



The power of balance.

HRT Symposium

July 12-14, 2018

Boston, Massachusetts

Everything you need to know about getting started with Hormone Replacement Therapy.

CE/
CME/CNE
offered

Designed for practitioners and pharmacists, this symposium will provide **comprehensive hormone information and options for more successful female and male patient outcomes.**

- Learn the basics of HRT for women and men, including physiology, science, clinical considerations and dosing
- Get the latest HRT information from current literature and patient case studies
- Return home armed with practical information you can immediately put to use in your practice

Why should you attend? We bring you not just 1 or 2, but **8 speakers** who are experts in their fields, covering a wealth of topics:

- A Woman's Hormonal Symphony
- Functional Medicine Approach to the Thyroid and Adrenals, and Compounding for Thyroid Disorders
- How to Convert from Commercial HRT to Compounded Options
- Cognitive Function and Neuroinflammation
- Testosterone Replacement Therapy, including Compounded Options for Testosterone

Other topics include:

- Controversial Issues in Women's Health
- Female Hormone Conditions
- Advances in the Treatment of Erectile Dysfunction
- Hormones and the Skin and GI Health
- Compounding for Dermatology
- Oxytocin

**14 hours of CME, CNE
will be applied for.**

Invite your practitioners to hear from renowned doctors who have successfully implemented compounded HRT options into their own practices.

Thursday, July 12, 2018

- 7:00 am Registration / Breakfast
- 8:00 am Opening Announcements
- 8:30 am **A Woman's Hormonal Symphony** – | Pamela W. Smith, MD, MPH, MS
- 10:00 am **Q & A**
- 10:15 am Break/Expo
- 10:45 am **A Functional Medicine Approach to the Thyroid and Adrenals** – Roxanne Carfora, DO
- 11:45 pm **Q & A**
- 12:00 pm **Compounding for Thyroid Disorders** – Bruce Biundo, RPh
- 12:15 pm Lunch / C4 Lunch
- 1:30 pm **How to Convert from Commercial HRT to Compounded Options** – Sahar Swidan, PharmD, BCPS, ABAHP, FAARFM, FACA
- 2:30 pm **Conversion FAQs** – Sara Hover, RPh
- 2:45 pm **Q & A**
- 3:00 pm Break/Expo
- 3:30 pm **Point/Counterpoint: Controversial Issues** – Pamela W. Smith, MD, MPH, MS; Roxanne Carfora, DO; facilitated by Renee Prescott, PharmD
- 4:25 pm Break
- 4:30 pm **Public Affairs Update** – Matt Martin, PharmD
- 5:15 pm Adjourn

Friday, July 13, 2018

- 7:00 am Registration / Breakfast
- 8:00 am Opening Announcements –
- 8:30 am **Cognitive Function and Neuroinflammation** – Jim LaValle, RPh, MS, CCN
- 9:45 am **Q & A**
- 10:00 am Break/Expo
- 10:30 am **Testosterone Replacement Therapy: Controversy vs. Reality** – Mohit Khera, MD, MBA, MPH
- 11:45 am **Q & A**
- 12:00 pm **Compounding Options for Testosterone** – Bruce Biundo, RPh

- 12:15 pm Lunch
- 1:15 pm **Workshops:**
- Option A: Female Hormone Conditions** – Sahar Swidan, PharmD, BCPS, ABAHP, FAARFM, FACA; Sara Hover, RPh
- Option B: Advances in the Treatment of Erectile Dysfunction** – Mohit Khera, MD, MBA, MPH; Bruce Biundo, RPh
- 2:45 pm Break/Expo
- 3:15 pm **Patient Case Studies** – Pamela W. Smith, MD, MPH, MS; Roxanne Carfora, DO; Mohit Khera, MD, MBA, MPH; Sahar Swidan, PharmD, BCPS, ABAHP, FAARFM, FACA; Bruce Biundo, RPh
- 4:45 pm **C4 HRT Graduate Awards**
- 5:00 pm Adjourn/C4 Graduate Photo

