



Hormones for Health

Novel Perspectives on Hormone
Imbalance and Restoration
in Men and Women

Frank J. Nordt, Ph.D.

Denver, CO
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Dr. Frank Nordt, founder and CEO of Rhein Consulting Laboratories, grew up in the Chicago area and earned his BS in chemistry as well as a BA in German literature at the University of Illinois at Chicago. After completing his Ph.D. at the Oregon Health and Sciences

University with a dissertation on the physicochemical properties of red blood cells, Dr. Nordt won a postdoctoral fellowship at the prestigious Max Planck Institute for Biochemistry in Munich, Germany. Subsequently he joined the research division at Sandoz (Novartis), a major pharmaceutical firm at its headquarters in Basel, Switzerland, where he studied potential treatments for stroke. Recruited back to the United States by his alma mater, Dr. Nordt joined the department of Neurology at the OHSU before committing to the full-time operation of Rhein Consulting Laboratories in 1991.

Dr. Nordt has published extensively and is recognized internationally for his contributions to academic research, which he continues to undertake in collaboration with research teams from universities and the private sector worldwide. Most recently he has participated in drug development with a major pharmaceutical firm and in NIH-funded work examining the hormonal consequences of diurnal and nocturnal shift work. His reputation is unrivaled as the scientific thought leader in hormone profiling, its analysis, interpretation, and clinical and research applications.

The consistency, purity and interpretative power of Dr. Nordt's work have led Rhein Labs to the forefront of hormone profiling work. Rhein Labs is the laboratory of choice for leading corporate entities, universities and research institutes. Rhein Labs also maintains relationships with leading clinicians in the United States and around the world.

Hormones for Health

*Novel Perspectives on Hormone
Imbalance and Restoration in Men and Women*

Don't miss this cutting-edge event where Dr. Nordt will discuss:

- Understanding and avoiding pitfalls in hormone testing in menopause and andropause
- Recognizing the inherent benefits of hormone profiling as opposed to testing hormones individually with attention to breast and prostate cancer
- Appreciating the advantages of urinary hormone testing in comparison to using saliva and serum
- Acquiring a basic understanding of how to interpret urinary hormone profiles by looking at various estrogen, androgen and corticosteroid metabolites
- Grasping the importance of ratios of hormone concentrations and concentrations of metabolites to each other
- Learning how concentration ratios can be utilized to infer enzymatic activities in the steroid metabolic cascade
- Recognizing and understanding patterns in hormone profiles and how these relate to the pathophysiology of aging in both men and women
- Mastering effective monitoring of hormonal therapeutic interventions
- Choosing routes of administration of hormones, when to use oral, transdermal, transmucosal/sublingual or injectable hormones, hormone pellets and certain nutritional supplements such as diindolylmethane (DIM), DHEA, 7-keto DHEA, saw palmetto and chrysin

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Novel Perspectives on Hormone Imbalance and Restoration in Men and Women

Steroid hormones exert specific biological effects via interaction with high affinity receptors and control diverse physiological and cellular processes ranging from sexual differentiation to reproduction, growth, immunity, brain function and behavior. Biochemical aberrations in the synthesis and metabolism of steroid hormones; significant changes in the amounts of hormones produced and associated with menarche, adrenarche, menopause, and age-related decline in testosterone or hypothalamic-pituitary-gonadal maturation; and changes in adrenal steroids all require accurate, reproducible and sensitive laboratory assays.

Our objective is to discuss critically various aspects of steroid hormone analyses, including types of assays used to quantify steroid hormones, choice of specimen matrix (e.g., serum, urine or saliva), including the inherent pros and cons associated with each, as well as the concept of hormone profiling, from which a comprehensive view of steroid hormone balance emerges. Problems inherent in immunologically based assays will be highlighted. The significance of primary hormone metabolites and diagnostic implications of ratios of hormone metabolites to each other will be illustrated. Case studies will be presented to demonstrate the utility of hormone profiling, as well as to provide interpretive guidance to the physician, thereby allowing for accurate diagnosis and maximum effectiveness in therapeutic intervention.

All participants will receive a manual containing extensive notes complete with scientific referencing.



Registration Form

Hormones for Health Novel Perspectives on Hormone Imbalance and Restoration in Men and Women

Early Registration Fee: \$79.00

Registration fee after September 4, 2013: \$89.00

Registration at the door: \$99.00

Pre-register and receive a \$79 DFH product credit!*

How to qualify: Register on or before September 4th

***Registrant must be present at the event to receive the product credit**

Denver, CO • October 5, 2013

The Curtis - a Doubletree by Hilton
1405 Curtis Street, Denver, Colorado 80202
1-303-571-0300

\$219.00/night room block for Friday & Saturday, October 4 & 5, 2013
using the code "Designs for Health" valid until
Wednesday, September 4, 2013

Please complete the registration form and...

☐ Call in registration: 1-800-847-8302 (Ext. 2073 or 2030)

☐ Fax in registration: 1-206-339-5233

☐ Mail to: Designs for Health
980 South Street
Suffield, CT 06078
Attn: Events Department

Name: _____ Degree: _____

Address: _____

City: _____ State: _____ Zip: _____

Ph: _____

Email: _____

Credit card (visa/mc/amex) #: _____ Exp.: ____/____

Name on card: _____ Signature: _____

No audio or video taping is permitted