

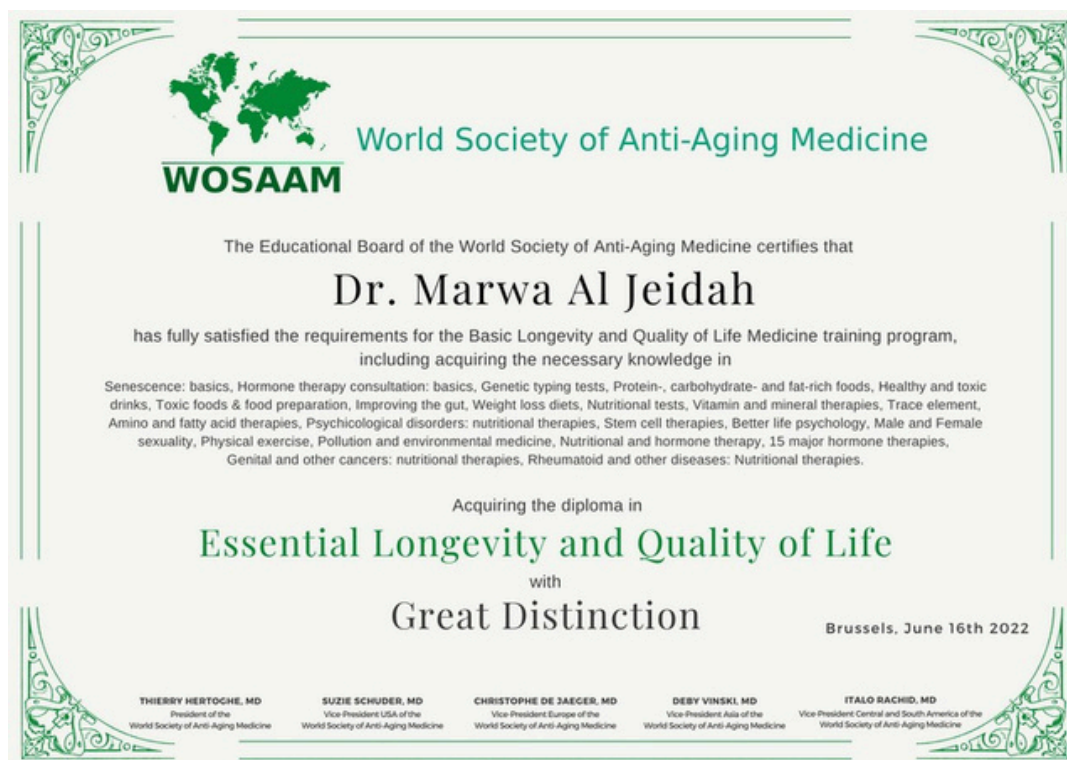
Get your diploma in Essential Longevity and Quality of Life



World Society of Anti-Aging Medicine

## Essential Longevity and Quality of Life Training Program

The Essential Longevity and Quality of Life Training Program is a short training program that provides basic and some more advanced information on longevity and quality of life medical therapies. It provides useful information to help physicians safely start and efficiently advance in the administration of the most frequently applied longevity and quality-of-life medical therapies. This is a key educational training program in longevity and quality of life medicine.



# Why should you as a physician get the Essential Longevity and Quality of Life diploma?



- + To acquire the essential scientific information and **practical know-how** in **longevity and quality of life medical therapies**. Follow lessons on major hormone therapies (thyroid, female hormones, testosterone, DHEA, melatonin, growth hormone...), senescence, genetic typing tests, how to improve the diet, sexuality, nutritional tests and supplementation, stem cell therapies, nutritional therapies, etc.
- + To get you an **official** scientific society-supported **diploma** by the World Society of Anti-Aging Medicine (WOSAAM) 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 Longevity and Quality of Life Medicine.
- + To **join** the **movement** of more than 7000 physicians of the WOSAAM community.

## Advice

- + The Essential Longevity and Quality of Life Training Program is a short training program in longevity and quality of life medicine, more extensive than the Board Certification in Longevity and Quality of Life Medicine.
- + With the finest e-learning materials of the highest quality.

