

# Get your diploma in Essential Hormone Therapy



## International Hormone Society

### Essential Hormone Therapy Training Program

The Essential Hormone Therapy Training Program is a short training program organized by the International Hormone Society, and confirms a physician's deeper knowledge of 15 hormone therapies. Excellent to start well hormone diagnoses and therapies, acquire useful scientific knowledge, and proceed with safety and know-how in hormone therapies.



# Why should you as a physician get the Essential Hormone Therapy diploma?



- + To learn the **essential scientific information** and **practical know-how** in 15 **hormone therapies**. Get specific information on how to start your hormone therapy consultation, optimize hormone levels, treat with more than 15 hormones, cure and prevent diseases, etc.
- + To get you an **official certification** for **your medical skills in hormone therapy**, acknowledged by the International Hormone Society (IHS) and the president Dr. Thierry Hertoghe.
- + To raise **enthusiasm**: it is a pleasure for physicians to feel they master the basic and many of the advanced skills in Hormone Therapy.
- + To join the **movement** of more than 2500 physicians of the International Hormone Society; the IHS community.

## Advice

- + The Essential Hormone Therapy Training Program is a short training program in hormone therapy, more extensive than the Board Certification in Hormone Therapy.
- + With the finest e-learning materials of the highest quality.

# Content

## Essential Hormone Therapy Training Program



### | 15 online video modules (approximately 65 hours)

- + Hormone therapy consultation: basics
- + Hormone level & therapy optimization
- + Endocrine disorders: nutritional therapies
- + Endocrine system pollutants
- + The 15 major hormone therapies
- + Melatonin therapy
- + Thyroid deficiency & treatment
- + Growth hormone & IGF-1 treatments in adults
- + ACTH & MSH therapies
- + Thymus hormone & extract therapies
- + DHEA, cortisol, aldosterone & pregnenolone therapies
- + Estrogen & progesterone therapies in women & men
- + Testosterone therapy in men & women
- + Hormone therapies to cure or prevent disease
- + Bone hormone therapies

### | Questions

Multiple choice questions (5 questions)

### | Answers

Only 1 answer per question is allowed

### | Points attributed

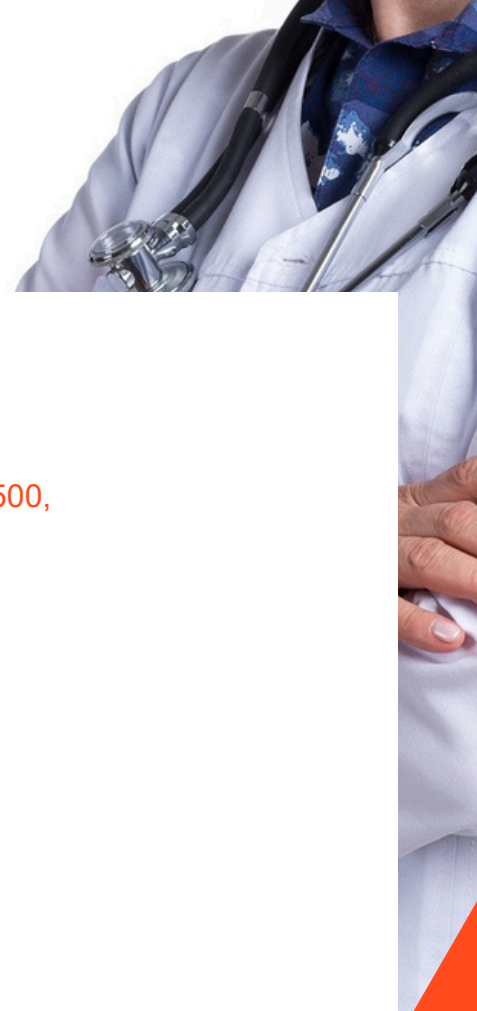
- + +1 point for each correct answer
- + -0.2 point for a wrong answer

### | Scores

60% of the points must be obtained

# The Exam

## Essential Hormone Therapy Training Program



### Costs

The fee for the Essential Hormone Therapy Training Program is €3500, consists of:

- + Learning material
- + Examination fees  
(In case of failure: €350 to repass the exam)

## Conditions for the Essential Hormone Therapy Training Program

### 4 Essential conditions

1. Register online: <https://bit.ly/essential-training-IHS>
2. Payment of 3500 euros (Payment possible by bank transfer or Paypal)
3. University medical doctor's license/diploma or registration in the medical board:  
Copy to send to [office@hertoghe.eu](mailto:office@hertoghe.eu)
4. Exam: 60% or more of the points must be obtained to pass the exam successfully.

### For questions

contact: [medschool@hertoghe.eu](mailto:medschool@hertoghe.eu) or 00-352 621204289  
Including to know when or where you can pass the examination

# The Exam

## Examples of questions



Which statement about calcitonin is wrong (please indicate only one statement):

- ☐ The serum calcitonin level increases with age in women
- ☐ Calcitonin inhibits platelet aggregation in vitro and in vivo
- ☐ Patients with osteoporosis and osteopenia have been found to have lower calcitonin levels
- ☐ Calcitonin increases bone density
- ☐ Calcitonin decreases pain

Pregnenolone's natural metabolites are the following, except one (indicate the one wrong answer):

- ☐ Estrone
- ☐ Calcitonin
- ☐ Cortisol
- ☐ Testosterone
- ☐ Aldosterone

The following psychic complaints are suggestive of pregnenolone deficiency. Which statement fits the best?

- ☐ Exhaustion, lack of recovery, lack of inner peace, constant anxiety, sharp verbal retorts, dramatizing, sense of powerlessness, low self-esteem, social isolation
- ☐ Morning fatigue, fatigue at rest, morning depression, slowness or (compensatory) hyperactivity, feeling sleepy at rest, apathic, slow thinking
- ☐ Fatigue in stress, hypoglycemic attacks, low resistance to stress, excessive sensitivity to human sufferance, confusion, anger-anxiety outbursts, quarrelsomeness
- ☐ Light and superficial sleep, agitated sleep (tensed in bed), difficulties of falling (back) asleep, excessive anxious thoughts, poor dreaming when asleep
- ☐ Poor memory, especially short term memory, low artistic perception, low colour perception, complaints of multiple adrenal cortex hormone deficiencies