

DR. HOT *flash*



Angela DeRosa
DO, MBA, CPE

International Authority
on Hormonal Health

Media Kit



Meet Angela DeRosa

DO, MBA, CPE

International Authority on Hormonal Health

Angela DeRosa, DO, MBA, CPE, is a world-renowned expert in hormonal health, recognized for her groundbreaking advancements and ongoing contributions to the field of bioidentical hormone replacement therapy (BHRT) and integrative medicine. With a decades-long career and a reach that has touched providers in China, the UAE, Australia, Great Britain, and Canada, to name a few, Dr. DeRosa has established herself as an international leader in the field.

Her journey into hormonal medicine was catalyzed by her personal struggle with undiagnosed menopause at age 35, igniting a mission to revolutionize care for patients experiencing hormonal imbalances. To that end, she founded the Hormonal Health Institute (HHI), which not only provides highly customized training solutions for the individual provider, but is the only training organization offering comprehensive, turnkey BHRT training and practice development for large scale medical organizations.

Dr. DeRosa serves on multiple boards, including Belmar Pharma Solutions as their Medical Director, the Arizona Osteopathic Medical Association, and as a member of the Medical Advisory Board of the European Menopause and Andropause Society. Her previous roles include serving on the Board of Directors for the American Osteopathic Foundation and as Senior Medical Director for Procter & Gamble Pharmaceuticals, where she led strategic initiatives in women's health.

The bestselling author of "A Woman's Hormonal Health Survival Guide: How to Prevent Your Doctor from Slowly Killing You," Dr. DeRosa is also a Clinical Assistant Professor at Midwestern University. She is proud to be affiliated with leading organizations in the field including the International Menopause Society, the European Menopause and Andropause Society, and the Longevity Docs Club, amongst others. She is a 2025 Inc. Female Founders Honoree.

Dr. DeRosa resides in Scottsdale, Arizona, where, as a sought-after lecturer, advisor, and practitioner, she continues to advance global standards in hormonal healthcare, driven by her passion for patient care, innovation, and excellence.

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Keynote

Healthcare Keynote Speaker: Dr. Angela DeRosa

Passionate, World-Renowned Hormonal Health Expert.

Dr. Angela DeRosa is a leader in the field of women's hormone health and wellness, and a dynamic healthcare speaker. Throughout her illustrious career, she has been invited to speak at conferences around the world, including the World Congress on Anti-Aging Medicine, hosted by The American Academy of Anti-Aging Medicine (A4M); the European Congress on Menopause and Andropause (EMAS) held in Madrid, Spain; and the Arizona Osteopathic Association Annual Conference, of which, she is a past president.

She has lectured for the American College of Obstetricians and Gynecologists, and is a regular speaker at the American College of Osteopathic Family Physicians (ACOF) CA, the largest osteopathic medical society in the country. Dr. DeRosa speaks about a variety of hormonal health topics, including:

- **Testosterone: The Highly Misunderstood Hormone in Women—How to Navigate Its Importance During a Woman's Reproductive Years Into Menopause**
- **Antidepressants and Menopausal/Postmenopausal Women**
- **Love and Libido: Gender Differences in Sexuality**
- **Treating to Optimal Health: Top 10 Treatments to Slow Aging and Prevent Chronic Illness**
- **The Art of Choosing Hormonal Therapies**
- **Intro to Hormone Supplementation for Women**
- **Birth Control Pills: Modern Day Miracle or Worst Iatrogenic Thing Doctors Do to Women**
- **Power Through Perimenopause: Your Insider's Guide to Hormones, Hair & Whole-Body Health**

This is just a small sampling of topics in Dr. DeRosa's healthcare keynote speaker repertoire. She can customize a unique presentation related to:

- **Hormonal health for men and women**
- **Thyroid conditions**
- **Gut health and nutrition**
- **Bioidentical hormone replacement therapy (BHRT)**
- **Hormone therapies relating to patients with breast cancer**
- **Medical weight loss**
- **Prostate cancer**
- **Gender bias in medicine**

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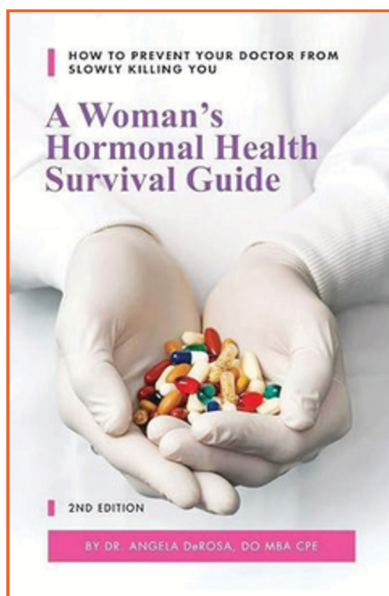
Author & Educator

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Dr. Angela DeRosa
is the bestselling author of:

"A Woman's Hormonal Health Survival Guide: How to Prevent Your Doctor from Slowly Killing You"



Ask about group [book purchases](#).

