



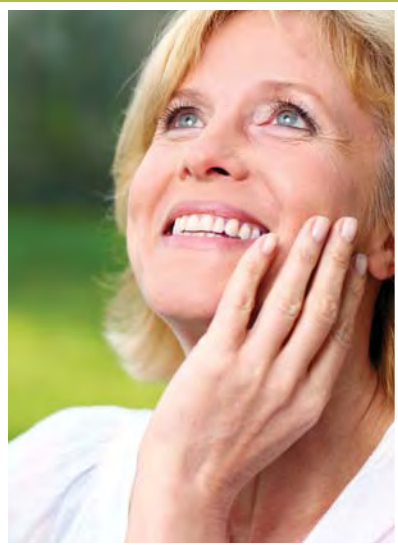
Health Hunters Newsletter

A service of the Riordan Clinic, cofounded in 1975 by Olive W. Garvey and Hugh D. Riordan. The Riordan Clinic is a not-for-profit 501(c)(3) corporation. Go to www.riordanclinic.org to make your tax deductible donation today or visit us at 3100 N. Hillside, Wichita, KS 67219.



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Are Bio-identical Hormones Safe?

by Ron Hunninghake, MD



When I was a young teenager, it never crossed my mind that I and my fellow adolescents had extremely high hormone levels. Then . . . and now, no doctor, parent, high school athletic coach, or girlfriend/boyfriend would question the safety of my hormones.

We did not get "hormone-related cancer." At worst, we suffered from some testosterone-related acne and hormonal over-impetuosity. Ah . . . wouldn't it be great to

have some of that pubescent energy back again! I could eat a lot and still maintain a muscular physique. Hormones were definitely a "good thing." Too bad, as commented on by Mark Twain, that "youth is so wasted on the young!"

Now, as many of us enter our elder years we hear about HRT, or Hormone Replacement Therapy. We hear great stories of restored healthiness and wonder if this approach could give us back some of that lost vim and vigor of our youth.

Yet, many elders have an uneasy fear of hormonal therapy. The big "C" word lurks directly behind what conventional doctors consider the risky promise of hormone replacement. This fear haunts the menopausal female (fear of breast cancer from estrogen replacement therapy) and to a lesser degree the andropausal male (fear of prostate cancer from testosterone "low T" therapy).

The medical rationale for hormone replacement is not unreasonable. Doctors give thyroid when the thyroid gland fails. Insulin is "replaced" in Type 1 or advanced Type 2 diabetes. Addison's disease occurs when the adrenal glands stop working, thus giving rise to the need for cortisol—a life saving hormone for that condition. Testing for vitamin D has become commonplace. D3 is a hormone-like vitamin, the deficiency of which can cause many degenerative conditions which can be prevented with "vitamin D3 replacement therapy."

In this brief article I would like to shed light on what appears to be a blatant incongruity: how can something that is so life enhancing in our youth be so potentially



Are Bio-Identical Hormones Safe? continues on page 2...



Letter from the Editor:

Life is a journey. Sometimes we have a smooth ride and other times it can be a little rocky. However, along the road we grow; we learn to become a bit more patient, introspective, and productive on many levels. We begin to allow ourselves to let go of the little things / imperfections and become more comfortable in our own skin. However, life also has a sense of humor: enter "The Change."

I know that "The Change" is inevitable. There isn't a way out of it. It could be a long process or happen almost overnight, but what hormone therapy, if any, is right for me?

This issue of the *Health Hunters Newsletter* discusses the option of Bio-identical Hormone Replacement Therapy. Find out what it is, its safety, and then decide whether or not it is the therapy for you.

Whether you choose to embark on hormone therapy or not, just embrace the trip and all the bumps along the way.

Thank you for reading!

Amanda Hawkinson
Editor

newseditor@riordanclinic.org

dangerous in our elder years. How can hormone replacement, which is practiced in many other areas of medicine, turn sinister when the sex hormones are replaced in aging women and men?

"THE CHANGE"

What happens to many women when their ovaries stop producing estrogen and progesterone? Menstruation stops, of course. Hot flashes, night sweats, sleep disturbance, vaginal atrophy, mood and memory dysfunction, accelerated heart disease, osteoporosis, macular degeneration, colon cancer, arthritis, and more rapid skin, hair loss and nail deterioration occurs. Granted, these manifestations of menopause do not occur in every woman, or occur only mildly, resolving over time thanks to their adrenal glands "taking over" and producing the menopausal estrogen—estrone. So some women handle "the change" quite well. For many others, it can be devastating.



