



Thierry Hertoghe, MD

Born the 14/04/57 in Antwerp, Belgium

Diploma/Certifications:

- +| Graduated as a medical doctor in 1986 at the UCL (Université Catholique de Louvain) in Belgium
- +| Obtained in 1989 the specialization degree in General Medicine at the ULB (Université Libre de Bruxelles)
- +| Obtained the certificate of two years in “Anti-aging Medical Therapeutics” at the University Centre of Charleroi – Charleroi in 2005 and the diploma in “Anti-aging Medicine Specialization” at the European Institute of Scientific Anti-Aging Medicine – Paris

Scientific Organizations:

- +| President of the International Hormone Society (2800 physicians)
- +| President of the World Society of Anti-Aging Medicine (over the 7000 physicians)
- +| Member of the Endocrine Society

Author:

- +| Hormone Handbook for physicians
- +| Atlas of Endocrinology for Hormone Therapy
- +| Textbook of Lifespan and Anti-Aging Medicine
- +| Textbook of Nutrient Therapy
- +| The Patient Hormone Handbook
- +| Reverse Physical Aging
- +| Testosterone, The Therapy for Real Gentlemen
- +| A variety of general public medical books



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Actual scientific organization responsibilities:

Since 1997:

- +I Member of the International Board of Scientific Advisors of the American Academy of Anti-Aging Medicine
- +I President of the European Academy of Quality of Life and Longevity Medicine (Eaqual)

2001:

- +I Supervisor and course lecturer (chargé d'enseignement) of the post-university course of "Anti-Aging Medical Therapeutics" in French, linked to the department of Prevention of Senescence of the University Center of Charleroi (Belgium) up to 2005, then after to the European Institute of Scientific Anti-Aging Medicine (Paris) in charge of the programs from 2001 to 2006

2003:

- +I Supervisor and course lecturer of the international post-university "Anti-Aging Medicine Specialization" (AAMS) in English (in charge of the programs from 2003 to 2006), linked to the University Center of Charleroi (Belgium) up to 2005, then after to the European Institute of Scientific Anti-Aging Medicine (Paris) in charge of the programs from 2001 to 2006
- +I Member of the Endocrine Society (USA)

2004:

- +I Co-founder of the International Hormone Society (based in Kansas City-USA)
- +I President of the World Society of Anti-Aging Medicine (WOSAAM)

2005:

- +I Member of the directory Board of the European Organization of Scientific Anti-Aging Medicine (based in Paris)
- +I Founder and Member of the editing staff of the Journal of European Anti-Aging Medicine (London)

2006:

- +I President of the International Hormone Society (IHS)

Family:

Represents with his sister, Thérèse Hertoghe (internist-endocrinologist), the fourth successive generation of physician working in the field of endocrinology since 1892, after Eugène-former vice-president of the Royal Academy of Medicine of Belgium, Luc and Jacques Hertoghe.

Past medical responsibilities:

1995-1999:

- +I Membre of the Comité Paritaire de Médecine Générale de l'Accréditation (the national committee which decides if a medical course can get credit hours)

1995-2000:

- +I General secretary of the Académie de Médecine Générale de Belgique 1996: temporary vice-president of the Monde Medical Television, specialized medical T.V. programs for physicians

1998 -1999:

- +I Board Examiner of the American Academy of Anti-Aging Medicine Examina on Board

1997-2004:

- +I Effective membre of the Conseil d'Ordre des Médecins du Brabant d'expression française (Belgian's most numerous medical board)

1998-2004:

- +I Secretary of the Belgian Institute of Pharmaco-Epidemiology (IPHEB)

Lectures in major conferences:

1990:

- +I **Turmbull, USA - Dr. Broda Barnes Research Foundation:**
 - + Andropause and other androgen deficiencies
- +I **Dallas, USA – 8th Annual International Symposium on Man and his Environment in Health and Disease:**
 - + High frequency of Multiple Deficiencies Syndrome
 - + Andro- and adrenopause
- +I **Amsterdam, The Netherlands - the Advanced Nutri on Symposium:**
 - + Multiple Deficiencies Syndrome

1992:

- +I **Turmbull, USA - Dr. Broda Barnes Research Foundation Symposium:**
 - + Peri- and postmenopause
- +I **Dallas, USA – 10th Annual International Symposium on Man and his Environment in Health and Disease:**
 - + Perimenopause: effect of toxics
 - + Perimenopause: successful treatment
 - + The pituitary gland and aging

1996:

- +I **Seattle, USA - Dr. Broda Barnes Research Foundation:**
 - + Adult growth hormone therapy
 - + Adverse endocrine consequences of radioactive iodine therapy for hyperthyroidism
 - + Adverse endocrine consequences of oral contraceptive pill intake
- +I **Madrid, Spain - American Academy of Anti-Aging Medicine (A4M)**
 - + International Conference: Growth hormone therapy in aging adults
- +I **Las Vegas, USA – 4th Annual International Conference of Anti-Aging Medicine & Biomedical Technology (A4M):**
 - + Growth hormone therapy in aging adults
 - + Administration of growth hormone in adult growth hormone deficiency (practical session)

1997:

- +I **Bruges, Belgium - European Cancer Prevention Organization:**
 - + Protective effects of diet, vitamins, trace elements and hormones against cancer
- +I **Luzern, Switzerland - World Congress on High Tech Medicine:**
 - + Growth hormone therapy in aging adults
- +I **San Diego, USA – 32nd Annual Conference on Environmental Medicine - American Academy of Environmental Medicine: Mood disorders alleviated by hormone therapies**
- +I **Las Vegas, USA – 5th Annual International Conference on Anti-Aging medicine and biomedical technology (A4M):**
 - + Brain (and esp. memory) performance improvement by hormone replacement therapies in aging adults
 - + Hormone replacement therapies: effects on mood and mind of aging adults (diagnosis, treatment, follow-up, safety)

Lectures in major conferences:

1998:

