify what is growing in the gut and what treatments, both herbal and prescription, will work to clear the infections. While treatment with antibiotics is usually very short term, treatment for yeast, which is slow growing and often difficult to eliminate, may continue for months.

Initial testing also includes general labs not usually done on children, including blood count, metabolic profile, and thyroid levels. Children with sleep problems and hyper-activity can often be helped with supplements, which are preferable to medication. Additional treatments, such as chelation therapy to remove toxic minerals like mercury, lead, arsenic, and cadmium, which are toxic to the nervous system and are cancer promoters, are also part of the protocol. However, experience has taught physicians using these treatments that correcting nutritional deficiencies, healing the gut, and eliminating foods causing allergy or sensitivity must be done before this step is undertaken in order for maximal benefit and a smooth healing process.

## Aubrey Milunsky, MD - Geneticist

Dr. Milunsky is a Professor of Human Genetics, Pediatrics, Pathology and Obstetrics and Gynecology, and Director, Center for Human Genetics, Boston University School of Medicine.

His laboratories are a major International Reference Center for molecular diagnostics and for prenatal genetic diagnosis. He is the author and/or editor of twenty-four books including: the 6th edition of his major reference work Genetic Disorders and the Fetus: Diagnosis, Prevention and Treatment, now co-edited with his son Jeff, who is Professor of Pediatrics and Genetics and Genomics. This book received the "Highly Commended" Award Certificate in 2010 from the British Medical Association. His latest book for the lay public will shortly be published by Oxford University Press entitled Your Genes, Your Health: A Critical Family Guide That Could Save Your Life.

In 1982 he was elected a Fellow of the Royal College of Physicians of England. In addition, in 1982, his Alma Mater, the University of the Witwatersrand School of Medicine, conferred to him the D.Sc. degree for his work on the Prenatal Detection of Genetic Disorders. He is an elected member of the Society for Pediatric Research and the American Pediatric Society. He is a Founding Fellow of the American College of Medical Genetics. The Consumer Research Council of America has listed him repeatedly in their "Guide to America's Top Pediatricians".

He led the team that first located the gene for X-linked lymphoproliferative disease, first cloned the PAX3 gene for Waardenburg syndrome, and first demonstrated the 70% avoidance of spina bifida afforded by folic acid supplementation taken in the 3 months prior to pregnancy and the 3 months after conception. He and his co-workers have made the first prenatal diagnosis of various genetic disorders including tuberous sclerosis.

Dr. Milunsky is the author or co-author of over four hundred scientific communications. In 1991, he became the incumbent of the first endowed Chair in Human Genetics at Boston University School of Medicine – a Chair that will be named for him upon his retirement.

**Topic: By knowing your genes, you may save your life and the lives of those you love. Many genetic disorders are discussed including cancer, heart disease, autism, mental illness, birth defects, neurologic disorders, diabetes, obesity and much more.**

"This is a very interesting series,  
I like the breadth of topics."

*Survey Respondent - Upton, MA*

## John Zarrella, DMD - Dentist

Dr. Zarrella has been practicing in the field of dentistry since 1987. He completed his dental education from Boston University School of Graduate Dentistry receiving special awards for periodontal care, radiology and restorative patient care, after receiving a Bachelor of Science degree from Clark University.

Dr. Zarrella participates in public lectures and volunteers with the Massachusetts Dental Society's, Give Kids a Smile, program which provides affordable quality dental healthcare services to children. He has published articles locally on oral health and wellness to provide the community with valued information.

Over the years, Dr. Zarrella has been heavily involved in other charity events including the MetroWest Free Dental Program and the Sudbury Free Health program. These programs help the less fortunate members of our community get access to dental care. He actively donates to local cancer fundraiser events including Relay for Life, Pam Mass Challenge and The Lupus Foundation.

The Specialty training Dr. Zarrella received at the world renowned advanced education center at the Pankey Institute has allowed him to help hundreds of women and men with migraines and stress headaches. He is a member of the American Dental Association, Massachusetts Dental Society, Metro West Study Club, MDI Study club, Periodontal Study Club and the Pankey Institute. For advanced study, Dr. Zarrella is dedicated to providing the best dental care options available, allowing you to choose the treatment that best fits your needs.

