

## **Clinical Application of Bioidentical Hormone Replacement Therapy**

### **Course Description**

This intensive one-day symposium covers clinical application of Bioidentical Hormone Replacement Therapy (BHRT), including bioidentical hormones and their application, testing, diagnosis, clinical protocols for men and women, dosage titration, successful application of nutritional supplementation to improve patient outcomes, and extensive review of case studies. The presenters will also discuss the latest scientific based medical evidence presented at the International Menopause Society World Congress. Course format will be small groups, and will include ample time for all participants to discuss, pose questions and present relevant cases. A course syllabus of slides is provided along with case studies.

### **Target Audience**

This symposium is designed for physicians of all specialties, including Ob-gyn, endocrinologists, internists, family physicians, nurse practitioners, physician assistants, medical students and medical residents.

### **Statement and Course Objectives**

Based upon identified patient needs and gaps by expert faculty, peer-reviewed literature, adverse drug events documented in published research studies, and request from physicians, this course focuses on how to approach the use of bioidentical hormones in medical practice, in relation to aging, prevention, and overall health and wellness for women. The topics addressed include introducing hormones, symptoms of hormone imbalances, treatments and applications.

At the conclusion of this course, participants will be able to:

- identify clinical signs and symptoms of hormone imbalance
- understand essential laboratory tests used in BHRT and interpretation of results
- select hormone replacement protocols for men and women
- distinguish between compounded and FDA approved bioidentical hormone options
- select nutritional supplementation in BHRT practice

### **Accreditation Statement**

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the State University of New York (SUNY) Downstate Medical Center and the Bioidentical Hormone Initiative.

The State University of New York (SUNY) Downstate Medical Center is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

### **Designation Statement**

The State University of New York (SUNY) Downstate Medical Center designates this educational activity for a maximum of 6 *AMA/PRA Category 1 Credits*™. Physicians

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

### **Disclosure Statement**

SUNY Downstate Medical Center Office of CME (OCME) and its affiliates are committed to providing educational activities that are objective, balanced and free of bias as possible. The OCME has established policies that will identify and resolve all conflicts of interest prior to this educational activity. All participating faculty are expected to disclose to the participants verbally or in writing, any commercial relationships that might be perceived as real or apparent conflict of interest related to the content of their presentations, and unlabeled/unapproved uses of drugs and devices.

Faculty Disclosures:

**Erika T. Schwartz, M.D. - No Disclosures**

**Joseph Raffaele, M.D. - No Disclosures**

**Louis L. Cregler, M.D. – No Disclosures**

### **Commercial Support**

This course did not receive any financial support from any commercial companies or vendors.

### **Provider Contact Information:**

SUNY Downstate Medical Center  
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- **By phone** at 212.873.3470
- **By postal mail** at: The Bioidentical Hormone Initiative , ATTN: Web Site Privacy, 200 W 57<sup>th</sup> St. Suite 502, New York, NY. 10019 USA

### **Faculty and their Credentials:**

**Erika T. Schwartz, M.D.** is the leading national expert in the field of bioidentical hormone therapies, wellness and true disease prevention. She has authored four best-selling books, is an Extra Lifechanger, bylined in the Wall Street Journal, international speaker and TV

personality.

A cum laude graduate, AOA honor society member, from SUNY Downstate College of Medicine, Dr. Schwartz trained at Kings County Hospital Center in Brooklyn, NY in Internal Medicine and Critical Care. Upon completion of her postgraduate training, at the age of 28, she became the first woman and youngest doctor to be named Director of Emergency Medicine at Westchester County Medical Center- New York Medical College in Valhalla, NY.

Since the start of her distinguished career, Dr. Schwartz has been committed to empowering patients and teaching physician's compassion alongside with scientific and clinical information. She has lectured at Harvard, authored the seminal article on the use of hormones in wellness and disease prevention in the prestigious peer reviewed publication *Medical Clinics*.

She is founding director of the not for profit BioIdentical Hormone Initiative and a senior faculty member of the BioIdentical Hormone Institute and Chairperson of Age Management Institute. Dr. Schwartz is also a member of NAMS, MSSNY, ACOG, AFTRA/SAG, NYSSIM as well as board of managers and trustees of SUNY-Downstate

**Joseph Raffaele, M.D.**, received his B.A. Degree from Princeton University and his M.D. Degree from Hahnemann University Medical School in 1989. He is board certified in Internal Medicine and is a diplomat of American Board of Anti-Aging Medicine. In 1995, Dr. Raffaele began researching and developing a scientifically based treatment program, and co-founded PhysioAge Medical Group, a clinical practice focused on age management medicine. In 2003, he started researching and measuring biomarkers of aging. He conducted a clinical study using those biomarkers most highly correlated with age. The results of that study determined the algorithms used by the PhysioAge System software to calculate physiological age.

**Louis L. Cregler, M.D., F.A.C.P., F.A.C.C.** is a tenured professor of medicine, board certified internist and cardiologist. He is Chief Academic Officer and Director of Continuing Medical Education for BioIdentical Hormone Institute, Inc.

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200 w 57<sup>th</sup> Street suite 502  
New York, New York 10019

### **Registration and Continental Breakfast**

9:00 am - 9:50 am

**Session 1: Science and Clinical Integration of Hormone Therapy** (Erika T. Schwartz, M.D.)

10:00 am – 1:15 pm (15 Minute Break)

- Hormone Delivery systems application in Clinical practice
- Testosterone in Men and women
- International Menopause Society World Congress Updates
- Drug Options FDA Approved/Compounded
- Hormone Testing Options
- Biomarkers (Joseph Raffaele, M.D.)

### **Lunch**

1:15 pm - 2:30 pm

**Session 2: Basic Supplements to Use in Clinical Practice** (Erika T. Schwartz, M.D)

2:45 pm - 6:00 pm (15 Minute Break)

- Protocols for Men and Women
- Case Studies (Drs. Schwartz and Raffaele)
- Discussion (Drs. Schwartz and Raffaele)