FIRST AFTERNOON SESSIONS (6 days) SUNDAY, April 23rd – FRIDAY, April 28th
(Elsas)

CME: 7.5 CME Credits. (The total time for the above 6 sessions is a maximum of 540 minutes. Based on content review by the CME provider, a total of 450 minutes has been designated for CME credit)

TIMES and DATES: 2:00 – 3:30 pm, SUN 4.23 to FRI 4.28, 2016

COURSE LEADER: Siegward Elsas MD

TITLE: Integrative Approaches to Chronic Neurologic Disease—the Relation of Pathophysiologic and Neuroplastic Mechanisms in the Nervous System

DESCRIPTION:
Many neurologic diseases follow a chronic and debilitating course, with the majority of therapies acting as disease modifiers and only a limited number of truly curative neurologic therapies. This is in part due to the limited regenerative capacities of neural tissue. At the same time, the central nervous system demonstrates tremendous plasticity and the potential for dramatic functional and even structural changes related to activity and continued exposure to new experiences. Our brain changes, in many ways mirrors, our activity. Harnessing this plasticity and responsiveness has important implications for novel non-pharmacologic therapies for chronic neurologic disease.

This course will review the presentation and etiology of common neurologic illnesses, including epilepsy, multiple sclerosis, Parkinson’s disease and dementia, and introduce dynamic integrative medical perspectives relating to basic neural function. These perspectives will serve as a basis for understanding the potential role of behavioral therapies, movement therapies, botanical preparations, and homeopathic medicines as supportive measure for chronic neurologic disease.

Objectives:
- Review the physiological basis of consciousness and the pathophysiology of epilepsy including reflex epilepsy and seizure triggers.
- Explore behavioral techniques for influencing seizure frequency and severity.
- Review the evidence for botanical and other natural medicines in the treatment of epilepsy.
- Review the neuroanatomical and functional pathology of Parkinson’s disease and dementia.
• Explore a range of traditional medical perspectives and more modern integrative medical models for the function of motor neurons and their relationship to healthy movement.
• Review the role of balance and body awareness in Parkinson’s disease.
• Explore the evidence related to the clinical use of non-pharmacologic treatments for improving balance and coordination in Parkinson’s disease and multiple sclerosis.
• Review common forms of presentation and clinical course of multiple sclerosis.
• Explore the evidence for new integrative approaches in MS therapy.
• Review etiologic mechanisms of common polyneuropathies.
• Explore treatment options for polyneuropathy to reduce progression and to support pain control.
• Explore the evidence for the role of homeopathic preparations and topical botanicals in the treatment of polyneuropathy.
• Review the relationship between polyneuropathy and restless legs syndrome (RLS).
• Explore the etiology and treatment options of restless legs syndrome (RLS).
• Review the evidence for some of the best-studied integrative medical treatments for headache and migraine.
• Explore recent data related to the function of the nervous system in human movement in restoring voluntary movement after spinal cord injury.
• Discuss recent data on the function of the frontal lobe in connection to issues of free will and decision making.
• Explore etiology and treatment options for ADHD, including evidence for the potential role of therapeutic eurythmy.

References:

General CAM and botanicals in neurology:


**ADHD:**


**Epilepsy:**


**Parkinson:**


Motor system and free will:

Multiple Sclerosis:

Headache:

Polyneuropathy: