

Program and Learning Objectives

How to implement Bio-Identical Hormone Replacement Therapy (BHRT) in your practice

20-21 October 2012

Relexa Hotel, Frankfurt, Germany

Pre-Conference: Friday 19th of October 2012

2:00pm to 05:00pm Written Examination, American Board of Anti-Aging & Regenerative Medicine

The written examination is open to all qualified and practicing medical doctors (MDs, MBBS) and healthcare practitioners who wish to become A4M Board Certified in Anti-Aging & Regenerative Medicine. A4M will provide all candidates with comprehensive review materials before the exam. For more information, please click [here](#).

BHRT Workshop, Day 1: Saturday 20th of October 2012

Basics of BHRT

Overview:

As a healthcare practitioner, you will have undoubtedly heard about the benefits of Bio-Identical Hormone Replacement Therapy (also known as BHRT).

The new specialty of BHRT replacement and nutraceutical modulation has now advanced to the point where a much higher quality of life can be maintained.

Identification and treatment of hormonal deficiencies will give you **an individualized approach to patient management.**

- Do you need more information on the resources needed to implement Bio-Identical Hormone Replacement Therapy for age management purposes?
- Do you need more evidence on this topic?
- Are you looking for practical guidelines for a safe and efficient use of bio-identical hormones?

The latest advances, treatment programs, case studies and audience participation featured in this workshop are all designed to support the frontline physician. This seminar will present the scientific based medical evidence behind current treatments to slow aging, help prevent disease, and will offer practical programs for your patients as well as for your own personal health.

Jointly organised by:



09:00-11:00 What You Must Know About Women's Hormones

- Hormones and longevity
- The web and interconnection of estrogen, progesterone, testosterone, DHEA, cortisol, melatonin, pregnenolone, thyroid and insulin
- Metabolism of estrogen and treatment modalities
- Bio-identical hormones and skin

11:00-11:30 Coffee Break

11:30-12:30 PMS/PCOS

- Definitions and Symptoms
- Etiologies
- New Treatment Modalities

12:30-14:00 LUNCH (Offered in the restaurant)

14:00-16:00 Clinical Aspects of Thyroid Treatment and Case Histories

- Exploring the symptoms of hypothyroidism
- The metabolism of Thyroid
- The role of thyroid replacement in the prevention and treatment of disease

16:00-16:30 Coffee Break

16:30- 17:30 Male Hormone Replacement

- Symptoms of testosterone loss in males
- Significance of hormone replacement in males
- Side Effects

17:30-18:30 HRT Dosing

BHRT Workshop, Day 2: Sunday 21st of October 2012

A metabolic approach to anti-aging medicine

09:00-11:00 Hormones and Memory

- Learn the demographics associated with memory loss
- Learn the role that toxic metal exposure plays in cognitive decline
- Examine the position alcohol may play in memory loss
- Review the importance of hormonal balance in brain fitness
- Understand the role that some medications may play in cognitive decline
- Learn the effect closed head injuries may have on memory
- Examine the possible function that fluoride may have as an etiology of cognitive decline
- Learn the kinds of degenerative dementia
- Understand cognitive reserve
- Know which labs and other studies to order in the evaluation of a patient for memory loss
- Examine iodine and its relationship to overall health
- Explain the importance of iodine in respect to abnormalities of the reproductive tract
- Discuss the significance of iodine and the risk of breast cancer
- Discuss the significance of iodine and estrogen metabolism, lipid oxidation and PPAR receptor function

11:00-11:30 Coffee Break

11:30-13:00 Osteoporosis, Vitamin D and Vitamin K

- Learn new treatment plans for osteoporosis
- Know the risk factors for osteoporosis
- Basic understanding of the pathophysiology of vitamin D
- Knowledge of the implication of vitamin D deficiency
- Learn the new lab normal for vitamin D
- Know the mechanisms of how vitamin K works in the body
- Learn the forms of vitamin K
- Review the importance of vitamin K in vascular health
- Know the causes of vitamin K deficiency
- Understand the use of vitamin K supplementation in patients taking Warfarin

13:00-14:30 Lunch (Offered in the restaurant)

14:30-15:30 A Metabolic Approach to Insulin Resistance and Diabetes

- Learn new metabolic treatments for insulin resistance and diabetes
- Review medical literature on nutritional medicine therapies for insulin resistance and diabetes

- Know the diseases associated with insulin resistance

15:30-16:30 Case Histories Nutrients

- Understand the importance that B vitamins play in disease prevention
- Learn in case history format the symptoms of all the B vitamin deficiencies
- Know the diseases and disorders that can be treated with different B vitamins

16:30-17:00 Coffee Break

17:00-18:00 Case Histories Minerals

- Learn in case history format the symptoms of mineral deficiencies
- Know the disorders that may be prevented or helped by mineral supplementation

18:00PM END OF CONFERENCE

SPEAKER: Pamela W. Smith, MD, MPH (USA)



Author of *HRT: The Answers, A Concise Guide for Solving the Hormone Replacement Therapy Puzzle*; *Demystifying Weight Loss*; *Vitamins – Hype or Hope?* Dr. Smith has gained an international reputation as one of the foremost speakers on the subjects of wellness and age management. A practicing physician at The Center for Healthy Living and Longevity, Dr. Smith is board certified in Anti-Aging medicine and is the Medical Director of the Anti-Aging Fellowship for physicians and health care professionals.

“Hormonal deficiency is one the major cause of common age-related subclinical diseases and is often overlooked in traditional medicine. This brand new workshop will provide a quick but practical answer to the medical evidence on bio-identical hormones over synthetic hormones and will review the methods available for an individualized and integrative approach to patient management based on BHRT” DR. PAMELA SMITH, MD

Who is this workshop for?

This course is designed for medical professionals and is particularly relevant to general practitioners, endocrinologists, gynaecologists, internists, geriatricians, psychiatrists, dermatologists, and cardiologists.

REGISTER TODAY FOR €390

- 2 DAY SEMINAR
- LUNCH INCLUDED
- COURSE CD
- CME ACCREDITATION*

Jointly organised by:

