BIO-IDENTICAL HORMONE REPLACEMENT SYMPOSIUM

A4M American Academy of Anti-Aging Medicine | Bio-identical Hormone Society | *Joint Providership* | The Medical Educator Consortium

FEBRUARY 25-28, 2015 • LOS ANGELES, CA



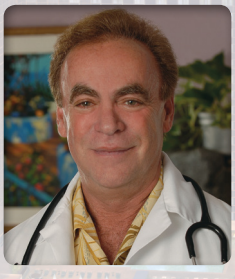
This course includes a hard copy and electronic version of a

400+ PAGE SYLLABUS

of scientific medical evidence for reference



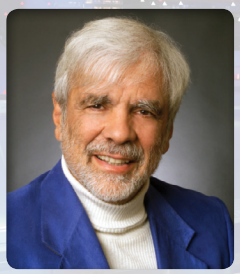
THIERRY HERTOGHE, MD
Hormone Therapies Expert



RON ROTHENBERG, MD
Anti-Aging Specialist



PAMELA SMITH, MD
Fellowship Director in Metabolic and Nutritional Medicine



JONATHAN V. WRIGHT, MD
Founder of BHRT



JENNIFER LANDA, MD
BHRT Gynecologist

EARLY BIRD SPECIAL

$799

until January 10, 2015*

Add a STAFF MEMBER *for ONLY*

$695

REGISTER HERE ▶

*After 1/10/2015, registration is $999. $1,299 on-site.

JW MARRIOTT. HOTELS & RESORTS

JW Marriott LA Live

900 West Olympic Blvd,
Los Angeles, CA 90015

$239/night
(includes internet in guest rooms)
Reserve Rooms by 2.6.2015



For Hotel Reservations Call 888-236-2427 or CLICK HERE ▶

Call 1-888-997-0112 or Visit www.a4m.com for more information

WEDNESDAY EVENING, FEBRUARY 25, 2015 - BASICS OF BHRT

6:00-7:00pm What You Must Know About Women's Hormones – Pamela W. Smith, MD
7:00-8:00pm Hormone Myths – Ron Rothenberg, MD
8:00-9:00pm Improving Sexual Function in Female and Male with Hormones – Jennifer Landa, MD

THURSDAY, FEBRUARY 26, 2015 - BASICS OF BHRT

7:00-7:30am Registrations and Morning Coffee
7:30-8:30am Hypothyroidism - Learn the importance of t-3 along with t-4 and how patients are misdiagnosed with TSH – Ron Rothenberg, MD
8:30-10:00am Estrogen and Progesterone and Testosterone Therapies in Women, in Peri-Menopause and Menopause Women Jennifer Landa, MD
10:00-10:30am Break
10:30-11:30am Testosterone Treatment, Monitoring – Ron Rothenberg, MD
11:30-12:30pm Estrogen Dominance Case Studies with BHRT – Jennifer Landa, MD
12:30-2:00pm Lunch
2:00-3:00pm Bio-Identical Hormones and the Cardiovascular System – The benefit of Hormone Optimization Thyroid, Testosterone, Growth Hormone, Melatonin etc. for the Cardiovascular System. The current medical references to support these treatments. Ron Rothenberg, MD
3:00-3:30pm Lab Tests Used in BHRT– Kris Hart, NP
3:30-4:00pm Compounds & Laws Used in Bio-Identical Hormone Replacement – John Grasela, Compounding Pharmacist
4:00-4:30pm Break
4:30-6:00pm Optimizing Hormone Replacement – How to Prescribe Bio-Identical Hormone Replacement Therapy? Review the symptoms, labs, medications and treatment guidelines along with follow up of all hormones presented in algorithm format for easy reference. Be ready to prescribe on Monday morning. – Ron Rothenberg, MD