- +I **Abu-Dhabi, Arab Emirates - International Dentist and Medicine Conference:**
 - + Therapy of andropause and the more moderate androgen deficiencies in men
 - + Growth hormone therapy in the aging adult
- +I **Tampa, USA - Endocrine aspects of Aging - University of Florida**
 - + Memory improvement with hormone replacement therapies in aging adults
- +I **Dallas, USA – 16th Annual International Symposium on Man and his Environment in Health and Disease:**
 - + The andropause and the more moderate degrees of androgen deficiency in men
 - + Androgen deficiency in adult women
 - + The menopause and perimenopause in women: symptoms, consequences and treatments
- +I **Brussels, Belgium - First International Congress of the European Academy of Quality of Life & Longevity Medicine (EAQUALL) (X)**
 - + Hormone replacement therapies in aging and age-related diseases
 - + The need for estrogens, progesterone and androgens in the perimenopause
- +I **Las Vegas, USA – 6th Annual International Conference on Anti-Aging Medicine Biomedical Technology (A4M)**
 - + Thyroid, DHEA, testosterone, estrogen and progesterone replacement therapies in aging adults (practical session on hormone therapy)

1999:

- +I **Chicago, USA - American Academy of Anti-Aging Medicine International Conference:**
 - + Cardiovascular diseases and hormone replacement therapies
- +I **Brussels, Belgium - International Joint Conference of Equall and the European Anti-Age Association:**
 - + The influence of hormone replacement therapies on obesity
- +I **Las Vegas, USA – 7th Annual International Conference on Anti-Aging Medicine & Biomedical Technology (A4M):**
 - + Hormone replacement therapies (1-day preconference workshop)

2000:

- +I **Las Vegas, USA – 8th Annual International Conference on Anti-Aging Medicine & Biomedical Technology (A4M):**
 - + Reversing obesity with hormone replacement therapies: practical applications in your anti-aging practice

2001:

- +I **Berlin, Germany - Anti-Aging Medizin 2001 – German Society of Anti-Aging Medicine:**
 - + Growth hormone therapy in adults followed by a practical afternoon session on Growth hormone and thyroid therapy
- +I **Chicago, USA - American Academy of Anti-Aging Medicine International Conference:**
 - + Pre-conference 1-day workshop
 - + Blood and 24-hour urine tests for diagnosis of hormone deficiencies and follow-up of hormone replacement therapies

2002:

- +I **Stuttgart, Germany - Anti-Aging Medizin 2001 – German Society of Anti-Aging Medicine:**
 - + Practical Tips on Growth hormone treatment in adults
- +I **Moscou, Russia – 1st International Conference on Aesthetical Medicine**
 - + Growth Hormone Therapy in adults
- +I **Paris, France – Congrès de la Société Française de Médecine Esthétique**
 - + Le traitement à l'hormone de croissance de l'adulte
- +I **Las Vegas, USA – 10th Annual International Conference on Anti-Aging Medicine & Biomedical Technology (A4M):**
 - + Preconference workshop
 - + Estrogens and Progesterone Replacement Therapy: Current Medical Literature and Controversies; Practical Algorithms and Case Studies

Lectures in major conferences:

2003:

- +I **Paris, France – 1st World Congress in Anti-Aging Medicine**
 - + DHEA: review of the scientific literature
 - + Insulin and cortisol: anti-aging hormones? - The anti-aging clinic
- +I **Moscow, Russia – 2nd International Conference on Esthetical Medicine:**
 - + DHEA: review of the scientific literature
- +I **Aachen, Germany - German Society of Anti-Aging Medicine:**
 - + Thyroid, DHEA, melatonin and testosterone deficiencies: diagnosis and treatment (afternoon workshop)
- +I **Baltimore, USA - John Hopkins University:**
 - + Beneficial effects of hormone replacement therapies against the senescence of the face
- +I **Chicago, USA - at the Annual Conference of the Bariatric Society:**
 - + Hormone treatment strategies in weight loss

2004:

- +I **Paris, France – 2nd Anti-Aging World Congress (X)**
 - + Growth hormone treatment in adults
 - + The anti-aging consultation
- +I **Melbourne, Australia - General Practitioner's conference**
 - + The endocrinology of aging
 - + Thyroid replacement
 - + Treatment of adrenal insufficiency
 - + Growth hormone treatment of aging adults
 - + Female hormone replacement
- +I **Frankfurt, Germany:**
 - + Bio-identical female hormone replacement
- +I **London, United Kingdom – 1st Annual Anti-Ageing Conference London (AACL 2004)**
 - + Treatment of partial androgen deficiency in aging men
 - + Treatment of partial growth hormone deficiency in adults
- +I **Las Vegas, USA - International Hormone Society symposium**
 - + Hormone update: Overview of recent scientific studies on Pregnenolone, Androstenedione, DHEA, 7-keto-DHEA... are these hormones useful in humans
 - + Progesterone versus synthetic progestogen: Is natural progesterone really safer? Comparative studies
 - + Clinical findings of growth hormone deficiency: How to recognize growth hormone deficiency with interview and physical exam in adults?
 - + Growth hormone and cancer: Overview of all studies
 - + Critical still patients and GH treatment: Is GH therapy dangerous in critical illness? What to do about it?
 - + Growth hormone treatment of adult GH deficiency: How to treat? Doses, route (Injectable, implants, oral, transdermal)? Are GH secretagogues useful?
 - + Hormone update: Overview of recent scientific findings on thyroid hormone and melatonin
 - + Reappraisal of thyroid therapy: T3-T4 medications against T4 medications
 - + Thyroid hormones: How safe for the heart? How to treat cardiac patients with thyroid hormones? (safety guidelines,...)
 - + Various ways to improve safety of thyroid hormone therapy
 - + Thyroid hormones and melatonin replacement and cancer: Can these therapies protect against cancer?
 - + Clinical findings of testosterone deficiency: How to recognize physically and through interview testosterone deficiency in men?
 - + Testosterone treatment of androgen deficiency in men
 - + Male pattern baldness: Can male pattern baldness be avoided
 - + How to avoid male skin problems with testosterone treatment?

