



PART I OF IV

2024 BHRT SEMINAR SERIES

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

Accreditation provided by: Foundation for Care
Management (FCM). Jointly provided by
TRUBALANCE HEALTHCARE INC. CANADA

CREDITS:

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



EDUCATOR

NEAL ROUZIER, M.D. OF WORLDLINK
MEDICAL

CE CREDITS:

College of Naturopaths of Ontario (CONO)
20 Category A; Pharmacology

COURSE BROCHURE & AGENDA PART I - APRIL 19 - APRIL 21

LIVE CONFERENCE

Westin Harbour Castle Hotel, 1 Harbour
Square, Toronto (Lakefront), ON., M5J 1A6
Special Hotel Rate: \$279.00CAD + tax per night

EARLY BIRD - SAVE \$125CAD - Register by
March 21st - Education is open across borders

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.



PART I – DISCOVER THE POWER OF BHRT FUNDAMENTALS - EST TIME

FRIDAY

7:00 – 8:00 a.m. – Breakfast onsite

Dr. Rouzier breaks for 5 minutes at the top of every hour during the weekend

8:00 a.m. - 12:00 p.m. - Introduction to Hormone Replacement Therapy

- Importance of optimization of all hormones as per the medical literature
- Health and quality of life benefits
- AMA statement on anti-aging
- The best preventive medicine to maintain well-being and reduce morbidity & mortality
- Normal is not optimal, and optimal is best
- Understand that simply replacing hormones to normal levels is not what is best for health and well-being
- Examples of optimal labs vs. normal labs
- HRT replacement: Have we been doing it incorrectly all this time?
- What we should know about hormones but were never taught
- Why we do what we do based on the medical literature

12:00 – 1:00 p.m. - Lunch with Donna Kingman – Ask your questions about BHRT & practice setup, interactive

1:00 – 6:00 p.m. - Testosterone: Safe and necessary for both men and women

- Various types and doses but which is best, simplest, easiest
- Applications: How, where, when, to apply and why
- Complications, precautions, side effects and monitoring
- What levels are normal and what levels are optimal
- PSA, free PSA, and prostate cancer
- DHT, Estradiol, Finasteride, Anastrozole, 5 α -reductase inhibitors, & aromatase inhibitors
- A literature review, indications & contraindications, and blood clots?

Testosterone for women: The feel-good hormone for women too

- It is not just a male hormone but also a very important female hormone
- What types, doses and levels work best
- Application: How, where, when, why to apply
- Side effects and treatment, and use of Spironolactone
- Extensive literature review

6:00 p.m. - Adjourn

6:30 p.m. – 8:00 p.m.

Private cocktail reception with Dr. Rouzier, hosted by Trubalance Healthcare, Inc., Canada at the Westin Harbour Castle Hotel

SATURDAY

7:30 – 8:00 a.m. – Breakfast onsite

8:00 a.m. –12:00 p.m. - Progesterone: Just as important as estrogen

- Absolutely necessary in ALL women at whatever age
- A literature review: There is not one negative study
- Protection against breast cancer, uterine cancer, heart disease
- MP ≠ MPA, natural vs. synthetic, safe vs. unsafe
- If some is good, more is better? Absolutely
- Dosing, monitoring, adjusting, and the importance of optimization
- Serum vs. saliva testing and harm of inadequate dosing

**Menopause: Estrogen & progesterone are absolutely necessary for health & well-being
Estrogen is very complex to decipher and understand**

- Natural vs. synthetic estrogen; risk vs. benefit – a literature review of types of estrogens
- Health benefits and feel-good benefits of HRT
- Don't fear it: The most recent consensus and timing is everything
- Informed consent for stopping HRT and harm of hormone deprivation
- What types of estrogen: How, what, where, why?
- ACOG and NAMS: no study to show efficacy of BHRT – wrong!
- Doses, monitoring levels, adjusting, selection: What works best and when
- The importance of serum monitoring
- Transdermal vs. oral: Benefits and harm of each
- Does age make a difference? Does timing make a difference? Understanding MMP
- Indication and contraindications: Problems with synthetic vs. bioidentical vs. compounded
- New evidence that contradicts the conclusions of the WHI Trial and HERS
- Different strategies for managing PMS, peri-menopause, menopause, bleeding, problems, side effects and complications = no man's land

12:00 – 1:00 pm – Lunch onsite

1:00 – 6:00 p.m. - Thyroid: Why patients demand it and why physicians refuse to prescribe it

- The most misunderstood and ignored hormone
- Thyroid test is normal but symptoms persist. So now what?
- Types of hypothyroidism and which ones you miss
- Does your patient need their thyroid to be optimal? You bet!
- Understanding lab values
- What is responsible for low thyroid symptoms when TSH is normal?
- Types of thyroid hormones, dosing, monitoring, adjusting
- Treatment of fatigue: Treat the TSH or Free T3 or the patient?
- Endocrine viewpoint (labs) vs. patient perspective (symptoms)
- Signs and symptoms of sub-optimal thyroid replacement and treatment
- Literature support for optimization: Treat the labs or the patient?
- Improvement of health and well-being through optimization
- The consequences of low normal Free T3 as per JAMA

