

Dr. Angela DeRosa, DO, MBA, CPE, is a dynamic professional on a mission to change the face of women's health and wellness. As a respected, internationally recognized authority on women's hormonal health, Dr. DeRosa understands the range of health issues women face leading up to and during menopause. She experienced early menopause at age 35, with symptoms beginning in her mid-twenties, while she was attending medical school. In her quest to find out what was happening to her, it became clear that understanding, research and treatment for this critical phase of women's health was woefully inadequate.

She resolved to change it.

Dr. DeRosa found her passion and embarked on a lifelong career specializing in women's health with an emphasis on the importance of balanced hormones as a foundation for better health. While still in her residency, she developed the nineteenth women's health program in the nation.

As Senior Medical Director, Dr. DeRosa worked for Procter & Gamble to help launch osteoporosis treatments and testosterone replacement for women. During her years with the pharmaceutical division, she saw firsthand how women's ability to get proper medical care and treatment is thwarted due to politics, gender bias and poorly trained physicians. Her mission is to teach women about what's happening to them physically, how they can obtain proper treatment, and how to change the paradigm of medicine so women everywhere can live healthier and happier lives.

Dr. DeRosa has more than 20 years' experience in the medical field, both on the pharmaceutical side and in clinical practice. She is the founder of DR/M Integrative Health, with offices in Scottsdale, Glendale, and Chandler, Arizona. The practice sees patients from as far away as Germany, Peru, Mexico, Hawaii, Alaska and many of the 48 contiguous states.

Dr. DeRosa is a member of the International Menopause Society, European Endocrine and Menopause Society, International Society of the Study of Women's Sexual Health, The Academy of Anti-Aging Medicine (A4M), Age Management Medicine Group (AMMG) and a researcher on women's health issues. She is a frequent speaker for the osteopathic medical community on women's health issues, and has spoken at the national American Osteopathic Association's Continuing Medical Education meeting, the Arizona Osteopathic Medical Association's bi-annual meeting, The Academy of Anti-Aging Medicine, and in various other medical communities. Dr. DeRosa is Clinical Assistant Professor at Midwestern University, Arizona College of Osteopathic Medicine, and Board Member and past President for the Board of Trustees for the Arizona Osteopathic Medical Association. Dr. DeRosa also currently serves on the Board of Directors of Belmar Pharma Solutions where she serves as Medical Director, and on the Board of Directors for the Phoenix Theater Company.

In 2016 Dr. Angela DeRosa wrote an important book with a controversial title, "A Woman's Hormonal Health Survival Guide: How To Prevent Your Doctor From Slowly Killing You" The public, media, and medical community took notice. In fact, she received an avalanche of requests from physicians across the country wanting to learn more.



*Continued...*

DR. ANGELA

DeRosa

MEET DR. ANGELA DEROSA

Dr. DeRosa decided to take her 20 years of experience and help change the face of women's health care by working WITH physicians. She launched a hormonal health consultancy, for physicians seeking medical and practice development training on bio-identical hormone replacement therapy, with an emphasis on pellet therapy. The new endeavor is called The Hormonal Health Institute: Executive Instruction for Medical Professionals.

The Institute offers physicians a variety of training formats and programs including live concierge-level one-on-one training in the physician's office, live and recorded webinars, self-paced digital classes, online group workshops, phone/email/Skype follow up support and peer support for physicians.

In addition, Dr. DeRosa is launching a digital education platform, [www.drhotflash.com](http://www.drhotflash.com), with two channels; one for physicians and one for consumers seeking easy to understand and comprehensive hormone health content for women, as well as providing a community for women seeking to share experiences.

An avid cat lover, in 2017, Dr. DeRosa launched KARE for ME, a 501(c)(3) non-profit foundation dedicating to providing grants, support and funding for local, no-kill animal shelters and scholarships for students pursuing a degree in veterinarian shelter medicine.

Dr. DeRosa lives in Fountain Hills, Arizona.

## Health issues in women of all ages can often be traced to one root cause: hormone deficiencies.

Hormone deficiency isn't just about menopause – women can suffer from hormone deficiencies from the onset of puberty. Short term, it's a serious concern sapping energy, causing mood disorders, memory problems and putting a damper on libido. Long term, untreated hormone deficiencies are contributing factors in developing heart disease, diabetes, bone loss, obesity, cancer and other chronic health issues.

