MASTERING THE PROTOCOLS FOR OPTIMIZATION OF HORMONE REPLACEMENT THERAPY

Advances in Preventive Medicine 2-DAY WORKSHOP

Featuring Renowned Expert And Successful Author

Neal Rouzier, M.D.
about
Dr. Neal Rouzier

Neal Rouzier, M.D.
Seminar Instructor

Dr. Rouzier specializes in bioidentical hormone replacement for men and women. He is the Director of The Preventive Medicine Clinics of the Desert, specializing in the medical management of aging and preventive medicine. His passion for literature research has led him to be one of the most credible speakers in this field. The basis for this course is an extensive review of evidence-based medicine that should serve as a reference source, and direct the practitioner in determining the best methods for hormone replacement. The scientific standard should be the standard when it comes to prescribing bioidentical hormones.

ABOUT THE SEMINAR

For those familiar with Dr. Rouzier’s style and presentation, these seminars are designed to pack an inordinate amount of practical information into a motivating 2 or 3 day experience. His courses can be described in several ways. They involve literature reviews demonstrating the health benefits and physiology of hormones, the detrimental effects of hormone deprivation and the importance of hormone replacement. More importantly, the literature reviews will demonstrate that there is a major difference between types of hormones and that synthetic ≠ bio-identical. Finally, and most importantly, in every study the literature supports that normal levels ≠ optimal levels, which is of utmost importance when monitoring and adjusting hormones for optimal health and well-being.

Dr. Rouzier, trained in Family Practice and Emergency Medicine, is recognized as a renowned leader and expert in the field of bioidentical hormone replacement. He has over 16 years of experience as an educator and practicing physician. His professional knowledge and teaching excellence are reflected in the popularity of his courses. It is Dr. Rouzier’s goal in these workshops to share his experience, expertise and techniques. You will improve diagnostic skills, intensify preventive approaches, provide more comprehensive services and enhance your practice style. Increased knowledge of the field will result in increased quality of care and patient satisfaction. Adding preventive medicine will promote a more effective and satisfying medical practice. Following seminar attendance, Dr. Rouzier will remain available in the future to assist you with any questions to ensure your success. His courses build on one another and should be attended in order of Part I, Part II and finally Part III. Inside this seminar brochure, you’ll find the course description, educational goals and agenda for Part 1 in 2012, followed by other pertinent event details such as dates, location and accommodations.

Who should consider attending this seminar? Any healthcare professional working within the medical community who is interested in understanding the preventive medicine and quality of life issues, and the safe use of hormones in the medical management of aging.

This overview will hopefully stimulate your interest as you begin to explore the notion of healthy aging. Natural hormones are pharmaceutical, bio-identical (identical to human) hormones derived from plants and synthetically manufactured. This course provides all the nuts and bolts of prescribing, monitoring, adjusting and trouble-shooting.
OPTIMIZATION OF HEALTH THROUGH OPTIMIZATION OF HORMONES:
A Literature Review Demonstrating that Synthetic HRT ≠ Bioidentical HRT

THE BENEFITS

• Provides the essential clinical protocols to treat patients with bio-identical hormones.
• Enhances Physician & Practitioner knowledge on nutrition, fitness, and overall preventive healthcare
• Past course graduates can expect to be updated on the most recent medical studies and protocols to maintain best treatment practices.

THE DIFFERENCE

• Evidence-Based. Over 50 years of medical literature to support unique patient protocols.
• Practical Information. Right away, Physicians and Practitioners can learn the ‘ins-and-outs’ of bio identical hormone therapy and implement it into their practice.
• Good Value. Graduates continue to report a higher return on investment compared to alternative conferences.

YOU SHOULD ATTEND IF

• You are seeking a preventive, proactive approach to medicine.
• You want to foster a meaningful and productive relationship with your patients by helping them restore their physical, emotional, and sexual well-being.
• You are looking for a CME course that provides information you can successfully incorporate into your medical practice.

