

CENTER FOR INTEGRATIVE HEALTH  
PRESENTS

# PANS & PANDAS FOR PRACTITIONERS

SATURDAY, MAY 19TH, 2018

9:30AM - 5:30 PM

WEPKO CHURCH COMPLEX | 48 NEW CANAAN, ROAD |  
WILTON, CONNECTICUT



## SEMINAR PROGRAM

### Morning Session

- POTS & PANS – overview, synopsis, diagnosis, treatment options  
*Nancy Hofreuter O'Hara, MD, MPH, FAAP*
- Dietary and Nutritional Interventions  
*Vicki Kobliner, MS RDN, CD-N*
- Meditation, Mindfulness and Mantras - for you, your patients & their families  
*To Be Announced*

### Lunch with Q & A

- Working Lunch with Q & A Session

### Afternoon Session

- Two Presentations by Patients and Parents
- Case studies with interactive Q & A


## SEMINAR FEES PER PERSON

Open to all Practitioners: (MD, RN, PA, RD, SW, ND, DO, NP, LCP, Counselors, Therapists, etc)

- Morning Session: \$150.00
- Morning Session & Lunch with Q & A: \$200.00
- Full Day: \$250.00 (\$50.00 Discount with Payment by May 1 )
- Slides & Discount on Future Live Stream Event: \$50.00

*Must register for a session to receive. Can't purchase separately.*

## REGISTRATION & QUESTIONS

 [www.eventbrite.com/e/pans-pandas-for-practitioners-tickets-44797147474](http://www.eventbrite.com/e/pans-pandas-for-practitioners-tickets-44797147474)

 [drohararsvp@gmail.com](mailto:drohararsvp@gmail.com)

Register Today. Eventbrite Payment Closes May 19th @8:00am.

Payment at Door: Visa, Mastercard, Check, Cash

A portion of the proceeds will benefit:  
New England PANS PANDAS Association

Brought To You By:  
Center For Integrative Health  
Healing Chronic Illness Now!  
Register Today!



# MORNING

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- 9:30-10:00 INTRODUCTION**  
Speakers, outreach, etc
- 10:00-11:30 POTS & PANS**  
Overview, synopsis, diagnosis,  
treatment options  
*Nancy Hofreuter O'Hara, MD, MPH, FAAP*
- 11:30-12:00 DIETARY & NUTRITIONAL INTERVENTIONS**  
Overview, dietary options  
*Vicki Kobliner, MS RDN, CD-N*
- 12:00-1:00 MEDITATION, MINDFULNESS AND MANTRAS**  
For you, your patients & their families  
*To Be Announced*
- 1:00-2:30 Q & A AND WORKING LUNCH**

# AFTERNOON

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- 2:30-3:00 PRESENTATION BY PATIENT & MOTHER**  
Fiona and her Mom
- 3:00-3:30 Q & A and BRIEF BREAK**
- 3:30-4:00 PRESENTATION BY PATIENT & MOTHER**  
Nathan and his Mom
- 4:00-5:30 CASE STUDIES & INTERACTIVE Q&A and WRAP UP**

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FOR PRACTITIONERS**  
May 19th, 2018  
WEPCO Church Complex  
48 New Canaan Road  
Wilton, CT 06897

# BIOGRAPHIES



## **NANCY HOFREUTER O'HARA, MD, MPH, FAAP**

Dr. Nancy O'Hara is a board certified Pediatrician. Prior to her medical career, Dr. O'Hara taught children with autism. She graduated with highest honors from Bryn Mawr College and as a member of the Alpha Omega Honor Society from the

University of Pennsylvania School of Medicine. She earned a Master's degree in Public Health from the University of Pittsburgh. After residency, chief residency and general pediatric fellowship at the University of Pittsburgh, Dr. O'Hara entered general private practice in 1993, and in 1998 began her consultative, integrative practice solely for children with special needs. Since 1999 she has dedicated her practice to the integrative and holistic care of children with neurodevelopment disorders, ADHD, PANDAS/PANS, OCD, Lyme and Autistic Spectrum Disorder at the Center for Integrative Health, where she is a partner. She is also a leader in the training of clinicians, both in the United States and abroad.



## **VICKI KOBLINER, MS RDN, CD-N**

Vicki Kobliner, MS RDN, CD-N is a Registered Dietitian, Nutritionist and owner of Holcare Nutrition. She received her Bachelor's degree from Washington University in St. Louis and graduated with honors from Oregon State University with a Master's degree in Food and Nutrition. She is a contributing

author to two books: *A Compromised Generation: The Epidemic of Chronic Illness in Americas Children*, and *Essential Remedies for Women's Health*. Vicki sits on the professional advisory board of the Neurological Health Foundation, and *Epidemic Answers*. She is a member of the Connecticut PANDAS/PANS Legislative Advisory Council. She has lectured nationally and internationally about the role of nutrition in autism and related disorders and has lectured frequently for the Autism Research Institute and the Medical Academy of Pediatric Special Needs. Vicki's practice employs a functional nutrition approach, using natural agents to help the body heal itself. Vicki works with infants, through adults with chronic illnesses, digestive disorders, food allergies, ADHD and autism and provides fertility and prenatal nutrition counseling.

## **FIONA**

Fiona was a happy, vibrant little girl, when at the age of 8 her mind and body were taken hostage by PANS. Her family's desperate 3-month struggle for a diagnosis and proper treatment, as they watched their daughter slipping away and ravaged by mental and physical pain, was harrowing. Fiona's dream is that her story and road back to recovery will give other families hope in the face of this terrifying illness.

## **NATHAN**

Nathan is 14 years old and has dealt with the symptoms of PANS/PANDAS since he was 3 years old. When he was in 4th grade, he lost his ability to write and do basic math, and he was overcome with daily rages and crippling OCD. Although most of his symptoms have resolved with intensive interventions, Nathan still suffers with anxiety and worry about his worst symptoms returning. Nathan and his mom, a clinical psychologist specializing in Cognitive Behavior Therapy, will tell their story of recovery and share their journey.

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