Get your diploma in Evidence-Based Hormone Therapy

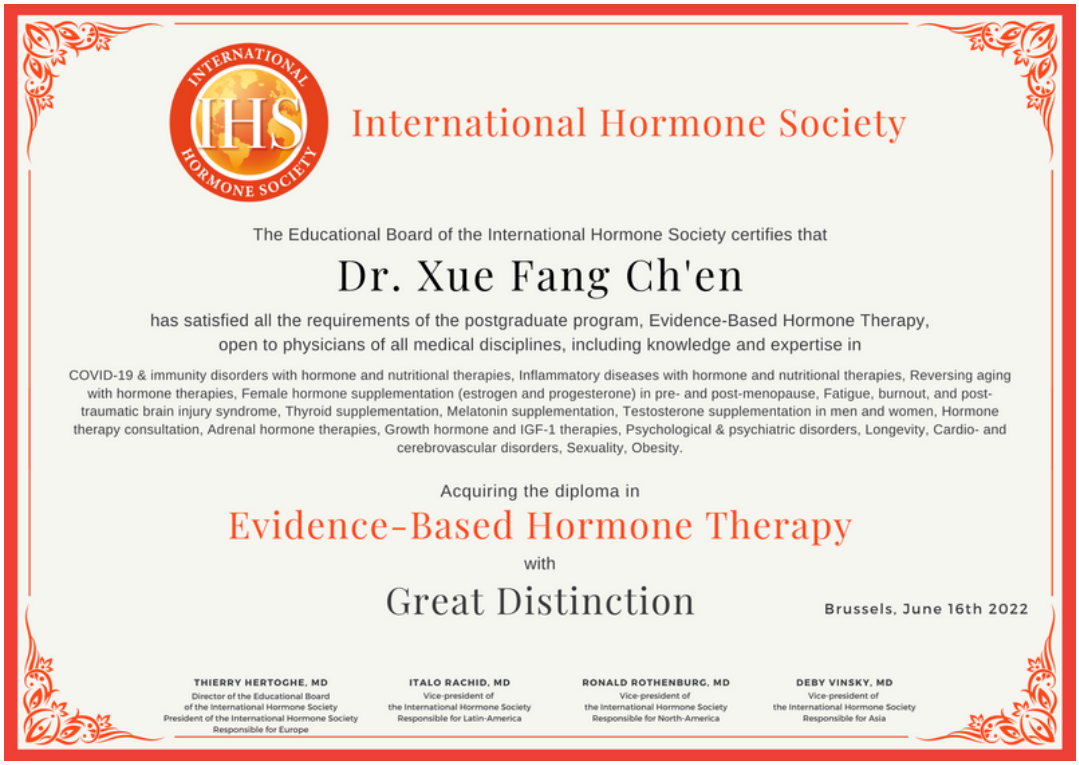
International Hormone Society

Postgraduate Training

Evidence-Based Hormone Therapy

Diploma

Hertoghe Medical School training program in Evidence-based Hormone Therapy. This training is strongly updated, evidence-based, practical, and highly interactive through live webinars and prerecorded videos.



International Hormone Society

The Educational Board of the International Hormone Society certifies that

Dr. Xue Fang Ch'en

has satisfied all the requirements of the postgraduate program, Evidence-Based Hormone Therapy, open to physicians of all medical disciplines, including knowledge and expertise in

COVID-19 & immunity disorders with hormone and nutritional therapies, Inflammatory diseases with hormone and nutritional therapies, Reversing aging with hormone therapies, Female hormone supplementation (estrogen and progesterone) in pre- and post-menopause, Fatigue, burnout, and post-traumatic brain injury syndrome, Thyroid supplementation, Melatonin supplementation, Testosterone supplementation in men and women, Hormone therapy consultation, Adrenal hormone therapies, Growth hormone and IGF-1 therapies, Psychological & psychiatric disorders, Longevity, Cardio- and cerebrovascular disorders, Sexuality, Obesity.