“" This one out does others in all ways: cost, location, utility, and practicality.
- Sadhana Kamath, MD

It is probably the most gratifying thing I’ve done in my entire career.
- Randy Birken, MD
"
OPTIMIZATION OF HEALTH THROUGH OPTIMIZATION OF HORMONES:
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DHEA
Clinical studies have demonstrated that DHEA has a beneficial effect on immune response, sex drive, metabolism and emotional stability. DHEA benefits the immune system and reduces visceral fat associated with diabetes mellitus. Other health-related benefits include support of cognitive function, helping the body cope with stress, and protection against heart disease through its effects on lipids and body fat.

MELATONIN
Melatonin regulates the circadian rhythm as well as the deep stages of sleep. Studies suggest that the immune system depends on melatonin’s effects of deep sleep. In the January 1997 issue of the New England Journal of Medicine, melatonin was demonstrated to be a powerful antioxidant hormone that can protect against cancer. There are hundreds of studies showing that melatonin can scavenge free radicals, and be a safe sleep-enhancing hormone.

PREGNENOLONE
Failure of memory and lack of mental clarity can be among the most frustrating aspects of aging. Studies indicate that pregnenolone might be beneficial against age-related cognitive decline.

THYROID
This metabolic hormone secreted by the thyroid gland regulates temperature, metabolism and cerebral function. Insufficient thyroid levels result in fatigue, increased cholesterol levels and increased risk of coronary artery disease. With age, thyroid hormone levels gradually decline resulting in a decreased metabolism, which affects all cells and organs. Low thyroid causes low energy, and thinning of hair, skin and nails. The dictum that normal levels are not optimal levels is extremely important when it comes to thyroid.

TESTOSTERONE
Although testosterone is the primary male hormone, women also benefit from its supplementation. Levels of testosterone decline with age in men and women. At optimal levels, research shows testosterone increases bone density and bone formation, enhances energy and sex drive, decreases body fat, increases muscle strength, lowers blood pressure and modulates cholesterol levels. Testosterone is a hormone that neither men nor women should be without and we’ll present the scientific evidence to support this.

ESTROGEN
Over 50 years of studies demonstrate that loss of estrogen increases cardiovascular disease, Alzheimer’s Disease, osteoporotic fractures, urogenital atrophy, macular degeneration and depression. Recent studies sort out the confusion created by the WHI (Women’s Health Initiative) and conclude that certain types of hormones cause harm in some women, whereas different hormones avoid the harm and provide significant protection. A thorough literature review helps sort out the differences and provides credence and confidence for the use of bio-identical estrogens as based on our medical evidence.

PROGESTERONE
Data demonstrates that synthetic progestins increase the risk of breast cancer, heart disease, strokes, bleeding and depression. Studies demonstrate that not only does micronized progesterone not increase these risks, but it also protects against them. Studies demonstrate a synergistic effect of progesterone with estrogen, whereas progestins negate estrogen’s positive benefits. This literature review will demonstrate the difference between progesterone and progestins and how this difference is the key to understanding the importance of progesterone.
Upon completion of this workshop, the healthcare professional will be able to:

