



TRUBALANCE HEALTHCARE Inc. (Canada) presents a collaboration with
WORLDLINK MEDICAL

LIVE CME - BHRT SERIES - PART I MASTERING THE PROTOCOLS FOR OPTIMIZATION OF HORMONE REPLACEMENT THERAPY

FRIDAY, MARCH 20 TO SUNDAY, MARCH 22, 2020
Westin Harbour Castle Hotel – Toronto, On.

**EARLY BIRD - REGISTER BY DECEMBER 30, 2019 & SAVE \$150 OR
REGISTER BY FEBRUARY 3, 2020 & SAVE \$ 100**

21 AMA PRA Category 1 Credits™, 21 Nursing Contact Hours (21 Pharmacologic Hours)
Accreditation by The Foundation For Care & Management, Centre for Learning & Change



**FEATURING WORLD-REOWNED
BIOIDENTICAL HORMONE EXPERT, GLOBAL
EDUCATOR AND SUCCESSFUL AUTHOR
DR. NEAL ROUZIER, MD**

*" We link the science of medicine, the art of caring, and the
experience of learning, to transform the health of individuals
across the globe.*

*By doing this we help healthcare professionals move their
practices from ordinary to extraordinary."*

Teaching Licensed Medical Practitioners How To Transform Patients' Lives
INTERNATIONALLY RECOGNIZED ADVANCED BHRT CERTIFICATION - 4 PART SERIES
The only BHRT Education in the industry based on the science and evidence backed by the medical literature.





LEARN EVIDENCE BASED HORMONE PROTOCOLS – DISCOVER OPTIMAL HORMONES

EDUCATOR - DR. NEAL ROUZIER, M.D.

- Lead instructor for Worldlink Medical, North Salt Lake City, Utah
- A pioneer in bioidentical hormone replacement therapy
- Over 16 years of experience as an educator and practicing physician
- 29 years of Emergency Medicine at Queen of the Valley Hospital, West Covina, California
- Director of the Preventive Medicine Clinics of the Desert, Palm Springs, California

OPTIMUM AUDIENCE

Open to All Licensed Healthcare Professionals Across Borders

Medical Doctors, GPs, OB/GYNs, Doctor of Osteopathic Medicine, Endocrinologists, Internal Medicine, Cardiologists, Internists, Physicians Assistants, RNs, RPNs, Nurse Practitioners, Naturopathic Doctors, Geriatricians, Psychiatrists, Plastic Surgeons, Sports Medicine, Psychotherapists, Gastrointestinal Surgeons, Urologists, and Psychiatrists, etc.

The **PART I** course by Worldlink Medical is unique, comprehensive, and practical. No other program includes the comprehensive, in-depth analysis of evidence supporting hormone optimization that this course provides.

MASTERING THE PROTOCOLS FOR OPTIMIZATION OF HORMONE REPLACEMENT THERAPY FACULTY/ EDUCATOR: DR. NEAL ROUZIER, M.D.

COURSE DESCRIPTION AND DETAILS

PART I - utilizes a scientific literature review of HRT, case presentations, & case management requiring audience participation, an approach designed to help Physicians, NPs, and NDs to successfully and knowledgeably treat their age management patients.

DAY 1 - Is a literature review of the importance of optimizing hormones for both men and women.

DAY 2 - Involves diagnosing, prescribing, monitoring, and adjusting dosing based on patient's symptoms and lab tests.

The **Part I** course is designed to provide literature presentations, case studies, and open discussions

AS A HEALTHCARE PRACTITIONER, HAVE YOU EVER STRUGGLED WITH PATIENTS WHO FACE GRADUAL, STEADY DECLINE IN THEIR OVERALL HEALTH?

- Do any of your patients try to lose weight, eat right, exercise . . . but never seem to get results?
- Do you have patients with out-of-control numbers - cholesterol, LDL, C-reactive protein, blood glucose, and hemoglobin A1C?
- Are the therapies you've prescribed for those patients (statins for hyperlipidemia, metformin for insulin resistance and diabetes, blood pressure drugs) making them better or worse?
- Are your patients experiencing improvement in their numbers?
- Are they feeling as good as they ever have?
- Are they really reducing their cardiac and metabolic risks?
- Are your menopausal female patients still suffering from hot flashes, night sweats, fatigue, low libido & hair loss?
- Are they sleeping soundly 8 hours a night?
- Are they free of paralyzing anxiety and hopeless depression?
- Are your male patients experiencing low energy, muscle loss, hair loss, weight gain, and sexual dysfunction?

