USF Personalized Medicine Certification: Endocrinology

DATE: November 15-17, 2024

LOCATION: St. Pete Beach, FL

Friday, November 15, 2024

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| --- | --- | --- | --- |
| 7:30 am | What You Must Know About Women’s Hormones | Pamela W. Smith, M.D., MPH, MS | 2 hrs |
| 9:30 am | **Break** |  |  |
| 10:00 am | Maximizing Male Hormones | Pamela W. Smith, M.D., MPH, MS | 2 hrs |
| 12:00 pm | **Lunch** |  | 1.5 hrs |
| 1:30 pm | PMS | Pamela W. Smith, M.D., MPH, MS | 1 hr |
| 2:30 pm | PCOS | Pamela W. Smith, M.D., MPH, MS | 1 hr |
| 3:30 pm | **Break** |  |  |
| 4:00 pm | Hormones and the Heart | Pamela W. Smith, M.D., MPH, MS | 1.5 hrs |
| 5:30 pm | The Surprising Anti-Inflammatory Effects of Hormones | Pamela W. Smith, M.D., MPH, MS | 0.5 hr |
|  | **Close of Session** |  |  |

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Saturday, November 16, 2024

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| --- | --- | --- | --- |
| 7:30 am | Hormones and Memory | Pamela W. Smith, M.D., MPH, MS | 1.5 hrs |
| 9:00 am | **Break** |  |  |
| 9:30 am | Hormones and the Microbiome | Pamela W. Smith, M.D., MPH, MS | 1.5 hrs |
| 11:00 am | Hypothyroidism: A Personalized Medicine Approach | Pamela W. Smith, M.D., MPH, MS | 1 hr |
| 12:00 pm | **Lunch** |  | 1.5 hrs |
| 1:30 pm | Hormones and Weight Loss | Pamela W. Smith, M.D., MPH, MS | 1.5 hrs |
| 3:00 pm | **Break** |  |  |
| 3:30 pm | Hormones and Psychological Disorders | Pamela W. Smith, M.D., MPH, MS | 1.5 hrs |
| 5:00 pm | Hormones and the Skin | Pamela W. Smith, M.D., MPH, MS | 1 hr |
| 6:00 pm | **Close of Session** |  |  |

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Sunday, November 17, 2024

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| 7:30 am | Hormones and the Immune System | Pamela W. Smith, M.D., MPH, MS | 1.5 hrs |
| 9:00 am | Personalized Medicine and Sex Hormone Binding Globulin | Pamela W. Smith, MD, MPH, MS | 0.5 hr |
| 9:30 | **Break** |  |  |
| 10:00 am | Case Histories: Female Hormones | Pamela W. Smith, M.D., MPH, MS | 1 hr |
| 11:00 am | Case Histories: Male Hormones | Pamela W. Smith, M.D., MPH, MS | 1 hr |
| 12:00 pm | **Lunch** |  |  |
| 1:15 pm | Hormone Dosing: The Basics | Pamela W. Smith, M.D., MPH, MS | 0.5 hr |
| 1:45 pm | Maximize Male Hormones: Younger Men | Pamela W. Smith, M.D., MPH, MS | 1.75 hrs |
| 3:30 pm | **Break** |  |  |
| 3:45 pm | Prostate Cancer: An Update | Pamela W. Smith, M.D., MPH, MS | 1 hr |
| 4:45 pm | Personalized Medicine and Thyroid Hormone Dosing | Pamela W. Smith, M.D., MPH, MS | 0.75 hr |
| 5:30 pm | **Close of Session** |  |  |