1. Evaluate and become proficient in the medical literature that supports biologically identical hormone replacement in contrast to chemically altered hormones and realize that “all hormones are not the same” as demonstrated in the literature.
2. Describe the diagnosis and treatment of adult onset growth hormone deficiency.
3. Identify the techniques used to administer acceptable levels of human growth hormone (HGH).
4. Examine and discuss possible side effects of HGH and how to properly adjust dosing.
5. Distinguish the different types of secretagogues and evaluate their effectiveness as an alternative to HGH therapy.
6. Implement therapeutic management of andropause based on studies reported in prestigious medical journals.
7. Identify the types, doses and methods to administer testosterone to men and women.
8. Determine the uses of testosterone for men and women, including complications, precautions, side effects and monitoring.
9. Discuss the uses of Finasteride, Dutasteride, Anastrozole in the management of testosterone administration.
10. Determine how DHEA and pregnenolone benefit the physical and mental well-being of patients and overall quality of life.
11. Evaluate new evidence that contradicts the WHI Study on oestrogen treatment in women.
12. Demonstrate an understanding of the health benefits of oestrogen and progesterone in contrast to the health detriments of synthetic oestrogen and progestin.
13. Describe the types, doses and methods used to administer oestrogen and progesterone.
14. Discuss recent literature, questions and answers that demonstrate the beneficial effects of hormones in improved function and healing and a better quality of life.
15. Explain current concepts of thyroid replacement and compare and contrast different types of thyroid as supported in the medical literature.
16. Recognize various methods of testing for thyroid deficiencies and what labs and approaches are best.
17. Discuss and analyse interesting cases in bio-identical hormone replacement therapy.
18. Recognize the difference between “normal levels” and “optimal levels” of hormones and the benefits or detriments as demonstrated by current medical studies.
19. Apply current prescribing strategies for hormones to maintain adequate levels.
20. Implement best clinical practices in diagnosing, prescribing, monitoring and adjusting of BHRT for improved function and quality of life.
21. Analyse and review treatment protocols in case management and troubleshooting techniques used in BHRT.
22. Describe how to write prescriptions for compounded hormones to pharmacies, and how different formulations can affect absorption, efficacy and side effects.
23. Utilize the knowledge gained to improve patient outcomes in BHRT.
24. Correct any inaccurate or inappropriately prescribed hormone therapy to conform to scientific standards as seen in medical literature.
25. Implement current strategies into your practice to improve the level of care and patient compliance in the treatment of adult hormone deficiencies.
26. Assure that prescribed hormones meet standards of care based on attaining adequate serum levels and symptom improvement.
Part One is a workshop utilizing a case study approach designed to help physicians successfully and knowledgeably treat their age management patients. Friday’s sessions will focus primarily on how to implement a successful nutrition and fitness program into practice, with a strong focus on patient behavioural change. From there we will explore hormone replacement from a Psychiatric point of view and how to transition to an integrated medical practice. Then, in two information-jammed, technique-packed days you’ll get the real nuts and bolts of hormone replacement therapy. You’ll learn about monitoring and troubleshooting HRT through literature presentations, case studies and open discussions. Your practice of natural hormone replacement therapy will be based on peer reviewed medical research and a wealth of clinical experience. This is the most Comprehensive course taught on this subject, designed to give you practical information and skills that you can use on a daily basis. The curriculum is an evidence-based program on preventive medicine designed to enhance your diagnostic and prescribing skills when optimizing hormones for both men and women.

**SEMINAR SERIES PART 1 – COURSE DESCRIPTION:**

**SEMINAR SERIES PART 1 – AGENDA**

**SATURDAY 24TH NOVEMBER**

8:00 – 8:30 a.m. – REGISTRATION

8:30 – 9:30 a.m.

**INTRODUCTION TO HORMONE REPLACEMENT THERAPY**

- Importance of optimization of all hormones as per the medical literature
- Health and quality of life benefits
- The best preventive medicine to maintain well-being and reduce morbidity & mortality
- Normal is not optimal; and optimal is best
- Examples of optimal labs vs. normal labs
- HRT replacement: Have we been doing it incorrectly all this time?
- What we should know about hormones but were never taught
- Why we do what we do based on the medical literature

9:30 – 10:30 NOON

**HUMAN GROWTH HORMONE = HUMAN HEALING HORMONE**

- HGH: What doesn’t it do? It does everything good
- A literature review demonstrating improvement in health & well-being
- The safest hormone without side effects when administered correctly
- Prescribing, monitoring, adjusting, documenting for HGH
- Which test is best: growth hormone levels, ITT, IGF-1, IGF-PB3

10:30 – 10:45 a.m. – BREAK

10:45 a.m. – 12:30 p.m.

**TESTOSTERONE: SAFE AND NECESSARY FOR BOTH MEN AND WOMEN**

- Various types are available but which is best?
- Applications: How, where, why, and when to apply
- Complications, precautions, side effects and monitoring
- What levels are normal and what levels are optimal
- PSA, free PSA, and prostate cancer
- DHT, Estradiol, Finasteride, Anastrazole, 5α-reductase inhibitors, & aromatase inhibitors
- Literature review

**TESTOSTERONE FOR WOMEN: THE FEEL-GOOD HORMONE FOR WOMEN TOO**

- It is not just a male hormone
- What types, doses and levels work best
- Application: How, where, why and when to apply
- Side effects and treatment with Spironolactone
- Extensive literature review

12:30 – 1:30 p.m. – LUNCH BREAK

1:30 – 2:30 p.m.

