

NHAND Conference 2013: Pharmaceutical Perspectives

Abstract submission: My new patient has had weight loss surgery. How will this influence treatment considerations?

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Presenter(s) full Name/Degree(s): Petra Eichelsdoerfer, ND,CN,RPh

Preferred length of presentation (60 or 90 minutes): 60 minutes

Presentation title:

My new patient has had weight loss surgery. How will this influence treatment considerations?

Short description of presentation (up to 50 words)

The number of patients undergoing weight loss surgery (WLS) is climbing rapidly. Some lose most/all of excess weight, finding new a path to wellness, while others develop nutritional or other complications, possibly regaining their lost weight. Maximizing benefits requires significant life changes, increasingly leading patients to seek ND advice.

Abstract

Learning objectives

After attending this presentation, attendees will have a general understanding of:

- Common bariatric procedures - risk-benefit ratio, and changes in anatomy and physiology
- How WLS changes nutrition and medication recommendations
- Lab monitoring and supplementation needs

Presentation outline

Weight loss or bariatric surgical (WLS) procedures have been last resort severe obesity treatments for > 50 years. In 1995, 20,000 were performed in the US; this number skyrocketed to 121,055 by 2004 and shows little sign of leveling off today. Increasingly, WLS patients seek ND care for long-term nutrition and wellness, yet their needs and responses distinctly differ from other patients. Awareness of different procedures and the body's adjustment over time to surgical alteration of the gastrointestinal tract is necessary for effective treatment.

This talk will focus on how weight loss surgery (WLS) changes usual naturopathic care, and will:

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- Review WLS procedures commonly performed in the past 20 years, including
 - Eligibility criteria
 - Reported complications and benefits (risk-benefit)
 - How surgical alteration of anatomy leads to physiologic and metabolic shifts
 - The multi-faceted nature of well-designed WLS programs
- Highlight key history-taking questions and important physical and lab assessments
- Discuss how WLS may radically alter the absorption, metabolism, or tolerance of botanical and pharmaceutical agents.
- Describe current recommendations for nutritional supplementation

Eligible for pharmacy CEU?

Yes. At least 50% of slides will focus on supplementation and medication needs for patients after weight loss surgery.

Target audience: Naturopathic doctors and other healthcare providers

Biographical sketch (up to 150 words)

Petra Eichelsdoerfer, ND, CN, RPh graduated from the University of Washington and Bastyr University and holds degrees in Pharmacy, Nutrition, and Naturopathic Medicine. She has practiced in community and public health settings, the Washington Poison Center, and taught courses in nutrition, biochemistry, microbiology, pharmacology, and more at Bastyr University.

Dr. Eichelsdoerfer completed a postdoctoral research fellowship funded through NCCAM, with projects exploring the prevention and treatment of obesity, cost of a healthy diet, and the human gut microbiome. Areas of clinical and research interest include healthy aging, obesity, gastrointestinal health, traditional/natural diet and healing approaches, and how modern clinical medicine intersects with traditional healing practices.

Dr Eichelsdoerfer practices at the Tulalip Clinical Pharmacy, mentoring pharmacy residents through research projects and developing integrative projects applicable in Native American tribal health clinic settings. She is President of the Washington Poison Center Board of Directors and consults on nutrition- and naturopathic medicine-related topics