

# HORMONE REPLACEMENT

For Men & Women  
IN THE NEW MILLENIUM

Now that Prempro® and the pharmaceuticals have been debunked, bring your practice into the 21st century. Attend a provocative seminar on what's next in hormone treatment. For safety and preventative treatment in menopause, andropause and longevity medicine.

Dutchess Medical Society is pleased to sponsor  
An innovative expert in  
Bio-Identical Hormone Replacement Therapy

**Neal Rouzier, MD, FACEP**

Author, Educator, Innovator  
Practicing Physician

Complete 2 Day Medical Seminar Course

**15 CME Credits**

**DECEMBER 6<sup>th</sup> & 7<sup>th</sup>**

Casperkill Country Club - Poughkeepsie, New York

## Course Agenda

### SATURDAY, DECEMBER 6<sup>TH</sup>

8:00 to 8:15 AM

Registration and Introduction

8:15 to 10:15 AM All About Estrogens

- Different types of Natural Estrogens
- Difference between “Natural” and other commonly used Estrogens
- Benefits of estrogen replacement
- Do estrogens increase cancer risks?
- Estrogens & risk of stroke and heart attack
- Estrogens and risk of Alzheimer’s
- Bi-est and Tri-est
- How to switch patients over from Premarin®
- Optimal estrogen levels Contraindications

10:15 to 10:30 AM

Break

10:30 AM to Noon

Progesterone

- Natural or Progestins?
- When to use
- Why Natural is preferred
- Doses and Routes of administration
- Monitoring side effects and how to overcome them

Noon to 1:00 PM

Lunch (catered)

1:00 to 2:30 PM

Testosterone

- Various types and doses
- How, when and where to apply
- Complications, precautions, side effects and monitoring
- Is elevated PSA a problem?
- Testosterone for women
- What doses and levels work best?
- How to adjust dosing
- Testosterone and prostate cancer
- Use of Arimidex, DHT and Finasteridede

2:30 to 2:45 PM

Break

2:45 to 3:45 PM

Thyroid

- What if thyroid test is “Normal”?
- Does your patient need thyroid?
- Methods of administering thyroid medications
- Methods of monitoring thyroid medications
- The most misunderstood hormone
- Treatment of Fatigue, TSH or free thyroid hormones?
- Thyroid and fertility

3:45 to 4:30

DHEA

- How is DHEA monitored?
- Side effects
- Acceptable levels and how to treat
- What about prostate cancer risk?

4:30 to 5:15 PM

Pregnenolone and Melatonin

- Memory loss no longer inevitable
- Effective treatment with pregnenolone
- Melatonin as a sleep enhancer
- Melatonin as an immune enhancer
- Dosing of Melatonin

### SUNDAY, DECEMBER 7<sup>TH</sup>

8:00 to 9:45 AM

Growth Hormone

- Indications
- Administering and Monitoring
- Adjusting and trouble shooting
- Eliminating side effects
- Techniques used to induce acceptable levels
- Secretagogues

9:45 to 10:00 AM

Break

10:00 AM to Noon

Case Management

- Administration
- Appropriate Dosing
- Monitoring the patient and adjustment
- Proper case management
- Mistakes to avoid
- Lab interpretation

Noon to 1:00 PM

Lunch (catered)

1:00 to 2:30 PM

Case Management

2:30 to 2:45 PM

Break

2:45 to 5:00 PM

Organization and Practice Setup

- Charting
- Documentation
- Follow up testing
- Office Procedures
- Forms
- Use of Compounding Pharmacy
- Customer service

## Course Objectives

1. Provide a scientific, evidence based, practical approach to natural hormone replacement.
2. Learn about work-up, diagnosis, management, controversies, current regimens, interpretation of lab values, adjustment based on lab values and adjustment based on symptoms.
3. Provide a complete overview of basic principles, treatment protocols, trouble shooting, indications, and contraindication, and a full day of practice management and lab assessments.
4. Illustrate the health benefits of bio-identical hormones and come to appreciate why patients now demand this “feel-good” therapy.

## Accommodations



2330 South Road  
Poughkeepsie, NY 12601  
(845) 433-2243

### DIRECTIONS

#### From Manhattan or New Jersey:

I-87 North to Exit 17 (Newburgh) onto I-84 East to Exit 13 (Route 9) take left onto Rt 9 North-Go 9 mi to Casperkill Country Club, on the right at light.

#### From CT or New England:

I-84 West to Exit 13 (Route 9) take right onto Rt 9 North - Go 9 miles to Casperkill Country Club, on the right at light.

#### From Western NY or PA:

I-84 East to Exit 13 (Route 9) take left onto Rt 9 North - Go 9 miles to Casperkill Country Club, on the right at light.

## Complete 2 Day Medical Seminar Course Registration

December 6<sup>th</sup> & 7<sup>th</sup> • Poughkeepsie, NY

Open to the first 45 Professionals

**\$100 - MD, DO • \$60 - RN, NP PA**

To register  
Fill out  
Registration form &  
MAIL: Dutchess County Medical Society  
82 Washington St. #201 Poughkeepsie, NY 12601  
or FAX: (845) 458-3841 PHONE: (845) 452-2140  
or EMAIL: [jill@dcms.org](mailto:jill@dcms.org)

Please fill out your information completely. Transportation, lodging, & meals (except lunch) not included in seminar price. For lodging reservations call COURTYARD BY MARRIOTT 1-800-321-2211 Ask for special rooms rates for the Casperkill Hormone Conference (\$79 per night, located 1.6 miles north of Casperkill Country Club).

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Fax:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Make Check Payable to DCMS: Check #** \_\_\_\_\_ **Amount \$** \_\_\_\_\_

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