Transform Your Patients' Lives by Optimizing Their Hormones

World-renowned hormone expert, **Dr. Neal Rouzier**, will teach you everything you need to know about hormones and why your patients need you to help them optimize their hormone levels for long term maximum health and wellness.

The Prevailing View on Hormones

Physician groups like the *American College of Obstetrics and Gynecology* (ACOG) and the *North American Menopause Society* (NAMS), as well as the *US Food and Drug Administration* encourage practitioners to prescribe the lowest dose of a specific hormone that relieves symptoms. They recommend treating patients with hormone replacement for the shortest amount of time possible and discourage hormone replacement for disease prevention.



Dr. Rouzier uses the data in the medical literature to support the concept of hormone optimization, as opposed to hormone replacement. Hormone optimization is the quest to get patients' hormone levels within optimal ranges, for as many hormones as possible. **The course begins with an overview of the Women's Health Initiative study - the single most influential study about hormones ever published.**

- Who received hormone replacement therapy?
- What hormones these patients received
- Where the WHI results have been blown out of proportion
- When hormones were given to patients in the study
- Why the study is fundamentally flawed
- How the WHI has had devastating implications on the health of women for over 15 years

HORMONES COVERED – COMPREHENSIVE OVERVIEW

In the course, you'll receive a comprehensive overview of Estradiol, Progesterone, Testosterone, and Thyroid hormones T3 and T4. Dr. Rouzier also covers several lesser-known hormones like Pregnenolone, DHEA, Melatonin, and Cortisol. He discusses lab tests, signs and symptoms, hormone dosing, and what pitfalls to be aware of in optimizing hormone levels.

Normal vs. Optimal Hormone Levels:

Dr. Rouzier emphasizes the difference between “**normal**” (age-adjusted) hormone levels and “**optimal**” hormone levels. He contends that the best hormone levels correlate to levels found in young adults. Dr. Rouzier dives deep into the medical research to back up his contention that optimal hormone levels are the most effective tool to help patients get healthy and stay that way. He shows how optimal hormones help you:

Relieve Symptoms in Male and Female Patients:

- Eliminate hot flashes, night sweats, and vaginal dryness for women in menopause
- Decrease sexual dysfunction in men and women
- Improve patients' sleep, energy, libido, and quality of life
- Protect men and women from the frailty and broken bones of Osteoporosis
- Help men and women gain muscle strength and stamina for more exercise benefits

Go Beyond Statins in Reducing Cardiovascular Risks:

- Reduce dyslipidemia
- Improve carotid artery calcium scores
- Lower inflammatory cytokines
- Optimal hormones are proven to reduce cardiovascular risk

Protect Patients from Metabolic Syndrome and Diabetes:

- Provide realistic ways for patients to lose visceral fat/reduce basal metabolic index (BMI) (even if they've struggled in the past)
- Reverse insulin resistance
- Lower blood glucose and hemoglobin A1C
- Reduce diabetes risk

Prevent Senile Dementia:

- Help patients stay sharp and independent longer
- Keep patients healthy and active so they can live the life they want

As a practitioner, you may walk into Worldlink's Part I course on Friday, skeptical of the role of hormones in health. You may feel resolute in sticking with standard of care that dismisses the idea of hormones for disease prevention. **This course is comprehensive and extremely practical.** Dr. Neal Rouzier teaches you the “**nuts and bolts**” of optimizing your patients' hormones. He helps you understand the **why's** of optimal hormones, but also gives you specific instruction on the **how's**. You will walk away with the practical knowledge and confidence to prescribe that allows you to get started on Monday morning.

Get Answers with the WLM Exclusive Practitioner Forum:

Worldlink Medical has created an exclusive **practitioner forum**, where physicians ask questions and discuss difficult clinical situations with peers. This valuable resource is available to all past attendees of Worldlink Medical Hormone Optimization courses. Practitioners with years of experience, as well as Dr. Rouzier himself, are active on the forum, lending a helping hand to physicians just getting started with BHRT.

Accreditation by The Foundation For Care & Management, Centre for Learning & Change

Joint Providers: The Foundation for Care Management and Trubalance Healthcare Inc.

