

Agenda and Objectives for Hormones and Health

8:30 A.M.–11:30 A.M. Morning Session

Hormones: The Body's Key Regulators

- What is a hormone?
- The mechanism of action of hormones in the body.
- The mechanism of action of hormones that are also neurotransmitters.

The Sex Hormones: Estrogen, Progesterone and Testosterone

- The three Estrogens and the effect they have in the body.
- The importance of Progesterone.
- Testosterone in Men and Women.
- Lab tests and saliva testing of hormones.
- Bio-identical hormones: What are they and how do they work?

Integrative Approaches to Treat Hormonal Changes in the Body

- PMS: Yes, it is real!
- Polycystic Ovarian Syndrome (PCOS): Is it a metabolic or hormonal disorder?
- Peri-menopause and Menopause: Is it all hormonal?
- Andropause: Is it a testosterone deficiency or just part of the aging process?
- The Women's Health Initiative (WHI) Update: Is hormone replacement therapy safe?
- Case Studies

11:45 A.M.–2:45 P.M. Afternoon Session

Vitamin D: The New Wonder Vitamin/Hormone

- Is it a hormone or a vitamin?
- What does vitamin D do in the body?
- What is the appropriate lab test and value for vitamin D?
- Diseases that can occur due to vitamin D deficiency.
- Supplements and the sun.
- Case Studies- Osteoporosis and Fibromyalgia.

The Thyroid~ Our Master Gland~ T3, T4, TSH

- What do the hormones T3, T4, and TSH do in our body?
- Lab tests and the latest guidelines for treatment.
- Hyperthyroidism: thyroid excess.
- Hypothyroidism: thyroid deficiency.
- Case Studies

The Brain Hormones/Neurotransmitters: Their Role in Mind/Body Health

- Serotonin- Worry and Happiness.
- Dopamine- Fatigue and Joy.
- Norepinephrine- Pain and Energy.
- GABA- Anxiety and Relaxation.
- Supplements and medications for serotonin, dopamine, norepinephrine and GABA imbalances.
- Depression and Anxiety- Integrative approaches.
- Case Studies

Obejectives:

1. Define the sex hormones and their mechanism of action in the body.
2. Discuss Integrative Medicine approaches to symptoms of menopause.
3. Discuss the latest guidelines for treatment of hypothyroidism.
4. List the effects of Vitamin D deficiency in the body and current treatment options.
5. List the mechanism of action of each brain hormone/neurotransmitter.