## Most medical professionals aren't trained to properly diagnose and treat hormone deficiencies.

Most doctors don't understand the impact of hormone deficiencies on overall health, so women are suffering, and even dying, needlessly. The lack of knowledge and training for medical providers is just part of the problem. The deep-seated gender bias in American culture, within medicine, and in our politics in conjunction with the unbridled power and deep pockets of the pharmaceutical industry is a deadly combination, working against the best interests of women and their healthcare.

## American women can expect to live one-third of their lives in menopause.

The average age of menopause in the U.S. is 52. Since menopause is a natural state, most doctors dismiss the symptoms and serious health risks associated with it.

## In the U.S., 18 percent of the population – or 45.6 million women – are in menopause.

There are 500 million menopausal women worldwide. According to Menopause Practice: A Clinician's Guide, there were 1.1 billion women in menopause in 2015. This doesn't even account for the millions of non-menopausal women with hormonal deficiencies.

## One in three women will have thyroid issues by the age of 50.

Many women with thyroid disease remain undiagnosed and untreated because their provider relies solely on standard TSH blood screen, which is not the best indicator of true thyroid function. Thyroid issues are also a problem for men, as one in five will have thyroid problems by age 50.

## When working properly, a woman's body's most abundant hormone is testosterone.

A man's body makes 95% testosterone and 5% estrogen. Women are actually more balanced hormonally, and this is often overlooked by physicians when diagnosing them.

## Testosterone deficiency - what are the symptoms?

Hallmarks include low libido, weight gain, low, anxiety, depression, mood swings, memory loss, sugar cravings and a "beer belly" appearance from weight gain. This usually starts in the mid- to late-30s, but certain medications, illness, and genetics can cause it to begin sooner.

## Estrogen deficiency or perimenopause: what to expect in the early, mid and late stages.

During the early stage of estrogen deficiency, many women experience hot flashes and insomnia right before and during their period. Premenstrual syndrome (PMS) gets worse, and they may have migraines for the first time in their lives.

The mid-stage of estrogen deficiency sees hot flashes during random times throughout month (not just during periods), worsening PMS (just when they thought it couldn't possibly get any worse), insomnia, forgetfulness and night sweats.

Late stage is usually marked by irregularity in menstrual cycles, and worsening symptoms overall. Women might go several months without getting a period, but suddenly they return, often becoming heavier, more frequent and longer lasting.



Dr. DeRosa provides expert commentary on stories and controversies of the day.

hormone|

hormone replacement therapy

hormones

hormone imbalance

hormone pellets



## Little Pink Pill May Boost Women's Desire

April 15, 2015 11:12 PM

## Women's Hormones and Mental Health

## Coping with HRT side effects

## Study: No increase in CV risk with testosterone



## Testosterone Products Linked to Heart Attack and Stroke

Posted by Sheller, P.C.

November 21, 2014 12:03 PM

## 5 Signs You Should Have Your Testosterone Levels Checked

## What are hormones and how do they affect me?

## Fight Over 'Little Pink Pill' Raises Sexism Questions

## The FDA is Finally Paying Attention to Female Sexual Dysfuncton



**Angela DeRosa**  
@DrHotFlash

When it comes to healthcare, women get the shaft! #menopause #hotflash #bhrt #health #healthtalk bitly.com/1qYsLds



**WEB & SOCIAL MEDIA**

MiraVita® Metamorphosis  
MiraVita.com  
Facebook: MiraVita Weight Loss  
Twitter: @MV4LIFE

Dr. Angela DeRosa  
DrHotFlash.com  
Facebook: Dr Hot Flash  
Twitter: @DrHotFlash  
YouTube: Dr. Angela DeRosa

The Hormonal Health Institute: Executive Instruction For Medical Professionals  
hormonalhealthinstitute.com  
LinkedIn: The Hormonal Health Institute

DR/M Integrative Health  
drmintegrativehealth.com  
Facebook: DR/M Integrative Health

Belmar Pharma Solutions  
belmarpharmasolutions.com  
Facebook: Belmar Pharmacy  
LinkedIn: Belmar Pharma Solutions

FEBRUARY 9, 2019 | HILTON SCOTTSDALE RESORT & VILLAS

Dr. Angela DeRosa Presents:  
**Women, Wellness and Wine**  
Health Seminar

Spend the day with some of the Valley's most prestigious healthcare practitioners to learn how to take control of your health and live your best life NOW.