FRIDAY, FEBRUARY 27, 2015 - ADVANCED BHRT TOPICS

7:00-7:30am Morning Coffee
7:30-8:30am Practical Overview of BHRT. An impressive lecture including pictorial views of hormone deficiencies and excesses physical evidence of these hormone deficiencies, taken from *The Atlas of Endocrinology for Hormone Therapy* – Thierry Hertoghe, MD
8:30-9:30am Psychological Diseases Caused by Hormone Deficiencies – Thierry Hertoghe, MD
9:30-10:00 am "Thyroid: rT3 & Hypothyroid Diagnosis; Meaning of TSH; Hyperthyroidism Rapid Natural Rx" – Jonathan V. Wright, MD
10:00-10:30am Break
10:30-11:30am Perspectives on Women's Hormone Replacement – Jonathan V. Wright, MD
11:30-12:30pm Oxytocin – Thierry Hertoghe, MD
12:30-2:00pm Lunch
2:00-3:00pm Testosterone Metabolites and Cancer Risk – Jonathan V. Wright, MD
3:00-4:00pm Physical Exam for Hormone Therapies – Thierry Hertoghe, MD
4:00-4:30pm Break
4:30-5:30pm Diagnose your Own Hormone Deficiencies! Bring your Lab Tests and follow along with a Live Diagnosis on stage of Hormone Deficiencies – Thierry Hertoghe, MD
5:30-6:00pm Ask the experts! Jonathan V. Wright, MD and Thierry Hertoghe, MD

SATURDAY, FEBRUARY 28, 2015 - ADVANCED BHRT TOPICS

7:00-7:30am Morning Coffee
7:30-8:00am Vitamin D is a Hormone! – Jonathan V. Wright, MD
8:00-9:00am Hormones and Their Effect on Memory – Pamela W. Smith, MD
9:00-10:00am PMS and PCOS – Pamela W. Smith, MD
10:00-10:30am Break
10:30-11:30am Testosterone: Diagnosis, Evaluation, and Treatment – Jonathan V. Wright, MD
11:30-12:30pm What You Must Know About Male Hormones – Pamela W. Smith, MD
12:30-2:00pm Lunch
2:00-3:00pm Preventing and Reversing Type 2 Diabetes Before it Ever Happens – Jonathan V. Wright, MD
3:00-4:00pm Nutritional Supplements Used in BHRT – Jonathan V. Wright, MD
4:00-4:15pm Break
4:15-5:15pm Case Studies in BHRT – Pamela W. Smith, MD
5:15-6:00pm Questions and Answers

Schedule is subject to change

SAVE THE DATE
NEXT BHRT SYMPOSIUM: SEPTEMBER 2015 // NEW ORLEANS, LA

AMERICAN ACADEMY OF ANTI-AGING MEDICINE & BIO-IDENTICAL HORMONE SOCIETY

are proud to present

"A Practical Application in Treating Adult Hormone and Nutritional Deficiencies Utilizing Advanced Testing Protocols, Hormones and Nutraceuticals – Advanced Course"

BIO-IDENTICAL HORMONE REPLACEMENT THERAPY

THE CORNERSTONE OF ANTI-AGING MEDICINE

Are you prepared to answer your patient's questions on Bio-identical Hormone Replacement Therapy (BHRT)?

In this exclusive 4-day seminar, you will be able to analyze the medical evidence on BHRT, listen to experts that are actively practicing this specialty and get the information needed to merge BHRT safely into your practice.

The traditional medical view of aging is a process with inevitable complications such as cardiovascular disease, diabetes, cancer, dementia and the general steady decline of quality of life.

After age 50, our lives often change dramatically as subclinical disease become manifest. One of the major factors in this process is the significant drop in our hormones to deficiency levels. The quality of life, we briefly took for granted, slowly slips away.

Thanks to the **American Academy of Anti-Aging Medicine,** physicians are learning that it does not have to end up this way. The gradual decline can be "rectangularized". The new specialty of BHRT and nutraceutical modulation has now advanced to the point where a much higher quality of life can be maintained.

