



## PART I OF IV

### 2024 BHRT SEMINAR SERIES

Mastering the Protocols for Optimization of  
Hormone Replacement Therapy - PART I  
Discover the Power of BHRT

Accreditation provided by: **Foundation for  
Care Management (FCM) & Worldlink Medical**

**CREDITS:**

20 AMA PRA Category 1 Credits™  
20 Nursing Contact Hours (20 Pharmacologic Hours)



## EDUCATOR

NEAL ROUZIER, M.D. OF WORLDLINK  
MEDICAL

## COURSE

**PART I - MAY 17 - 19**

### LIVE CONFERENCE

Le Meridien Hotel, Salt Lake City Utah  
**Special Hotel Rate:** \$199.00US per night

**EARLY BIRD - SAVE \$100US** - Register  
by April 29th

Please register for the Utah PART I with Worldlink  
Medical USA - [www.worldlinkmedical.com](http://www.worldlinkmedical.com)  
or call/ text Donna - 647.884.0663

## COURSE DETAILS - EVIDENCE BASED CME

This course/seminar is a workshop utilizing a case study approach designed to help physicians and practitioners successfully and knowledgeably treat their age management patients, whether younger or older, male or female, pre-menopausal, post menopausal or andropausal. **This intense two-day mini-residency teaches everything you should know about hormones, the various types of hormones (both good and bad) the synthetic (non-human) vs. pharmaceutical bioidentical (human identical) vs. compounded (human identical but not FDA tested or approved).** You'll get the real nuts and bolts needed to prescribe hormone replacement therapy (HRT), which ones to use and which ones to avoid, how much, when and why. You'll learn about monitoring and adjusting HRT through case presentations, literature reviews, and open discussions. Emphasis is placed on understanding the difference between normal and optimal levels of hormones based on our medical studies.

**PART I involves a in-depth scientific literature review of HRT fundamentals, case presentation's, & case management requiring audience participation.**

**DAY 1** analyzes medical studies as they pertain to optimizing hormones for both men and women, why we do what we do, the benefits of HRT, and the literature support for optimization of hormone levels as opposed to simple replacement.

**DAY 2** involves extensive review of 100 cases that involve laboratory evaluation, then diagnosing, prescribing, adjusting, trouble shooting, monitoring, and discussing hormone therapies for different scenarios for both men and women. We then review the various dosing regimens, side effects, precautions, complications, and tricks of the trade. Your practice of hormone replacement therapy will be based on peer-reviewed medical research and a wealth of clinical experience. This course is the most comprehensive taught on this subject, designed to give you practical information and skills that you can use on a daily basis. The curriculum is an evidence-based program on preventive medicine designed to enhance your diagnostic and prescribing skills when optimizing hormones for both men and women. Although most practitioners are fully aware of the need to replace hormones in cases of sub-normal hormone levels, most have not been trained to optimize hormone levels if the baseline

hormone level is normal. Many attendees frequently inquire why a patient is treated with various hormones when the baseline lab test indicates "normal." Just as confusing is the realization that the medical literature supports that normal is simply not optimal. A multitude of studies support optimization of all hormones regardless of the baseline levels, both for maintenance of quality of life and for future health benefits. In addition, the medical literature demonstrates that optimization of hormones results in relief of symptoms, improvement in well-being, and a decrease in morbidity and mortality by attaining levels in the upper range of normal. It is imperative that practitioners understand both the need and benefit of optimization, what levels are considered to be optimal, and have command of the literature that supports it. One important aspect of this course is the extensive review of the medical literature that provides the credence and support as to why we optimize with certain hormones as well as avoid the use of non-isomolecular hormones. Remember that normal is definitely not optimal when it comes to hormone replacement applies to both men and women.

This is the most popular course taught on BHRT, designed to give you information and skills required to best prepare you to know everything you will need to know to start Monday morning. It will forever change your practice and the lives of your patients. The curriculum is an evidence-based program on preventive medicine designed to enhance all you need to know to start BHRT as well as business forms, consents, and HRT booklets to educate patients on the importance of hormone replacement. **The curriculum features an evidence-based approach to preventive medicine designed to enhance your diagnostic and prescribing skills when optimizing hormones for both men and women.** Once you complete the PART I: Discover the Power of BHRT Fundamentals, we encourage you to start seeing patients & recommend BHRT for those patients who would benefit. The education covers each hormone in detail, that includes research, protocols, monitoring, adjusting & case studies. WLM also provides Hormone Summary Recommendations & access to their private online forum as you get started. **Some of the hormones discussed and their associated benefits include the following:** Testosterone for men & women, Estradiol, Progesterone, Thyroid, Melatonin, DHEA & Pregnenolone

**Advisory:** The concepts and practice taught are evidence based (we follow the guidelines from the medical studies that prove efficacy) in contrast to what is taught by some groups whose approach is not evidence based (no justifiable scientific reason for what they are teaching and that which is often contrary to evidence based medicine).