Men too can suffer from a male climacteric, though the changes are often more subtle and slower to develop. Loss of muscle mass, lower motivation and libido, depressed mood, altered sleep, nocturnal urinary frequency, belly fat, insulin resistance and cholesterol elevation (with increasing cardiovascular risk) are possible manifestations of an overall loss of "quality of life." "I'm just getting old and over-the-hill" is the thought process that often accompanies diminishing male testosterone levels. (Women can suffer from loss of testosterone as well.)

The use of testosterone for male andropause is a more recent phenomenon. However, the use of HRT for women had been an established medical standard for decades. Why? HRT helped to attenuate the well known phenomenon of a women's increased risk for heart disease with the onset of menopause. It is well established that cardiovascular disease is by far the #1 killer of menopausal women. All the major HRT observational studies showed a relative reduction in heart disease in women taking estrogen. This is the "heart protective" effect of estrogen at work.



One major exception to this research finding now exists that drastically changed that "standard of care." This one highly publicized study changed the course of medical care for menopausal women everywhere. Because of this study, doctors and their female patients silently hold a great fear of breast cancer whenever the topic of HRT is mentioned. How could just one study be so influential?

THE WOMEN'S HEALTH INITIATIVE

The Women's Health Initiative (WHI) was a large NIH sponsored hormone study of 27,000 women begun in 1993 that was prematurely terminated when a surprising increase in breast cancer and heart disease showed up in 2.5% of the enrollees. Suddenly, doctors everywhere began pulling their female patients off of the Premarin and Prempro hormones that were used as the replacement hormones in the WHI women.

I would like to make three cogent comments on WHI that are believed to be responsible for the change of standards and the mainly negative bias and fear surrounding the modern use of HRT:

- 1) The average age at time of enrollment in WHI was 63. The increased cardiac risk that did occur was in the 1st year of treatment which then greatly diminished in subjects remaining in the study. The younger enrollees (ages 50–59) experienced reduced cardiovascular risk. (Their relative risk ratio was 0.56 compared



Patient Profile: Hormone Replacement Therapy

by Nichole Kunkel, RN

Many people are not aware of the symptoms that can arise from hormone imbalance. Fatigue, headaches, sleep disorder, hair loss, decreased libido, depression, yeast infections, cramps, weight gain, painful joints, acne, night sweats, dry skin, water retention, painful menstruation and cravings for sweets are just a few of the over-looked symptoms that are related to hormone imbalance that can be easily fixed with the appropriate herbs, supplements and/or bio-identical hormones.

Hormone imbalances are specific to each individual and can be pre-menopausal, menopausal and post-menopausal. In 2012, a woman in her late 40's came to Riordan Clinic presenting signs of migraines, weight gain, fatigue, sleep disorder, depression, fluid retention, and anxiety. She was previously diagnosed with Hashimoto's Thyroiditis, and it had only continued to progressively get worse.

On the initial patient visit, simple testing of cortisol levels, thyroid hormones and female hormones were drawn. Modifications to specific thyroid dosages as well as starting bio-identical hormone therapy relieved the majority of the symptoms presented at the initial doctor's visit. With less than 6 months of hormone replacement therapy, the patient returned to the clinic stating she was sleeping at night, her weight had decreased, she was able to think more clearly, had remarkably less depression, stress and anxiety, and had increased energy.

With the tremendous improvement in health and energy, she has started training for a half marathon! What an astonishing story that shows that symptoms that are usually shrugged off or brushed under the rug can be easily treated to improve your life and health in ways never thought obtainable again.

To find out more about how our medical team can help you or to make an appointment, call **316-682-3100** and start your journey to better health.



to controls.) This strongly suggests that the older enrollees already had emerging cardiovascular disease that could not be attenuated by the "too late" estrogen replacement.

