

# **Pre-Congress Certified Course on Functional Medicine Principles**

Certified by A4M Iberia

Sponsored by Genova Diagnostics Lab and GenoSolutions Lda

Course Leader: Dra Filomena Trindade, M.D. MPH

**Date: May 23<sup>rd</sup> 2010, from 9:30 am to 5:30pm**

**Location: Hotel Miragem Cascais, Cascais, Portugal**

## **Course Outline**

1. What is Functional Medicine
  - a) History
  - b) Functional Medicine Tree
  - c) Functional Medicine Principles
2. Functional Medicine Matrix
  - a) Description
    1. Antecedents, triggers, mediators
  - b) Understanding the Matrix as a Clinical Tool
  - c) Incorporation of genetic, environmental, physical, psychological factors, as well as spirit (mind, body and spirit)
3. Review the Matrix and Web-like Interconnections
  - a) GI Health
  - b) Inflammation
  - c) Immune Health
  - d) Oxidative Stress
  - e) Detoxification
  - f) Neurotransmitter Balance
  - g) Psychospiritual Equilibrium
  - h) Structural Function
4. Take each section/component of the matrix and review in detail the following:
  - a) What is included in the category
  - b) What functional testing is appropriate
  - c) Treatment modalities-brief
5. Case Studies
  - a) Using a “typical” patient presentation for several chronic diseases (HTN, metabolic syndrome, arthritis ...) show how the matrix would be used to approach, diagnose and treat the patient.

## **Course leader**

Filomena Trindade MD, MPH

Dr Trindade is a board certified family physician who has sub-specialized in Functional and Anti-Aging Medicine. She is a graduate of the fellowship in Anti-Aging and Regenerative Medicine. Dr Trindade is originally from Açores and speaks fluent Portuguese and Spanish. Dr Trindade received her medical education in the United States, obtaining her BA from University of California Santa Cruz, her Masters in Public Health (MPH) from San Diego State University in the areas of Epidemiology and Environmental Health and her MD from University of California Davis. She attended a UC San Francisco Residency in Family Practice in Santa Rosa, California. As a faculty member of the Institute for Functional Medicine (IFM) and the UCSF/ Santa Rosa Residency Program she is currently very active in developing teaching programs in Anti-Aging and Functional Medicine.

## **Course Fees:**

Course Fee: 350 Euros

Participants who have purchased a Full passport to the Congress: 250 Euros

*Please note: course fee includes lunch and two coffee breaks*

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**Register online at [www.a4miberia.com](http://www.a4miberia.com)**