## COURSE OBJECTIVES

1. Evaluate and become proficient in the medical literature that supports biologically identical hormone replacement in contrast to chemically altered hormones and realize that "all hormones are not the same" as demonstrated per the literature.
2. Identify the uses of melatonin, DHEA and pregnenolone including correct dosing and monitoring.
3. Discuss the prescribing of testosterone for men and women including, methods for administration, complications, precautions and potential side effects of testosterone.
4. Evaluate new evidence that contradicts the experts conclusions from the HERS and WHI trials on estrogen treatment in women.
5. Compare and contrast the health benefits of estrogen and progesterone to the health detriments and harm of synthetic estrogen and progestin.
6. Describe the types, doses, and methods used to administer estrogen and progesterone in addition to how different formulations affect absorption, efficacy, side effects and complications.
7. Discuss recent literature, questions and answers that demonstrate the beneficial effects of hormones such as improved function, healing, and better quality of life.
8. Describe current concepts of thyroid replacement and compare and contrast different options available for thyroid replacement as supported in the medical literature and which lab tests are recommended.
9. Implement best clinical practices in diagnosing, prescribing, monitoring and adjusting of BHRT for improved function and patient symptomatology.
10. Recognize that it is the responsibility of the medical practitioner to assure that their compounding pharmacy dispenses only high quality hormones from either a European, Canadian or USA made source in order to guarantee efficacy and therapeutic endpoints.
11. Identify that some compounded hormones are poor in quality, poorly absorbed, not micronized, and usually prescribed in very inadequate amounts to conform to scientific standards of maintaining therapeutic levels.
12. Analyze and review treatment protocols in case management for both simple and complex cases as it pertains to BHRT and when to use oral versus transdermal HRT.
13. Evaluate the lack of peer-reviewed studies for any compounding hormones in comparison to the standardized, pharmaceutical bioidentical hormones which are the only natural hormones utilized in medical studies.
14. Identify the biologic endpoints (lab tests) are the only reliable assessments to assure that the HRT prescribed is as efficacious as pharmaceutical bioidenticals utilized in the literature.



## ABOUT THE INSTRUCTOR



### Neal Rouzier M.D.

Dr. Neal Rouzier is a pioneer in Bioidentical Hormone Replacement Therapy, practicing almost since its inception in the early 1990's. He has dedicated his life's work to uncovering the medical literature that supports safe and effective protocols for unique and personalized patient care. He is the Director of the Preventive Medicine Clinics of the Desert, specializing in the medical management of aging and preventive care for men and women. He has treated more than 3,000 patients with natural hormone replacement therapy and is recognized as a renowned leader and expert in the field. He has over 22 years of experience as an educator and practicing physician, and 29 years of Emergency Medicine experience at Queen of the Valley Hospital in West Covina, California

## API MEMBERSHIP WITH THE ACADEMY

### Claim the exclusive benefits of membership

- Monthly CME Accredited Webinar Series
  - With full medical references/ articles
  - Monthly Journal Club Online Discussions
  - Access to EBSCO Host Online Library for full-text and abstract searches to thousands of medical journals
  - Article folders with access to abstract and full-text for all articles referenced in the four-part BHRT seminar series
  - Online patient education programs & provider listing
- Membership with APIM grants you access to research and exclusive emerging content on hormone optimization, as well as access to the community trained in BHRT. Instant resource for abstracts and articles you need for research, interpretation, or sharing with colleagues and patients



## CERTIFICATION

Certification through Worldlink Medical (WLM) provides physicians, nurse practitioners and healthcare practitioners with the education, assessment and credence needed to practice hormone replacement therapy. The certification is designed to evaluate proficiency and competence in applying newly learned skills through written questions, case studies and demonstrations of how the skills apply in clinical settings.

### TO OBTAIN THE ADVANCED BHRT CERTIFICATION

- \*Complete the 4 part CME series - Part I, II, III, IV
- \*Obtain passing scores on all 4 CME's
- \*Complete & pass the final exam
- \*Pay one time certificate fee \$775US to Worldlink Medical

Certification information can be found at [www.worldlinkmedical.com](http://www.worldlinkmedical.com) or [www.trubalancehealthcare.com](http://www.trubalancehealthcare.com)