



# TRUBALANCE

HEALTHCARE

TRUBALANCE HEALTHCARE INC. CANADA -

## PRESENTS A WELLNESS SEMINAR SERIES ON BHRT & DISEASE PREVENTION

THURSDAY, MARCH 19TH, 2020 - WESTIN HARBOUR CASTLE HOTEL - 1 HARBOUR SQUARE, TORONTO LAKEFRONT

### EDUCATE EMPOWER ENGAGE

Changing the mindset of physicians and healthcare professionals by providing evidence-based science & education on **BIOIDENTICAL HORMONE REPLACEMENT THERAPY** backed by the medical literature that can change people's lives and your medical practice

PRIVATE RECEPTION WITH  
**NEAL ROUZIER, MD**

5:30PM TO 6:30PM - COCKTAILS & HORS D'OEUVRES

6:30PM - 2 HOUR PRESENTATION + LIVE INTERACTIVE Q & A DISCUSSION

**AUDIENCE - COMPLIMENTARY EVENT IS OPEN TO PHYSICIANS, ENDOCRINOLOGISTS, GYNECOLOGISTS, NURSE PRACTITIONERS, REGISTERED PRACTICAL NURSES, UROLOGISTS, CARDIOLOGISTS, SPORTS MEDICINE PHYSICIANS, NATUROPATHS AND EMERGENCY MEDICINE DOCTORS, ETC.**

#### KEYNOTE SPEAKER:

**NEAL ROUZIER, M.D.**  
LEAD EDUCATOR  
ADVISORY BOARD MEMBER



- WOMENS HEALTH
- MENOPAUSE
- POLYCYSTIC OVARY SYNDROME (PCOS)
- OPTIMIZED BRAIN
- DIABETES
- ALZHEIMERS
- DEMENTIA
- OSTEOPOROSIS
- BETTER SEX
- MENS HEALTH
- TESTOSTERONE REPLACEMENT
- CARDIOVASCULAR DISEASE

#### Transform Your Patients' Lives by Optimizing Their Hormones

There is no aspect of medicine that change people's lives, health, wellness, and prevent the many illnesses that cause morbidity and mortality than optimizing one's hormone levels. Despite this concept being demonstrated throughout our medical literature, there is no venue or medical society that teaches these concepts or reviews the science behind hormone replacement for health and symptomatic improvement despite normal serum hormone levels.

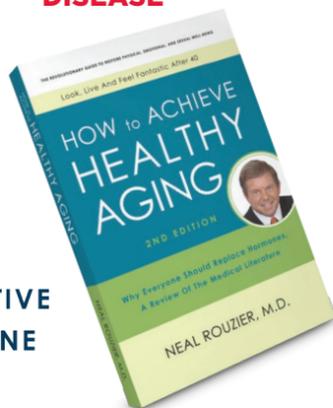
The concept as to why your patients need to optimize their hormone levels, as well as the concept of "normal" is NOT optimal when it comes to hormones, will be presented in detail. This type of practice has been incorporated into so many different specialties from gynecology to cardiology, orthopedics, pain specialists, internists, and family practitioners. Dr. Rouzier will review the data that demonstrate higher levels of hormones in the normal range are more conducive to protecting health and wellness than are hormone levels in the low normal range. **Do your patients face gradual, steady decline with their overall health? Maybe they already have CVD, osteoporosis, diabetes, obesity and dysmetabolic syndrome, dyslipidemia, fatigue, dementia, PMS.**

#### Normal vs. optimal hormone levels

Dr. Rouzier emphasizes the difference between "normal" (age-adjusted) hormone levels and "optimal" hormone levels, a completely foreign concept to most physicians. Are you familiar with the literature that demonstrates at what serum levels of hormones result in symptom improvement, for CVD and musculoskeletal protection? Dr. Rouzier will introduce and produce the scientific justification based on the medical literature that will serve as an introduction to the above concepts.



