



An AVIVO Group Enterprise

Female BHRT Workshop April 9-10 2020 (Dubai Healthcare City)

***** Preliminary Schedule *****

Lecturer	Topic	Format
Day 1 - Thursday 9th April 2020		
09.00-09.45am Dr Felice Gersh	Hormones 101: what do the sex hormones actually do in the female body and why you still want them after menopause	Lecture
Dr. Leila Soudah	Introduction to the most important female hormones (Review of hormone functions and low level symptoms: Estrogen , estriol ,progesterone . DHEA, DHEA keto, pregnenolone, melatonin, cortisol , aldosterone, oxytocin, testosterone)	Lecture
09.45-10.15am		
Dr Felice Gersh	Hormones during the reproductive years (lunar cycles, menstrual cycles, contraception, miscarriages, PCOS, Endometriosis, fibroids, autoimmune diseases...)	Lecture
10.15-10.45am		
Dr. Leila Soudah	Case Study: Early Menopause, early premature ovarian failure (2 case studies)	Case study
10.45-11.30am		
Coffee Break & Networking with Exhibitors		
Dr Felice Gersh	Case study: PCOS, Endometriosis, oral contraceptive user, fibroids	Case study
12.00-1.30pm		
Lunch Break		
Dr Felice Gersh	Hormones in menopausal women (circadian rhythm, cardiometabolic health, bones, brain, gut and immune system)	Lecture
2.30-3.00pm		
Dr. Leila Soudah	Case study: Meno and post menopause (2 case studies)	Case study



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3.00-3.30pm		
Dr. Leila Soudah	Melatonin Antioxidant: Beyond the sleeping hormone	Lecture
3.30-4.00pm		
Coffee Break & Networking with Exhibitors		
Dr Felice Gersh	Case study: Menopausal women with sleep disorder	Case study
4.15-5.00pm		
Dr. Leila Soudah	Case study: Infertility : From failed IVF(s) to pregnancy with BHRT	Case study
5.00-6.00pm	Case study: Infertility (2 cases) and recurrent miscarriage (1 case)	Case study
Day 2 - Friday 10th April 2020		
Dr Felice Gersh	The impact of hormones on cardiometabolic health, bone health	Lecture & case study
9.00-10.00am		
Dr. Leila Soudah	Insulin: Beyond Diabetes	Lecture
10.00-10.45		
Dr. Leila Soudah	Case study: Insulin the forgotten hormone	Case study
10.45-11.30		
Coffee Break & Networking with Exhibitors		
Dr. Leila Soudah	How to prescribe BHRT: A to Z (Family history, gyne history, indications, contraindications, symptoms gathering, blood test selection...)	Lecture
12.00-13.00		
Lunch Break		
Dr. Leila Soudah	Hormone therapies: Risk and Benefit	
14.00-14.30		
Dr Leila Soudah	Live Patient Case: Peri-menopausal symptoms and BHRT	Live case
14.30-15.30		
2.15-4.30pm	Round table exercises with case study prepared by faculty	Group exercises
Dr Felice Gersh and		
Dr Leila Soudah		



All Case studies will include

Holistic Therapeutic Approach: Beyond female organs

Use of Melatonin

Use of supplements

Nutrition & fasting

Fitness

Stress Control

Circadian Rhythm

Use of oestrogen and evidence that this is not a cancerogen

Detailed lab test guidelines

Benefit and risk of HRT

****** Seating is extremely limited to 50 participants for this workshop ******