Acquiring the diploma in

Evidence-Based Hormone Therapy

with

Great Distinction

Brussels, June 16th 2022

THIERRY HERTOGHE, MD
Director of the Educational Board of the International Hormone Society
President of the International Hormone Society
Responsible for Europe

ITALO RACHID, MD
Vice-president of the International Hormone Society
Responsible for Latin-America

RONALD ROTHENBURG, MD
Vice-president of the International Hormone Society
Responsible for North-America

DEBY VINSKY, MD
Vice-president of the International Hormone Society
Responsible for Asia

Why should you as a physician get the Evidence-Based Hormone Therapy Diploma?

+ To improve your skills in hormone and nutritional therapies with recent studies.

+ To get an official certification for your medical skills in hormone therapy, acknowledged by the International Hormone Society (IHS).

+ To raise enthusiasm: it is a pleasure for physicians to feel they mastered 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 2-year access to the scientific references of the International Hormone Society website.

Advice

+ Evidence-Based Hormone Therapy is the most updated hormone training program.

+ With the finest e-learning materials of the highest quality.

Hertoghe Medical School presents a 2-cycle training program in Evidence-based Hormone Therapy. This training is strongly evidence-based, updated, practical, and highly interactive through live webinars and prerecorded videos.

This project based on Dr. Hertoghe's extensive medical experience and knowledge is supported by medical organizations coming from more than 20 countries.

By joining as a student you will perfect your skills in treating hormone deficiencies and numerous medical conditions that are associated with hormone deficits. You will also get an official certificate of expertise in hormone therapy from the International hormone society.

Also, your newly gained abilities should allow you to increase your satisfaction and revenue by being more efficient in treating patients. By joining an organization you will increase the visibility of your scientific society and gain recognition.

In summary, the program will give you access to:
| Webinars (online live conferences, case studies, live consultations)
+ Pre-recorded courses (available online and on-demand)

| Courses taught in English

| The 7 first modules with Spanish subtitles (the following are in progress)

| PDF handouts

| Theoretical courses

| Practical courses

| Multiple choice quizzes at the end of every module (to assess understanding)

| A board certification

The first cycle includes 9 modules from which you will learn about: Immunology & infections, inflammatory disorders, reversing physical aging, estrogen & progesterone, chronic fatigue & burnout, thyroid supplementation, melatonin supplementation, and testosterone therapy in men and women.

The second cycle includes 8 modules from which you will learn how to set up a hormone consultation, hormone deficiencies and treatment of psychological & psychiatric disorders, cardio-& cerebrovascular disorders, obesity, and the module on life extension (by diet, centenarian psychology, and habits, nutritional and hormone supplements).

The whole program is branded by the
Dr. Hertoghe Medical School.

Module 1 - Immunology

- Infection (COVID19 and other): Dietary, environmental, and lifestyle therapies
- Infection (COVID19 and other): Nutritional therapies
- Infection (COVID19 and other): Thymosin-alpha-1 and thyroid therapies
- Infection (COVID19 and other): Cortisol and DHEA therapies
- Infection (COVID19 and other): Melatonin, growth hormone, estradiol, progesterone, testosterone and vasopressin therapies

Module 2 - Inflammation

- Inflammation and inflammatory disorders: Dietary, environmental, and nutritional therapies
- Inflammation and inflammatory disorders: Thymosin-alpha-1, thyroid, and adrenal hormone therapies
- Inflammation and inflammatory disorders: Melatonin, IGF-1, estrogen, progesterone, and testosterone therapies

Module 3 - Reversing physical aging

- Reversing physical aging; Dietary, environmental and nutritional therapies
- Reversing physical aging: Basic hormone therapies
- Reversing physical aging: Systemic and topical hormone therapies
- Reversing the aging of the 5 senses with hormone and nutritional therapies
- Restoring scalp hair aging and disorders with hormone therapies
- Reversing face and skin aging with hormone therapies
- Reversing neck, chest, abdomen, back, and arm aging with hormone therapies
- Reversing leg, pelvis, and genital aging with hormone therapies

Module 4 - Estrogen & progesterone supplementation in women

- Female hormone deficiency: Diagnosis
- Female hormone deficiency: Hormone and nutritional treatments
- Female hormone disorders: Hormone and nutritional treatments
- Genital cancers and female hormones in women: Management, scientific facts

Module 5 - Chronic fatigue & burnout: hormone and nutritional therapies

- Dietary and nutritional supplementations for fatigue
- Hormone supplementations for chronic fatigue syndromes, part 1
- Hormone supplementations of chronic fatigue syndromes, part 2
- Burnout syndrome: Hormone and nutritional supplementations

