

# 2026 Combined Pain Care Skills & Substance Use Disorder Training Agenda

## Functional Medicine for Warfighter Gut Dysfunction: An Interactive and Case-Based Discussion

**Presented by:** Bryan Stepanenko MD, MPH, IFMCP, FAAFP

**Offered:** 18 August 2026; 0730–1030 AM ET

**Location:** National Union Building, Washington, DC

**Description:** Providing actionable knowledge and helpful frameworks that can be immediately applied to providing whole-person care for the professional warfighter as it pertains to gut health dysfunction. Sharing lessons-learned, clinical practices, and new research around factors that influence warfighter gut health, lifestyle & nutrition countermeasures, and medical treatments to mitigate gut dysfunction.

**Learning Objectives:** Upon completion of this workshop, participants will be able to:

1. Identify threats to health in the Military Operational Environment and understand how they contribute to gut dysfunction
2. List personal protective lifestyle and nutritional interventions that can restore and protect gut health and address gut health disorders
3. Identify medical treatments and integrative modalities to treat some of the most common intestinal health disorders

### **18 August 2026; 0730-1030 AM ET**

0730–0745 Functional Medicine Introduction & Background (15 min)

0745–0825 Key Operational Exposures & Gut Health impact (40 min)

0825–0835 BREAK (10 min)

0835–0840 Audience Polls/Discussion (5 min)

0840–0910 Personal Protective Lifestyle & Nutrition (30 min)

0910–0930 Medical Treatments (20 min)

0930–0940 BREAK (10 min)

0940–1000 Case #1: Active duty with TBI, IBS, Depression, Anxiety (20 min)

1000–1020 Case #2: Veteran SOF with Allostatic Overload Syndrome (20 min)

1020–1030 Summary & Closing Statements (10 min)