



World Society of Anti-Aging Medicine

Board Certification in Longevity and Quality of Life Medicine

The Board Certification in Longevity and Quality of Life Medicine is a certification by the World Society of Anti-Aging Medicine, and confirms a physician's scientific knowledge and skills in Longevity and Quality of Life Medicine.



Why should you as a physician get the Board Certification in Longevity and Quality of Life Medicine?



- + To get an excellent **introductory overview** with **advanced information** on longevity and quality of life medical techniques and therapies, including pictures of hormone and nutritional deficiencies and extensive scientific references.
- + To **improve** your **knowledge** and **skills** in longevity and quality of life medical techniques and therapies from an extensively scientifically referenced learning book.
- + To get you an **official certification** for your medical skills in Longevity and Quality of Life Medicine, acknowledged 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 mastered 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 World Society of Anti-Aging Medicine.

Advice

- + If you start to learn about longevity and quality of life medicine, the Board Certification in Longevity and Quality of Life Medicine is the **first** certification to acquire.
- + With the finest e-learning materials of the highest quality.

Content and Exam

Board Certification in Longevity and Quality of Life Medicine



| Content:

- + Senescence
- + Physiology of aging
- + Biological age measurement
- + Genetic typing tests
- + Long life spans
- + Lifestyle
- + Physical activity
- + Positive emotions and attitudes
- + Improving sexuality
- + Sleep
- + Light exposure
- + Eliminating pollution and its premature aging effects
- + Diets of vitality and long life
- + Healthy gut and digestion
- + Water
- + Toxic drinks
- + Macronutrients of the diet
- + Nutritional therapies with micronutrients
- + Hormone therapies
- + Stem cell therapy
- + Balneotherapy

| 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

For questions

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

Including knowing when or where you can pass the examination

The Exam

Board Certification in Longevity and Quality of Life Medicine

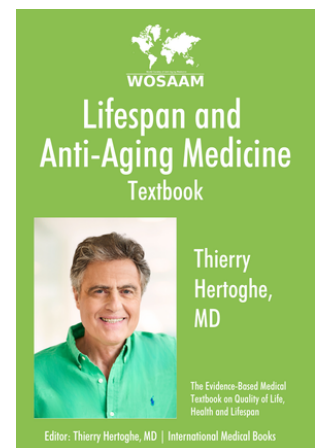


Costs

The fee for the Board Certification in Longevity and Quality of Life Medicine is €1900, consists of:

- + Examination fees: €1500 to take the exam
(In case of failure: €350 to repass the exam)
- + Learning material:
The Textbook of Lifespan and Anti-Aging Medicine: €400

Learning material



465 pages

Conditions for the Board Certification in Longevity and Quality of Life Medicine

4 Essential conditions

1. Register online: <https://bit.ly/longevityqualitylife>
2. Payment of 1900 euros: exam fee + The Textbook of Lifespan and Anti-Aging Medicine.
(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
(Other health professionals may pass the exam after approval from the educational board)
4. Exam: 60% or more of the points must be obtained to pass the exam successfully

For questions

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The Exam

Examples of questions



Progesterone treatment has been shown in scientific studies to significantly: Which statement fits the best?

- ☐ Increase: muscle mass, total body water, cardiac index; Reduce: fat mass, atherosclerosis, diastolic blood pressure, total and LDL cholesterol
- ☐ Increase: heart rate, body temperature, lipolysis; Reduce: fat mass, diastolic blood pressure, total cholesterol; In excess: cause muscle melting and excessive diffuse sweating
- ☐ Increase: blood pressure; Reduce: Inflammation such as in arthritis - allergies - gastro-enteritis - colitis, reduce fibrous tissue
- ☐ Increase: breast volume, blood perfusion of the skin; Stop: vaginal dryness, hot flushes; Restore menstruation
- ☐ Reduce: premenstrual tension, menorrhagia, constant dysmenorrhea; breast tenderness; Protect: against breast cysts, uterine fibroids; breast cancer

The better serum test(s) to diagnose testosterone deficiency in men is/are:

- ☐ Total testosterone
- ☐ Total testosterone, dihydrotestosterone
- ☐ LH
- ☐ LH, estradiol, total testosterone, androstenediol glucuronide, SHBG
- ☐ LH, estradiol, total testosterone, dihydrotestosterone

The following clinical signs are suggestive of aldosterone deficiency. Which statement fits the best?

- ☐ Hollow face, low blood pressure (systolic BP is lower than 110 mmHg), signs of dehydration (sharp wrinkles, eyes deep in ocular orbits, irregular tongue outlining, etc.)
- ☐ Dry eyes, axillary and pubic hair loss, pubic fat loss (on "Mont de Vénus"), mild muscle atrophy
- ☐ Pale face, dry eyes, general muscle atrophy, clitoris atrophy, body hair loss, cellulite
- ☐ Pale face, vertex hair loss, dry eyes, vertical wrinkles above the mouth, breast ptosis, vaginal dryness, hirsutism
- ☐ Brown-yellowish tint, hollow face, conjunctivitis, thin body, hyperpigmentation spots, brown palmar folds, eczema