Lectures in major conferences:

2004:

- +I **Las Vegas, USA - Preconference workshop of the A4M:**
 - + Female hormone replacement therapy
- +I **Las Vegas, USA – 12th Annual International Conference on Anti-Aging Medicine & Biomedical Technology (A4M):**
 - + Testosterone treatment of women

2005:

- +I **Monaco, France - 3rd Anti-Aging World Congress (X)**
 - + Control of stress by hormone replacement therapies
- +I **London, United Kingdom – 2nd Annual Anti-Aging Conference London (AACL 2005)**
 - + Safe treatment of partial cortisol deficiency
- +I **Las Vegas, USA - Preconference workshop of the A4M**
 - + Female hormone replacement therapy, thyroid therapy
- +I **Las Vegas, USA, 13th Annual International Conference on Anti-Aging Medicine & Biomedical Technology (A4M)**
 - + The psychology of the centenarians and their endocrine roots

2006:

- +I **Paris, France, 4th Anti-Aging Medicine World Congress (X)**
 - + Risks of GH replacement therapy in adults: cancer; diabetes
- +I **Bangkok, Thailand, Anti-Aging Conference**
 - + The brain and hormone replacement therapies
 - + Coronary Heart Disease and hormone replacement therapies
- +I **Tokyo, Japan, Anti-aging Conference**
 - + Growth hormone replacement therapy in aging adults
- +I **Chicago, USA - Anti-Aging meeting of the American Academy of Anti-Aging Medicine**
 - + Coronary Heart Disease and hormone replacement therapies
- +I **Paris, France – 2nd European congress of Anti-Aging Medicine (X)**
 - + The psychology of centenarians and their hormonal underlayer
 - + Can we heal or slow down Parkinson's diseases of aging?
- +I **Las Vegas, USA – 14th Annual International Conference on Anti-Aging Medicine & Biomedical Technology (A4M):**
 - + Progesterone therapy in men

2007:

- +I **Bangkok, Thailand – 1st Eurasian congress of Anti-Aging medicine (X)**
 - + Testosterone treatment of cardiac patient: how good is testosterone for the heart?
 - + Growth hormone treatment of aging adults: scientific facts, diagnosis, treatments, safety
- +I **Monaco, France – 5th Anti-aging Medicine World Congress (X)**
 - + Thyroid TSH polemics: Which is the best reference range?
 - + Vitamin A: The anti-cancer vitamin?
- +I **Tokyo, Japan - Anti-Aging Medicine Conference**
 - + Growth hormone treatment of aging adults
 - + Chicago, anti-aging meeting of the American Academy of Anti-Aging Medicine
 - + Can psychological attitudes improve hormone levels?
- +I **Paris, France – 3rd European congress of Anti-Aging Medicine (X)**
- +I **Shanghai, China – 1st Intercontinental Congress of Anti-Aging Medicine**
 - + Testosterone treatment of postmenopausal women: An essential aid to the safety of estrogen and progestogen therapy?
 - + GH therapy: The greatest of all Anti-Aging therapies? Effects on obesity
- +I **Las Vegas, USA – 15th Annual International Conference on Anti-Aging Medicine & Biomedical Technology (A4M):**

Lectures in major conferences:

2008:

- +I **Bangkok, Thailand – 2nd Eurasian congress of Anti-Aging Medicine (X)**
 - + Male pattern baldness: Which hormone therapies may cure it?
 - + Thyroid treatment of diffuse hair loss
 - + How hormone therapies improve the face?
 - + The best hormone treatments for the hair
- +I **Monaco, France – 6th Anti-Aging Medicine World Congress (X)**
- +I **Washington, USA - Congress of the American Academy of Anti-Aging Medicine:**
 - + TRH: effects against aging
 - + IGF-1 serum levels with the reference range associated with disease
- +I **Vienna, Austria: Menopause and Andropause Congress**
 - + Oxytocin, the emotion hormone

2009:

- +I **Rome, Italy - Italian herbal congress**
 - + Herbal extracts with endocrine effects
- +I **Belgrade, Serbia - Serbian 1st congress in Anti-Aging Medicine**
 - + New anti-aging hormone therapies: IGF-1 oxytocin vasopressin Melanotan MSH Aldosterone
- +I **Jakarta, Indonesia - Pierkapi Congress (Anti-Aging medicine) (X)**
 - + New anti-aging hormone therapies: IGF-1 oxytocin vasopressin Melanotan MSH Aldosterone
- +I **Warsaw, Poland - National Polish Anti-Aging Congress:**
 - + Anti-aging hormone therapies: the scientific evidence
- +I **Geneva, Switzerland - Swiss Anti-Aging congress**
 - + Oxytocin therapy | anti-aging
 - + New anti-aging hormone therapies: IGF-1 oxytocin vasopressin Melanotan MSH Aldosterone
- +I **Milan, Italy - Senne feminar congress:**
 - + New hormone therapies that will revolutionize women

2010:

- +I **Jakarta, Indonesia – 1st World congress of Reversing Aging Medicine (X)**
 - + IGF-1: more potent than growth hormone therapy in adults to reduce aging? Potent hormone therapies that reverse aging
 - + MSH, more potent than testosterone in reverse sexual aging man Oxytocin to reverse age-related orgasmic loss in women
 - + Can Oxytocin help to reverse age-related ejaculation loss in men
- +I **Barcelona, Spain - Cologny congress (Controversies in aging, health and longevity medicine)**
 - + The use of growth hormone in the elderly: Cancer risk, premature death, or life extending and anti-cancer effects? Pro: T. Hertoghe
- +I **Mumbai (Bombay), India – 1st congress of Anti-Aging India**
 - + Hormonal imbalances that make people prematurely age
 - + Autism: Can hormones play some role?
 - + Oxytocin: Potential applications in Anti-Aging and Aesthetic Medicine Nutraceuticals for Anti-Aging and Aesthetics.
 - + Adult Growth Hormone Deficiency: Clinical features and management
 - + Discussion on the studies conducted on Hormone Replacement Therapy in women
 - + Thalassotherapy: Potential role in Anti-Aging and Aesthetic Practice.
- +I **Las Vegas USA - Congress in Clinical Applications for Age Management Medicine**
 - + IGF-1: more potent than growth hormone therapy in adults to reduce aging?
 - + Oxytocin and vasopressin therapy: beneficial effects against aging
- +I **Vienna, Austria - Menopause and Andropause Congress**
 - + MSH and MSH derivatives: Beneficial effects on skin aging and sexuality