- 2) The Prempro hormone used in the WHI is part Premarin and part Provera. Premarin is derived from pregnant horse urine (equine estrogen) and Provera is a synthetic progestin, a patented alteration of native progesterone. These two molecules are clearly NOT "bio-identical" female sex hormones. Furthermore, progestin added to estrogen is a known cause in both animal and human studies of increased breast cancer.
- 3) Finally, these NON-bio-identical hormones were given by the oral route. This invites "first pass" changes by the liver with multiple adverse consequences which added to the negative results in WHI:

- a. increased SHBG (sex hormone binding globulin) with resultant decreases in the protective availability of the hormones at the cellular level
- b. increased clotting enzymes with increased risk of stroke and thrombosis risk
- c. increased gallbladder disease (similar to what occurs with birth control pills)
- d. increased triglyceride levels which is associated with increased numbers of the small/dense, more atherogenic LDL particles in individuals who consume too much sugar/high glycemic carbs

IDEAL HORMONE REPLACEMENT THERAPY

While the majority of doctors and researchers came to the conclusion that HRT was unsafe, many alert medical practitioners realized that the findings of WHI pointed to a need to "clean up" the methodology of HRT. The following changes in the way sex hormones are prescribed and monitored suggests a safer and more effective HRT is available to women (and men) who understand that nothing in this world is "risk free," but that through the use of better standards of care, these risks can be lowered so that the benefits of HRT can be realized in those individuals who truly need it.

- 1) Use hormones that are exact chemical replicas of what is produced by the body. (Bio-identical hormones are NOT "natural" in the strict sense. They are synthetically converted sterols from yams and soy that are converted in the lab to biologically identical molecules.)
- 2) Start replacement therapy as near to menopause (or andropause) as is reasonably possible before the hormonal deficiency creates adverse degenerative changes in the patient.
- 3) Use a route of absorption besides oral (apply topically to either skin, vaginal mucosa, buccal mucosa using troches, or even anal mucosa in men.)
- 4) Carefully monitor blood levels after initiation of therapy to ensure that the hormonal levels remain in the same, safe physiologic range as was existing in the body prior to "the change."

ORTHOMOLECULAR PRINCIPLES

These new standards of a more ideal hormonal replacement methodology reflect key orthomolecular principles first elucidated by Nobel Laureate Dr. Linus Pauling in his 1968 article in *Science*. Keep in mind that "ortho" is a prefix that means "right" or "correct."



Marie's Cafe And Bakery

at the Riordan Clinic

Cafe Hours 9:00 am – 3:00 pm M–F
Bakery Hours 9:00 am – 3:30 pm M–F
(Located on the lower level of the Riordan Clinic Supplement Store)

As the summer heats up, our bodies tend to crave light, cooling foods and drinks. Marie's offers just-right portions of sandwiches, salads and a flat bread pizza chocked full of good-for-you veggies. A side of fruit and a cold glass of water or tea are the perfect additions. This month, Marie is highlighting her fresh garden salad with mouthwatering smoked chicken or turkey!

Enjoy our shaded outdoor patio with views of the pyramid, wildlife, and pond OR stay cool indoors with a light lunch and refreshing drink.

Lunch Special

Fresh Garden Salad

with smoked chicken or turkey, garlic bread, fruit and iced tea

\$7.66

Offer valid through July 31, 2013. Not valid with any other offer. Excludes tax and gratuity.



"Caring for the whole person has always been our focus."—Marie Hunt, Owner

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 316-927-4780 office
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 dining room



Are Bio-Identical Hormones Safe? continued from page 3...

- The right molecule: using molecules that naturally occur in the body and are essential to healthy biochemical and cellular processes. The lack of these molecules create deficiency diseases.
- The right dose: using dosages of these ortho-molecules that actually correct dys-regulated or diseased conditions within the body (rather than simply suppressing symptoms of the condition).
- The right dosing: using dosages of the ortho-molecules that reflect appropriate physiologic timing, route of entry, and optimal metabolic processing and elimination pathways.
- The right professional usage: using ortho-molecules appropriately to correct specific conditions in unique individuals based upon careful clinical selection, laboratory testing, and the professional training and experience of the practitioner, with special emphasis on the balance of safety and effectiveness for each patient seeking this kind of medical care.



Please note that "orthomolecular" includes synthetically produced molecules such as synthetic vitamin C. Bio-identical hormones are synthetically made in a way that produces molecules that precisely match what is normally present in the human body.

