



# Hormones 101: The GP's Clinical Guide

Unlock better diagnosis, smarter prescribing, and improved patient outcomes

**Speaker: Dr. Sharan Kaur**

With 23 years of clinical experience across general & preventive medicine, and advanced BHRT training guided by the teachings of Dr. Neal Rouzier (USA)

MAY MAY  
**15 - 16**

DORSETT  
HARTAMAS  
KUALA LUMPUR

Registration fee: RM1,188 (Early Bird) - valid until 30 April 2026  
Normal Price: RM1,500

**16 CPD Points Accredited**



More information  
**012-702 0850 (Ryan)**  
**03-6211 8868 (General)**

ASL Pharma Sdn Bhd (202301021404)  
UG 1-1, Level UG 1, Menara 1 Dutamas,  
No. 1, Jalan Dutamas 1, Solaris Dutamas,  
50480 Kuala Lumpur, Malaysia  
Website: [www.aslpharma.asia](http://www.aslpharma.asia)  
Email: [info@aslpharma.asia](mailto:info@aslpharma.asia)



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## Agenda

### DAY 1

- 08:30 - 09:00 Registration
- 09:00 - 10:30 Introduction to Hormones
- 10:30 - 11:00 Coffee break
- 11:00 - 12:30 Management of Thyroid Health
- 12:30 - 13:30 Buffet lunch
- 13:30 - 15:00 Estradiol in Women & Men
- 15:00 - 15:30 Coffee break
- 15:30 - 17:00 Testosterone in Men & Women

### DAY 2

- 09:00 - 10:30 Vitamin D3
- 10:30 - 11:00 Coffee Break
- 11:00 - 12:30 DHEA (The Elixir of Youth) & Melatonin (The Anti-Aging Hormone)
- 12:30 - 13:30 Buffet lunch
- 13:30 - 15:30 PCOS & Progesterone
- 15:30 - 16:00 Coffee break
- 16:00 - 17:00 Closing Q&A

### You Should Attend If...

- **You are a GP** seeing patients with persistent fatigue or metabolic concerns despite "normal" baseline blood results.
- **You wish to enhance your management of women's health**, focusing on cycle regulation, PCOS management and menopausal transition safety.
- **You want to understand the clinical role** of DHEA, Melatonin, and Vitamin D in supporting the aging patient.
- **You seek to distinguish your practice** through science-backed, restorative health services.
- **You want to learn the "Monday Morning" skills** of safe prescribing and lab-result monitoring.



### About the Speaker

## Dr. Sharan Kaur

MBBS (India), MSc Public Health (Slovakia), Dip.Aesthetic Medical Practice (Slovakia), Dip.Nutritional Medicine (Slovakia), Professional Dip. In Obstetrics & Gynaecology (Ireland), FINEM (India), BHRT Certified (USA), FSAARMM (Malaysia)

Dr. Sharan is a preventive medicine practitioner and medical director with over 23 years of experience spanning government service and private practice. A lifetime member of the Society of Anti-Aging, Aesthetics and Regenerative Medicine Malaysia (SAAaRMM), she specialises in the intersection of nutritional medicine and bio-identical hormone re-balancing. Her background in public health and obstetrics & gynaecology allows her to provide GPs with evidence-based, systemic solutions for aging and hormonal pathology.