Lectures in major conferences:

2011:

- +I **Brussels, Belgium - Congrès de Médecine Esthétique Mondiale**
 - + Hormone therapies to slow down aging
- +I **Brussels, Belgium – 1st Pro-Aging Europe Congress (X):**
 - + Hormone tests in pro-aging medicine (Les tests hormonaux dans la médecine pro-âge)
 - + Phytotherapy congress, Rome: Herbal extracts for treatment for endocrine disorders
- +I **Jakarta, Indonesia – 2nd World Congress of Reversing Aging Medicine (X):**
 - + Treating Women with Female after Breast Cancer: The Controversy
 - + Conditions Where T3 is better than Thyroxin: Preparation Problems
 - + Fascinating Attitudes from Active Centenarians
- +I **Sao Paulo, Brazil – 1st Latin American Congress of the World society of Anti-Aging Medicine (X)**
 - + Hormone mesotherapy to reduce presbyopia and myopia
 - + IGF-1 is more potent than growth hormone?
 - + TRH: new reverse aging hormone.
 - + Thymosine-alpha-1, thymulin, thymasalin, thymic extracts: therapies
- +I **Brussels, Belgium - Roman Pais Conference:**
 - + Déficiences hormonales modérées en DHEA, cortisol, aldostérone, testostérone et hormones féminine : Test de laboratoire, Traitement, Risques et bénéfices....

2012:

- +I **Brussels, Belgium - Congrès de Médecine Esthétique Belge:**
 - + Skin disorders: Hormone therapies
- +I **Brussels, Belgium – 2nd Pro-aging Europe Congress (X):**
 - + Female hormone treatment of premenopausal women: risks and benefits (Les thérapies aux hormones féminines avant la ménopause: bénéfiques et risques)
- +I **Milan, Rome, Italy - Phytotherapy Congress:**
 - + Herbal treatment of hormone deficiencies
- +I **Istanbul, Turkey - Ecopram Congress:**
 - + Testosterone deficiency in men over age 25 years
- +I **Jakarta, Indonesia – 3rd World Congress of Reversing Aging Medicine:**
 - + The average Telomere length and resulting biological age
 - + MSH derived molecules to reverse gray hair; Thyroid hormones to reverse gray hair
 - + Growth hormone reverse skin was ng; IGF-1 therapy; Long-acting Insulin therapy: unexpected major aging reversal
 - + Testosterone and other androgen therapies to reverse skin thinning.
 - + Parkinson's Disease: nutritional, dietetic, hormonal approach and stem cell therapy
- +I **Sao Paulo, Brazil – 2nd Latin American Congress of the World Society of Anti-Aging Medicine (X):**
 - + Hormone Mesotherapy for vision and face improvement
 - + How to reverse chromosomal aging with epitalon and estrogens.
 - + Testosterone to reverse male pattern baldness in men; IGF-1 effects on hair.
 - + Growth hormone & IGF-1 therapy to reverse skin and muscle wasting.
 - + Long-acting insulin therapy: unexpected major aging reversal.
- +I **Brussels, Belgium - Roman Pais Conference:**
 - + Les tests hormonaux dans le sang: Comment les interpréter? Les dosages de testostérone, DHEA, estradiol, T3, T4, TSH, anticorps anti-thyroïdiens, cortisol (libre et total), progestérone, prégnénolone, IGF-1, IGF-BP-3, androstanediol glucuronide, SHBG, avec cas pratiques de patients
- +I **Paris, France - ADNO Conference:**
 - + Hormone therapies and cancer: Indications and contra-indications
- +I **Las Vegas, USA – 20th Annual World Conference on Anti-Aging Medicine & Biomedical Technology (A4M):**
 - + Reversing physical aging with hormone therapies? Scientific evidence

Lectures in major conferences:

2013:

- +I **Brussels, Belgium – 3rd Pro-Aging Europe Congress (X):**
 - + Oxytocin, hormone of affection
- +I **Rome, Italy - Phytotherapy congress:**
 - + Herbs as alternative to hormone therapy for sportsmen
- +I **Sao Paulo, Brazil – 3rd Latin American Congress of the World society of Anti-Aging Medicine (X)**
- +I **Las Vegas, USA – 21st Annual World Conference on Anti-Aging Medicine & Biomedical Technology (A4M):**
 - + Bio-identical hormone therapies
 - + Cardiovascular disease: hormone therapies
- +I **Brussels, Belgium – Roman Pais Conference:**
 - + The elderly man: treatment of his testosterone deficiency by diet, nutritional supplements, phytotherapy and hormones.