It would be impractical, overly expensive, and aesthetically untenable to attempt to obtain enough human urine to extract "natural" hormones for use in every human seeking treatment. It is, however, of historical interest that in the middle ages the Chinese collected the urine of young people, evaporated it in the sun, and then gave the resulting residue to the elderly with impressive healing results. This was mankind's first foray into HRT!

THE RELATIVE RISKS OF BREAST CANCER

Breast cancer in women is on the rise in modern times. This may be a reflection of earlier detection due to screening or it could be due to epigenetic factors that increase risk. What are these risk factors?

One way of determining the risk of developing breast cancer is to look at a simple comparison between an experimental group and a control group, where the experimental group reflects a behavior (such as alcohol usage), an "event", or some other independent factor. Relative risk (RR) is expressed according the following definition:

A relative risk of 1 means there is no difference in risk between the two groups.
 RR of < 1 —the event is less likely to occur in the experimental group than in the control group.
 RR of > 1 —the event is more likely to occur in the experimental group than in the control group.
 While gender, age, and family history are major risk factors for breast cancer, the following chart shows several additional risk factors that need to be factored into any risk assessment:

Experiment Group	Relative Risk
WHI Study users of Prempro	1.26
Greater than 13 years of education	1.79
Greater than 14 alcoholic drinks per week	1.70
Body Mass Index exceeding 30.7 kg/m	1.60
Left handedness	1.42
Nulliparity (never pregnant)	1.40
Night shift worker	1.36
Composite risk calculated from 39 studies of ERT users	1.20

Are Bio-Identical Hormones Safe? continues on page 5...

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Bio-Center Lab at the Riordan Clinic

The Hormone Trifecta

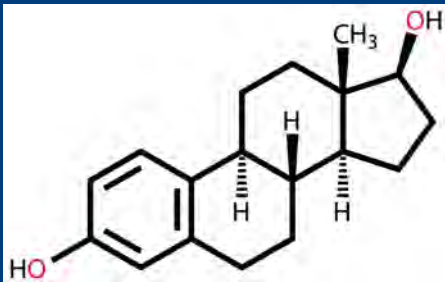
Estradiol, the most potent of the three female estrogens can be measured in both blood and urine. Sexual development and function, reproduction, bone health, brain functions, blood vessel health, and menopause are all affected by estradiol levels. Although chiefly produced in the ovaries, at least during reproductive years, it is interesting that estradiol is a derivative of testosterone, the principle male hormone. Male levels of estradiol are roughly one third of the levels found in menopausal females. Testosterone is primarily produced in the testes. And what is the root source, the basic molecule necessary for the production of testosterone? You've probably guessed it by now—cholesterol! Hence, the hormone trifecta: cholesterol to testosterone to estradiol.

Get your estradiol levels tested this month at a special price.

Save 30% on our Estradiol Test

Regular: \$137

SALE: \$96



For more information
call us at

316-682-3100 or
1-800-447-7276.



Are Bio-Identical Hormones Safe? continued from page 4...

To see how these Relative Risks affect your Absolute Risk, use the following chart to multiply any one of the Relative Risks times the percentage of your Absolute Risk to see how this "event" or characteristic affects your current Absolute Risk.

Age Category	Absolute Risk	Percentage
30 – 39	1 in 233	0.43%
40 – 49	1 in 69	1.4%
50 – 59	1 in 38	2.6%
60 – 69	1 in 27	3.7%
70 +	1 in 8	12%

CONCLUSIONS

There is no absolute way to escape the risk of breast cancer. Absolute safety does not exist. The use of estrogen in replacement therapy as a Relative Risk factor does have a minor additional risk associated with it. But if used according to orthomolecular principles, this minor risk may be attenuated with the attending benefits of a greater quality of life, less heart disease, less bone disease, better sleep, mood, cognition, and a host of youthful characteristics we cherish as normally being reserved only for "the young."

Ancient Herbs Used to Balance Hormones

by Laurie S Roth Donnell, Master Herbalist and Holistic Health Practitioner

For centuries women have been utilizing Mother Nature's natural remedies for hormone imbalance and to ease the side effects of menopause. Below is an overview of a few superstars.