ACADEMY OF PREVENTIVE  
& INNOVATIVE MEDICINE  
by worldlink medical



Discuss various hormones - Case presentations will demonstrate the effects on lipids, blood sugar, NAFLD, CVD, HTN, and Syndrome X. Low normal levels of Thyroid, Estrogen, Progesterone, Testosterone & DHEA can have an adverse effect on morbidity and mortality as well as QOL

#### LIMITED SEATS - GUEST LIST ONLY - TO OBTAIN FREE TICKET PLEASE CONTACT:

Telephone (Direct): 647.884.0663 (text cell)  
Email: [donna@trubalancehealthcare.com](mailto:donna@trubalancehealthcare.com)  
Agenda: [www.trubalancehealthcare.com](http://www.trubalancehealthcare.com)

Canada's Leading Physician & Nurse  
Practitioner Network for Bioidentical Hormone  
Replacement Therapy for Men & Women

CME Education and Advanced BHRT Certification  
by The Academy of Preventive & Innovative  
Medicine by Worldlink Medical USA - In Partnership  
with Trubalance Healthcare Inc. (Canada)

MARCH 20 - 22, 2020 - TORONTO CME PART I -  
Mastering the Protocols for Optimization of  
Hormone Replacement Therapy



TRUBALANCE  
HEALTHCARE



DEER FIELDS  
Age Well. Perform Better.

---

PRESENTS A WELLNESS SEMINAR SERIES ON BHRT & DISEASE PREVENTION  
THURSDAY, MARCH 19, 2020 - WESTIN HARBOUR CASTLE HOTEL - 1 HARBOUR SQUARE, TORONTO

**Literature Review of Studies & Concepts - That all physicians should know but probably do not!**

5:30PM - 6:30PM

COCKTAILS & HORS D'OEUVRES

6:30PM - 8:30PM

2 HOUR PRESENTATION

8:45PM - 9:45PM

LIVE INTERACTIVE Q & A + ROUND TABLE DISCUSSION WITH DR. ROUZIER

Bring your problem cases, questions, doubts, concerns about hormones, and your confirmation bias to discuss

**Disease Prevention should be the goal of all physicians & healthcare providers**

KEYNOTE SPEAKER - NEAL ROUZIER, MD - LEAD EDUCATOR - ADVISORY BOARD

- Pioneer in the bioidentical hormone replacement field, practicing almost since its inception in the early 1990's
- Dedicated his life's work to uncovering the medical literature that supports safe and effective protocols for unique and personalized patient care
- Director of the Preventive Medicine Clinics of the Desert, Palm Springs, California - specializing in the medical management of aging and preventive care for men and women
- He has treated more than 2,000 patients with natural hormone replacement therapy
- Recognized as a renowned leader and expert in the field of BHRT/Bioidentical Hormone Replacement Therapy
- Over 16 years of experience as an educator and practicing physician
- 29 years of Emergency Medicine experience at Queen of the Valley Hospital in West Covina, CA
- Author of "Natural Hormone Replacement for Men and Women: How to Achieve Healthy Aging"



Dr. Rouzier will be presenting the science and research on the importance of optimizing hormones in men and women. Although not typically a concept that is taught or understood by practitioners, there is a plethora of science and literature demonstrating the importance of hormone replacement for quality of life, well-being, but most importantly are the health benefits that are not appreciated by most clinicians.

**Dr. Rouzier dives deep into the medical research to support the concept that optimal hormone levels are the most effective treatment/modality/intervention to help patients feel and function better and protect their long-term health.**

For over 20 years Dr. Rouzier has been teaching, researching, writing, and directing medical academies to educate and train physicians in diagnosing, treating, and following patients with hormone insufficiency. Although clinicians are well-aware of hormone replacement for those with deficiencies, most are not aware that hormone levels fall to lower, less beneficial levels which is termed insufficiency. In addition, physicians and endocrine societies fail to acknowledge and embrace receptor-site resistance (as with insulin), loss of signal transduction to inside the cell, as well as endocrine disruptive chemicals that cause symptoms and harm despite normal serum levels.

