



The power of balance.

HRT Symposium

March 30 - April 1, 2017
Toronto, Ontario

CE
offered

PCCA and A4M are teaming up to bring you Canada's biggest hormone replacement therapy event.

Develop a winning hormone practice in your community. This symposium, designed for practitioners and pharmacists, will provide comprehensive hormone information and options for more successful patient outcomes.

The dynamic agenda will provide those experienced in integrative care and functional medicine more clinical details on topics of interest for your patients. Those new to HRT will appreciate presentations on the hormone endocrine system and starting principles of HRT, as well as the Hormone Protocol developed to make prescribing hormones easier.

Why should you attend? We're bringing you not one or two, but six speakers who are experts in their field. They will share clinical content, patient case studies and their stories for developing successful practices. The agenda will cover topics ranging from estrogen dominance, thyroid disorders, male hormones and multiple presentations on female hormone balance.

Enjoy all that Toronto has to offer. Here are our suggestions for things to do and see:

- Royal Ontario Museum
 - Casa Loma
 - Ripley's Aquarium of Canada
 - Hockey Hall of Fame and Museum
 - CN Tower
- For more attractions, check out seetorontonow.com.

What do previous attendees think?

- *It was a great seminar. PCCA never disappoints!* – Sandra Patenaude, Calgary, AB
- *It was a most informative seminar, thoroughly enjoyed the presentations!* – Geoff Williams, Vancouver, BC



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.

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Featured Speakers

HRT Symposium Toronto 2017



Pamela W. Smith, MD, MPH, MS, is a diplomat of the Board of the American Academy of Anti-Aging Physicians and is an internationally known speaker and best-selling author on the subject of Metabolic, Anti-Aging and Functional Medicine. She has been featured on CNN, PBS and many other television networks, and is a regular contributor for Fox News Radio. Pamela is currently the Director of the Center for Personalized Medicine, and the co-director of the Master's Program in Metabolic and Nutritional Medicine at the Morsani College of Medicine, University of South Florida.



Sahar Swidan, PharmD, BCPS, ABAHP, FAARFM, FACA, is currently president & CEO of Pharmacy Solutions, a unique, personal and educational specialty pharmacy. She is also Adjunct Clinical Associate Professor of Pharmacy at the University of Michigan, College of Pharmacy. She is board-certified and an advanced fellow in Anti-Aging and Regenerative Medicine. Sahar is an internationally known speaker in the areas of pain management and BHRT, and she has authored several books, articles and patient education materials in the areas of pain management and functional medicine.



Gary Huber, DO, spent 20 years as an Emergency Medicine physician before evolving his practice to integrative care. He lectures on hormone replacement therapies, cardiovascular care, sports medicine and other integrative medicine topics for the American Academy of Anti-Aging Medicine. He has developed the highly successful Huber Personalized Weight Loss Program, which not only promotes healthy weight loss but works to reverse issues of Metabolic Syndrome.



Jennifer Landa, MD, FMNM, ABAARM, is a respected authority on the subject of women's health, hormones and functional and regenerative medicine. She specializes in helping women and men balance their hormones, restore their energy, and replenish their sex lives. Jen is a frequent contributor to the media, with appearances in Cosmopolitan, Men's Health Magazine, and the Dr. Oz. Show, as well as a regular medical column on Fox News. In addition to being the Chief Medical Officer of BodyLogicMD, she serves as volunteer faculty at UCF Medical College as an Assistant Professor of OB/GYN.



Phil Hudson, BPharm, received a Bachelor of Pharmacy degree from the University of Bradford in England in 1978 before relocating to Canada in 1986. He has been a compounding pharmacy pioneer and PCCA member for nearly 20 years. Phil has been the recipient of many distinguished honors throughout his career, including the PCCA Canadian Compounding Pharmacist of the Year award and the University of Toronto Teaching Associate of the Year award.



Kim Bretz, BSc, ND, graduated from the Canadian College of Naturopathic Medicine in 2001 before founding Fundamentals of Health, a thriving naturopathic clinic. She is a skilled presenter, having taught gastrointestinal physiology and endocrinology at the Canadian College of Massage and Hydrotherapy. Kim has a history of leadership, and she currently sits on three committees — including the Executive Committee — at the College of Naturopaths of Ontario.

