

# How to Register

- Call April at (503) 597 1895
- Email [webinar@zrtlab.com](mailto:webinar@zrtlab.com)
- Fill out and fax the form below to (503) 352 3263

**Webinar fee: \$150 (includes all three modules)**

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# Goals and Objectives

This program is designed to provide practitioners with an understanding of the multiple complex functions of hormones in the body and how they interact with each other, and to provide a thorough explanation of the physiology, pathophysiology, assessment and treatment options associated with adrenal dysfunction.

## **Module 1: A Woman's Hormonal Symphony**

**Pamela W. Smith, MD**

**1.5 hours**

- Explain the functions of the sex steroids on health maintenance
- Describe the interactions of sex steroids and influences on hormone balance
- Discuss the interactions of cortisol on sex steroids and influences on symptoms of hormone imbalance
- Discuss the interactions of thyroid on sex steroids and influences on symptoms of hormone imbalance

## **Module 2: Assessment of Adrenal Dysfunction**

**Lena Edwards, MD, FAAFM**

**1.5 hours**

- Understand the importance of stress and its relationship to illness in patients
- Understand the physiology of Adrenal Fatigue
- Differentiate possible causes of hypocortisolism
- Recognize the signs and symptoms of low cortisol and adrenal fatigue
- Learn to use salivary testing to determine adrenal function

## **Module 3: Treatment of Adrenal Dysfunction**

**Lena Edwards, MD, FAAFM**

**1.5 hours**

- Learn how to use salivary testing to determine cortisol output
- Discuss lifestyle modifications that affect adrenal function
- Provide effective treatment options for adrenal support at various stages of adrenal dysfunction
- Discuss treatment options for symptomology associated with adrenal dysfunction

# Faculty



Pamela Wartian Smith, M.D., MPH spent her first twenty years of practice as an emergency room physician with the Detroit Medical Center. She is a diplomat of the Board of the American Academy of Anti-Aging Physicians and is an

internationally known speaker and author on the subject of Metabolic, Anti-Aging and Functional Medicine. She has been featured on CNN, PBS, and other television channels, has been interviewed in numerous consumer magazines, and has hosted her own radio show. She is currently the Director of the Center for Healthy Living and Longevity and the founder and Director of The Fellowship in Metabolic, Anti-Aging and Functional Medicine. Dr. Smith is also the director of the Master's Program in Metabolic and Nutritional Medicine at the University of South Florida School of Medicine. She is the author of these best-selling books, "HRT: The Answers," "Vitamins Hype or Hope," "Demystifying Weight Loss," and "What You Must Know About Vitamins, Minerals, Herbs & More." Her new book "What You Must Know about Women's Hormones" will be released in August.



Dr. Lena Edwards owns her solo medical practice in Lexington, KY, and has been practicing medicine for nearly ten years. She is Board Certified in both Internal Medicine and Anti-Aging/Functional Medicine and has also completed the Fellowship Program in Anti-

Aging/Functional Medicine. She has extensive experience in the field of hormone imbalance and bio-identical hormone replacement. She is an avid proponent of physician and patient education and both writes articles for local publications and gives numerous seminars on the causes and treatments of hormone imbalance. She is the only physician in the state of Kentucky who is both Board Certified and Fellowship trained in Anti-Aging/Functional Medicine.

# Participation

## **ON DEMAND PARTICIPATION**

ZRT recorded live presentation of each module and made it available to you online. Registrants will be able to access the recorded webinar at their convenience, including Q&A session, take a post-test, and receive CE credit certificates.



## **ZRT WEBINARS ARE AS EASY AS 1-2-3**

1. **Register** - see back of this flyer for details.
2. **Receive** email confirmation email with link to the live or OnDemand webinar.
3. **Click** on the link in your email and you will be automatically directed to the On Demand recordings.



## **CONTACT**

If you have any questions, contact April Sorensen at (503) 597 1895 or email [webinar@zrtlab.com](mailto:webinar@zrtlab.com).

