

Get your Board Certification in Hormone Therapy



International Hormone Society

## Board Certification in Hormone Therapy

The board certification for physicians, organized by the International Hormone Society, is obtained by successfully passing an exam, which officially confirms a physician's expertise in the 12 major hormone treatments.



# Why should you as a physician get the Board Certification in Hormone Therapy?



- + To **improve your skills** in diagnosing and treating hormone deficiencies.
- + To get you an **official certification** for your medical skills in hormone therapy, acknowledged by an international medical and scientific organization, the International Hormone Society.
- + To raise **enthusiasm**: it is a pleasure for physicians to feel they master the basic and many advanced skills in hormone therapy.
- + To **join the movement** of more than 2500 physicians of the International Hormone Society, the IHS community.
- + To **get a 2-year access** to the scientific references of the International Hormone Society website.

## Advice

- + If you start to learn about hormone therapies, the Board Certification in Hormone Therapy is the **first** certification to acquire.

# Content and Exam

## Board Certification in Hormone Therapy



### | Content: The 12 most important hormone treatments

- + Melatonin treatment

#### Pituitary hormones:

- + Adult growth hormone treatment
- + Oxytocin treatment
- + Vasopressin treatment
- + Thyroid treatment

#### Adrenal hormones:

- + Cortisol/glucocorticoid treatment
- + DHEA treatment
- + Aldosterone/fludrocortisone treatment
- + Pregnenolone treatment

#### Sex hormones:

- + Estrogen treatment in women
- + Progesterone treatment in women
- + Testosterone treatment in men and women

### | Time necessary to study the learning material to pass the exam successfully

- + Experienced physicians: 70-140 hours
- + Inexperienced physicians: 100-200 hours

### | 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

### | Questions on

- + Medical history
- + Symptoms and signs of hormone deficiency (including recognizing the hormone deficiency that causes a physical sign on color pictures)
- + Laboratory tests
- + Hormone treatments: Doses, routes of administration
- + Follow-up, including how to solve problems occurring during hormone treatment

### | Difficulty

Fair: 75-80% of candidates pass the exam at their first trial

### | Scores

60% of the points must be obtained

# The Exam

## Board Certification in Hormone Therapy

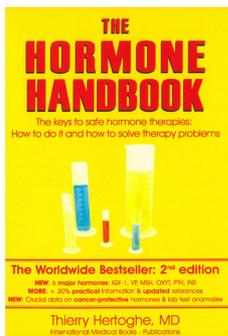


### Costs

The fee for the Board Certification in Hormone therapy is €2000, consists of:

- + Examination fees: €1500 to take the exam (In case of failure: €500 to repass the exam)
- + Learning material: €500 for the 2 books

+ Hormone Handbook: €290

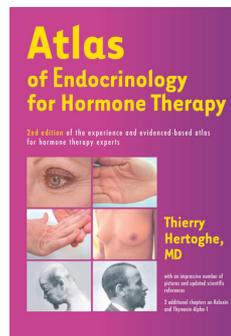


833 pages

Material for the exam is about 35% of the whole book

(Pages: 3-39, 43-73, 91-142, 183-242, 267-345, 361-375, 379-420)

+ Atlas of endocrinology for hormone therapy: €250



416 pages

Material for the exam is about 60% of the book

(Pages: 16-36, 69-76, 88-101, 110-116, 124-146, 208-219, 238-244, 250-258, 268-274, 310-318, 334-340, 348-355, 364-376)

## Conditions for the Board Certification in Hormone Therapy

### 5 Essential conditions

1. Register online: [www.hertoghemedicalschool.eu](http://www.hertoghemedicalschool.eu), search for IHS board certification in hormone therapy ([www.hertoghemedicalschool.eu/shop/onlineexamination/ihs-board-certification-in-hormone-therapy](http://www.hertoghemedicalschool.eu/shop/onlineexamination/ihs-board-certification-in-hormone-therapy))
2. Payment of 2000 euros: exam fee + the 2 study books. (Payment possible by bank transfer or Paypal at [www.hertoghemedicalschool.eu/shop/onlineexamination/ihs-board-certification-in-hormone-therapy](http://www.hertoghemedicalschool.eu/shop/onlineexamination/ihs-board-certification-in-hormone-therapy))
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. At the written exam bring the 2 original books as proof of purchase
5. 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 00-32 23 79 34 42  
Including to know when or where you can pass the examination

# The Exam

## Examples of questions



Indicate the safest and most useful modes of administration for a group of hormone treatments among the following?

- Oral route for melatonin and growth hormone, and transdermal for DHEA treatment
- Intramuscular route for cortisol, subcutaneous for growth hormone and sublingual route for thyroid treatment
- Subcutaneous injections for growth hormone and testosterone, transdermal treatment for thyroid treatment
- Transdermal route for estradiol, oral route for DHEA, and transdermal or intramuscular route for testosterone treatment
- None of the above is true

Which hormone treatment is not adversely influenced by persistent estradiol deficiency?

- Testosterone treatment
- Thyroid treatment
- Progesterone treatment
- Insulin treatment
- Fludrocortisone or aldosterone treatment

Which group of psychological complaints suggests adult melatonin deficiency?

- Light and superficial sleep, agitated sleep (tense in bed), difficulties falling asleep and falling back asleep, excessive anxious thoughts, poor dreaming when asleep
- Poor memory, especially short-term memory, low artistic perception, low color perception, complaints of multiple adrenal cortex hormone deficiencies
- Constant fatigue, constant depression, memory loss, poor libido, loss of femininity
- Constant fatigue, excess fatigue with physical activities, lack of assertiveness, excessive hesitations, excessive emotions, constant depression, poor or no libido
- Morning fatigue, fatigue at rest, morning depression, slowness or (compensatory) hyperactivity, feels better when moving, feeling sleepy at rest, apathetic, slow thinking