Module 6 - Thyroid Supplementation

| Hypothyroidism: Diagnosis
| Hypothyroidism: Treatment
| Adjustments of thyroid therapy to disease
| Autoimmune thyroiditis, hyperthyroidism: Diagnosis and treatment

Module 7 - Melatonin Supplementation

| Melatonin deficiency: Diagnosis
| Melatonin deficiency: Treatment
| Adjusting melatonin treatment to disease
| Melatonin therapy: potential to treat disease

Module 8 - Testosterone supplementation in men

| Testosterone deficiency in men: diagnosis and nutritional treatment
| Testosterone deficiency in men: Treatments
| Adjustments of testosterone therapy to disease in men
| Genital cancers and male hormones in men: Management, scientific facts

Module 9 - Testosterone supplementation in women

| Testosterone deficiency in women: diagnosis and nutritional treatment
| Testosterone deficiency in women: treatment

CYCLE 2

Module 1 - Hormone Therapy Consultation

- Hormone Consultation: Medical history and actual complaints
- Physical examination: Part 1 (scalp hair, face, neck)
- Physical examination: Part 2 (chest, abdomen, back, arm, hands, etc.)
- Laboratory Hormone Tests: Interpretation
- Hormone treatments: Part 1 (GH, melatonin, thyroid, cortisol, DHEA, aldosterone, pregnenolone, & insulin)
- Hormone treatments: Part 2 (estrogen & progesterone, testosterone, oxytocin, vasopressin, MSH, ACTH, PTH, calcitonin, thymosin-a-1, IGF-1, & EPO)
- Hormone Consultation follow-up
- Extra Learning Material "Patient cases"
- Extra Learning Material "Patients and colleagues questions"

Module 2 - Adrenal hormone therapies

- Cortisol deficiency: diagnosis
- Cortisol treatment problems
- DHEA deficiency: diagnosis (medical history, complaints, physical signs, lab tests)
- DHEA treatment problems
- Aldosterone & Pregnenolone therapies: Part 1 & 2
- Patient cases: Cortisol, DHEA, Fludrocortisone, and Pregnenolone therapies

Module 3 - Growth Hormone and IGF-1 Supplementation Therapies

- Growth Hormone deficiency: diagnosis (medical history, complaints, physical signs, lab tests)
- Growth hormone treatment: (subcutaneous GH injections; other hormone influences on GH, how GH improves the body, use of GH fragments
- IGF-1 deficiency: diagnosis & treatment
- Growth Hormone & IGF-1 beneficial effects in disease
- Additional Learning Material: Growth Hormone & IGF-1 controversies
- Patient cases with GH and IGF-1 treatments

Module 4 - Psychological & Psychiatric disorders: Hormone Therapies

- Anxiety disorders: Hormone Therapies Part 1 & 2
- Depressive disorders: Hormone treatments Part 1 (thyroid, estrogen, testosterone in men and women)
- Depressive disorders: Hormone treatments Part 2 (cortisol, DHEA, aldosterone, growth hormone, melatonin, oxytocin)
- Low-stress resistance: Hormone Therapy
- Autism & Schizophrenia: Hormone Therapy
- Patient Cases

CYCLE 2

Module 5 - Longevity: Hormone and Nutritional Therapies

| Longevity factors and pharmaceutical drugs to live longer
| Diets, Foods, and Drinks to live longer
| Centenarian longevity factors and psychological attitudes to live longer
| Centenarian Hormone & Nutritional levels
| Hormone Therapies to live longer: Growth Hormone and Thyroid
| Hormone Therapies to live longer: Melatonin, DHEA, Cortisol, Aldosterone
| Hormone Therapies to live longer: Estrogen & progesterone in women, testosterone in men & women

Module 6 - Sexual disorders: Oxytocin deficiency and treatment with Hormone Therapies

| Hormone Therapies that improve a Man's sexuality
| Hormone Therapies that improve a Man's Erectile function & related disorders
| Hormone Therapies for Female Sexuality
| Oxytocin deficiency & Treatment
| Patient cases with sexual dysfunction