Saturday, July 14, 2018

- 7:00 am Registration / Breakfast
- 8:00 am Opening Announcements
- 8:30 am **Hormones and the Skin and GI Health** – Pamela W. Smith, MD, MPH, MS
- 9:45 am **Q & A**
- 10:00 am **Compounding for Dermatology** – Sara Hover, RPh
- 10:15 am Break/Expo
- 10:45 am **Oxytocin** – Roxanne Carfora, DO
- 11:45 am **Q & A**
- 12:00 pm **Compounding for Sexual Health** – Sara Hover, RPh
- 12:15 pm Closing Announcements
- 12:30 pm Adjourn

What You Receive With Your Registration:

- 2-½ days of education with CE hours
- **An audio recording of the presentations to keep**
- Plenty of food and beverages to keep you satisfied
- Networking with your colleagues
- Plus, a MONEY-BACK GUARANTEE if you're not satisfied with the program content!



This continuing education activity is supported through an educational grant from PCCA. This continuing education activity is managed and accredited by Professional Education Services Group.

Featured Speakers

HRT Symposium Boston 2018



Pamela W. Smith, MD, MPH, MS, spent her first 20 years of practice as an emergency room physician with the Detroit Medical Center and then the next 20 years as an Anti-Aging/Functional Medicine specialist. She is a diplomat of the Board of the American Academy of Anti-Aging Physicians and is an internationally known speaker and author on the subject of Metabolic, Anti-Aging and Functional Medicine. She has been featured on many television networks; has been interviewed in numerous consumer magazines; and has hosted two of her own radio shows. Dr. Smith is currently the Director of the Center for Personalized Medicine and the founder of The Fellowship in Anti-Aging, Regenerative, and Functional Medicine. She is also the co-director of the Master's Program in Metabolic and Nutritional Medicine at the Morsani College of Medicine, University of South Florida.



Roxanne Carfora, DO, graduated from the New York School of Osteopathic Medicine in 1989. She did her rotating internship at Massapequa General Hospital and completed a three-year residency in Family Medicine at South Nassau in Oceanside, where she became Board Certified in Family Medicine. Dr. Carfora has been practicing Family and Preventive Medicine since 1993 on Long Island. In 2004, while maintaining her medical practice, she decided to pursue a 3 ½-year fellowship in Anti-Aging and Functional Medicine. She became board-certified in Anti-Aging and Regenerative Medicine in 2007, one of the first doctors in the United States to complete this new specialty, which looks at the "cause" of disease, analyzes nutritional deficiencies and the individual's genetics, then corrects those underlying deficiencies.



Sahar Swidan, PharmD, BCPS, ABAAHF, FAARFM, FACA, obtained her PharmD from the University of Michigan and then completed a three-year research fellowship in Bio-Pharmaceutics at the University of Michigan. She previously was the Director of Pharmacy at Chelsea Community Hospital and the clinical pharmacist for the inpatient head and chronic pain service. Currently she is president & CEO of Pharmacy Solutions in Ann Arbor, Mich., a unique, personal and educational specialty pharmacy, and Adjunct Clinical Associate Professor of Pharmacy at the University of Michigan College of Pharmacy. Dr. Swidan is board-certified and an advanced fellow in Anti-Aging and Regenerative Medicine. She is an internationally known speaker in the areas of pain management and BHRT, and has authored several books, articles and patient education materials in the areas of pain management and functional medicine.



Jim LaValle, RPh, MS, CCN, is a nationally recognized clinical pharmacist, author, board-certified clinical nutritionist and founder of Metabolic Code Enterprises, Inc., a web platform and practice solution enterprise, launching AIR Support and the Metabolic Code Assessment. He has 27 years of experience integrating natural therapies into various medical and business models, and is probably best known for his expertise in natural therapeutics application and drug/nutrient depletion issues and uncovering the underlying metabolic issues that keep people from feeling healthy and vital. He has written hundreds of articles for a variety of industry journals and publications, and has lectured for thousands of healthcare professionals and consumer audiences globally on these topics. He was a founding author of the *NHI on Demand* database and spearheaded the *Lexi Comp* databases relating to natural therapeutics.