Is your doctor prescribing medications that could be making you sicker?

Most medical professionals aren't trained to properly diagnose and address hormonal deficiencies, and don't understand the impact on overall health — especially for women in perimenopause and menopause. Long-term

untreated hormone deficiencies are contributing factors in developing heart disease, diabetes, bone loss, obesity, cancer and other chronic health issues.

[Dr. DeRosa discusses](#) how the gender bias in American culture, medicine, and politics, along with the deep pockets of the mainstream pharmaceutical industry are all working against the best interest of women and their optimal healthcare.

Featured Articles

[Inc.com 10 Ways to Improve the Workplace for Women During Menopause](#)

[International Journal of Pharmaceutical Compounding, Inc.](#)

*Gender Bias in the Treatment of Menopausal Women:
I am Hot as Hell and Not Going to Take It Anymore*

[Part 1](#)

[Part 2](#)

Angela DeRosa, DO, MBA, CPE is the founder and principal educator of the [Hormonal Health Institute](#), a leader in medical education for bioidentical hormone therapies (BHRT) and integrative health solutions.



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Featured Press

Contact: Alex Mathew
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Inc. Female 500 Founders
2025

Dr. Angela DeRosa named as Inc. 2025 Female Founders Honoree!
Check out Inc's: "Unlocking the Secrets of the Most Dynamic Women in Business"

JOURNAL OF OSTEOPATHIC MEDICINE

Subcutaneous Pellet Testosterone Replacement Therapy: The "First Steps" in Treating Men With Spinal Cord Injuries
Kendra M. Gray and Angela DeRosa From the journal Journal of Osteopathic Medicine

Welcome to Wellness
Ashley Deeley

#90 The Hormone Hack Every Woman Should Know
Dr. Angela DeRosa went through menopause in her 20s! If you're suffering from migraines, low libido, moodiness, depression, dizziness, heart palpitations, passing out while working out, or just generally not "feeling like yourself", this is for you.
Feb 28 - 1hr 3 min

Join Dr DeRosa and popular podcaster Ashley Deeley for a deep dive into menopause and "The Hormone Hack Every Woman Should Know".
Listen to Dr DeRosa's fascinating and hard hitting interview with Ashley Deeley on the latest episode of "Welcome to Wellness"

DR. ANGELA DEROSA
FOUNDER, HORMONAL HEALTH INSTITUTE

Dr. Hot Flash Talks Libido, Menopause & the Importance of Testosterone in Women
Daily Blast Live

WELCOME TO THE DR. GREG JONES OPTIMIZATION ACADEMY

NAVIGATING THE TRANSITION: PERIMENOPAUSE EXPLAINED WITH DR. ANGELA DEROSA

INNOVATE, EDUCATE, EMPOWER

Navigating the Transition:
Perimenopause Explained with Dr. Angela DeRosa

Let's Talk Estrogen
Safe? Dangerous?

David Brownstein, MD Lindsay Berkson, DC David Rosenzweig, MD Angela DeRosa, DO

February 15th - 7pm Central

VIDEO: Lets Talk Estrogen

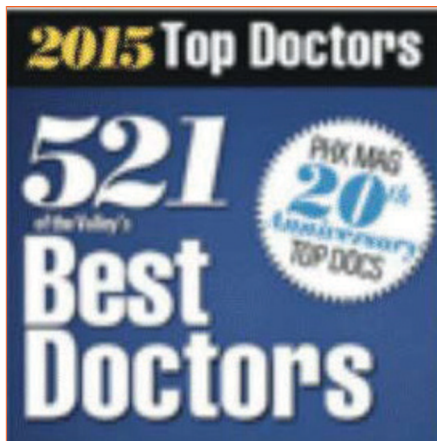
MENO-CHANNEL
MIDLIFE EXPLAINED

Testosterone - The Highly Misunderstood Hormone in Women
Dr. DeRosa on the MenoChannel

Everything to Know About the Menopause Makeover
Hormone-related changes are leading more women into their surgeon's office - here's why.

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Press Featured



ARIZONA



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