# Content

## Essential Longevity and Quality of Life Training Program



Teaches the essential scientific information and practical know-how in longevity and quality of life medical therapies. Contains scientific information and practical know-how in longevity and quality of life medical therapies. Contains **20 online video courses (more than 90 hours)**

- + Senescence: basics
- + Hormone therapy consultation: basics
- + Genetic typing tests
- + Diet: protein-, carbohydrate- & fat-rich foods
- + Diet: healthy & toxic drinks
- + Diet: toxic foods & food preparation
- + Digestion: improving the gut
- + Weight loss diets
- + Nutritional tests, vitamin & mineral therapies
- + Trace element, amino & fatty acid therapies
- + Psychological disorders: nutritional therapies
- + Stem cell therapies
- + Better life psychology
- + Male & female sexuality
- + Physical exercise
- + Pollution & environmental medicine
- + Nutritional & hormone therapy workshop 1
- + The 15 major hormone therapies
- + Genital & other cancers: nutritional therapies
- + Rheumatoid & other diseases: nutritional 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 Longevity and Quality of Life  
Training Program



## Costs

The fee for the Essential Longevity and Quality of Life Training Program is €5000, consists of:

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

### | Recommended lecture:

- + The lifespan and Anti-Aging Medicine Textbook: 400 €

## Conditions for the Essential Longevity and Quality of Life Training Program

### 4 Essential conditions

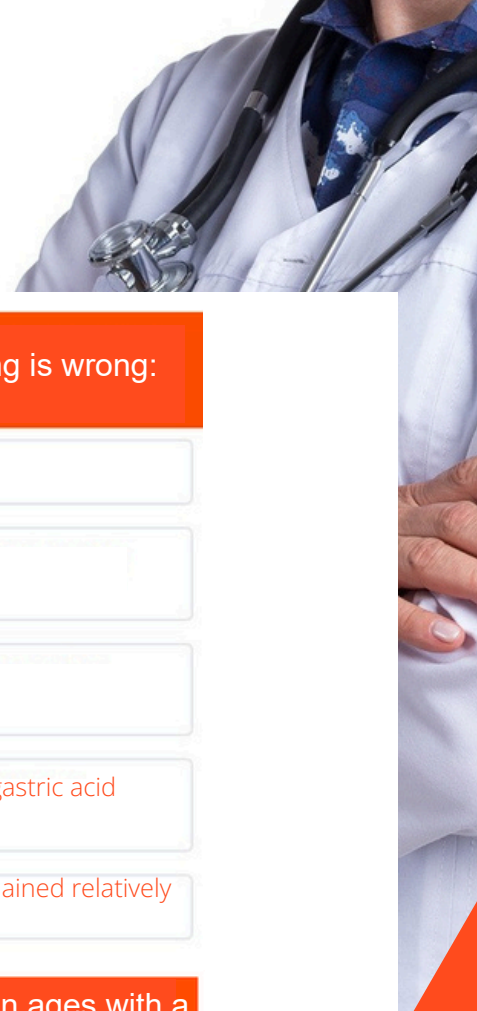
1. **Register online:** <https://hertoghemedicalschool.eu/shop/short-training-programs/essential-longevity-and-quality-of-life-training-program/>
2. **Payment of 5000 euros** (Payment possible by bank transfer or Paypal)
3. **University medical doctor's license/diploma or registration in the medical 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 of the following statements on gastrointestinal aging is wrong:

- ☐ Saliva production: saliva production tends to decrease with age
- ☐ Esophagus: the motility of the esophagus remains unchanged
- ☐ Esophagus: the motility of the esophagus is considerably increased
- ☐ Stomach: the stomach suffers from senescence with a reduction in gastric acid production
- ☐ Small intestine: Structure and transit times of the small intestine remained relatively unchanged with normal senescence

Which of the following statements is true when a population ages with a morbidity compression. This means that the population ages with:

- ☐ A reduction in death rate by fatal diseases, while the onset and age at which invalidating non fatal disease appears, occurs earlier
- ☐ A reduction in death rate by fatal diseases, while the onset and age at which invalidating non fatal disease appears, is delayed
- ☐ An increase in death rate by fatal diseases, while the onset and age at which invalidating non fatal disease appears, occurs earlier
- ☐ An increase in death rate by fatal diseases, while the onset and age at which invalidating non fatal disease appears, is postponed
- ☐ None of the above-mentioned statements is true

The following medications or products can cause erectile dysfunction, except one. Which one? Indicate the product that is the less likely to cause erectile dysfunction:

- ☐ Diuretics like furosemide
- ☐ Beta-blockers such as propranolol
- ☐ Antidepressants such as fluoxetine (Prozac®)
- ☐ Epileptic drugs such as phenytoin
- ☐ Yohimbine