**The intent of this presentation is to introduce the concepts and medical literature support that which most clinicians are not familiar with.**

**Don't know how to make patients feel better that continually complain that they don't feel well? Are you still confused as to whether hormones are good or bad? If you perceive that hormones are bad, do you think that our ovaries and testis should be removed?**

- Do any of your patients try to lose weight, eat right, exercise . . . but never seem to get results?
- Do you have patients with out-of-control numbers - cholesterol, LDL, C-reactive protein, blood glucose, and hemoglobin A1C?

- Are the therapies you've prescribed for those patients (statins for hyperlipidemia, metformin for insulin resistance and diabetes, blood pressure drugs) making them feel better or worse?
- Are your patients experiencing improvement in their numbers, waste circumference, or visceral fat?
- Are they really reducing their cardiac and metabolic risks?
- Are your female patients in menopause still suffering from hot flashes, night sweats, no sleep, anxiety and hopeless depression? Do they suffer from PMS, PCOS, or urogenital atrophy/urinary tract infections?
- Are your male patients experiencing low energy, fatigue, ED and sexual dysfunction?
- Are you still under the false impression that hormones cause cancer? Some do, but others prevent cancer

### Normal vs. optimal hormone levels

Dr. Rouzier emphasizes the difference between "normal" (age-adjusted) hormone levels and "optimal" hormone levels, a completely foreign concept to most physicians. Are you familiar with the literature that demonstrates at what serum levels of hormones result in symptom improvement, and CVD and musculoskeletal protection? Dr. Rouzier will introduce and produce the scientific justification based on our medical literature that will serve as an introduction to the above concepts.

### Relieve symptoms in male and female patients:

- Eliminate hot flashes, night sweats, depression, and vaginal dryness in menopausal women
- Decrease sexual dysfunction in men and women and improve sexual desire and performance
- Improve patients' sleep, energy, libido, mood, and quality of life
- Protect men and women from the frailty and broken bones of osteoporosis
- Help men and women gain strength, endurance and stamina which is what drives patients to this therapy

### Fundamental concepts regarding Testosterone deficiency and treatment in men:

- Higher Testosterone levels associated with better cardiovascular outcomes
- Testosterone has been shown to reverse plaque (atherosclerosis) which is the primary cause of heart disease

### Go beyond statins in reducing cardiovascular risks:

- Reduce dyslipidemia & improve coronary calcium scores
- Lower inflammatory cytokines by decreasing the source of the inflammation: visceral fat
- Optimal hormones are proven to reduce cardiovascular risk and decrease morbidity and mortality

### Protect patients from metabolic syndrome and diabetes:

- Provide realistic ways for patients to lose visceral fat & reduce BMI, even if they've struggled in the past
- Reverse insulin resistance, reduce diabetes risk & lower blood glucose and hemoglobin A1C

**EVENT LOCATION:** Westin Harbour Castle Hotel | 1 Harbour Square, Toronto, ON., | Hotel Main Tel: 416.869.1600  
**PARKING:** Onsite valet or offsite at Green P parking lots in the area  
**TRANSPORTATION:** **Go Train & Subway** - Union Station - 0.6 miles NW of hotel – approx. 3 blocks to walk  
**Bus** - Bay Street - 0.1 miles north of hotel

### GUEST LIST IN EFFECT:

### FOR ALL COMMUNICATION & TO OBTAIN FREE TICKETS:

Donna A.G. Kingman | Director of Business Development & Communications  
 Cell: 647.884.0663  
 Email: [donna@trubalancehealthcare.com](mailto:donna@trubalancehealthcare.com)

### Canada's Leading Physician & Nurse Practitioner Network for Bioidentical Hormone Replacement Therapy for Men & Women

CME Education and Advanced BHRT Certification by The Academy of Preventive & Innovative Medicine by Worldlink Medical in the USA - In Partnership with Trubalance Healthcare Inc. in Canada

### 2020 – CANADIAN CME SCHEDULE – TORONTO

PART I – MARCH 20 – 22 - Mastering the Protocols for Optimization of Hormone Replacement Therapy

PART II – OCTOBER 23 - 25 - Mastering the Protocols for Optimization of Hormone Replacement Therapy - Advanced

Visit website for brochure & registration - [www.trubalancehealthcare.com](http://www.trubalancehealthcare.com)



Age Well. Perform Better.