

NHAND Conference 2013: Pharmaceutical Perspectives

Abstract submission: Is iron deficiency increasing your patient's risk for environmental toxicity?

Contact Information:

Contact Name: Petra Eichelsdoerfer

Address, City, State and Zip Code

20402 – 45th Drive SE

Bothell, WA 98012

Day time telephone number: 206-550-9795

Email address: petraelena@gmail.com

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

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

Presentation title: Is iron deficiency increasing your patient's risk for environmental toxicity?

Short description of presentation (up to 50 words)

Patients experience iron deficiency before RBC levels reach anemia. As iron insufficiency progresses to deficiency, iron and lead absorption increase, concurrent with reduced synthesis of enzymes required for energy production, hepatic biotransformation, and cellular turnover. Glucose sensitivity and environmental toxicity risk rise, while fatigue and foggy thinking become commonplace.

Abstract

Learning objectives

After attending this presentation, attendees will

- Gain insight into how iron deficiency impacts their whole patient
- Be aware of how iron deficiency increases susceptibility to environmental toxicity
- Understand how to treat iron deficiency with better results
- Recognize when parenteral iron treatment is appropriate and necessary

Presentation outline

This talk will focus on iron deficiency and will:

- Review the manifestations, diagnosis, and monitoring parameters of iron deficiency
- Discuss the metabolic changes induced by iron deficiency, including changes in
 - Energy production
 - Gastrointestinal absorption of iron, lead, and other minerals
 - Hepatic biotransformation of xenobiotics

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- Emphasize treatments of iron deficiency, including
 - Dietary changes to enhance iron absorption
 - Botanical, nutritional, and nutraceutical supplements useful for iron deficiency
 - Parenteral iron products

Eligible for pharmacy CEU?

Yes. At least 50% of slides will focus on treatment of iron deficiency, inclusive of botanicals, dietary supplements, and pharmaceuticals. Of note, as iron deficiency is a nutrient deficiency, the predominant conventional treatments emphasize nutritional supplementation. This talk will also cover parenteral iron replacement therapy.

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