2014:

- +I **Brussels, Belgium – 4th Pro-Aging Europe Congress (X):**
 - + Nutritional supplements that safely increase hormone levels
 - + How to revive female sexuality with supplements
- +I **Orlando, USA; 2014, May congress of the American academy of anti-aging medicine**
Main session: Reversing physical aging with hormone therapies? Scientific evidence
 - + Estrogen, progesterone and testosterone therapy in pre-and postmenopausal women
 - + Growth hormone therapy in adults
 - + Metabolic syndrome: hormone therapies
- +I **s'Gravenwezel, Belgium – Hormone Wellness congress (May 2014)**
 - + Nutriënten die geslachtshormonen bij man en vrouw verbeteren
- +I **Geneva, Switzerland – Seclarm (Swiss European congress of longevity, aesthetic, & regenerative medicine**
 - + The most efficient hormone therapies for male and female sexuality
 - + How to reverse physical aging with hormone therapies
- +I **London, UK: 11th Anti-ageing conference (Oct. 2014)**
 - + Vasopressin deficiency: treatment
- +I **Dubai: 3rd A4M Dubai anti-aging conference**
 - + Hormone therapies to efficiently address metabolic syndrome
- +I **Paris, France - ADNO Longevity Hormones Aging**
 - + Hormone Therapies to prolong life
- +I **Las Vegas, USA, 22th Annual World Conference on Anti-Aging Medicine & Biomedical Technology (A4M)**
 - + Testosterone deficiencies in men over age 25 years
 - + Safe uses of cortisol treatment
 - + Growth hormone therapy in adults
 - + The burnout syndrome: Hormone and nutritional therapies

2015:

- +I **Brasilia, Brazil – Seminario Internacional em Fisiologia – Workshop (April)**
 - + Physical signs of hormones deficits, testosterone deficits, burnout, depression, psychotic disorders
 - + Prenatal, pediatric and adolescent endocrinology
- +I **Frankfurt, Germany – BHRT Workshop**
 - + Bio-Identical Hormones – Hormone Replacement Therapy in your Practice
 - + Breast cysts and prostate hypertrophy
- +I **Netherlands – Hormone Wellness Congress (September)**
 - + Nutriënten die de Hormoonspiegels of hormoonactiviteiten verhogen

Lectures in major conferences:

- +I Hollywood, USA – 23rd World Congress on Anti-Aging Medicine**
 - + Male sexuality: So much more hormone therapies than just testosterone
 - + Pre-congress workshop: The Aging Male, Hormone and nutritional therapies
- +I Paris, France – Congrès international de Santé Naturelle**
 - + Comment bien vieillir en restant jeune
- +I Brussels, Belgium – Roman Pais Conference**
 - + Nutritional therapies to stimulate hormone activities and levels
- +I Miami, USA – 20th World Congress of Aesthetic Medicine**
 - + Anti-Aging symposium
 - + Mesotherapy workshop
- +I Sao Paulo, Brazil – 4th Latin American Congress of the World of Anti-Aging Medicine (X)**
 - + High frequency of Hormone Deficiencies
 - + Use of Hormone Therapies to optimize Aesthetical Medicine and Plastic Surgery
 - + Hormone Therapies to maintain the Physical Appearance: vasopressin, testosterone, estrogens...
 - + The first line hormone therapies to reverse aging: thyroid, progesterone, cortisol, DHEA, aldosterone, fludrocortisone
- +I Las Vegas, USA – 23rd Annual World Conference on Anti-Aging Medicine & Biomedical Technology (A4M)**
 - + Bio-Identical Hormone Therapies
 - + Can we live 40 years longer
 - + Female Hormone Therapies: estrogen, progesterone, testosterone

- +I Brussels, Belgium – 5th Pro-Aging Europe Congress (X):**
 - + The 10 major hormone therapies
 - + The aging head
 - + The thyroid symposium
 - + The aging female and the aging male

2016:

- +I Brussels, Belgium (January)**
 - + Melatonin Therapy
- +I San Francisco, USA – BHRT Symposium (March)**
 - + Diagnosing Famous People with Hormone Deficiencies. Practical Overview of BHRT
 - + Pre-mature Aging Syndromes
 - + Oxytocin Psychological Effects - Use in Male and Female Orgasm, Fibromyalgia
 - + Studies from Around the World on Growth Hormone and the Aging Patient
 - + Diagnose your Own Hormone Deficiencies! Bring your Lab Tests and Follow Along with a Live Diagnosis on Stage of Hormone Deficiencies.
- +I Bangkok, Thailand – Regenerative Medicine: a new approach in hormonal treatment (July)**
 - + Thyroid, Cortisol, DHEA, estrogen and progesterone, testosterone therapies
 - + Growth hormone, IGF-1 therapies; Hormone treatments of hair loss, erectile dysfunction, osteoporosis
- +I Paris, France – Congrès international de Santé Naturelle (October)**
 - + Centenaires heureux : décodage hormonal
- +I Fano, Italy: Why do we die? (October;3-day conference)**
 - + IGF-1 therapy in adults; More potent than growth hormone to reverse aging?
- +I Brussels, Belgium – 6th Pro-Aging Europe Congress (X) (October)**
 - + Transform your patient's life – Essential Hormone Therapies
 - + 15 Hormone & 15 Nutritional Treatments to reverse physical aging
 - + Revolutionary Scientific Anti-Aging Treatments – 2016 updates

Lectures in major conferences:

- +I **Sao Paulo, Brazil – 5th Latin American Congress of the World of Anti-Aging Medicine (X) (October)**
 - + Female Hormones
 - + Hair Loss
 - + Male Hormones
- +I **Las Vegas, USA – 24th Annual World Conference on Anti-Aging Medicine & Biomedical Technology (A4M) (December)**
 - + Bio-Identical Hormone Therapies
 - + Female Hormone Therapies: estrogen, progesterone, testosterone
 - + Reversing abdomen aging
 - + Reversing chest aging

2017:

