

Advanced Techniques For Fertility & Miscarriage

2 Day Workshop Event Programme

Day 1 - Saturday August 10

| Time | Event Topic | Speaker(s) |
|---|---|------------------|
| Event Registration 8:30-9:00 am (30 mins) | | |
| 9:00-10:30 am (1.5 hrs) | Navigating New Frontiers in Fertility: The Shift to Personalised Genomic Medicine Features: <ul style="list-style-type: none">• In-depth Analysis of Current Trends• Exploring the Shift in Treatment Paradigms• The Rise of Personalised Genomic Medicine• Critical Role of Methylation in Fertility• Groundbreaking Research Insights• Real-Life Application through Case Studies | Carolyn Ledowsky |
| Break 10.30-11 am (30 mins) | | |
| 11am - 12.30 pm (1.5 hrs) | Hormonal Harmony - Tackling Estrogen Dominance and Reproductive Challenges Features: <ul style="list-style-type: none">• Understanding Estrogen Dominance• Comprehensive Coverage of Reproductive Conditions | Carolyn Ledowsky |
| 12.30-1.00 (30 min) | • Interactive Case Study Workshop | |
| Lunch 1.00-2.00 (1 hour) RN Labs Platinum Sponsor talk | | |
| 2.00-2.45 (45 mins) | Environmental Impact on Fertility: The Mould Factor + Exclusive Research Update! Features: <ul style="list-style-type: none">• The influence of environmental exposures during the preconception period on offspring outcomes.• Deep Dive into Mould Exposure | TBA |
| Break 2.45-3:15 (30 mins) | | |
| 3.15-4.15 (1 hour) | • Interactive Case Study | Carolyn Ledowsky |
| 4.15-5.00 (45 mins) | Expert Q+ A Panel Closing remarks <ul style="list-style-type: none">• Direct Access to Leading Experts• Wide Range of Topics• Interactive and Engaging Format | Carolyn Ledowsky |

Day 2- Sunday August 11

| Time | Event Topic | Speaker(s) |
|--|--|---------------------------------------|
| 8:00-9:30 am (1.5 hrs) | V.I.P Breakfast | TBC |
| 9.30-10.15 (45 mins) | Advancing Male Fertility: The Other Half of the Equation <ul style="list-style-type: none"> • Comprehensive Overview of Male Fertility • Latest Advances in Treatment • Case Studies on Successful Interventions | Guest speaker: Rhiannon Hardingham |
| 10.15 - 11.30 (45 mins) | Key genetics in preconception | Carolyn Ledowsky |
| 11.30- 12.30 (1 hour) | Case Study | |
| Break 12.30-1.30 (1 hour) ACNEM and Kingsway Sponsor talk | | |
| 1.30-2.15 (45 mins) | The Embryo – the miracle of life and the forces that change it <ul style="list-style-type: none"> • Supporting patients throughout the IVF process and • Communication strategies for delivering sensitive health information • How to manage expectations about embryos • Evidence for complementary therapies such as acupuncture and nutrition before and post-embryo transfer | Dr Natasha Andreadis |
| 2.15- 3.00 (45min) | Beyond Conception: Autoimmune Challenges, Blood Clotting, and Placental Health <ul style="list-style-type: none"> • Understanding Autoimmune Impacts on Fertility • Advanced Management of Blood Clotting Disorders • Enhancing Placental Health • Interactive Case Studies | Lisa Costa-Bir |
| Break 3.00- 3.30 (30 mins) | | |
| 3.30 - 4.15pm (45min) | Expert Panel Q+ A | |
| 4.15 - 4.30pm (45min) | Closing remarks | |
| Finish 4.30pm | | |

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Speaker Bios



Carolyn Ledowsky

Modern-day advancements in health sciences and genetics may be a novel and untapped resource for some, but to MTHFR Support, an understanding of Methylation and Genetics form the foundations for change in health, wellbeing and patient care in our clinic.

Through scientific research, MTHFR Support founder Carolyn Ledowsky, a Healthcare Practitioner, found that genetics, particularly the MTHFR gene, have a significant impact on our bodies overall health and biological processes, playing a pivotal role in many chronic illnesses.

Discovering a powerful connection between genes and biochemistry, Carolyn founded the world's first dedicated MTHFR Clinic. Here, patients can finally be heard, supported, and empowered to regain their health by taking a scientific and genetics-based approach to their health.



Lisa Costa-Bir

Lisa is a clinical naturopath based in Sydney, Australia, who specialises in women's health and auto-immunity, in particular Hashimotos thyroiditis.

As well as being a clinician she works as an academic lecturer and clinical supervisor at Torrens University and is an Adjunct Fellow of the National Centre for Naturopathic Medicine (SCU). Lisa has a Masters of Women's Health (UNSW), as well as a Bachelor of Applied Science in Naturopathy (UWS).

Lisa is a host of the popular fx Medicine podcast and has written numerous naturopathic articles and was a contributing author for the widely used naturopathic textbooks "Clinical Naturopathic Medicine" and "Advanced Clinical Naturopathic Medicine". Her greatest passion is psycho-neuro-immunology and understanding how natural interventions can be used to modulate neuro-endocrine-immune responses for optimal patient health.



Dr. Natasha Andreadis

Dr. Natasha Andreadis is a qualified and experienced gynaecologist and fertility specialist, with over 20 years' experience in medicine and over 10 years' as a fertility specialist. She is a Certified Reproductive Endocrinologist and Infertility (CREI) sub-specialist, making her uniquely qualified to manage infertility and hormonal issues.

Dr. Andreadis integrates conventional medicine with nutrition, lifestyle, and environmental factors affecting reproductive health. She collaborates with dietitians, acupuncturists, and Chinese Medicine practitioners to offer comprehensive patient care.

An advocate for continuous learning, she lectures at the University of NSW, hosts "The Fanny Mechanic" podcast, and leads a monthly book club. Dr. Andreadis also explores the role of music therapy in reducing procedure-related anxiety.



Rhiannon Hardingham

Rhiannon is an experienced fertility naturopath, presenter, practitioner educator, mentor and author.

As a practitioner Rhiannon is committed to the successful integration of natural and conventional medicine, regularly working alongside Melbourne's top fertility doctors to achieve the best outcomes for her patients. As testament to this, Rhiannon is routinely invited to present on the topic of collaborative patient care to medical specialists and naturopaths alike.

After almost 20 years clinical experience in the area of reproductive health, Rhiannon provides professional mentoring and education in both group and individual settings. Her education style is approachable yet thorough, attracting practitioners from all areas of functional medicine, as she assists them to best understand hormone, fertility and pregnancy cases through expertise in nuanced pathology interpretation and herbal and nutritional medicine prescription.