HRT Medical Seminars Series
Session I

Who Should Attend?

Any healthcare professional working within the medical community who is interested in understanding preventive medicine and quality of life issues, and the safe use of hormones in the medical management of aging.

This course will provide you the cutting edge tools to expand your practice.
About the Course

Dr. Rouzier’s seminars are designed to pack an inordinate amount of practical information into a motivating two day experience. His courses will focus on:
- Demonstrating the health benefits and physiology of hormones
- The detrimental effects of hormone deprivation
- The importance of hormone replacement

In addition, the literature review demonstrates the difference in types of hormones and the difference between synthetic and bioidentical.

Finally, in every study the literature supports that normal levels do not equal optimal levels, which is of utmost importance when monitoring and adjusting hormones for optimal health and well-being.

His professional knowledge and teaching excellence are reflected in the popularity of his courses. In these courses, it is Dr. Rouzier’s goal to share his experience, expertise and techniques.

This course provides the tools to:
- Improve diagnostic skills
- Intensify preventive approaches
- Provide more comprehensive services
- Enhance your practice style

Increased knowledge of the field will result in increased quality of care and patient satisfaction. Adding preventative medicine will promote a more effective and satisfying medical practice. Following seminar attendance, Dr. Rouzier will remain available to assist with any questions to ensure success.

Dr. Neal Rouzier specializes in bioidentical hormone replacement for men and women. 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 is the Director of The Preventive Medicine Clinics of the Desert, specializing in the medical management of aging and preventive medicine. He has over 15 years of experience as an educator and practicing physician. His passion for literature research has lead him to become one of the most credible speakers in this field.
Optimal Hormone Replacement Medical Seminar Series

Session I Agenda - Saturday

7:30am - 8:00am - Registration

8:00 - 9:00am - Introduction to Hormone Replacement Therapy
  • Importance of optimization of all hormones as per the medical literature
  • Health and quality of life benefits
  • AMA statement on anti-aging
  • 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

9:00 - 10:00am - 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
  • Administration, monitoring, adjusting, troubleshooting, side effects
  • Which test is best: growth hormone levels, ITT, IGF-1, IGF-PB3

10:00 - 10:15am - Break

10:15 - 12:00 Noon - Testosterone: Safe and necessary for both men & women
  • Various types and doses, but which is best
  • Applications: How, where, when, to apply and why
  • 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, 5a-reductase inhibitors, & aromatase inhibitors
  • A 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, when, why to apply
  • Side effects and treatment with Spironolactone
  • Extensive literature review

12:00 - 1:00pm - Non CME Working Lunch
  Special Guest Speaker, Mark Hincher, RPh AnazaoHealth Corp.

1:00 - 2:00pm - 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
  • 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 adjusting

2:00 - 4:00pm - Menopause: Estrogen & Progesterone Are Absolutely Necessary for Health & Well-being
  Estrogen is very complex to decipher and understand
  • Natural vs. synthetic estrogen; 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
  • Transdermal vs. oral: Benefits and harm of each
  • Does age make a difference?
  • Indication and contraindications: Problems with synthetic vs. bioidentical vs. compounded
  • New evidence that contradicts the conclusions of the WHI Trial
  • Different strategies for managing PMS, Perimenopause and Menopause

2:30 - 3:30pm - Progesterone
  • Absolutely necessary in all women at whatever age
  • A literature review: There is not one negative study
  • MP not equal to 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, and the Ugly
  From worthless to lifesaving: It all depends on quality and dosing

4:00 - 5:30pm - Thyroid: Why Patients Demand it
  • The most misunderstood and ignored hormone
  • Thyroid test is normal, so what?
  • Types of hypothyroidism
  • Does your patient need 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)
  • Literature support for optimization: Treat the labs or the patient?
  • ACOG and NAMS: No study to show efficacy of BHRT - Wrong!
  • What types of estrogen: How, what, where, why?
  • Informed consent for stopping HRT and harm of hormone deprivation
  • Don’t fear it: The most recent consensus views

5:30 - 6:30pm - 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

AnazaoHealth Corporation • 5710 Hoover Blvd. Tampa, FL 33634 • Phone: 800.995.4363
Optimal Hormone Replacement Medical Seminar Series
Session I Agenda - Sunday

8:00am - 12pm - Why did you prescribe hormones if the levels were normal?
- Administration and appropriate dosing
- The nuts and bolts for practicing HRT correctly: Everything you should know
- Monitoring the patient and adjustment for optimization
- Proper case management, problems and complications
- Mistakes to avoid
- Lab interpretation & lab comparison
- Different optimal levels for different laboratories

Dr. Neal Rouzier stated, “This seminar is a workshop utilizing a case study approach designed to help physicians successfully and knowledgeably treat their age management patients.

This intense 2 day mini-residency teaches everything you should know about hormones, the various types of hormones, both good and bad, problematic, and life saving, synthetic (non-human) vs. pharmaceutical bioidentical (human identical) vs. compounded (human identical but not FDA tested or approved). You’ll get the real nuts and bolts needed to prescribe hormone replacement therapy (HRT), which ones to use and which ones to avoid, how much, when and why.

You’ll learn about monitoring and adjusting HRT through literature presentations, case studies and open discussions. Emphasis is placed on understanding the difference between normal and optimal levels of hormones based on our medical studies.”

12:00pm - 1:00pm - Non CME Working Lunch
Special Guest Speaker, Carolyn Rouzier: “Setting up my Preventive Medicine Practice: What Works and What Doesn’t”
- Outline, worksheet, forms, letters and consents
- How to bill
- Different types of programs
- Necessary equipment
- Evaluating pharmacies and laboratories
- Products and services
- Everything you will need to know before starting Monday morning

Dr. Rouzier continued to say, “Day two involves extensive review of 100 cases that involve laboratory evaluation, prescribing, adjusting, troubleshooting, and discussing various hormone therapies for different scenarios for both men and women. Your practice of 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.”