Black cohosh (*Cimicifuga racemosa*)

Black cohosh is a valuable relaxant and normalizer of the female reproductive system. Black cohosh helps to ease physical and mental changes associated with peri-menopause and menopause, as well as hormonal deficits resulting from ovariectomy or hysterectomy in younger women. A special extract of black cohosh standardized to contain 1 mg of triterpenes calculated, as 27-deoxyacteine per tablet, is the most widely used and thoroughly studied natural alternative to hormone replacement therapy (HRT). In one large study, black cohosh extract produced clear improvement in menopausal symptoms in over 80% of women within 6 to 8 weeks.



Chaste tree (*Vitex agnus castus*)

Chaste tree is native to the Mediterranean. Its berries have a long history of usage to treat female complaints. It has the effect of stimulating and normalizing pituitary gland function. It is possible that its beneficial effects in menopause are due to altering LH and FSH (luteinizing and follicle stimulating hormones) secretion so it indirectly affects progesterone levels.

Vitex may be an amphoteric herb because it will facilitate the most appropriate action to normalize hormonal levels, no matter which female sex hormone is out of balance. Vitex may help the body regain a natural balance after discontinuation of oral contraceptives

Ancient Herbs Used to Balance Hormones continues on page 6...

Invest in the Vision

Opportunities for Substantial Gifts

I am writing this not only to recall various events and decisions I have made over the past many years, but also, and this is more important, to have this be an encouragement to you as both life and financial decisions are made. I continue giving to charities much of what has been entrusted to my care and stewardship. Being charitable and supporting worthwhile causes has been a consistent pattern in my life. The Lord has blessed me immensely. Because of this, I have established an estate plan that will continue my stewardship legacy with the resources God has entrusted to my care. I am explaining ...so that it might be an encouragement for all of you to establish your own legacy and be charitable with what the Lord has provided.

—Former patient

This gentleman chose to invest in the future of the Riordan Clinic with a charitable gift annuity. His wishes were that his family and friends also leave a legacy of support for the causes they believe in.

There are a variety of planned giving options, including two simple options that allow tax incentives now while investing in the work of the Riordan Clinic .

In a **bequest through a will**, you do not surrender ownership during your lifetime, only after others have been provided for. You may designate a dollar amount, property, a percentage of the estate or the remainder.

A **gift of life insurance** enables you to make a tax deduction in the year of the gift, generally close to the surrender cash value of the policy. You may name the Riordan Clinic as beneficiary to receive all or a portion of the proceeds.

To learn more about these charitable giving options, please contact Paula Smith at the Riordan Clinic: 316-682-3100 or at psmith@riordanclinic.org.

Ancient Herbs Used to Balance Hormones continued from page 5...

and HRT. And, because progesterone production declines at menopause, Vitex may reduce some of the menopausal symptoms.

Dong Quai (Angelica sinensis)

Dong quai, also known as Chinese Angelica, has been used for thousands of years in traditional Chinese, Korean, and Japanese medicine. It remains one of the most popular plants in Chinese medicine, and is used primarily for health conditions in women. According to Natural Standard database, dong quai is most often used in combination with other herbs. Within the Chinese medical framework, dong quai is used as a component of formulas for liver qi stasis and spleen deficiency. Dong quai is thought to return the body to proper order by nourishing the blood and harmonizing vital energy. The name dong quai translates as "return to order" based on its alleged restorative properties.



From the clinical perspective, it is best to combine dong quai with cooling herbs to cancel its warming effect or the menopausal symptoms such as hot flashes will be intensified. Bioidentical or natural hormone replacement therapy is all about using hormones derived from a commonly available herb—wild yam—or soy and are made to be the bioequivalent to human hormones in the laboratory. Therefore, they should be called “quasi-natural” instead of their common name “natural.” Now there is much controversy regarding soy and eating over-processed soy products.

Although bioidentical hormones, when given in appropriate doses, relieve symptoms of menopause; be aware that they too may trigger additional side effects. Women who decide to take these hormones have to be monitored by their health care provider. As always, consult your physician regarding the implementation of any health care régime.

Sources:

Dr. Elson Hass, author of *Staying Healthy with Nutrition*
David Hoffmann, author of *Medical Herbalism*

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Health Hunters Newsletter

Join our mailing list to receive this monthly newsletter FREE.

To sign up, go to

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or email us at

information@riordanclinic.org



In Gratitude...

As a not-for-profit organization, we rely on many to make our vision a reality. *So many come together to provide our patients with a place of hope, health and healing.* Here are just a few we'd like to thank.