Identification and treatment of nutritional and hormonal deficiencies will give you an individualized approach to patient management. By optimizing lifestyle, nutrition, exercise, stress levels, nutraceutical supplementation and Hormone Replacement, this rectangularization of quality of life can be achieved.

Over 25,000 physician's have been through this 4-day continuing education seminar which includes basic science, theory and extensive practical applications of male and female hormone replacement. The latest advances, treatment programs, case studies and audience participation 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. The physicians teaching this course are today's leading hormone treatment specialists and have treated thousands of patients in their clinics.

"On Monday morning after this seminar you will be able to merge the process of identifying and treating deficiency diseases with the use of Bio-Identical Hormone Replacement and nutraceuticals and life style modulation into your practices and improve the quality of life for you and your patients."

HORMONES & NUTRITIONAL DEFICIENCIES CAN CAUSE THE FOLLOWING:

- PMS
- Menopause
- Andropause
- Depression
- Thinning Skin
- Heart Failure
- AGHD
- High Blood Pressure
- Anorgasmia
- Hair Loss
- Low Metabolism
- Poor Memory
- Forgetfulness
- Muscle Weakness
- Increased Body Fat
- Obesity
- Diabetes
- Fine Lines & Wrinkles
- Excessive Abdominal Fat
- Infertility
- Impaired Mental Cognition
- Poor Skin Color
- Premature Graying of Hair
- Hot Flashes
- Night Sweats
- Vaginal Dryness
- Vaginal Odor
- Mood Swings
- Irritability
- Insomnia
- Depression
- Loss of Sexual Interest
- Hirsutism
- Painful Intercourse
- Urinary Tract Infections
- Unusual Dreams
- Vaginal Itching
- Lower Back Pain
- Bloating
- Flatulence
- Indigestion
- Osteoporosis
- Aching Ankles, Knees, Wrists, Shoulders
- Weight Gain
- Arthritis
- Frequent Urination
- Sore Breasts
- Palpitations
- Varicose Veins
- Urinary Leakage
- Vertigo
- Panic Attacks
- Migraine Headaches
- Memory Lapses
- Anxiety
- Overall Poor Sense of Well Being

This course will teach you how to improve the quality of your life, loved ones and your patients by correcting their hormone and nutritional deficiencies.

AMERICAN ACADEMY OF ANTI-AGING MEDICINE & BIO-IDENTICAL HORMONE SOCIETY

LIVE Diagnosis by Thierry Hertoghe, MD







One of the best parts of the BHRT Symposium is the LIVE diagnosis by Thierry Hertoghe, MD. Doctor Hertoghe will take random patients that have come with their lab tests in hand, and he will diagnosis the patient's hormone deficiencies LIVE on stage. You will experience the art of the physical examination done by a world renowned expert in Bio-Identical Hormone Replacement Therapy. This is one of the most important parts of the course you will experience after you have been through the basics of Bio-Identical Hormone Replacement Therapy. You actually see applied Bio-Identical Hormone Replacement Therapy and watch how Doctor Hertoghe provides the patient with the diagnosis, hormones, labs, nutraceuticals to be ordered and what to do in follow up consultations.

This BHRT Symposium will provide attendees a hormone deficiency questionnaire asking them to contact a lab to provide serum, 24 hour urine and saliva lab test prior to the meeting. Bring the labs and questionnaire to the meeting and follow along with the live diagnosis on stage to diagnose your own hormone deficiencies.

Several physicians, lab consultants and pharmacists will be at the meeting to help you interpret the results and help you create a treatment program for you.

A4M AMERICAN ACADEMY OF ANTI-AGING MEDICINE

THE FUTURE OF MEDICINE TODAY

JOIN THOUSANDS OF DOCTORS WORLDWIDE & BECOME PART OF A VIBRANT COMMUNITY OF HEALTH PROFESSIONALS WHO ARE LEADING THE TRANSFORMATION OF HEALTH CARE.

