



COURSE SYLLABUS

FOUNDATIONAL EDUCATION UNIT 1

INTRO TO BIOIDENTICAL HORMONES

- Bioidentical Hormones Defined
- Bioidentical HRT
- Basis for Hormone Replacement Therapy
- Evidenced Based Benefits of HRT
- Hormone Replacement Options
- HRT Concerns - Safety and Research
- Safety of Compounded Hormones

CLINICAL APPLICATION UNIT 1

IDENTIFYING HORMONE IMBALANCE

- Causes of Hormone Imbalance
- Age-Related Decline of Hormones
- Hormones through the Monthly Cycle
- Symptoms of Hormone Imbalance
- Typical Patient Profiles
- Hormone Testing
- Lab Tests to Order
- Test Kit Demos
- Testing Guidelines
- Lab Results Interpretation
- Hormone Therapy Monitoring

FOUNDATIONAL EDUCATION UNIT 2

RESEARCH REVIEW

- Early Studies, Current Studies
- Non-Bioidentical vs Bioidentical Comparative Studies
- Progesterone and Progestins – Comparative Studies
- Transdermal Estrogen and Oral Estrogen - Comparative Studies
- Breast Cancer Risk
- Testosterone Deficiency Research
- Testosterone Benefits Research

CLINICAL APPLICATION UNIT 2

HORMONE PROPERTIES

- Steroid Metabolism Pathways
- Relevant Binding Protein
- Relevant Enzymes
- Progesterone - Causes of Deficiency, Symptoms of Deficiency
- Progesterone - Actions and Effects
- Estrogen(s)- 3 Types, 2 Receptors
- Estrogens 3 Primary Estrogens
- Estradiol – Actions and Effects
- Estrogen Metabolism
- Testosterone - Causes of Deficiency, Symptoms of Deficiency
- Testosterone - Actions and Effects
- The Adrenal Hormones
- DHEA
- Cortisol
- HPA Axis Dysfunction
- The Impact of the Stress Response
- The Causes and Treatment of HPA Axis Dysfunction
- Introduction to Thyroid Function
- Functional Hypothyroidism
- Treatment Options
- Symptoms and Causes of Poor Glucose Metabolism and Insulin Resistance
- Optimal Labs and Treatment Options

CLINICAL APPLICATION UNIT 3

HRT PRESCRIPTIONS AND DOSING GUIDES

- Bioidentical HRT Prescriptions Introduction
- Routes of Administration Comparison
- Physiological Dosing
- Female Hormone Replacement Dosing Guides

CLINICAL APPLICATION UNIT 4

IMPLEMENTATION AND PROTOCOLS

- Implementing Female HRT Phase 1
- Implementing Female HRT Phase 2
- Treatment Plans
- Treatment Suggestions PMS, Perimenopause, Menopause and Post-Menopause
- Treatment Suggestions Low Androgens
- Treatment Suggestions Elevated Androgens
- High Cortisol Protocols
- Fluctuating and Low Cortisol Protocols
- Insulin Resistance Protocols
- Insomnia and Sleep Disturbance Protocols
- Mood Support Protocols
- Estrogen Issues
- Androgen Issues
- Additional Conditions