

FIRST AFTERNOON SESSION: Individualizing Treatment in Chronic Disease

TIMES and DATES: 2:00 – 3:30 pm, SUN 4.28 to FRI 5.3, 2019

COURSE LEADER: Adam Blanning, MD

DESCRIPTION: Advances in genomic testing offer the possibility for increasingly individualized pharmacologic therapy. This kind of specific testing has the potential to make medical treatments more efficient and as they will be able to better match individual metabolic patterns (such as recognizing which are the best antihypertensive medications for a given patient). This technology may change the way many common chronic illnesses are treated in future.

While this kind of testing holds promise for more individualized treatment, it risks patients being primarily seen and evaluated as only a set of laboratory or genetic values. What this testing may not recognize are the more individual aspects of lifestyle, including functional patterns, and how these influence not only individual disease tendencies but also patient compliance. Examples include how erratic or poor sleep contributes to high blood pressure, how depression or anxiety can underlie or contribute to eating disorders, as well as the ways patients observe and understand their own state of health.

Building an understanding of an individual patient's eating, sleep, exercise, and work patterns, as well as a detailed medical history, can help give additional context for medical treatment. This work has been carefully elaborated as part of Anthroposophic Medicine. The recent book by Thomas Breitkreuz, *Lowering High Blood Pressure: The Three-type Holistic Approach*, shows how three broad physiologic patterns can be recognized. They are described as "stress-type," "metabolic-type," and "chaos-type." This course will explore the characteristic patterns that underlie these three types of high blood pressure. The same framework will be extended to other chronic illnesses, such as headache, sleep disorders, eczema, constipation/IBS, and attention deficit.

Objectives:

- Review the physiologic mediators that contribute to hypertension (salt intake, exercise, family history, weight, stress)
- Develop, through small group discussion, how these factors might accentuate a normal physiologic process (such as salt absorption and accompanying fluid retention) so that it becomes a pathologic process.
- Discuss how these underlying processes can be broadly categorized into patterns of excessive tone and constriction, excessive metabolism and fluid retention, and autonomic dysregulation.
- Explore possible functional and anatomic correlates between these three physiologic patterns and larger skeletal or structural patterns.
- Review physiologic patterns of headache, with particular focus on patterns of migraine, cluster, stress, and dehydration headaches.

- Discuss how these underlying processes can be broadly considered in terms of inflammation, digestive and hormonal triggers, muscle tension, fatigue and stress
- Review physiologic patterns of sleep disorders, including insomnia and restless legs syndrome
- Discuss how these underlying processes can be broadly considered in terms of disturbed relaxation, excessive movement, and disordered sleep cycle rhythms
- Review physiologic patterns of eczema, including dietary influences, allergy and stress patterns
- Discuss how these underlying processes can be broadly considered in terms of dry/allergic eczema versus wet/digestive eczema types, and how diet, stress and lifestyle changes can influence chronicity
- Review physiologic patterns of digestive disorders, focusing on variations of constipation and irritable bowel syndrome
- Discuss how these underlying processes can be broadly considered in terms of decreased peristalsis, spastic constipation, as well as the mixed patterns of diarrhea, constipation and cramping seen with IBS
- Review behavioral patterns of attention problems
- Discuss how these underlying processes can be broadly considered in terms of ADD, ADHD, and possible associated patterns of sleep, diet, exercise, and media use

References:

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