FELLOWSHIP IN ANTI-AGING & REGENERATIVE MEDICINE

The Fellowship in Anti-Aging, Regenerative & Functional Medicine (FAARFM) is a unique learning program dedicated to teaching healthcare professionals the art and science of anti-aging, regenerative and functional medicine. For those looking for a new approach to their practice and the treatment of patients, A4M's Fellowship program provides the road map.

USF HEALTH

Why The Fellowship is Right for You

The Fellowship is a place to rediscover your passion for patient care. It allows you to continue caring for your patients while learning the most current and relevant integrative approaches for the prevention and treatment of disease.
You can immediately begin to incorporate what you learn into your medical practice.

SAVE *the* DATE

23rd Annual World Congress



MAY 7-9, 2015 • HOLLYWOOD, FL

THE WESTIN DIPLOMAT RESORT AND SPA

Sun-Thurs $160/night • Fri-Sat $199/night

NEW All Practical Application Seminar

See THIERRY HERTOGHE, MD

REGISTER NOW

$795

16 HOUR CME SEMINAR



MAY 22-23, 2015 • SAN DIEGO, CA

Call 1-888-997-0112 or Visit www.a4m.com for more information

L.A. LIVE is the leading entertainment destination for all of Los Angeles. L.A. LIVE was created to give its guests an unforgettable experience. There is a place for dining, for music, for sports, for living: a place for an experience unlike any other. Some of the nearby attractions include:

- Universal Studios
- The Walk of Fame
- DisneyLand®
- Kodak Theatre
- Lucky Strike Lanes
- Grammy Museum®:
- Nokia Theatre L.A. LIVE
- Nokia Plaza L.A. LIVE
- Club Nokia
- STAPLES Center
- Conga Room
- Regal Cinemas
- Boca at The Conga Room
- ESPN Zone
- Fleming's Prime Steakhouse & Wine Bar
- The Farm of Beverly Hills
- Trader Vic's
- Yard House
- Wolfgang Puck Bar & Grill



A4M AMERICAN ACADEMY OF ANTI-AGING MEDICINE — Bio-identical Hormone Society — *Joint Providership* — The Medical Educator Consortium

THIS COURSE WILL COVER THE FOLLOWING TOPICS:

- Hypothyroidism - What They Did Not Teach You in Medical School
- Estrogen and Progesterone and Testosterone Therapies in Women
- Testosterone Treatment and Monitoring
- Compounds & Laws Used in Bio-Identical Hormone Replacement
- Reversing the Aging Process with BHRT
- Bio-Identical Hormones and the Cardiovascular System
- Sexual Dysfunction
- Adrenal Fatigue, Stress and Cortisol
- Psychological Effects of BHRT Deficiencies
- Interpreting Serum Lab Tests of Complicated Patients
- Understanding 24 Hour Urine Testing
- Neurotransmitters and BHRT Effects on the Brain
- Progesterone for Men
- Common Female Problems Solved with BHRT
- Preventing and Reversing Type 2 Diabetes Before it Ever Happens
- Common Cortisol Uses and Psychological Disorders
- Live Diagnoses of Hormone Deficiencies!

This course is designed for medical professionals and is particularly relevant to naturopathic doctors, general practitioners, endocrinologists, internists, geriatricians, psychiatrists, OB/GYN, dermatologists, and cardiologists. Additionally, other health professionals including physician assistants, nurse practitioners and others in this field will find this highly relevant.

Educational Goals: To provide physicians with the applied knowledge concerning the impact of the age-related decline in hormones on the body and the occurrence of somatic age-related diseases. To provide, in a comprehensive manner, the skills required to diagnose and effectively treat hormone deficiencies in their patients.