- +I **Dubai, UAE – BHRT Workshop – Major Anti-Aging hormone, peptide and nutritional therapies**
 - + Treatments Major Hormone and Peptide
 - + Efficient Obesity Management: Hormone and Nutritional Therapies
- +I **Chicago, USA— A4M BHRT Symposium (September)**
 - The Hormone Therapies to Slow Down or Reverse Obesity
 - Recognizing the Physical signs of deficits in hormones that cause skin aging
 - Recognizing the Physical signs of deficits in hormones that cause abdominal obesity
 - Testosterone Treatment in Women
- +I **Hormone Therapies to reverse male genital aging**
 - Jet lag treatment
 - Hormone therapies to reverse back aging
- +I **Luxembourg, Luxembourg—Société Luxembourgeoise d’Andropause et de Ménopause**
 - Les carences en testostérone dès l’âge de 25 ans chez l’homme et chez la femme
- +I **Salzburg, Austria—TrendForum 2017, Forum Via Sanitas**
 - Bioidentical Hormones in Chronic Diseases
 - Bioidentical Hormones Workshop
- +I **Sao Paulo, Brazil— 6th Latin American Congress of the World of Anti-Aging Medicine (X)**
 - + Hormone therapies for men
 - + Muscle- and immunity-enhancing hormone therapies
 - + Reversing the aging of the trunk
 - + New Medical Peptides to Reverse Aging
 - + Growth hormone fragment: more potent peptide than growth hormone to reduce abdominal obesity?
 - + Follistatin: better than testosterone and IGF-1 to reverse sarcopenia?
- +I **Baden Baden, Germany—Medical Week**
 - Improving Hormone Levels with Nutritional Therapies
 - Vasopressin Therapy (Workshop)
 - Testosterone in women (Workshop)
 - Growth Hormone Treatment (Workshop)
- +I **Las Vegas, USA — 25th Annual World Conference on Anti-Aging Medicine & Biomedical Technology (A4M) (December)**
 - Hormone Therapy (Workshop)
 - Follistatin and Muscle Growth Factor: Peptide Treatments to Reverse Aging

2018:

- +I **Charleston, USA — A4M BHRT Symposium (February)**
 - + Overview of Hormone Deficiencies
 - + Reversing Diffuse Hair Loss, and Male and Female Pattern Hair Loss with Hormone Therapies
 - + Safe Cortisol Therapy: To Improve Energy Levels and Stress Resistance, Get Your Life Back After Burnout
 - + Vasopressin Therapy: Efficient for Wrinkle Reduction, Memory Loss, Polyuria, and Nycturia

Lectures in major conferences

- +I Brussels, Belgium —MBNext Formation Continue (March) (X)**
 - + Hormones Féminines dans la préménopause et la ménopause
- +I Bad Aibling, Germany — Hormonkurs (April) (X)**
 - + Cortisol: Die Behandlung, die Ihnen Ihr Leben zurückgibt
 - + DHEA: Die Therapie, die Cortisol sicher macht
 - + Chronische Müdigkeit: Hormontherapien, um sie definitiv loszuwerden
 - + CFS und Nebennierenschwäche
 - + Wachstumshormontherapie: Wie weit kann sie das Altern rückgängig machen und altersbedingten Krankheiten vorbeugen?
 - + Testosteronbehandlung bei Frauen Herzerkrankungen: Eine vermeidbare und heilbare Krankheit mit
 - + Hormon- und Peptid-Therapien
 - + Rheumatische Erkrankungen: Welche Hormontherapien sind wirksamer als nicht steroidale Antirheumatika?
 - + Was hat Fibromyalgie mit Hormonen zu tun?
 - + Live Sprechstunde - Kommen Sie oder auch Ihre Patienten auf das Podium und bringen Sie Ihre Labortests mit!
- +I Luxembourg — Le Traitement Hormonal Bioidentique en 2018, changement de paradigme (April)**
 - + Traitement de la carence en hormones féminines dans la préménopause
 - + Hormone de croissance, la thérapie hormonale soutenue par 500 études contrôlées par Placébo
- +I Brussels, Belgium —MBNext Formation Continue (June) (X)**
 - + Testostérone et DHEA chez la femme
- +I Dubai, UAE —BHRT workshop (July) (X)**
 - + Thyroid Treatment T3-T4, T4 or T3
 - + Testosterone Deficiency in Men over Age 25
 - + Cortisol Treatment Safe use
 - + Aldosterone deficiency and treatment
 - + Reversing Hair loss
 - + Growth Hormone Therapy
 - + Reversing Face Aging
 - + Melatonin Therapy
 - + DHEA Therapy
 - + Depression
- +I Bangkok, Thailand — 2nd Recent Advance in Regenerative Medicine — (July) (X)**
 - + Arterial Hypertension Hormone Therapies
 - + Coronary heart disease Hormone Therapies, Heart Failures
 - + Diabetes, Dyslipidemia
 - + Fatigue, Depression
 - + Alzheimer's Disease, Parkinson's Disease
 - + Stroke
 - + Post-traumatic Brain Injury
 - + Hormone Treatment of Macular Degeneration
 - + Presbyopia
 - + Micronutrient Treatment of Macular Degeneration
 - + Reversing Face Aging, Reversing Hair Loss
- +I Los Angeles, USA — 5D Events (August)**
 - + Hormone levels of Centenarians
 - + How to age well and remain young
- +I Luxemburg, Luxemburg — EUROPAEM Vulnérabilité de la grosses, vulnérabilité de l'enfance (Sept)**
 - + Endocrine disruptors in food and water
- +I Brussels, Belgium — MBNext Formation Continue (September) (X)**
 - + La Thyroïde
- +I Brussels, Belgium — Academy Réunis (October)**
 - + Genetic Tests

Lectures in major conferences

- +I Sao Paulo, Brazil— 7th Latin American Congress of the World of Anti-Aging Medicine (X)**
 - + Cortisol Treatment Safe Use
 - + Testosterone in Women
 - + Rheumatoid Arthritis Hormone Therapies
 - + Memory, Alzheimer's Disease
 - + Coronary heart Disease
 - + Presbyopia
 - + Hearing Loss
 - + Tinnitus
- +I Brussels, Belgium — MBNext Formation Continue (December) (X)**
 - + Cancer de la Prostate
 - + Fatigue et Burnout
 - + Dépression
 - + Tests de laboratoires et cas pratiques
- +I Las Vegas, USA — 26th Annual World Conference on Anti-Aging Medicine (A4M) (December)**
 - + Thyroid Therapy
 - + Cortisol Treatment
 - + Aldosterone Deficiency and Treatment
 - + DHEA Therapy
 - + Estrogen & Progesterone Treatment
 - + Testosterone & CVD
 - + Memory, Alzheimer Disease

