



PERSONALIZED HORMONE RESTORATION THERAPY: THE FUNDAMENTALS

ACTIVITY SCHEDULE DAY 1

45 minutes	<p>Fundamental Principles and Rules of Engagement</p> <ul style="list-style-type: none"> A set of fundamental principles and rules related to hormone restoration therapy will be presented. These principles will be applied throughout the seminar.
45 minutes	<p>Hormones and Hormone System Functions</p> <ul style="list-style-type: none"> The hierarchical order of the hormone cascade will be reviewed in detail. The interrelationships between hormones and the influence of exogenous factors on hormone biosynthesis will serve as a recurring theme throughout the seminar. Emphasis will then be placed on the female reproductive lifecycle with a focus on perimenopause.
30 minutes	<p>Evaluating The Risks of Female Hormone Restoration</p> <ul style="list-style-type: none"> Current empirical evidence on the risks associated with female hormone restoration will be reviewed. Scientific data on risks related to hormone type (e.g., synthetic versus bioidentical) and route of delivery (e.g., oral versus transdermal) will be critically evaluated in a balanced manner.
10 minutes	Break
50 minutes	<p>Subjective & Objective Testing</p> <ul style="list-style-type: none"> The advantages and disadvantages of subjective clinical assessments will be discussed and a novel case assessment tool will be introduced. The efficacy, reliability, and validity of saliva, blood, blood spot, and urine tests will be critically evaluated and the applicability of normative databases will be discussed.
1 hour	<p>Inter-Hormone Relationships</p> <ul style="list-style-type: none"> Interrelationships between hormones and the impact of combined hormone imbalances are detailed. The influence of cortisol and DHEA imbalances on estrogen, progesterone, and testosterone in the female and male begin to demonstrate the complexity of the interrelationships that exist within the hormone cascade.
1 hour	Lunch
1 hour 15 minutes	<p>Adrenal Function and Dysfunction</p> <ul style="list-style-type: none"> Adrenal dysfunction will be examined in greater detail along with its broad scope of activities (e.g., maintenance of blood pressure, insulin release control, blood glucose metabolism, bone mineralization, and immune system suppression). Treatment protocols and dosage range tables will be presented for use in case scenarios.
45 minutes	<p>Adjunct Nutraceutical Therapy</p> <ul style="list-style-type: none"> The benefits of nutraceuticals as adjunct therapies to hormone restoration will be explored and considered based on some of the medical literature currently available.
10 minutes	Break
50 minutes	<p>Special Considerations Related to Treatment Protocols</p> <ul style="list-style-type: none"> Atypical situations and their relevance to treatment protocols will be reviewed. These circumstances now become criteria for consideration when establishing treatment regimens.
1 hour	<p>Premenstrual Syndrome, Perimenopause, and Menopause</p> <ul style="list-style-type: none"> Treatment protocols for premenstrual syndrome, perimenopause, and menopause will be presented for use in case scenarios.



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ACTIVITY SCHEDULE DAY 2	
45 minutes	<p>Male Hypogonadism and Sexual Dysfunction</p> <ul style="list-style-type: none"> Treatment protocols for male hypogonadism and sexual dysfunction (e.g., erectile dysfunction) will be presented for use in case scenarios.
1 hour 15 minutes	<p>Thyroid Function and Dysfunction</p> <ul style="list-style-type: none"> The hypothalamic-pituitary-thyroid axis and thyroid hormone metabolism will be reviewed. Similarities and differences between thyroid and adrenal dysfunction will be discussed in detail with hypothyroidism as the focal point.
10 minutes	<p>Break</p>
35 minutes	<p>Thyroid Function and Dysfunction (Continued)</p>
1 hour 15 minutes	<p>Treatment For Female Sexual Dysfunction</p> <ul style="list-style-type: none"> Treatment protocols for female sexual dysfunction, including vaginal atrophy and vulvodynia, will be presented for use in case scenarios.
1 hour	<p>Lunch</p>
1 hour	<p>Strategies For Treatment Modification</p> <ul style="list-style-type: none"> Strategies for detoxification and treatment termination will be presented.
1 hour	<p>Route Of Delivery, Dosage Form, Delivery System, And Devices</p> <ul style="list-style-type: none"> Based on the medical literature, appropriate routes of delivery and corresponding dosage forms and delivery systems needed to bring about an intended therapeutic effect will be presented. Following this, problematic circumstances will be examined in detail and alternative routes of delivery will be suggested in consideration of anatomical and physiological factors.
10 minutes	<p>Break</p>
1 hour 35 minutes	<p>PCOS, Metabolic Syndrome, and Insulin Resistance</p> <ul style="list-style-type: none"> Three final case studies on PCOS, metabolic syndrome, and insulin resistance will be presented.
15 minutes	<p>Activity Summary, Q&A, Closing Remarks</p>

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