Educational Objectives: At the end of this educational activity, the attendee will be able to • Discuss the complex interrelationships of many hormones • Know how to diagnose hormone deficiencies and dysfunctions • Know how to use laboratory tests to confirm diagnoses and monitor therapies •Know how to formulate customized balanced therapies for patients with hormone related diseases.

Educational Formats: Lectures, question and answer sessions, audio/visual aids, extensive printed syllabus. Case presentations and live patient diagnosis.

Accreditation: The Medical Educator Consortium is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Medical Educator Consortium, designates this live activity for a maximum of *27.0 AMA PRA Category 1 Credit(s)*™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of THE MEDICAL EDUCATOR CONSORTIUM and ACADEMY OF ANTI AGING. The MEDICAL EDUCATOR CONSORTIUM is accredited by the ACCME to provide continuing medical education for physicians.

Disclosure Statement
The Medical Educator Consortium (MEC) adheres to the ACCME Standards for Commercial Support. All persons that will be in a position to control the content of the CME Activity are required to disclose all relevant financial relationships. Faculty disclosure forms outlining this information will be made available to all participants prior to educational activity. MEC has also implemented a mechanism to identify and resolve all conflicts of interest prior to the education activity being delivered to learners. The source of all support from commercial interests will also be disclosed to learners prior to the beginning of the educational activity.

MEET OUR EXPERT FACULTY

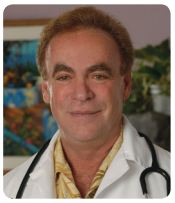
EXTENSIVE Bio-Identical Hormone Replacement Course with the Most Common Problems the Doctor Sees with Bio-Identical Hormone Replacement Therapy. On Monday Morning You Will Begin Treating Patients with Hormone Replacement Therapy.



Thierry Hertoghe, MD is the President of the International Hormone Society. Born in 1957 and he practices lifespan/reversing aging medicine and hormone therapy. He represents the fourth consecutive generation of physicians who have worked in the field of hormone therapy, where he practices medicine with a team of experienced doctors in Brussels. He is an internationally known authority in medical therapies oriented to correct hormone deficiencies, reduce aging or even on some aspects reverse aging and possibly extend lifespan.

As a pioneer in many medical matters, Dr. Hertoghe has coauthored the concept that aging is mainly due to the progressive appearance of hormone deficiencies, aggravated by nutritional deficiencies and a poor lifestyle. By correcting the hormone deficiencies and other important factors, fine tuning and personalizing the treatment to each patient, he has been successful in medical therapies, often beyond the patient's expectations. Safety of the treatment is a major concern in all treatments.

As a fourth successive generation physician working in the field of hormone therapy, he has also authored the writing of several books for physicians on hormone therapy, including the international best-seller, *The Hormone Handbook*; a practical guide for hormone therapy for physicians. This is an extremely practical textbook with an extensive list of scientific references on the topics. For the general public, he has written *The Patient Hormone Handbook*, which provides info on 15 hormone therapies that may help prevent, delay and partially reverse aging. It also contains practical information on the most important nutritional therapies. Among his recent works is *Passion, Sex and Long Life*, *The Oxytocin Adventure*, which explains the beneficial effects of oxytocin not only on orgasm, but also for love, friendliness, passion, drug addiction and obesity.

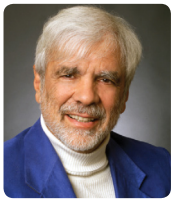


Ron Rothenberg, MD, FACEP, Former Clinical Professor, Preventive & Family Medicine, UCSD School of Medicine; Board Certified and Fellow, American Board of Anti-Aging and Regenerative Medicine; Board Certified, American Board of Emergency Medicine; Founder, California HealthSpan Institute, www.eHealthspan.com.

Dr. Rothenberg is the author of the recently published, *Hormone Optimization in Preventive/Regenerative Medicine* and numerous articles in Emergency Medicine and Preventive/Regenerative literature. He has educated over 25,000 physicians in continuing medical education seminars in Preventive and Regenerative Medicine.