**MELATONIN, DHEA AND PREGNENOLONE: ALL HORMONES PROVIDE HEALTH BENEFITS**

- Melatonin: The great sleep and immune enhancer
- Treatment & prevention for cancer, HTN, migraines
- Administration & monitoring: How much is enough?
- DHEA: How DHEA improves health and longevity
- DHEA: How to prescribe, monitor, and adjust for maximum benefit

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• A literature review supporting optimal levels
• Side effects and use of spironolactone
• Pregnenolone: The mother of all sex hormones
• Memory enhancer? And what about cancer?
• A literature review of these hormones
• Administration, monitoring and adjustments

2:30 – 4:00 p.m.
**MENOPAUSE: ESTROGEN & PROGESTERONE ARE ABSOLUTELY NECESSARY FOR HEALTH & WELL-BEING**
• Natural vs. synthetic; Risk vs. benefit – a literature review of types of estrogens
• Health benefits and feel-good benefits of HRT
• Don’t fear it: The most recent consensus views
• Informed consent for stopping HRT and harm of hormone deprivation
• What types of estrogen: How, what, where, why?
• ACOG and NAMS: no study to show efficacy of BHRT - wrong!
• Doses, monitoring levels, adjusting, selection: What works best and when
• The importance of serum monitoring
• Transdermal vs. oral: Benefits and harm of each
• Does age make a difference?
• Indication and contraindications: Problems with synthetic vs. bio-identical vs. compounded
• New evidence that contradicts the conclusions of the WHI Trial.
• Different strategies for managing PMS, Peri-menopause, and Menopause

**PROGESTERONE: JUST AS IMPORTANT AS ESTROGEN**
• Absolutely necessary in all women at whatever age
• A literature review: There is not one negative study
• Protection against breast cancer, uterine cancer, heart disease
• MP ≠ MPA, natural vs. synthetic, good vs. harmful
• If some is good, more is better? Absolutely!
• Dosing, monitoring, adjusting, and the importance of optimization
• Serum vs. saliva testing and harm of progesterone deprivation

**COMPOUNDED BHRT: THE GOOD, THE BAD, & THE UGLY**
• From worthless to lifesaving: It all depends on quality and dosing

4:00 – 4:15 p.m. – BREAK

4:15 – 5:30 p.m.
**THYROID: WHY PATIENTS DEMAND IT**
• The most misunderstood and ignored hormone
• Thyroid test is normal, so what?
• Types of hypothyroidism
• Does your patient need their thyroid to be optimal? You bet!
• Understanding lab values
• What is responsible for low thyroid symptoms when TSH is normal?
• Types of thyroid hormones, dosing, monitoring, adjusting
• Treatment of fatigue: TSH or Free T3?
• Endocrine viewpoint (labs) vs. patient perspective (symptoms)
• Signs and symptoms of sub-optimal thyroid replacement and treatment
• Literature support for optimization: Treat the labs or the patient?
• Improvement of health and well-being through optimization

5:30 – 6:30 p.m.
**SUMMARY & REVIEW**
• Interesting cases
• HRT indications, contra-indications, risks, benefits
• Side effects, problems, complications
• Dosing & adjustment of various types available with lab reference comparisons
• Cautions, suggestions, things to do, and mistakes to avoid

**SUNDAY 25TH NOVEMBER**
8:30 – 9:45 a.m.
**CASE MANAGEMENT: EVERYTHING YOU SHOULD KNOW**
• The nuts & bolts for practicing HRT correctly
• Administration and appropriate dosing
• Monitoring the patient and adjustment

9:45 – 10:00 a.m. – BREAK

10:00 a.m. – 12:00 p.m.
**CASE MANAGEMENT: EVERYTHING YOU SHOULD KNOW**
• Proper case management, problems and complications
• Mistakes to avoid
• Lab interpretation & lab comparisons
• Different optimal levels for different laboratories

