

**Post-Congress Certified Course on**  
**Treating Hormonal imbalances using Bio-identical hormone**  
**replacement therapy and Functional Medicine Principles**

Certified by A4M Iberia

Sponsored by GenoSolutions Portugal and Almofariz Brazil

Taught by Vania Assaly, M.D.

**Date: May 23<sup>rd</sup> 2010, from 9:30am to 5:30pm**

**Location: Hotel Cascais Miragem, Csacis, Portugal**

### **Course Outline**

- The Hormonal Symphony: the actions and interactions of hormones.
  - Key concepts in hormone balancing
  - Factors affecting hormone balancing: nutrients, toxicity's, etc.
- Estrogens and Progesterone
  - Science behind them, evidence based presentation of the risks and benefits
- Androgen supplementation
  - Testosterone and DHEA, evidence based presentation of the risks and benefits
  - Sexual health
- Adrenal Function - Adrenal Fatigue - the 21st Century Epidemic
  - Cortisol
  - Adrenal assessment and treatment
- Thyroid Hormones
  - Clinical diagnoses of hypothyroidism
  - Nutritional influences
  - Conversion problems from T4 to T3
  - Thyroid hormone resistance, thyroid antibodies
- Hormone testing and follow-up
  - Saliva vs. Serum vs. Urine
  - Functional and genetic tests
- The Fundamentals of prescribing hormone replacement
  - Routes of delivery and dosages
  - Case Presentations

### **Course leader,**

Dr. Vania Assaly graduated in 1986 from UNESP Sao Paulo - Brazil, and from the Nutrologist Brazilian Medical Association. She later specialized in Endocrinology and Metabolism at the University of Sao Paulo. She attended several events in Brazil, Europe and the United States since 1992 in the

field of Functional Medicine (IFM), regenerative medicine and anti-aging medicine (A4M). She is currently the director of the Institute for Personalized Medicine, in São Paulo, Brazil. Her current research involves systemic view of the process of illness, searching biochemical individuality in a better interaction between genetic and environmental factors (clinical genomics ) using nutrition, supplements and therapies for each process. She believes that each patient should learn and be aware on individual risk factors for their illness and only then will build the foundation for maintaining their health in the aging process. She encourages preventive behavior with changes in lifestyle for health support. Her work focuses on the use of hormone replacement using bio-identical hormones for biochemical and functional modulation in prevention of chronic and degenerative diseases. She believes that each patient one has one model of being healthy and a way to get unhealthy and that the practitioner jointly with the patient need to find out the biochemical model of each process of getting sick. The disease is not as important as the model that represents how the dysfunction happens,, once the model is developed triggers can be introduced for keeping a good genomic environmental interaction and therefore good health.

### **Course Fees:**

Course Fee: 350 Euros

Participants who have purchased a Full passport to the Congress: 250 Euros

*Please note: course fee includes lunch and two coffee breaks*

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**Register online at [www.a4miberia.com](http://www.a4miberia.com)**