**Speakers & Topics**

 <b>Love and Libido: Gender Differences in Sex</b> Dr. Angela DeRosa, DO, MBA, CPE Leading Expert in HRT Therapies	 <b>Is Your Gut Making You Sick?</b> Dr. Susan Vannucci, DO Dietician, Chiropractor/Physiotherapist
 <b>How Your Skin is a Reflection of Your Health</b> Dr. Betty Davis Board Certified Dermatologist	 <b>Be Empowered, Know Your Risk: Hereditary Cancer Syndromes</b> Dr. Yella Koltzwa Internist, Breast Specialist
 <b>Innovations in Breast Imaging</b> Alexander Savella, M.D. Chief Medical Officer, Solis Imaging	 <b>Hair Loss in Women</b> Carly Klein President and Founder of National Hair Loss Association
 <b>Conscious Weight Loss: Shifting Your Internal Dialogue About Your Body</b> Jesse Neale Psychologist	 <b>Turn Your Weight Loss Flab Into Fab: Confidence is Contagious!</b> Dr. Mehdi K. Mazaheri, MD, PC Board Certified Plastic Surgeon
 <b>Feel Beautiful in the Bedroom</b> Jasmin Moore, MEd Podcaster	

Seminar: 8am-1pm • Wine Tasting & Raffles 1-2pm  
Register online now: [drhotflash.com/seminar](http://drhotflash.com/seminar)  
\$49.95 fee includes breakfast, wine tasting, swag bag valued at \$500 and raffle tickets.  
A portion of proceeds goes to KARE for ME Foundation, a 501-c3 which supports shelter animals and their care.

Sponsored by  
MiraVita® NATIONAL HAIR LOSS myRisk MEBDI K. MAZAHERI, MD, PC SOLIS

**HORMONAL HAPPY HOUR®**  
Dr. DeRosa's highly popular series of topical seminars was created specifically to educate women, men and couples about common hormonal health issues in an informal environment, where everyone has the chance to ask questions, share stories and insights. Guests meet Dr. Hotflash and her staff, enjoy great food and drinks, chat and mingle while learning about important health topics.



Dr. Angela DeRosa is an internationally recognized expert in women's hormonal health. She speaks on a range of topics related to common symptoms of hormone deficiencies as they relate to overall health and wellness in women and in men. Custom programs and seminars can also be developed upon request.

### **Hormones: Why Deficiencies Make Us Fat, Sick, Irritable & Sexless**

Dr. DeRosa educates women about the symptoms and dangers of hormone deficiency – everything from fatigue and loss of sex drive to heart disease, pre-diabetes, bone loss and stroke.

### **Hormone Deficiencies in Women: How They Happen & How They Harm Our Health**

Dr. DeRosa discusses in layman's terms the main causes of hormone deficiencies – including oral birth control and other medications, hysterectomy, perimenopause and menopause – and how they affect the body and overall health.

### **Bio-identical vs Synthetics in HRT: Myths, Misconceptions & the Ugly Truths You Need to Know**

Dr. DeRosa discusses the difference between synthetic and bio-identical hormones, and reveals why the startling Women's Health Initiative study on hormone replacement therapy – widely reported in the early 2000s – was bunk. Learn how big pharma is lobbying against bio-identical HRT and why. A definite eye-opener!

### **Thyroid Disease: Why Your Doctor is Usually Wrong**

Dr. DeRosa exposes the truth about thyroid disease, why so many doctors miss this critical diagnosis and why replacing the thyroid hormone is so important to staying healthy at all stages of life.

### **What Women Need to Know About Hormone Replacement Therapy**

Dr. DeRosa provides no-nonsense information about hormone replacement therapy, including how it's done, the costs, and risks and rewards and why you must be an advocate for your own health.

### **How Your Doctor is Killing You: A Woman's Health Survival Guide - Checklists & Health Tips**

Dr. DeRosa shares tips that every woman should know when seeing a physician, including checklists of important lab work, questions to ask and how to tell if you're getting proper treatment.

### **Men & Their Mojo: The Myths & Misuse of Erectile Dysfunction Drugs**

Dr. DeRosa discusses the underlying causes of ED, or erectile dysfunction, what men really need to know about Viagra, Cialis and testosterone, and when each is appropriate to treat erectile dysfunction. Men learn how to get their groove back in the bedroom, and live healthier lives.

Dr. DeRosa is a frequent speaker at health care industry events. She has spoken at the national American Osteopathic Association's Continuing Medical Education meeting, the Arizona Osteopathic Medical Association's bi-annual meeting, and in various other medical communities. Most recently, Dr. DeRosa was asked to speak to physicians from all over the world attending the prestigious The American Academy of Anti-Aging (A4M) World Congress.

