



Workshop Schedule

Bio-Identical Hormone Replacement Therapy (BHRT) Clinical Guidelines & Practical Tutorials

09:00am

Welcome Note & Update on BHRT in the UAE

Guillaume Safah, Msc, RNCP (Canada)

09:15am

Clinical Aspects of Hormone Replacement for Men & Women

Dr Pamela Smith, MD (USA)

- The biochemistry and physiology of sex hormones
- Understanding Hormone Replacement Therapy in men & women
- Case History discussions

10:15am

Clinical Aspects of Thyroid Replacement

Dr Pamela Smith, MD (USA)

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

11:15am

COFFEE BREAK

11:30am

What You Must Know About Women's Hormones

Dr Pamela Smith, MD (USA)

- Hormones and Longevity
- The web of estrogen, progesterone, testosterone, DHEA, cortisol, melatonin, pregnenolone, thyroid and insulin
- The metabolism of estrogen and treatment modalities for maintaining a good 2-OH estrogen to 16-OH estrogen ratio

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13:30pm

LUNCH BREAK

14:30pm

Compounding Dosage Forms

Dr Pamela Smith, MD (USA)

Featuring:

Review of compounding resources in the UAE

Guillaume Safah, Msc, RNCP

15:30pm

Case Histories: How to prevent & treat symptoms with BHRT

Dr Pamela Smith, MD (USA)

16:30pm

COFFEE BREAK

16:45pm

Wholistic Dermatology: Health, Hormones, Beauty & Happiness

Dr Julia Hunter, MD (USA)

- What is Wholistic Dermatology and why?
- How to prevent, restore & produce health in your patients, male and female of every age

17:15pm

The role of Bio-Identical hormones in health and beauty

Dr Julia Hunter, MD (USA)

- Why must you produce health to have beauty?
- How to prevent, restore and produce beauty and treat dermatological conditions successfully and healthily in your patients, male and female of every age

18:00pm

Happiness: How to and Why in order to have health & beauty

Dr Julia Hunter, MD (USA)

18:15pm

Questions & Answers Session

N.B Optional tour of Compounding Pharmacy after workshop available. Please contact us to book your place servane@a4m.com

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