Pamela W. Smith, MD, MPH Keynote speaker Pamela Wartian Smith, MD, MPH, the 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.

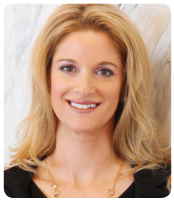


Jonathan V. Wright, MD is in private practice in Renton, Washington. A graduate of Harvard, and the University of Michigan, he began private practice in 1972. Dr. Wright is the author or coauthor of eight books including: *Why Stomach Acid is Good for You, Maximize Your Vitality and Potency for Men Over 40, The Patient's Book of Natural Healing* and *Natural Hormone Replacement for Women Over 45*. Dr. Wright has authored or coauthored over twenty papers. He was a monthly medical columnist for *Prevention Magazine* (1976-1986), *Let's Live Magazine* (1986-1996), and editor of *Nutrition & Healing*, a monthly newsletter, since 1994.

Dr. Wright is internationally recognized as a pioneer and innovator in the field of nutritional medicine. He developed bio-identical triple-estrogen, discovered an important relationship between cobalt and estrogen metabolism, developed an effective treatment for childhood asthma, and popularized the glucose-insulin tolerance test and many other innovative techniques and therapies. As a speaker at seminars and conferences around the world, he has helped revolutionize the medical practices of thousands of physicians. For more information on Dr. Wright and to learn of other speaking engagements, please visit www.bioidenticalhormonesociety.com.



Kris Hart, MN, FNP, R.N.-C. – Associate Medical Director, California HealthSpan Institute, Encinitas, CA. Ms. Hart has been a health care provider since the 1970's. Ms. Hart has a Master's Degree in Nursing with Family Practice Nurse Practitioner certification from UCLA. She currently is working in Family Practice, Emergency Medicine and Preventive/Regenerative Medicine. She has completed the Certification and Fellowship program in Preventive/Regenerative/Functional medicine as an allied health professional. Ms. Hart's background in family practice, critical care and emergency medicine and natural hormone optimization is extensive. Ms. Hart is married and has 5 children and 3 grandchildren and enjoys camping and spending time with her family.



Jennifer Landa, MD, OB/GYN, FAARM is one of the country's leading experts on women's health and hormone therapy.

Dr. Landa is Chief Medical Officer of BodyLogicMD and medical director of BodyLogicMD of Orlando. She practices anti-aging and integrative medicine and dedicates her practice to bio-identical hormone therapy, customized nutrition and fitness programs.

As Chief Medical Officer, Dr. Landa is the voice of BodyLogicMD and is also responsible for the training and education standards of all BodyLogicMD physicians across the country.

Dr. Landa lectures nationally, educating women and men about hormone imbalance, nutritional supplementation, lifestyle risk factors and the treatment options available for optimal health and wellness.

As a former gynecologist, Dr. Landa has a special interest in hormone balance and its effects on menopausal symptoms including, weight gain, mood swings, energy levels and stress. She also treats men and their hormonal issues, including low testosterone, adrenal fatigue and low libido.

Dr. Landa is board certified in Anti-Aging Medicine and an Advanced Fellow in Anti-Aging and Regenerative Medicine. She has also achieved board certification in Obstetrics and Gynecology.

Dr. Jennifer Landa earned her medical degree from Albany Medical College of Union University in Albany, NY in 1996. She completed her internship and residency at Beth Israel Medical Center in NYC, where she was distinguished as the Administrative Chief Resident in OB/GYN.



John Grasela, Compounding Pharmacist received a BS and MS in Pharmacy in 1977-78 from Wayne State in Detroit, Michigan. He is the owner of University Compounding Pharmacy in San Diego for the past 20 years. He is a regular speaker for the American Academy of Anti-Aging Medicine (A4M) and the International Hormone Society (IHS) on compounding of bio-identical hormone drugs.