

Programma Endocrinologie met Dr. Valerie Namer DO

DAY ONE:

About hormones and the endocrine system

- Definitions
- Glands and tissues
- Functions of the endocrine system
- Structural aspects of hormones
- Feed back
- Secretion
- Regulation
- Functional variations
- Hormonal interactions

Clinical variations:

- Obesity.
- Anorexia.
- Exercise.
- Stress.

Non pharmacological stimulation of the endocrine system

Oxytocin and other hormones related to touch and manual therapy

Neuro-immuno-endocrine network

Light therapy

HRV

Mental imagery

Main endocrine glands:

- The pineal gland
 - Anatomy
 - Melatonin
 - Vascularization
 - Innervation
 - Pathology
 - Related structures in osteopathy
 - Technics.
- Hypothalamus and the pituitary gland
 - Anatomy

- Hormones of the anterior and posterior pituitary gland, hormones of the hypothalamus
- Vascularization
- Innervation
- Pathology
- Related structures in osteopathy
- Technics

DAY TWO

➤ Thymus

- Anatomy
- Thymosin
- Vascularization
- Innervation
- Pathology
- Related structures in osteopathy
- Technics

➤ Thyroid

- Anatomy.
- T3, T4, Calcitonin
- Vascularization
- Innervation
- Pathology, goitre, hypo, and hyperthyroidism
- Related structures in osteopathy
- Technics

➤ Adrenal.

- Anatomy
- Cortisol, adrenalin, noradrenalin, androgenes, aldosterone
- Vascularization
- Innervation
- Pathology, Cushing, Addison, hyperaldosteronism
- Related structures in osteopathy
- Technics

DAY THREE:

➤ Spleen

- Anatomy
- Vascularization
- Innervation
- Pathology
- Related structures in osteopathy
- Technics

➤ Pancreas.

- Anatomy
- Insulin, Glucagon, Somatostatin
- Vascularization
- Innervation
- Pathology, Diabetes and metabolic syndrome
- Related structures in osteopathy
- Technics

➤ Gonades.

- Anatomy
- Estrogen, Progesterone, Testosterone
- Vascularization
- Innervation
- Pathology, PCO, endometriosis...
- Related structures in osteopathy
- Technics