

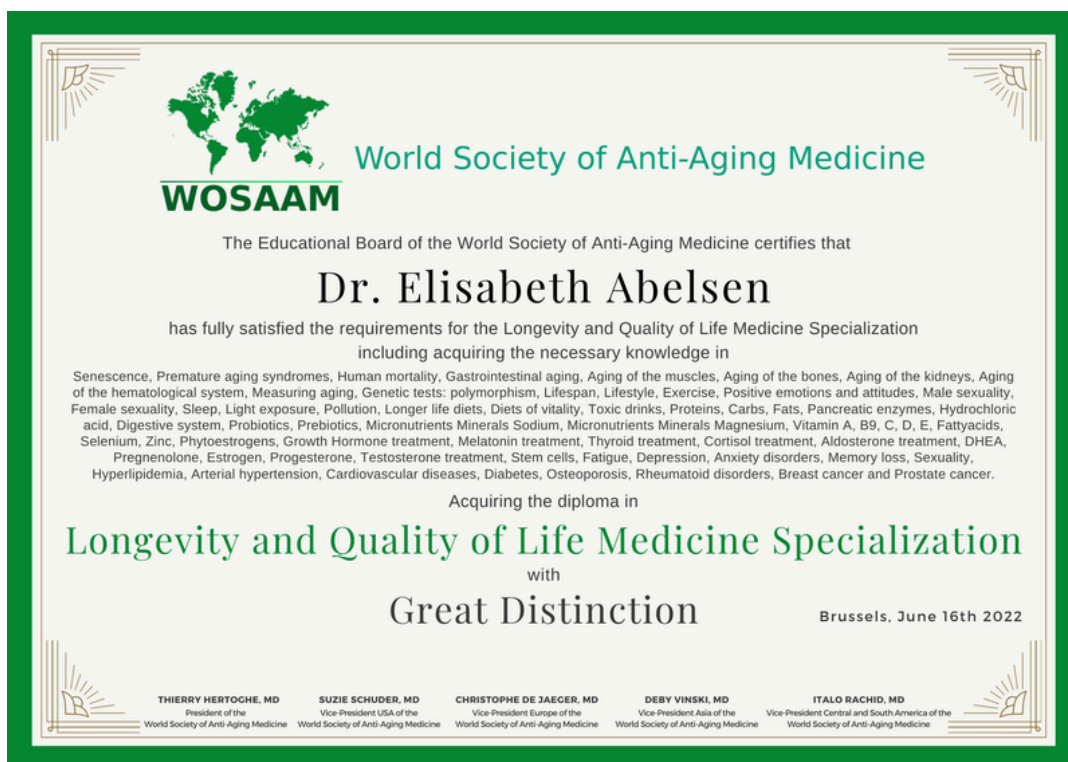


World Society of Anti-Aging Medicine

The Longevity and Quality of Life Medicine Specialization

The Longevity and Quality of Life Medicine Specialization is a complete fellowship organized by the World Society of Anti-Aging Medicine.

It confirms a physician's extensive knowledge and skills in longevity and quality of life medicine. Excellent training to acquire a far-reaching scientific background as well as extensive skills to practice longevity and quality of life medicine.



Why should a physician get the complete fellowship in longevity and quality of life, the Longevity and Quality of Life Medicine Specialization?



- + To acquire the **basic, advanced** and **progressive scientific information** and **practical know-how** in longevity and quality of life **medical therapies**. **The information is far-reaching**.
Throughout the lessons, you shall learn how to transform your office into a center of expertise in longevity and quality of life medicine by using hormones (thyroid, female hormones, testosterone, DHEA, melatonin, growth hormone,...) and many nutritional therapies. You shall also learn how to work with peptides, prevent and treat diseases (cancer, diabetes,...), adapt your patient's diet in order to enhance the effectiveness of the treatment, stem cell therapies, genetic typing tests, pollutants, useful diets, sexuality therapies, thalasso therapies, and so much more.
- + To get you an **official diploma** by the World Society of Anti-Aging Medicine (WOSAAM) and its 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 in the WOSAAM community.

Advice

- + The Longevity and Quality of life Medicine Specialization is the most extensive training program in longevity and quality of life medicine.
- + With the finest e-learning materials of the highest quality.

Content

The Longevity and Quality of Life Medicine Specialization (fellowship)



| Cutting-edge information through 33 video courses (more than 145 hours)
with slides (copied in color PDF)

- + Senescence: basics
- + Anti-aging clinic
- + 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
- + Neurological diseases: nutritional therapies
- + Stem cell therapies
- + Better life psychology
- + Chronic fatigue syndrome treatments
- + Male & female sexuality
- + Physical exercise
- + Pollution & environmental medicine
- + Life-extending peptides
- + Nutritional & hormone therapy workshop 1
- + Nutritional & hormone therapy workshop 2
- + Hormone mesotherapy workshop
- + Hormone level & therapy optimization
- + Endocrine disorders: nutritional therapies
- + The 15 major hormone therapies
- + Diseases: Hormone therapies to cure or prevent
- + Diabetes: nutritional therapies
- + Genital & other cancers: Nutritional therapies
- + Longevity & centenarian workshop
- + Herbal & functional food therapies
- + Cardiovascular diseases: Nutritional therapies
- + Rheumatoid & other diseases: Nutritional therapies

The Exam

The Longevity and Quality of Life
Medicine Specialization (fellowship)



| 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

Costs

The fee for the Longevity and Quality of Life Medicine Specialization is €7200, consists of:

- + Learning material: €6700
- + Examination fees: €500 to take the exam
(In case of failure: €250 to repass the exam)

Conditions for the Longevity and Quality of Life Medicine Specialization

4 Essential conditions

1. Register online: <https://bit.ly/longevityandqualityoflifeexam>
2. Payment of 7200 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
4. Exam: 60% or more of the points must be obtained to pass the exam successfully.

For questions
contact: medschool@hertoghe.eu or 00-352 621204289
Including to know when or where you can pass the examination

The Exam

Examples of questions



Promoting which of the following changes in the diet can help maintain adequate androgen levels in women by avoiding testosterone loss in stools?

- Fasting
- Avoiding consuming high amounts of cereal fiber (whole-grain bread, bran flakes)
- Drinking alcohol
- Eating more meat
- Eating lots of sugar and sweets

The following medications or products can cause erectile dysfunction, except one. Which one (indicate the product that is the least likely to cause erectile dysfunction)?

- Diuretics, such as furosemide
- Beta-blockers, such as propranolol
- Antidepressants, such as fluoxetine (prozac®)
- Epileptic drugs, such phenytoin
- Yohimbine

The mutation accumulation (or DNA: RNA defaults) theory of aging is based on the following observations, except one. Which of the following mechanisms or information is wrong, and not related to the mutation accumulation theory?

- Chromosomes may accidentally inadequately replicate at each cell division
- Defects may appear in the replicated DNA (deoxyribonucleic acid) of the cell nucleus
- Errors in the translation of the genetic code may occur that are incorporated into the messenger RNA
- In the course of life span, repetitive wrong readings of the genetic code may make RNA defaults accumulate, which in turn makes the cell become senescent
- None of the above observations is related to the mutation accumulation theory of aging