Thursday, March 30

- 7:00 a.m. Registration/Breakfast
- 8:00 a.m. Opening Announcements
- 8:30 a.m. **The Hormone Endocrine System: Physiology and Starting Principles of HRT** — Pamela Smith, MD, MPH, MS
- 10:00 a.m. Break — Exhibit Hall Open
- 10:30 a.m. **Female Hormone Balance** — Jennifer Landa, MD, FMNM, ABAARM
- 12:00 p.m. Lunch — Exhibit Hall Open
- 1:15 p.m. **Hormone Protocol for Patients New to HRT (non-CE)** — Pamela Smith, MD, MPH, MS
- 2:45 p.m. Break — Exhibit Hall Open
- 3:15 p.m. **Dosage Forms and Conversion to HRT** — Sahar Swidan, PharmD, BCPS, ABAHP, FAARFM, FACA
- 3:45 p.m. **Patient Case Studies** — Pamela Smith, MD, MPH, MS, and Sahar Swidan, PharmD, BCPS, ABAHP, FAARFM, FACA
- 4:45 p.m. Closing Announcements
- 5:00 p.m. Adjourn

Friday, March 31

- 7:00 a.m. Registration/Breakfast
- 8:00 a.m. Opening Announcements
- 8:15 a.m. **Estrogen Dominance and Its Clinical Implications** — Jennifer Landa, MD, FMNM, ABAARM
- 9:15 a.m. **Sex Hormones, Neuropsychiatry and Patient Cases** — Gary Huber, DO

- 10:00 a.m. Break — Exhibit Hall Open
- 10:30 a.m. **Sex Hormones, Neuropsychiatry and Patient Cases (cont.)** — Gary Huber, DO
- 12:00 p.m. Lunch — Exhibit Hall Open
- 1:15 p.m. **Common Female Problems in a Primary Care Practice** — Jennifer Landa, MD, FMNM, ABAARM
- 2:15 p.m. **Compounding Options for Common Female Conditions (non-CE)** — Sahar Swidan, PharmD, BCPS, ABAHP, FAARFM, FACA
- 3:00 p.m. Break — Exhibit Hall Open
- 3:30 p.m. **HRT Collaboration for Dummies: The Path to Harmony for Patients and their ND/Pharmacist Team** — Phil Hudson, BPharm, and Dr. Kim Bretz, ND
- 5:00 p.m. Adjourn

Saturday, April 1

- 7:00 a.m. Registration/Breakfast
- 8:00 a.m. Opening Announcements
- 8:15 a.m. **The Ins and Outs of Prescribing Male Hormones** — Gary Huber, DO
- 9:15 a.m. **Patient Case Studies: Men and Women** — Gary Huber, DO
- 10:00 a.m. Break — Exhibit Hall Open
- 10:30 a.m. **A Metabolic Approach to Thyroid Disorder** — Pamela Smith, MD, MPH, MS
- 12:00 p.m. Closing Announcements
- 12:15 p.m. Adjourn

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All symposium presentations and materials will be available via the **PCCA Events app**. Download it today!

REGISTRATION FORM: (Please fill out form completely.)

HRT SYMPOSIUM

March 30 - April 1, 2017 | Toronto, Ontario

ONLINE REGISTRATION IS AVAILABLE AT: pccarx.com/education

SYMPOSIUM FEE:

\$1,395.00 + tax CDN

Fee applies to A4M Affiliate Practitioners

Breakfasts, lunches, snacks/drinks, and audio recording of symposium and materials are included in this fee.

A4M Member # (if applicable)

Name of Practitioner

Credentials

Email Address

Practice Name

Practice Address

City

State/Province

Zip/Postal Code

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For additional registrations, please make copies of this form.

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SUBMIT FORM

EVENT LOCATION & HOTEL ACCOMMODATIONS

Toronto Marriott Bloor Yorkville Hotel

90 Bloor Street, East | Toronto, ON M4W 1A7 | 416.961.8000

Guestroom Rate: \$216.00 per night

Hotel Website: bit.ly/toronto-marriott

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



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For information, call 800.668.9453. Cancellation/Refund Policy: Full refund available through March 16, 2017. Cancellation after March 16 will result in a 50% cancellation fee.