1:00 - 2:00pm - Review of Practical Application
- More treatment protocols
- Maintaining scientific standards
- Troubleshooting and case management
- Complicated cases: See if you can get them correct

2:00 - 3:15pm
- What did you learn and can you apply it
- Managing troublesome cases with solutions

100 Written Questions and Answers with Discussion

3:15pm - Wrap-up / Evaluation / Adjournment

This entire course was written, researched and developed by Neal Rouzier and is continuously updated with new and pertinent information, with special thanks to his wife Carolyn for putting up with and for tolerating him during this time. (And she wishes to let everyone know that this course would have never happened if he was on his own).
Educational Objectives: Session I
CME Credits Available

Upon completion of this workshop, the healthcare professional will be able to:

- 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.
- Describe the diagnosis and treatment of adult onset growth hormone deficiency.
- Identify the techniques used to attain optimal levels of human growth hormone (HGH).
- Examine and discuss possible side effects of HGH and how to properly adjust dosing.
- Review the extensive medical literature for HGH as it pertains to the tremendous health benefits, longevity benefits, overall decrease in mortality from all causes, as well as quality of life benefits.
- Implement therapeutic management of andropause based on studies reported in prestigious medical journals.
- Identify the types, doses and methods for administering testosterone to men and women.
- Discuss the prescribing of testosterone for men and women, including complications, precautions, potential side effects, and monitoring.
- Discuss the utilization of Finasteride, Dutasteride, and Anastrozole as they pertain to the management of side effects with testosterone administration.
- Identify the uses of melatonin including correct dosing and monitoring.
- Apply strategies for the effective uses of DHEA and pregnenolone including correct dosing and monitoring.
- Evaluate new evidence that contradicts the conclusions from the WHI Study on estrogen treatment in women.
- Demonstrate an understanding of the health benefits of estrogen and progesterone in contrast to the health detriments and harm of synthetic estrogen and progestin.
- Describe the types, doses, and methods used to administer estrogen and progesterone.
- Understand that different formulations can affect absorption, efficacy, side effects, and complications.
- Review lab tests that demonstrate many compounded hormones are poor in quality, not micronized, and result in reduced efficacy and low serum markers.
- Discuss recent literature, questions and answers that demonstrate the beneficial effects of hormones such as improved function and healing and a better quality of life.
- Explain current concepts of thyroid replacement and compare and contrast different options available for thyroid replacement as supported in the medical literature.
- Recognize various methods of testing for thyroid deficiencies and what labs and approaches are best.
- Discuss and analyze interesting and complicated cases in utilizing hormone replacement therapy.
- Recognize the difference between “normal levels” and “optimal levels” of hormones and the benefits or detriments as demonstrated by current medical studies.
- Implement best clinical practices in diagnosing, prescribing, monitoring and adjusting of BHRT for improved function and quality of life.
- Develop and apply business management principles to set up a preventive medicine practice.
- Analyze and review treatment protocols in case management for both simple and complex cases as it pertains to BHRT.
- Evaluate the lack of peer-reviewed studies for any compounded hormones in comparison to the standardized, pharmaceutical bioidentical hormones which are the only natural hormones utilized in the medical literature.
- Describe how to write prescriptions for compounded hormones to pharmacies, and how different formulations can affect absorption, efficacy and side effects.
- Correct any insufficient or inappropriately prescribed hormone therapy to conform to scientific standards as seen in medical literature.
- Implement current strategies into your practice to improve the level of care and patient compliance in the treatment of adult hormone deficiencies.
- Assure that prescribed hormones meet industry standards based on attaining adequate serum levels and symptom improvement.
- Understand that most compounded hormones are poor in quality, poorly absorbed, not micronized, and usually prescribed in very inadequate amounts to conform to scientific standards of maintaining therapeutic levels.
- Maintaining biologic endpoints is therefore the only reliable method for assuring that the HRT prescribed is as efficacious as pharmaceutical bioidenticals utilized in the literature.
- Realizing that it is the responsibility of the medical practitioner to assure that their compounding pharmacy dispenses only high quality hormones from either a European or U.S. made source in order to guarantee efficacy and therapeutic endpoints.
Optimal Hormone Replacement Medical Seminar Series

2 Easy Ways to Register

1. Fill out registration form below and fax to: 1.800.985.4363
   or
2. Register Online - Visit www.anazaohealth.com and click on Seminars

Seminar Information:

Session I Cost: $995.00
Early Bird Special - 25% off to the first 50 registered paid attendees - Seating is Limited
No Refunds. If cancelled within 48 hours of registered seminar, you may reschedule for another date.

Contact: Jennifer Seelochan, AnazaoHealth Corporation
Phone: 800.995.4363 Ext. 1296    Email: Seminars@anazaohealth.com
Website: www.anazaohealth.com

Saturday: 7:30am - Registration    Sunday: 8:00am - 3:30pm (Lunch Included)
8:00am - 6:30pm (Lunch Included)

Select Seminar Date/Location:

☐ June 11-12 - Los Angeles
☐ June 18-19 - Weehawken, NJ (NYC)
☐ July 16-17 - Chicago
☐ July 23-24 - San Francisco
☐ July 30-31 - Denver
☐ August 6-7 - Nashville
☐ August 20-21 - Seattle
☐ September 17-18 - Washington, DC
☐ October 1-2 - Dallas
☐ October 8-9 - Boston
☐ October 22-23 - New Orleans
☐ November 12-13 - Las Vegas
☐ November 19-20 - Miami

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****Seminar details will be emailed to you upon receipt of registration****