



**BHRT TRAINING**  
ACADEMY

---

# COURSE SYLLABUS

---



**BHRT PROVIDER**  
TRAINING PROGRAM



# BHRT PROVIDER PROGRAM

## 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



# PELLET TRAINING UNIT

## **MODULE 1**

### ESTROGEN PELLETS: THE RESEARCH

- The importance of estrogen
- Symptoms of low estrogen in women
- History of HRT and ERT
- Estrogen Pellet Research
- Dosing

## **MODULE 2**

### TESTOSTERONE PELLETS IN WOMEN

- Symptoms Addressed
- Side Effects
- Dosing

## **MODULE 3**

### PELLET PROTOCOLS FOR WOMEN

- Identifying Symptoms
- Ordering Labs
- Consents
- Post-Insertion Instructions
- Risks
- Monitoring

## **MODULE 4**

### ESTROGEN PELLETS PROTOCOLS

- Suggestions and Clinical Tips
- Side Effects

## **MODULE 5**

### TESTOSTERONE PELLETS PROTOCOLS (WOMEN)

- Indications
- Dosing
- Benefits
- Side Effects
- Monitoring
- Adjusting Dosing

## **MODULE 6**

### PELLET CASES IN WOMEN

- Perimenopause
- Postmenopausal
- TAH/BSO
- Conventional HRT to Pellets
- Topical BHRT to Pellets

## **MODULE 7**

### PELLET PROTOCOLS IN MEN

- Effectiveness and Advantages
- Dosing
- Monitoring

## **MODULE 8**

### PELLET CASES IN MEN

- Cases
- Labs
- Follow Up



# TESTOSTERONE REPLACEMENT THERAPY

## **MODULE 1**

### TESTOSTERONE IN MEN

- Symptoms
- Labs
- Indications for Treatment
- TRT Benefits

## **MODULE 2**

### ADDRESSING CONTROVERSIES

- Male Hormone Imbalance
- TRT Research
- TRT in CVD
- TRT and Prostate Cancer

## **MODULE 3**

### TREATMENT PROTOCOLS

- Labs
- Contraindications
- Managing PSA Issues
- Treatment Options – To Stimulate Production
- Replacement Options Comparison
- Topicals: Creams, Gels, Patches
- Injections
- Pellets
- Monitoring
- Side Effects
- Estrogen Blockers
- Risks

## **MODULE 4**

### CASE STUDIES