



REDEFINING MEDICINE

**Module I**  
**Endocrinology**  
**Session Schedule**  
*Schedule Subject to Change*

**Friday, December 13, 2019:**

7:30 am	What You Must know About Women’s Hormones	Pamela W. Smith, MD, MPH, MS	2 hr
9:30 am	<b>Break</b>		
10:00 am	What you Must Know About Women’s Hormones Continued	Pamela W. Smith, MD, MPH, MS	1 hr
11:00 am	What You Must Know About Male Hormones	Pamela W. Smith, MD, MPH, MS	1 hr
12:00 pm	<b>Lunch</b>		
1:00 pm	<b>Exhibit Hall - Coffee</b>		
2:00 pm	PMS/PCOS	Al Peters, DO	1 hr
3:00 pm	Osteoporosis	Pamela W. Smith, MD, MPH, MS	1 hr
4:00 pm	<b>Break</b>		
<b>4:15 pm</b>	Clinical Aspects to the Management of Hypothyroidism How to Write Prescriptions Using Compounded Thyroid Hormone Thyroid Case Histories	Pamela W. Smith, MD, MPH, MS	2 hr
6:15 pm	<b>Close of Session</b>		

**Saturday, December 14, 2019:**

7:30 am	Urinary Hormones When to Use and How to Interpret	Filomena Trindade, M.D, MPH	2 hr
9:30 am	<b>Break</b>		
10:00 am	Urinary Hormone Case Histories	Filomena Trindade, MD, MPH	1 hr
11:00 am	Personalizing Your Hormone Balancing Approach	Filomena Trindade, MD, MPH	1 hr
12:00 pm	<b>Lunch</b>		
1:00 pm	<b>Exhibit Hall - Coffee</b>		
2:00 pm	Everything You Want to Know About SHBG	Pamela W. Smith, M.D, MPH, MS	½ hr
2:30 pm	Hormone Protocols for Women Not on Hormones	Pamela W. Smith, M.D, MPH, MS	1 ½ hr
4:00 pm	<b>Break</b>		
<b>4:15 pm</b>	Hormone Protocols for Men Not on Hormones	Pamela W. Smith, MD, MPH, MS	1 hr
5:15 pm	Hormone Protocols for Women and Men on HRT	Pamela W. Smith, M.D, MPH, MS	1 hr
6:15 pm	<b>Close of session</b>		



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**Sunday, December 15, 2019:**

7:00 am	Cases Histories BHRT: PMS, PCOS, Menopause, Andropause	Pamela W. Smith, MD, MPH, MS Sahar Swidan, PharmD, BCPS	2 hr
9:00 am	<b>Break</b>		
9:30 am	A Metabolic Approach to Insulin Resistance	Filomena Trindade, MD, MPH	2 hr
11:30 am	<b>Lunch</b>		
1:30 pm	A Metabolic Approach to Adrenal Restoration	Andrew Heyman, MD	2 hr
3:30 pm	<b>Break</b>		
4:00 pm	Problem Solving Through Compounding	Sahar Swidan, PharmD, BCPS	1 hr
5:00 pm	How to Change Dosage Forms: Synthetic to Natural Hormones and Oral to Transdermal	Sahar Swidan, PharmD, BCPS	1 hr
6:00 pm	<b>Close of session</b>		