



BHRT TRAINING
ACADEMY

FEMALE HORMONE & SEXUAL HEALTH TRAINING PROGRAM

SYLLABUS

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Female Hormone & Sexual Health Training Program

FOUNDATIONAL EDUCATION UNIT 1 INTRO TO BIOIDENTICAL HORMONES

- Bioidentical Hormones Defined
- Bioidentical vs Non-Identical Hormones
- Molecular Structures and Functions
- Basis for Hormone Replacement Therapy
- Evidence-Based Benefits Overview
- Market Demand and Clinical Need
- Hormone Replacement Options
- FDA Approved Bioidentical Hormones
- Compounded Hormones - Safety and Regulation
- BHRT Safety Studies and Research Review
- FDA Approved Bioidentical Hormones
- Compounded Hormones

CLINICAL APPLICATION UNIT 1 IDENTIFYING HORMONE IMBALANCE

- Normal Menstrual Cycle
- Causes of Hormone Imbalance
- Age-Related Decline of Hormones
- Signs and Symptoms of Female Hormone Imbalance
- Testing Options and Selection
- Labs to Order and Interpretation
- Choosing the Right Hormone Test
- Testing Guidelines for Different Patient Types
- Intrauterine Devices and Hormone Testing
- Special Testing Considerations
- Optimal Lab Ranges
- Retesting Guidelines After Starting HRT

FOUNDATIONAL EDUCATION UNIT 2 CURRENT RESEARCH AND EVIDENCE

- 2024 Research Updates
- Hormones and HRT Research by Category:
 - ADHD
 - Alopecia
 - Asthma
 - Anxiety/Depression
 - Bowel Disorders
 - Cardiovascular Health
 - Cancer Risk Studies
 - Cognitive Function
 - Dental Health
 - Diabetes
 - Dry Eyes/Skin
 - Heart and Cardiovascular
 - Inflammation
 - Libido
 - Longevity
 - Loss of Bone Density
 - Migraines
 - Mood
 - Osteoarthritis
 - Quality of Life Measures
 - Reduction of All Cause Mortality
 - Skin Health
 - Sleep Quality
 - Synthetic vs. Bioidentical
 - Thyroid Function
 - Urinary Tract
 - Vaginal/Vulvar
 - Weight
 - Progesterone vs. Progestins
 - Topical vs. Oral Administration
- Safety and Risk Assessment Studies
- Estrogen Vindication
- HRT Contraindications

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CLINICAL EDUCATION UNIT 2 HORMONE PROPERTIES

- Steroid Metabolism Pathways
- Sex Hormone Binding Globulin
- Aromatase and 5-Alpha Reductase
- Actions and Effects of:
 - Progesterone
 - Estrogen(s)
 - Testosterone
 - DHEA
 - Cortisol
- The Role of Adrenals in Hormone Balance
- HPA Axis Dysfunction and Management
- The Role of Thyroid in Hormone Balance
- Thyroid Function and Replacement
- The Role of Insulin and Glucose in Hormone Balance

CLINICAL APPLICATION UNIT 3 PRESCRIPTIONS

- Bioidentical Hormone Prescriptions
- Route of Administration Comparison
- Common Hormone Imbalance Patterns
- Dosing Guides: PMS, Perimenopause, Menopause, Androgens
- Progesterone for Irregular Cycles
- Postmenopausal Bleeding Protocols
- Hormone Therapy with Birth Control

CLINICAL EDUCATION UNIT 4 PROTOCOLS

- Implementing HRT - Female
- Treatment Plans
- PMS, Peri and Menopause Treatment
- Androgen Imbalance Symptoms and Treatment
- Treating Older Women with BHRT
- Treatment Protocols for:
 - Abnormal Pap Smears/HPV
 - Acne
 - Bone Loss Management
 - Dysmenorrhea
 - Endometrial Protection
 - Endometriosis
 - Estrogen Deficiency Symptoms Non Hormonal Treatment
 - Estrogen Metabolism
 - Fibrocystic Breast Changes
 - Hair Loss
 - HPA Axis Dysfunction
 - Hormone Therapy in Women over 65
 - Hypothyroidism
 - Elevated Thyroid Antibodies
 - Insulin Resistance
 - Menorrhagia
 - Abnormal Uterine Bleeding
 - PCOS/ Elevated Androgens in Women
 - PMS
 - Postmenopausal Bleeding
 - Progesterone Resistance
 - SHBG Management
 - Sleep Support
 - Vaginal Dryness

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CLINICAL EDUCATION UNIT 5 HORMONE PELLET REPLACEMENT

- Theory and Application
- Research
- Treatment Protocols for Women
- Risk Assessment and Management
- Monitoring Requirements
- Adjustment Protocols
- Pellet Insertion

CLINICAL EDUCATION UNIT 6 FEMALE SEXUAL HEALTH (COMING SOON)

- Female Sexual Response, Libido and Female Sexual Dysfunction
- Anatomy & Physiology of the Female Sexual Response
- Factor's Affecting Libido
- Female Sexual Dysfunction Types
- Treatment & Management
- Special Populations & Considerations

BONUS TRAINING MODULES

- Low Dose Naltrexone
- Gut Health
- GLP 1 and Other Weight Loss Options
- Nutrition for Optimizing Hormone
- Practice Implementation
 - Conducting Consults
 - Packaging and Pricing
 - Launching Your Practice
 - Tips for a Successful BHRT Practice
 - How To Talk to patients about money

BHRT BUSINESS MINI COURSE

- Brick and Mortar
- Telehealth Considerations
- Business Models
- Programs
- Back Up Plan
- Competition
- Choosing an EMR
- Payment Processors
- Malpractice Insurance
- Your Website
- Picking a Pharmacy
- Supplements
- Specialty Labs
- When and Who to hire
- Offering Other Services