Summary & Review

- Interesting cases
- HRT indications, contra-indications, risks, benefits
- Side effects, problems, complications
- Dosing & adjustment of various types of HRT with lab reference comparisons
- Cautions, suggestions, things to do, and mistakes to avoid

6:00 p.m. – Adjourn

SUNDAY

7:30 – 8:00 a.m. – Light breakfast onsite – Muffin's, coffee, tea, juice & fruit

8:00 a.m. – 12:00 p.m. - Q and A a

Lab/Case Study Review

Case Management: Why did you prescribe hormones if the levels were normal?

- Administration and appropriate dosing
- The nuts & bolts for practicing HRT correctly: Everything you should know
- Administration and appropriate dosing
- Monitoring the patient and adjustment for optimization
- Proper case management, problems and complications
- Mistakes to avoid
- Lab interpretation & lab comparisons
- Different optimal levels for different laboratories

Literature Review to Understand the Complexity of HRT

NEJM Meta-analysis on Testosterone/ Review of NAMS on BHRT

Melatonin, DHEA and Pregnenolone: All hormones provide health benefits including these-

- Melatonin: The great sleep and immune enhancer
- Treatment & prevention for cancer, HTN, migraines
- Administration & monitoring: How much is enough?
- DHEA: How DHEA improves health and longevity.
- DHEA: How to prescribe, monitor, and adjust for maximum benefit
- A literature review supporting optimal levels
- Side effects and use of spironolactone
- Pregnenolone: The mother of all sex hormones.
- Memory enhancer? And what about cancer?
- A literature review of these hormones
- Administration, monitoring and adjusting

12:00 p.m. – Adjourn

Evaluation after the course is emailed to you from Worldlink Medical

2024 ACCREDITATION STATEMENTS



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, this activity has been planned and implemented by The Foundation for Care Management (FCM) and TruBalance Healthcare Inc. FCM is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

This program is approved for *20 AMA Category 1 Credits™*
This program is approved for *20 Nursing contact and Pharmacologic hours* of education.

Healthcare provider should only claim credit commensurate with the extent of their participation in this activity

College of Naturopaths of Ontario (CONO)

CE Credits:

29 Category A; Pharmacology

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 or www.trubalancehealthcare.com

COURSE DESCRIPTION

Friday, April 19 to Sunday, April 21, 2024

Mastering the Protocols for Optimization of Hormone Replacement

PART I: Discover the Power of BHRT Fundamentals

COURSE SCHEDULE - Live Conference in Toronto - EST Time

Friday: 8:00am - 6:00pm

Friday: 6:30pm - 8:00pm - Private cocktail reception with Neal Rouzier, M.D. (same hotel)

Saturday: 8:00am - 6:00pm

Sunday: 8:00am -12:00pm - Course is complete!

COURSE FEE'S (CANADIAN FUNDS)

EARLY BIRD DISCOUNT: Register by March 21st - SAVE \$125

INITIAL ENROLLMENT/ PRESCRIBER (NEW ATTENDEE): MD, DO, NP, ND:	\$1825
PAST GRADUATE RETAKE:	\$1199
NON - PRESCRIBER: ND, RN, PA, IMG, Dietician:	\$1199
SUPPORT STAFF:	\$1199
4th YEAR NATUROPATH & MEDICAL STUDENTS	\$ 799

COURSE INCLUDES:

- 1) E-syllabus (digital)
- 2) Medical references - covers all the hormones presented
- 3) CME credits
- 4) Online test
- 5) Breakfast & lunch onsite + snacks AM + PM
- 6) Private cocktail reception with Dr. Rouzier

FULL COURSE DETAILS:

www.trubalancehealthcare.com/education

PRINTED SYLLABUS: \$100 + HST (13%)

Pick up your syllabus binder, the first day of the course, approx 600 pages

HOTEL LOCATION & TRAVEL DETAILS



Westin Harbour Castle Hotel - Downtown Toronto lakefront - 1 Harbour Square, Toronto, ON., M5J 1A6

Main Telephone: 416.869.1600

Main Website: www.marriott.com/en-us/hotels/yyzwi-the-westin-harbour-castle-toronto/overview/

Earn Marriot Bonvoy Rewards

- **Room block rate:** \$299.00CAD + taxes per night
- **Hotel discount:** Expires March 21st or if the room block sells out
- **Reservations:** Telephone#: 1.888.627.8559
- **Airports:** Pearson International Airport, 30 mins from hotel or Porter Airlines at Billy Bishop

FOR ALL COMMUNICATION AND TO REGISTER PLEASE CONTACT:

Donna A.G. Kingman | Director of Business Development & Communications

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Email: donna@trubalancehealthcare.com | www.trubalancehealthcare.com