COURSE FEE – LIMITED SEATING 40 PEOPLE – REGISTER EARLY

- **\$1695.00 CDN funds + HST (13%) tax per person**
- 2020 Early bird – Register by February 3 – SAVE \$100
- Past graduate retake - \$875 (no discounts)
- Discounts cannot be combined
- No pre-requisite to attend

2019 EARLY BIRD

- Register by December 30, 2019
- SAVE \$150

COURSE SCHEDULE – (EST TIME ZONE)

- Friday, March 20 8:00 am - 6:00 pm
- Saturday, March 21 8:00 am - 6:00 pm
- Sunday, March 22 8:00 am - 12:00 noon
- **BREAKFAST** 7:00am – Friday & Saturday only
- **LUNCH** 12:00pm – Friday & Saturday

COURSE INCLUDES

- Binder/syllabus
- Case studies & medical references
- Online test
- CME credits
- Breakfast & lunch

COURSE LOCATION & HOTEL ROOMS

Loyalty Points Program by Marriott Bonvoy - <https://www.marriott.com/loyalty.mi>

- Westin Harbour Castle Hotel | 1 Harbour Square, Toronto, ON., M5J 1A6 | Telephone: 416.869.1600
- Special hotel rate: \$199.00 CDN funds + taxes per night – regular hotel room
- Discount booking code & link available upon registration of the course

TRAVEL & AIRPORTS

- Toronto Pearson International Airport | All airlines <https://www.torontopearson.com/en>
- Billy Bishop Toronto City Airport (downtown Toronto across from the hotel) | Porter Airlines <https://www.flyporter.com/en-ca/>

ADVANCED BHRT CERTIFICATION BY WORLDLINK MEDICAL - GLOBALLY RECOGNIZED

Practitioners have the option to take their courses in both USA & Canada with Worldlink Medical. Canadian courses are managed and produced by Trubalance Healthcare Inc. It takes approximately 1 year to complete Part I to IV to obtain your ABHRT Certification or you may fast track through in 6 - 8 months by combining courses in the USA & Canada.

2020 SCHEDULE FOR CANADA - MARK YOUR CALENDARS

- **Part II – Mastering the Protocols for Optimization of Hormone Replacement Therapy – Advanced**
- Friday, October 23 to Sunday, October 25
- **Conference Location:** Westin Harbour Castle Hotel | 1 Harbour Square, Toronto, ON., M5J 1A6

FOR ALL COMMUNICATION & TO REGISTER PLEASE CONTACT

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www.trubalancehealthcare.com

SEE THE FULL COURSE MATERIAL ONLINE - www.trubalancehealthcare.com

REQUEST DETAILED COURSE BROCHURE & AGENDA, PLEASE EMAIL: donna@trubalancehealthcare.com

Produced by TruBalance Healthcare Inc. (Canada) “THE BIOIDENTICAL HORMONE SPECIALISTS IN CANADA”

*21 AMA PRA Category 1 Credits™,
21 Nursing Contact Hours (21 Pharmacologic Hours)*

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ACCREDITATION STATEMENTS

AMA PRA Category 1 Statement

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the Foundation for Care Management (FCM) and TruBalance Healthcare Inc. The Foundation for Care Management is accredited by the ACCME to provide continuing medical education for physicians.

FCM designates this educational activity for a maximum of 21 AMA PRA Category 1 Credits™

Physicians should only claim credit commensurate with the extent of their participation in this activity.

The ACCME defines a “Commercial Interest” as any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients.

Nursing Statement

Foundation for Care Management is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. *21 Nursing contact hour(s).*

COURSE OBJECTIVES

- 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 per the literature.
2. Implement therapeutic management of andropause based on studies reported in prestigious medical journals.
3. Identify the types, doses and methods for administering testosterone to men and women.
4. Discuss the prescribing of testosterone for men and women, including complications, precautions, potential side effects, and monitoring.
5. Discuss the utilization of Finasteride, Dutasteride, and Anastrozole as they pertain to the management of side effects of testosterone.
6. Identify the uses of melatonin including correct dosing and monitoring.
7. Apply strategies for the effective uses of DHEA & pregnenolone including correct dosing/monitoring
8. Evaluate new evidence that contradicts the experts’ conclusions from the HERS and WHI trials on estrogen treatment in women.
9. Demonstrate an understanding of the health benefits of estrogen and progesterone in contrast to the health detriments and harm of synthetic estrogen and progestin.
10. Describe the types, doses, and methods used to administer estrogen and progesterone.
11. Identify that different formulations can affect absorption, efficacy, side effects, and complications.
12. Review lab tests that demonstrate that some compounded hormones are poor in quality, not micronized, and result in reduced efficacy and low serum levels.
13. 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.
14. Describe current concepts of thyroid replacement and compare and contrast different options available for thyroid replacement as supported in the medical literature.
15. Recognize various methods of testing for thyroid deficiencies & what labs & approaches are best.
16. Discuss and analyze interesting and complicated cases that involve hormone replacement therapy, which hormones are absorbed best, and when to use oral vs. transdermal HRT.
17. Recognize the difference between “normal levels” and “optimal levels” of hormones and the benefits or detriments as demonstrated by current medical studies.
18. Implement best clinical practices in diagnosing, prescribing, monitoring and adjusting of BHRT for improved function and quality of life.
19. Develop and apply business management principles to set up a preventive medicine practice.