Module 7 - Cardiovascular disease and stroke: Hormone Therapies

| Hypercholesterolemia: The efficacy of Hormone Therapies
| Serum Triglycerides, Homocystein, Lipoprotein A, excesses: The efficacy of Hormone Therapies
| Arterial Hypertension: The efficacy of Hormone Therapies
| Coronary Heart Disease: The Hormone therapies that help prevent & relieve
| Cardiac arrhythmia & Heart rate variability: Hormone Therapies
| Heart failure: The efficacy of Hormone Therapies
| Stroke: Hormone Therapies to prevent or decrease damage of stroke

Module 8 - Obesity

| Appetite reduction: by improving sleep, drinking water, more chewing of the food, eating foods that reduce appetite reducing stress, increasing energy levels, and other behavioral interventions; Appetite-reduction by nutritional supplements 5, hormone therapies.
| Swelling and fattening of body parts due to hormone deficiencies (obese face, chest, buttocks, thighs, calves, feet); Obesity: hormone therapies, part 1: thyroid, growth hormone and IGF-1, testosterone in men and women, estrogen, and progesterone therapies, reducing estrogen excess in women
| Obesity: hormone therapies, part 2: DHEA, HCG, oxytocin, leptin, follistatin, therapies reducing insulin and glucocorticoid excesses, blockingghrelin, reducing estrogen excess in men
| Patient cases of overweight persons treated with hormone therapies

The Training

Evidence-based Hormone Therapy

Costs

The fees for the whole Postgraduate program: Evidence-based Hormone Therapy are:

- Postgraduate Program - Cycle 1: 5 500 €
- Postgraduate Program - Cycle 2: 5 500 €
- Complete Postgraduate Program: ~~11 000 €~~ 10 500 €

The fees for each individual module are:

	Module		Number of courses	Price
Cycle 1	Module 1	COVID-19 & Immunity with hormone and nutritional therapies	5	750 €
	Module 2	COVID-19 & Inflammation with hormone and nutritional therapies	3	465 €
	Module 3	Reversing Aging with hormone therapies	8	1 180 €
	Module 4	Female hormone supplementation (estrogen & progesterone) in pre- and post-menopause	4	600 €
	Module 5	Fatigue, Burnout, and post-traumatic brain injury syndrome	4	600 €
	Module 6	Thyroid supplementation	4	600 €
	Module 7	Melatonin supplementation	4	600 €
	Module 8	Testosterone supplementation in men	4	600 €
	Module 9	Testosterone supplementation in women	2	310 €

	Module		Number of courses	Price
Cycle 2	Module 1	Hormone therapy consultation	9	1000 €
	Module 2	Adrenal hormone therapies	6	700 €
	Module 3	Growth Hormone and IGF-1 therapies	6	700 €
	Module 4	Psychological & psychiatric disorders	6	700 €
	Module 5	Longevity	5	750 €
	Module 6	Cardio-& cerebrovascular disorders	8	900 €
	Module 7	Sexuality	5	600 €
	Module 8	Obesity	4	500 €

For inquiries
contact: medschool@hertoghe.eu or WhatsApp: 00-352 621204289

The Training

Evidence-based Hormone Therapy

Conditions for the Evidence-based Hormone Therapy diploma

4 Essential conditions

1. Register online: https://hertoghemedicalschool.eu/ebht/

2. Payment (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. Online quizzes: 70% or more of the points must be obtained to pass the lessons successfully and to get your diploma.

For queries
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The Training

Examples of questions

Which of the following compounds are positive acute phase proteins (proteins that increase in the acute phase of inflammation)?

- Growth hormone, IGF-1
- Sphingomyelin, phosphatidylcholine
- Albumin, retinol-binding protein
- Myoglobulin, transferrin
- Serum amyloid A, α2-Macroglobulin, fibrinogen

What are the most spectacular effects of pinealectomy (the gland that makes melatonin) on the skin?

- Skin fibrosis
- Skin thinning
- New elastic fibers appear in the skin
- Skin rejuvenation
- No effect on the skin

Use of bio-identical estrogens may increase formation of genotoxic estradiol metabolites in case of:

- Intramuscular route of administration
- Oral route of administration
- Association with testosterone
- Transdermal route of administration
- Association with progesterone