2019:

- +I Manama, Bahrein — Scientific Secrets of Longevity (January)**
 - + Reversing Severe Aging 5 to 20 years
 - + Estrogen & Progesterone therapies in pre- and post-menopausal women
 - + Reversing Hair Loss
- +I Brussels, Belgium — MBNext Formation Continue (February) (X)**
 - + Fatigué de mal dormir : mélatonine, 5HTP, gaba...
- +I Sao Paulo, Brazil — Workshop (April) (X)**
 - + Thyroid Treatment T3-T4, T4 or T3
 - + Cortisol Treatments
 - + Aldosterone deficiency and treatment
 - + Melatonin
 - + DHEA therapies
 - + Estrogen and progesterone in pre- and post-menopausal women
 - + Growth Hormone Therapy
 - + Vasopressin Therapies
 - + Oxytocin affect orgasm
- +I Brussels, Belgium — MBNext Formation Continue (April) (X)**
 - + Thérapies à la testostérone chez l'homme
- +I Moscow, Russia — Wellness Party (May)**
 - + Prolong youth and beauty
- +I Brussels, Belgium — MBNext Formation Continue (May) (X)**
 - + Le Cortisol
- +I Louvain-la-neuve, Belgium – MBNext (September)**
 - + Aldostérone & Vasopressine
- +I Flandres, Belgium – BRAM (October)**
 - + Depression Hormone therapies
- +I Louvain-la-Neuve, Belgium – MBNext (October)**
 - + Hormone de croissance (Growth hormone)

Lectures in major conferences

- +I Dubai, UAE – A4M Dubai (November)**
 - + Endocrine system
 - + Thyroid T3-T4, T3, T4
 - + Female Hormone therapy
 - + Testosterone deficiencies in men over age 25
 - + Testosterone in women
 - + Vasopressin therapy
 - + GH Therapy
 - + Facial creams
 - + Systemic hormones to improve surgery
 - + Hormone mesotherapies to reduce wrinkles
 - + Oxytocin hormone of affection
 - + Pregnenolone therapy
 - + Presbyopia
 - + Tinnitus
 - + Male & Female sexuality hormone therapies
- +I Sao Paulo, Brazil – Longevidade Sauvadel Annual Congress (November)**
 - + Vascular diseases
 - + Chronic cardiac diseases
 - + Chronic psychiatric disorders
 - + The “aging” chronic disease
- +I Mexico City, Mexico – 3rd Medical Journals Congress (November)**
 - + Thyroid T3-T4, T4 or T3
 - + Cortisol treatment
 - + Aldosterone treatment
 - + DHEA
 - + Pregnenolone therapy
 - + Oxytocin hormone
 - + GH therapy
- +I Las Vegas, USA – A4M World Congress + Pre-Congress Workshop (December)**
 - + Melatonin skin
 - + Hormone therapy

2020:

- +I Webinar – RaadFestival (Coalition for Radical Life Extension): Eyes on the Prize: The science of your super longevity immune system (June)**
 - + Hormone therapy for prevention and treatment of COVID19
- +I Webinar – My vision after COVID-19 (July) (X)**
 - + Hormone therapy solution
- +I Webinar – Evidence-Based Hormone Therapy a new postgraduate training: immunity, reversing aging, thyroid, sexual hormones, fatigue & burnout treatment... (August 25th) (X)**
- +I Webinar – Optimize your patient's immunity: Hormone & Nutritional Therapies (October 1st) (X)**
- +I Webinar – RaadFestival 2020: Age Reversal Now (October)**
 - + Optimizing hormone levels to boost the immune system, reduce inflammation, and thereby attenuate aging and live longer
- +I Webinar – Reversing Aging with hormone therapies (Webinar – December 1st) (X)**
- +I Live + Q&A - Kongress für komplementäre Krebstherapie (October)**
 - + Sexual hormone supplementation in cases of prostate and breast cancers
- +I Online Conference – A4M World Congress (December)**
 - + Potential of hormones to improve immunocompetence and longevity

Note: “X”= T. Hertoghe is the supervisor of the scientific program in hormone therapy or Anti-Aging Medicine of the congress

Lectures in major conferences

2021:

- +I Online Conference – HONARFS (January)**
- +I Webinar – Postgraduate Program (February)**
 - + Estrogen and progesterone therapies in women
- +I Webinar – A4M short webinar (February)**
- +I Webinar – Postgraduate Program (March)**
 - + Nutritional therapies
- +I Limelette, Belgium – Energetica Natura (March)**
 - + Masterclass on microbiota
- +I Online workshop – A4M Workshop (March)**
 - + Role of hormones in immunocompetence and longevity
- +I Online workshop – Bionourisso/Otra Salud (March)**
 - + The potential of hormonal and nutritional therapies to treat and prevent infections
- +I Webinar – Postgraduate Program (March)**
 - + Chronic fatigue and burnout: Hormone and nutritional therapies
- +I Webinar for Argentina (April)**
- +I Webinar – Postgraduate Program (April)**
 - + Thyroid deficiency and excess: Diagnosis and therapy
- +I Online Conferences – Argentina**
 - + Hormone replacement therapy
- +I Webinar – Postgraduate Program (May)**
 - + Melatonin deficiency: Diagnosis and therapy
- +I Webinar – Manon Pilon (June)**
- +I Online Conference – Daniel Bossa (June)**
 - + Testosterone supplementation
- +I Webinar – Postgraduate Program (June)**
 - + Testosterone therapy in men and in women
- +I Webinar – Postgraduate Program: Overview of the Cycle 2 (September)**
- +I Webinar – Postgraduate Program (September)**
 - + Hormone consultation
- +I Online Conference – Baku, Azerbaidjan (October)**
 - + Age Management
- +I Online Conference – Healthy Masters Forum (November)**
- +I Online Conference – Vital Life and Esperance (November)**
 - + Bio-identical hormones and the treatment of Cancer
- +I Webinar – Postgraduate Program (December)**
 - + Cortisol, DHEA, Aldosterone, Pregnenolone supplementation