20. Analyze and review treatment protocols in case management for both simple and complex cases as it pertains to BHRT.
21. Describe how to write prescriptions for compounded hormones to pharmacies, and how different formulations can affect absorption, efficacy and side effects.
22. Identify and correct any insufficient or inappropriately prescribed hormone therapy to conform to scientific standards in order to optimize hormone levels.
23. Implement current strategies into your practice to improve the level of care and patient compliance in the treatment of adult hormone deficiencies.
24. Identify that biologic endpoints (lab tests) are the only reliable assessments to assure that the HRT prescribed is as efficacious as pharmaceutical bioidenticals utilized in the literature.
25. Recognize that it is the responsibility of the medical practitioner to assure that their compounding pharmacy dispenses only high-quality hormones from either a European, Canadian or U.S. made source in order to guarantee efficacy and therapeutic endpoints. ** Choose the compounding pharmacy according to your country. Canadian compounders cannot ship prescriptions outside of Canada.
26. Apply current prescribing strategies for maintaining adequate hormone levels, which serum levels to follow, which tests not to use (saliva), and the literature supporting each.
27. Review the literature describing anti-aging & how it pertains to hormones & improving function, healing & provide a better quality of life even though no therapy is FDA approved for anti-aging.
28. Analyze new treatment protocols to best diagnose, prescribe, monitor, and adjust BHRT for improved function and quality of life.

SEMINAR AGENDA

2020 Medical Seminar Series: ***Mastering the Protocols for Optimization of Hormone Replacement Therapy - Part I***

March 20 – 22, 2020 - Toronto, ON

Friday

7:00 – 8:00 a.m. Registration

8:00- 10:00 a.m.

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
- The best preventive medicine to maintain well-being and reduce morbidity & mortality
- Normal is not optimal, and optimal is best
- Understand that simply replacing hormones to normal levels is not what is best for health and well-being
- 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

10:00- 10:15 a.m. Break

10:15 - 12:15 p.m.

Testosterone: Safe and necessary for both men and women

- Various types and doses but which is best, simplest, easiest
- Applications: How, where, when, to apply and why
- Complications, precautions, side effects and monitoring

12:15 – 1:15 p.m. Lunch

1:15 – 4:00 p.m.

Testosterone: Safe and necessary for both men and women

- What levels are normal and what levels are optimal
- PSA, free PSA, and prostate cancer
- DHT, Estradiol, Finasteride, Anastrozole, 5 α -reductase inhibitors, & aromatase inhibitors
- A literature review, indications & contraindications, and blood clots?

4:00 – 4:15 p.m. Break

4:15 – 5:30 p.m.

Testosterone for women: The feel-good hormone for women too

- It is not just a male hormone but also a very important female hormone
- What types, doses and levels work best
- Application: How, where, when, why to apply
- Side effects and treatment, and use of Spironolactone
- Extensive literature review

5:30 – 6:00 p.m.

Question and Answer

Saturday

7:30 – 8:00 a.m.

Registration

8:00 – 9:00 a.m.

Melatonin, DHEA and Pregnenolone: All hormones provide health benefits including these-

- 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

9:00 – 11:00 a.m.

