

# April 27, 2009

## One-Day Course Overview

Join us for an opportunity to learn the latest about prescribing Bio-Identical Hormone Replacement Therapy (BHRT). The curriculum honors the natural menopausal process, while exploring the use of science as a means of intervention to both alleviate menopausal symptoms and to maintain and even improve post-menopausal health and quality of life.

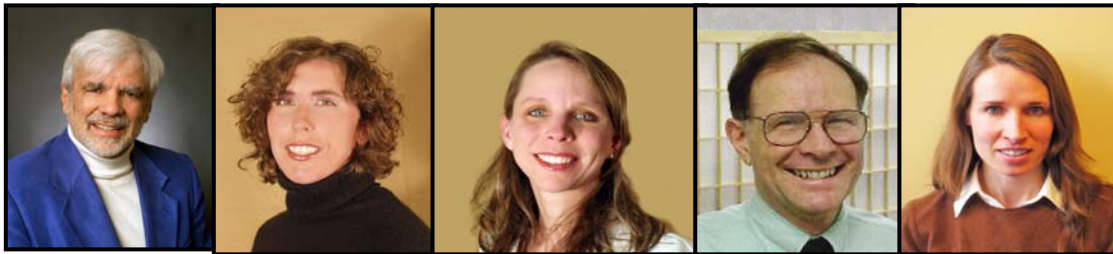
Safety is just as important as efficacy in BHRT use! This post-graduate course will review BHRT safety by analyzing multiple studies performed with bio-identical hormones. You will learn appropriate molecular species, dosages, combinations, routes of administration and timing.

Testing methods to properly follow clinical progress as well as favorable and unfavorable hormone metabolism will be reviewed.

We will identify common problems with BHRT and how to successfully correct or offset them. Our one-day program will also include the most recent information on infrared breast thermography, a valuable tool for assessing breast health without harmful x-ray exposure. Lastly, we will provide information on preventive measures for cardiovascular disease and obesity with and without the use of BHRT.

### Introducing the Faculty:

**Jonathan Wright, MD; Christa Hinchcliffe, ND; Davis Lamson, ND;  
Wendy Ellis, ND; Olivia Franks, ND**



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| 8:00-8:30   | <b>“Copy Nature”- Jonathan Wright, MD</b>   |
| 8:30-9:00   | <b>Introduction to Steroids- Wendy Ellis, ND</b>  |
| 9:00-9:30   | <b>Safety of Bioidentical Hormones- Wendy Ellis, ND</b>   |
| 9:30-10:00  | <b>Practical Application for Women- Christa Hinchcliffe, ND</b>   |
| 10:00-10:15 | <b>Break &amp; visit the exhibits</b>   |
| 10:15-10:45 | <b>Practical Applications for Women, cont'd- Christa Hinchcliffe, ND</b>  |
| 10:45-11:45 | <b>Practical Applications for Men- Jonathan Wright, MD</b>  |
| 11:45-12:00 | <b>Questions</b>  |
| 1:00-2:00   | <b>“Life in the Office Trenches” a discussion on MRSA, Pulmonary Fibrosis, Thyroid Reverse T3, and Gluten Recognition- Davis Lamson, ND</b> |
| 2:00-2:30   | <b>Overview of Adrenal Hormones- Christa Hinchcliffe, ND</b>  |
| 2:30-3:00   | <b>DHEA and Autoimmunity- Wendy Ellis, ND</b>   |
| 3:00-3:45   | <b>Break &amp; visit the exhibits</b>   |
| 3:45-4:15   | <b>Breast Thermography- Olivia Franks, ND</b>   |
| 4:15-4:30   | <b>Urine Testing versus Saliva and Serum Testing- Olivia Franks, ND</b>   |
| 4:30-5:00   | <b>Case Presentations and Lab Interpretation- Jonathan Wright, MD; Christa Hinchcliffe, ND; Wendy Ellis, ND; Olivia Franks, ND</b>          |
| 5:00-5:30   | <b>Questions</b>  |