Mohit Khera, MD, MBA, MPH, Associate Professor, is the Director of the Laboratory for Andrology Research at McNair Medical Institute, Baylor College of Medicine. He is also the Medical Director of the Executive Health Program at Baylor. Dr. Khera is a Board-certified urologist specializing in male infertility, male and female sexual dysfunction, and declining testosterone levels in aging men. Dr. Khera's research focuses on the efficacy of botulinum toxin type A in treating Peyronie's disease as well as genetic and epigenetic studies on post-finasteride syndrome patients and testosterone replacement therapy.

Additional Speakers/Facilitators

- PCCA Clinical Compounding Pharmacist **Bruce Biundo, RPh**
- PCCA Clinical Compounding Pharmacist **Sara Hover, RPh**
- PCCA Clinical Compounding Pharmacist **Matt Martin**
- PCCA Director of Education & Training **Renee Prescott, PharmD**

REGISTRATION FORM: (Please fill out form completely.)

HRT SYMPOSIUM

July 12-14, 2018 | Boston, Massachusetts

ONLINE REGISTRATION IS AVAILABLE AT: <http://bit.ly/HRT-Boston-18>

Early Bird for Pharmacy Staff: Register by May 31 and save \$200! Plus, get multiple attendee discounts.

SYMPOSIUM FEES:

Pharmacy Staff **\$1,395.00*** ~~\$1,595.00~~ ea
Medical Practitioners **\$1,295.00** ea

USD

Breakfasts, lunches, snacks, materials and an audio recording of the event are included in this fee.

PCCA Member #	Pharmacy Name	☐ Pharmacist ☐ Technician ☐ Other:		
Name of Attendee			Credentials	E-mail Address
Medical Practitioner			Credentials	
Practice Name	Address			
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For additional registrations, please make copies of this form.

PAYMENT METHOD

- ☐ **Redeem** FREE PCCA Member Reward (Diamond and Platinum Reward Members Only)
If you are redeeming your Diamond FREE event, you must provide your arrival and departure dates to complete registration and hotel reservations. Please note the hotel cut-off is June 17, 2018.

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* MULTIPLE ATTENDEE REGISTRATION DISCOUNTS FOR PHARMACY STAFF

- 2 ATTENDEES = 10% DISCOUNT (\$1,255.50 EA)
3 ATTENDEES = 15% DISCOUNT (\$1,185.75 EA)
4 ATTENDEES = 20% DISCOUNT (\$1,116 EA)
5+ ATTENDEES = 25% DISCOUNT (\$1,046.25 EA)

Multiple attendees must all be registered at the same time.

HOTEL ACCOMMODATIONS & TRAVEL ARRANGEMENTS

Hyatt Regency Boston

One Avenue de Lafayette, Boston, MA 02111 • 617.521.6333

PCCA RATE: \$240.00 per night **HOTEL CUTOFF:** June 17, 2018

BOOK NOW: <http://bit.ly/PCCA-CC-2018-Hotel>

After the hotel cut-off date, rooms and rates will be based on availability. To get the best rate, don't delay!

Enterprise Rent-A-Car's Flex Rate Program gives PCCA members 5% off the current rates at Enterprise Rent-A-Car locations nationwide when the reservation is made through www.enterprise.com (Account Number: 06C3214).

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RESERVATION DEADLINE: July 6, 2018

For information, call 1.800.331.2498. If you do not receive your confirmation letter via email within one week, please call to confirm receipt of registration. Billing and Cancellation Policy: Billing will occur July 6, the Friday prior to the event for those members who select the Bill Account option. Credit cards will be billed immediately. Full refund available through July 5. Cancellation after July 5 will result in a 50% cancellation fee.