The following topics are the most requested but custom lectures can also be developed:

### **Treating to Optimal Health:**

Top ten treatments to slow aging and prevent chronic illness.

### **Conventional Hormonophobia to Reasonable Hormonal Therapies:**

Separating fact from fiction.

### **Become a Chef and Not a Cook:**

How to learn from conventional medicine while advancing and innovating medical therapies.

### **How Modern Medicine is Slowing Killing Women:**

Becoming part of the solution and not the problem.

### **The Art of Choosing Hormonal Therapies for Men and Women:**

A beginners guide to treating with estrogen, testosterone and thyroid.

### **From Maxed Out Credit Cards to SOLD!!**

A professional journey toward building a platform company in medicine.

### **You Took a Hormone Course, Now What?**

The nuts and bolts of building a hormonal practice from operations, marketing and legal aspects.

### **Is Your Thyroid Making You Fat?**

Cellular Hypothyroidism and Metabolism.

### **I Was In Menopause At 35**

A medical professional mission to change the paradigm of hormonal health in America.

### **Testosterone: The Highly Misunderstood Hormone in Women. How to navigate its importance during a women's reproductive years into menopause.**

Learn the role of testosterone in women and how its abundant nature affects all organ systems in the body.

### **Birth Control Pills: Modern Day Miracle or Worst Iatrogenic Thing Providers Do to Women?**

Oral birth control pills modernized sexual health and provided women a much-needed resource in controlling their reproductive health.

### **Love and Libido: Gender Differences In Sex**

Men and women are very different species when it comes to many things, but no more relevant is the differences in not only how one thinks about sex, but also the physiologic response to sex.



## When It Comes To Healthcare, Women Are Getting Dismissed!

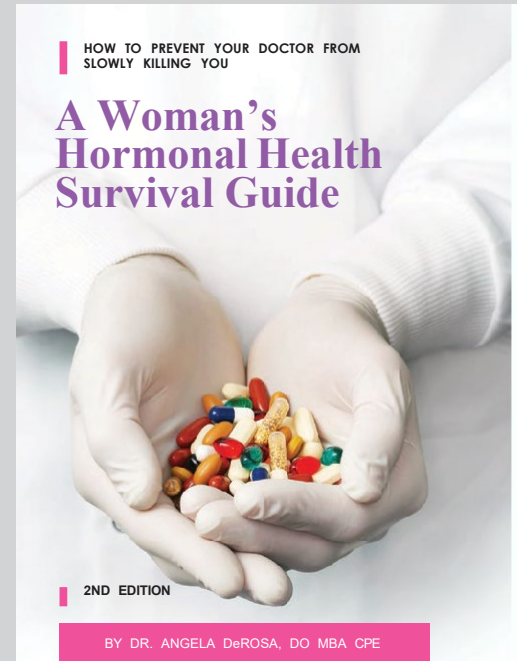
*A Woman's Hormonal Health Survival Guide:How to Prevent Your Doctor From Slowly Killing You* takes a frank, tell-it-like-it-is look at the state of women's health.

Common health conditions in women of all ages can often be traced to one root cause: hormone imbalances and deficiencies, and women can have them from the onset of puberty.

In the short term, untreated hormone deficiencies sap energy, cause mood disorders, memory problems and put a damper on libido. In the long term, deficiencies are contributing factors in developing heart disease, diabetes, bone loss, obesity, cancer and other chronic health issues.

### LEARN:

- Why the 2002 Women's Health Institute study on HRT therapy is bunk and scared women and their doctors
- The short- and long-term dangers of hormone deficiencies and how to recognize the symptoms before it's too late
- The root causes of hormone deficiencies and how they affect your body and your overall health
- Commonly prescribed medications that could be making you sick
- No-nonsense information about hormone replacement therapy
- Tips that every woman should know when seeing their doctor
- How to tell if you're getting proper treatment



Author: Dr. Angela DeRosa, DO, MBA, CPE  
Category: Women's Health/Health & Fitness  
ISBN: 978-0-578-40505-6  
Second Edition  
Pub Date: October 2018  
Trade Soft Cover: 128 Pages  
Trim: 5.5" x 8.5"  
Price: \$8.99 US

### PUBLICITY

Teri James Public Relations  
Teri James | 602.430.0374  
teri@terijamespr.com

### PUBLISHER

DeRosa Media, LLC  
11445 E. via Linda DR, Ste 2-206  
Scottsdale, Arizona 85259