### **Topic:**

- 1. Comprehensive style dental care relating to your overall health.**
- 2. Dental disease related to chronic headaches, migraines and chronic neck aches.**
- 3. How do you prevent losing your teeth and maintaining healthy gums and teeth for a lifetime.**
- 4. Insurance, Cosmetics (including bleaching), Implants, Problem with parents with loose and painful dentures, Tooth Sensitivity (cold, hot, sweets, chewing, etc.)**

Comprehensive style dentistry is an advanced form of dental care allowing the dentist to view his patients for all possible dental problems and seeing the big picture. This form of care helps the patient down a path to better long term, predictable health that allows patients to keep their teeth and gums healthy for a lifetime. As a result, the patient will also experience an elevated level of their overall health.

There is an epidemic in our society creating a problem called "bite disease". This oral problem is a leading cause of chronic head and neck aches in a large percentage of the population. With a properly trained comprehensive dentist, this problem can be spotted and corrected without the use of drugs that cause unwanted side effects. Learn how Hopkinton Drug has been instrumental in helping me to better serve my patients' health needs.

When surveyed, ninety percent of the population says their most important dental concern is to keep their teeth and gums healthy for their lifetime. I will go over a systematic plan to layout for the audience how this can easily be accomplished and what are some of the pitfalls to avoid.



## Guy Daniels, MS, MH - Nutritionist, Herbalist

Guy is a patient, practitioner, speaker, consultant, and author within the field of natural medicine. His success in managing his own Crohn's disease for many years after all conventional M.D.s were useless is a testimonial to natural medicine and provides a proven protocol for many who have suffered from IBD. His background within the industry provides insight into the manufacturing and quality of supplements. His years of work consulting with hundreds of practitioners provide unique insight into therapies and the industry. With a Master's degree in nutrition and a Master Herbalist certification, Guy's unique background is an asset to anyone seeking to better themselves after having floundered with conventional medicine, drugs, and even other alternative practitioners. His book, "Reduce Your Healthcare Costs Through Natural Medicine" is an honestly written and heavily referenced work that guarantees to impress.

Master of Science, Florida State University 1997 Nutrition

Master Herbalist, Global College of Natural Medicine 2008

Author:

Reduce Your Healthcare Costs Through Natural Medicine 2010

Owner:

Seacoast Natural Medicine LLC

Thorne Research

Northeast Manager and Consultant in Functional Medicine

2010-2011

IBD (Ulcerative Colitis and Crohn's Disease)

### **Topic: Causes and Treatments for Inflammatory Bowel Disease**

We will focus on the three main causes, allergen, pathogen, and genetic. A much better appreciation for the cause of IBD will be gained through extensive examples and clinical data to back up the presenter's opinion as fact.

We will also focus on how to manage these conditions. Natural medicine is ideally suited for IBD, with diet being half of the equation, and supplementation being the other half. The attendee will also gain a much better understanding of supplement manufacturing and quality, or lack thereof in the industry. This is particularly true for probiotics, but can apply to almost any supplement.

Although there is technically no cure for IBD, you will be able to flawlessly manage the condition, which is essentially the same thing. Drugs and surgery are not necessary in the treatment of IBD, and in fact studies show that the drugs result in surgery most of the time. If you're fed up with the drug and surgery paradigm, if you have IBD, or know someone who does, if you want to see the power of natural medicine illustrated in detail, then feel free to attend this very important seminar with an expert in the field of natural medicine, who specializes in IBD.

## Right at Home Healthcare

**Gail J. Hanson, MBA, CSA**

**President / Owner, Right at Home of Eastern Worcester County**

Gail Hanson holds her MBA from Northeastern University and is a Certified Senior Advisor.

With lifelong experience as a family caregiver, Ms. Hanson researched business solutions available to provide in home care and family respite for seniors who truly wanted to stay at home for as long as possible. A major focus of Gail's philosophy was to create awareness to all of the various options for help. Her mission is to provide high quality home care services to busy families who are struggling to take care of aging parents and also manage their own lives. In 2007, Gail opened the Westborough branch of Right at Home.

Right at Home offers private duty in home supportive care and personal care services to seniors and disabled adults who want to continue to live safe and independent in their home. Right at Home of Westborough is licensed, insured, bonded and accredited by the Commonwealth of Massachusetts.

**Joann Carrigan, CIRS-A**

**Information & Referral Specialist, BayPath Elder Services**

BayPath Elder Services is a private, nonprofit agency who represents the federal government as an Area Agency on Aging and represents the Commonwealth of Massachusetts under the direction of the Executive Office of Elder Affairs as an Aging Services Access Point (ASAP).