- Dr. Kelsey Klausmeyer and his patients for trusting the Riordan Clinic with their continued care. Good luck to Dr. Klausmeyer in his new venture!
- All individuals and groups who have donated to our cause through financial support
- Lucinda Harms, RPH, for continuing education through our Professional Fellowship Program
- Alveno McPhaul/Boys and Girls Club Fundraiser for room rental
- Our patients and co-learners who spread the good word about the clinic:

Thank you for thoughtful medicine.

—Lunch and Lecture attendee,
May 2013



July Supplement Special **SAVE 25%** on Hormone Supplements



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Ortho Molecular Products
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Evening Primrose Oil
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Vitex (Chaste Tree)
Pure Encapsulations
VChas
Reg \$17.45
SALE \$13.09



Women's Menocaps
Wise Woman Herbs
VWomenMeno
Reg \$22.53
SALE \$16.90



It is important to know the purpose of your supplements. Before starting any supplement regimen consult your physician.



Know Your Nutrients: Water

by Amanda Hawkinson

Water and menopause—what is the connection? The importance of drinking water has been hammered into us since childhood. As a teenager, I remember hurrying to get that last 8oz glass in at the end of the day. Why drink it? Water is necessary for all living things, and without it our bodies would not function properly.

The same can be said during peri-menopause and menopause. This circus of change brings with it the increased chance of becoming dehydrated. Because of the excessive sweating brought on by hot flashes and night sweats, peri-menopausal and menopausal women need to drink more water to remain hydrated.

Interestingly, the more hydrated you are, the less likely you will be to suffer from hot flashes and night sweats. Instead of the 64 oz (8-8 oz glasses) rule, opt for drinking one-half to two-thirds of your body weight in ounces of water each day. For example, someone who weighs 150 pounds should drink at least 75 oz each day.

According to the Mayo Clinic, the average adult loses in excess of 10 cups of water per day. Due to night sweats and hot flashes it is likely that peri-menopausal and menopausal women lose more. During "the change" some women have been known to experience dizziness. This can be attributed to many things, like hormonal fluctuations and dehydration.

Worried about your appearance? Water can help there too. Dehydration can result in dry skin that is saggy and wrinkled, and as we age we are less able to conserve water. According to Selfgrowth.com, "a big percentage of the fluids that we ingest leave our body through sweat and urine, resulting in the need to drink more water than when we are younger."

If you are, or you know someone who is going through peri-menopause or menopause, remember to hydrate to reduce night sweats and hot flashes and to keep the body functioning properly. Drink up!

Sources: Mayoclinic.org
Selfgrowth.com

Lunch & Lecture Series 2013

Are Bio-identical Hormones Safe?



Ron Hunninghake, MD

Presenter: Ron Hunninghake, MD

When: Thursday, July 11, 2013

12:00 p.m. to 1:00 p.m.

Cost: \$10—Lunch is included.

We are now offering a soup and salad bar for lunch. Please come a few minutes early to dish up before the lecture begins.

Join us as Dr. Ron sheds light on what appears to be a blatant incongruity: how can something that is so life enhancing in our youth be so potentially dangerous in our elder years? How can Hormone Replacement Therapy, which is practiced in many other areas of medicine, turn sinister when the sex hormones are replaced in aging women and men?

Delve into the scientific research that led to the fears and learn about the new standards of a more ideal hormonal replacement methodology that may abate the risks of cancer while providing the healthful benefits that we enjoyed in our youth.

If you are unable to attend in person, check out this lecture on our **live webcast**.

Reservations REQUIRED

Call **316-927-4723** or email us at reservations@riordanclinic.org



Lunch and Lectures: A Look Ahead...

Please note that our schedule has changed.

September 5, 2013 Vaccines: The Good, the Bad, and the Ugly with Dr. Charles Hinshaw

September 12, 2013 The 17 Correctable Causes of Chronic Illness with Riordan Clinic doctors

October 31, 2013 Check Your Health: Review Your Laboratory Test Results with Riordan Clinic doctors

November 14, 2013 Conquering the Super Bugs (and how ultraviolet light may play a role) with Dr. Jennifer Kaumeyer

Reservations required.

Call 316-927-4723 to reserve your spot for any of the above lectures or email reservations@riordanclinic.org.

Dates, topics and titles are subject to change.