**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 and timing is everything
- 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? Does timing make a difference? Understanding MMP
- Indication and contraindications: Problems with synthetic vs. bioidentical vs. compounded
- New evidence that contradicts the conclusions of the WHI Trial and HERS
- Different strategies for managing PMS, peri-menopause, menopause, bleeding, problems, side effects and complications = no man's land

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, safe vs. unsafe
- If some is good, more is better? Absolutely
- Dosing, monitoring, adjusting, and the importance of optimization
- Serum vs. saliva testing and harm of inadequate dosing
-

Compounded BHRT: The Good, the Bad, and the Ugly

From worthless to lifesaving: It all depends on quality, correct dosing, and monitoring

11:00 – 11:15 a.m. - Break

11:15 – 12:15 p.m. - Thyroid: Why patients demand it and why physicians refuse to prescribe it

- The most misunderstood and ignored hormone
- Thyroid test is normal but symptoms persist. So now what?
- Types of hypothyroidism and which ones you miss
- 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: Treat the TSH or Free T3 or the patient?
- 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
- The consequences of low normal Free T3 as per JAMA

12:15 – 1:15 pm – Lunch onsite

“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
-

1:15 – 2:15 p.m.

Thyroid: Why patients demand it

2:15 – 3:15 p.m.

Summary & Review

- Interesting cases
- HRT indications, contra-indications, risks, benefits
- Side effects, problems, complications
- Dosing & adjustment of various types of HRT with lab reference comparisons
- Cautions, suggestions, things to do, and mistakes to avoid

3:15 – 3:30 p.m. - Break

3:30 – 5:30 p.m.

Case Management: Why did you prescribe hormones if the levels were normal?

- Administration and appropriate dosing
- The nuts & bolts for practicing HRT correctly: Everything you should know
- Administration and appropriate dosing
- Monitoring the patient and adjustment for optimization
- Proper case management, problems and complications
- Mistakes to avoid
- Lab interpretation & lab comparisons
- Different optimal levels for different laboratories

5:30 – 6:00 p.m.

Question and Answer

Sunday

7:30 – 8:00 a.m.

Registration

8:00 – 10:00 a.m.

Case Management: Everything You Should Know

10:00 – 10:15 a.m. – Break

10:15 – 11:15 a.m.

Review of Practical Application

- More treatment protocols, problems, & solutions
- Maintaining scientific standards
- Troubleshooting and case management
- Complicated cases: See if you get them correct

11:15 – 12:15 p.m.

Putting it all together

- What did you learn and can you apply it
- Managing troublesome cases with solutions

100 Written Questions and Answers

Cases with Discussion

12:15 p.m.

Wrap-up/ Evaluation/ Adjournment

**REGISTRATION FORM FOR CANADIAN COURSES IN CDN FUNDS IN RED
TRUBALANCE HEALTHCARE INC. (CANADA)**

Part I

☐ **Feb. 28 - March 1, 2020**
Salt Lake City, UT

☐ **March 20 -22, 2020**
Toronto, ON., CANADA

☐ **August 7-9, 2020**
Salt Lake City, UT

Part II

☐ **April 3-5, 2020** Salt
Lake City, UT

☐ **September 11-13, 2020**
Chicago, IL

☐ **October 23 -25, 2020**
Toronto, ON., CANADA

Part III

☐ **October 25-27, 2019**
Fort Worth, TX

☐ **May 1-3, 2020**
Chicago, IL

☐ **October 16-18, 2020**
Dallas, TX

Part IV

☐ **December 6-8, 2019**
Salt Lake City, UT

☐ **June 26-28, 2020**
Dallas, TX

☐ **December 4-6, 2020**
Salt Lake City, UT

☐ **Course Fee - \$1695.00**
CDN + HST 13%

☐ **Course Fee - \$1695.00**
CDN + HST 13%

☐ Register by Dec. 30, 2019
Save \$150

☐ Register by Sept. 3, 2020
Save \$125

☐ Register by Feb. 3, 2020
Save \$100

☐ Past Graduate Fee \$875 + HST
13% - (no discounts)

☐ Past Graduate Fee \$875 +
HST 13% - (no discounts)

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Please see worldlink medical to register for Part III & IV

Canadian Registration Form

Full Name

Credentials (MD, RN, RPh, ND, etc.)

Email

Clinic Tel

Cell Phone

How did you hear about us?

Specialty

Clinic Address

City

State

Zip

How would you like to receive your course materials?

Printed

Digital

Both

Credit Card Type

☐ Master Card

☐ Visa

☐ American Express

Name on Card

Expiration

Card Number

Expiration Date

Security Code

X

Signature

If billing address for credit card is different than address listed on the form:

Address

City

State

Zip

Register online at: www.trubalancehealthcare.com/education

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ATT: Donna A. G. Kingman

Director of Business Development & Communications