As the information & referral specialist, Joann Carrigan works with families in the communities to identify home and community based services, and in some cases funding, that enable older adults to live at home independently while preserving their dignity and well being. Joann is certified by AIRS (Alliance of Information and Referral Systems).

**Lyn O'Brien, PhD, ANP/GNP-BC**

**Founder of The Center for Geriatric Home Health Services**

Lyn O'Brien, PhD, ANP/GNP-BC earned a Bachelor of Science degree in Nursing and in Health Care Administration from Salve Regina University in 1989. She then earned her Master's Degree in Science with a focus on Community Health Nursing in 1996 from Northeastern University. In 2005, she earned her doctorate in Law, Policy and Society from Northeastern University. She is Board Certified both as an Adult and a Geriatric Nurse Practitioner from the American Nurses Credentialing Center. She has been visiting elders in their homes as a Nurse Practitioner since 1998.

Lyn is a member of the American Nurses Association, The Massachusetts Association of Nurses, the Massachusetts Coalition of Nurse Practitioners, and the American Academy of Home Care Physicians.

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*Lynn O'Brien - cont.*

The Center for Geriatric Home Health Services was founded in 2010 by Lyn O'Brien, PhD, ANP/GNP-BC, with the vision of creating a geriatric-focused medical practice for elders and the disabled confined to their home. We understand that many elders find it taxing to leave their home due to transportation issues, medical issues, and safety concerns. By visiting our patients at home, we can provide personalized, high-quality care in a comfortable setting. In addition, we can formulate a reality-based treatment plan that considers the patient's environmental status, physical and mental limitations, and resources.

**Topic: Navigating the Home Care Maze – Understand Your Options before Crisis**

Often time there is an unexpected trigger event (Mom falls and breaks her hip) that puts a family in crisis mode with limited knowledge of where to turn within the community for help. In this session you will learn about your home care options, what is covered and not covered by insurance, programs and financial options available through BayPath Elder Services and the availability of the old fashion doctor visit in the comfort of your home.

**Kenneth Blanchard, MD, PhD - Endocrinologist**

Dr. Blanchard is a graduate of the Massachusetts Institute of Technology and Cornell University Medical College. He is a renowned board certified Endocrinologist and author. He specializes in the treatment of thyroid disease and diabetes. If you are experiencing depression, fatigue, headaches, memory lapses, weight gain, constipation, cold intolerance, slowed reflexes, hair loss or menstrual abnormalities, these are some of the vague, sometimes debilitating symptoms that, in varying combinations, plague more than 13 million patients with hypothyroidism. Unfortunately, many patients with hypothyroidism go for months to years, from doctor to doctor, from test to tests without being properly diagnosed. This is because the TSH blood test, considered the gold standard for diagnosis, is simply not an accurate indicator of hypothyroidism. Perhaps more perplexing, millions who are properly diagnosed find themselves undergoing often ineffective treatments for their disorder. Dr. Blanchard practice is in Newton MA.

**Topic: Diagnosis and treatment options for Hypothyroidism and its debilitating symptoms including depression, fatigue, headaches and weight gain**

“I have had hypothyroid for many years and this evening provided me with more info than in all that time!”

*Audra*

## Sarika Arora, MD - Functional/Internal Medicine

Dr. Arora is board certified in Internal Medicine; Dr. Arora completed her residency at SUNY Buffalo and has been a hospitalist since 2007. She completed her Applying Functional Medicine in Clinical Practice (AFMCP) training with the Institute of Functional Medicine, where she is currently an active member. Dr. Arora trained under Dr. Rothfeld and joined The Rothfeld Center for Integrative Medicine in December 2010. She specializes in functional medicine and nutritional therapy.

### **Topic: Functional Medicine Introduction to Food Sensitivities, Gastrointestinal and Skin Health**

Functional medicine uses an integrative approach to determine the underlining cause of a symptom. When a part of a system is out of balance the entire system is unable to function and this approach explores what can be done to optimize the physiological function. Food sensitivities can lead to a diverse range of symptoms from gastrointestinal disorders that include indigestion and irritable bowel syndrome to skin problems including eczema and itchy skin.

The clinical approach of the "4 R" program: Remove, Replace, Reinoculate and Repair will be discussed. Interventions include targeted nutrition, lifestyle modification, probiotic /prebiotic, digestive, and antimicrobial therapy. Addressing GI balance is one piece of the functional medicine matrix model that helps to lead to optimal wellness.

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Thanks for your Interest!

“Very enjoyable and informative”

*Survey Respondent - Hopkinton, MA*