12:00 – 1:00 p.m. – WORKING LUNCH BREAK
**SPECIAL GUEST SPEAKER, CAROLYLYN ROUZIER: “SETTING UP MY PREVENTIVE MEDICINE PRACTICE: WHAT WORKS AND WHAT DOESN’T”**
SEMINAR SERIES PART 1 – AGENDA CONTINUED:

- Outline, worksheet, forms, letters and consents
- How to bill
- Different types of programs
- Necessary equipment
- Evaluating pharmacies and laboratories
- Products and services

1:00 – 2:00 p.m.  
REVIEW OF PRACTICAL APPLICATION
- More treatment protocols
- Maintaining scientific standards
- Troubleshooting and case management
- Complicated cases: See if you get them correct

2:00 – 3:15 p.m.  
100 Written Questions & Answers With Discussion
3:15 p.m. – WRAP-UP/ EVALUATION / ADJOURNMENT
- Lessons learned

REGISTRATION INFORMATION

TWO SIMPLE STEPS TO REGISTER:
1. Fill in the attached registration form
2. Fax the completed form to +603 2161 6227; OR email to frontdesk@accentwellness.com

REGISTRATION INCLUDES:
- First class meeting and conference amenities
- All symposium materials (syllabus containing articles discussed at seminar)
- Light refreshments and lunch on both days
- Certificate of participation (CPD points will be awarded)

CANCELLATION POLICY:
There are no refunds on cancellations.

For further enquiries, kindly contact us via:-
Phone: +603-2161-6228 (Mon-Fri 10am-6pm MYT)
Email: info@accentwellness.com
Online: www.accentwellness.com

Hotel Accommodations:
JW MARRIOTT HOTEL Kuala Lumpur, 183 Jalan Bukit Bintang
Kuala Lumpur, 55100 Malaysia
Please call +603-2715-9000 or +603-2719-8067
Please ask for Shanna and reference Accent Wellness - (Hormone Replacement Therapy Part 1 Seminar)

Please make reservations early to assure room availability at the corporate rate.

PLEASE ENSURE YOU ARE CONFIRMED FOR THE SEMINAR BEFORE PURCHASING AIRLINE TICKETS.
about us

Accent Wellness Compounding Pharmacy specializes in solving patient non-compliant problems through compounding – the modern method of preparing customized medications to meet unique physician and patient needs. The pharmacy is a joint venture with a US-based medical incorporation, and was established with the intention of providing high quality and effective health rejuvenating solutions to an increasing demand to control aging and improve overall health and wellness. We are also one of the newest and most innovative compounding pharmacies that have been registered with the Ministry of Health Malaysia to offer this ground-breaking service to medical practitioners.

Unlike standardized conventional products commercially available, at Accent Wellness our preparations can be customized to meet the specific requirements of each individual. We are the only compounding pharmacy in Malaysia registered with the Professional Compounding Chemist Association (PCCA) consisting of an international network of compounding pharmacies with vast resources to provide unique solutions for some of the most complex medication problems physicians and patients face today.

As you know, today’s healthcare consumer is taking a more active role in their search for quality outcomes. This activity is challenging the medical community in several areas. One such area of increasing demand is that of Bio-identical Hormone Replacement Therapy (BHRT). BHRT aims to alleviate the symptoms caused by the natural decrease in production of hormones by the body. BHRT typically involves creating a specific combination of hormones that is unique to each individual patient, based on the patient’s unique hormone deficiencies. Common forms of compounded bio-identical hormones include: creams, oral, suppository, troches, and/or injections.

Apart from BHRT, Accent Wellness also provides unique solutions in other areas:-
• Pain management;
• Paediatric;
• Veterinary;
• Dermatology;
• Anti-aging solutions;
• Physician education and support;
• Preparing medications which are commercially unavailable, reformulated, preservative and dye-free;
• Unique dosage forms and delivery systems

At Accent Wellness, we incorporate the art form of pharmacy improved over time with modern science and technology to create a contemporary environment which is conducive not only to solving therapeutic problems but also bridging the gaps between doctor, pharmacist and the patient – working together to produce solutions that work best for everyone.