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Lectures in major conferences

2022:

- +I Online Conference – Bionourisso/Otra Salud (February)**
 - + Reversing Aging with Hormone Therapies
- +I Webinar – Postgraduate Program (March)**
 - + Growth hormone and IGF-1 supplementation
- +I Online Conference – UCP (May)**
 - + Treating adult hormone deficiency with human growth hormone
- +I Webinar – Postgraduate Program (June)**
 - + Psychological & psychiatric disorders: Hormone therapies
- +I Online Conference – Farmacia VIP (August)**
 - + Reversing Aging with Hormone Therapies
- +I Online Conference – UCP (September)**
 - + Treating adult growth hormone deficiency with human growth hormone
- +I Online Conference – A4M (September)**
 - + Hormones and Longevity
- +I Madrid, Spain – SEMAL (September)**
 - + Reversing aging with hormone therapies
 - + Detection of physical signs of hormone deficiencies
- +I Madrid, Spain – SEMAL (October)**
 - + Reversing aging with hormone therapies
 - + Hormone therapies to live longer
 - + Hormone therapies to get energy
 - + Hormone therapies to prevent and help cure cardiovascular disease
 - + Hormone therapies to prevent and help cure cancer
- +I Online Conference – Access Live (October)**
 - + Reversing Aging with Hormone Therapies
- +I Warsaw, Poland – BIOPELL (November)**
 - + Hormone treatments to reverse aging: practical information
 - + Testosterone in men
 - + Scalp hair loss reversal with hormone therapies
 - + Hormone therapies to improve energy
- +I Webinar – Postgraduate Program (November)**
 - + Longevity: Diet, nutritional and hormone therapies
- +I Sao Paulo, Brazil – Longevidade Saudavel (November)**
 - + Longevity: Nutritional therapies and hormone therapies
 - + Longevity: Diet and psychological attitudes of centenarians
- +I Las Vegas, USA – A4M (December)**
 - + Living longer by improving lifestyle and diet
 - + Centenarians
 - + Living longer with hormone supplementation
 - + Treating adult hormone deficiencies
 - + Beneficial actions of cortisol on longevity
- +I**

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Lectures in major conferences

2023:

- +I Webinar – Postgraduate Program (February)**
 - + Sexual disorders: Hormone therapies
- +I Baku, Azerbaidjan – Vivalavida (March)**
 - + Longevity with hormone therapies
 - + Centenarian longevity factors
 - + Growth hormone and IGF-1
 - + How to awaken the shaman in you
- +I Online Conference – A4M (March)**
 - + Foods, nutrients, lifestyle changes, and hormone therapies that reduce inflammation
- +I Webinar – Postgraduate Program (May)**
 - + Cardiovascular disease and stroke: Hormone therapies
- +I Online Conference – Nelly Devuyst (May)**
 - + The benefits of melatonin on the skin
- +I Orlando, USA – A4M (May)**
 - + How to reduce inflammation caused by lifestyle and diet
 - + Nutritional supplements that reduce inflammation and inflammatory disease
 - + Thymus and sex hormone therapies that reduce inflammation
 - + Pineal and pituitary hormone therapies that reduce inflammation
 - + Safe adrenal hormones: Key supplements to reduce inflammation
- +I Webinar (June)**
 - + Perimenopausal and menopausal bioidentical hormone therapy
- +I Webinar (July)**
 - + Regain joy of life, energy and enthusiasm with the help of hormone therapies
- +I Istanbul, Turkey – Turkey PureHealth Summit (September)**
 - + Chronic Diseases: Inflammation, Hormones and Nutritional Approach
- +I Online Conference – Bionourisso (October)**
 - + How can hormone therapies improve women’s and men’s health?
- +I Online Conference – IMAAC ZIYALAN (November)**
 - + Physical Rejuvenation by Hormone Therapies
- +I Mexico City, Mexico – Bionourisso (November)**
 - + Optimal Hormone Therapy
 - + Hormone treatments for women and men's health
- +I TBC - Belgium – LIMS MBnext (November)**
 - + The effects of hormone therapies on burn-out
- +I Ghent, Belgium – Energetica Natura (December)**
 - + How hormone therapy can relieve chronic psychological diseases
- +I Las Vegas, USA – A4M (December)**
 - + How useful is adult growth hormone therapy to overcome exhaustion and increase recovery?
- +I Las Vegas, USA – University Compounding Pharmacy (UCP) (December)**
 - + Treating adult growth hormone deficiency: everything you need to know about the laws labs diagnosis and treatment
- +I Las Vegas, USA – Access Lab (December)**
 - + Key Hormone Lab Tests that Make a Difference: rT3, E1, Pregnenolone

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2020:

+I Postgraduate program – Evidence-based Hormone Therapies through Webinar and Online Trainings

- + COVID-19 & Inflammation with hormone and nutritional therapies
- + Reversing Aging with hormone therapies
- + Female hormone supplementation (estrogen & progesterone) in pre- and post-menopause
- + Fatigue, Burnout, and post-traumatic brain injury syndrome
- + Thyroid supplementation
- + Melatonin supplementation
- + Testosterone supplementation in men
- + Testosterone supplementation in women
- + Progesterone and estrogen therapy in men

+I Nutritional program – E-Learning

- + Immunity with nutritional therapies: Dietary, environmental, and lifestyle therapies
- + Immunity with Nutritional therapies
- + Inflammation with nutritional therapies
- + Reversing physical aging: Dietary, environmental, and lifestyle therapies
- + Reversing the aging of the 5 senses with hormone and nutritional therapies
- + Female hormone supplementation (estrogen & progesterone) in pre- and post-menopause : Nutritional treatments
- + Female hormone disorders: Nutritional treatments
- + Fatigue, Burnout, and post-traumatic brain injury syndrome: Dietary and nutritional supplementations for fatigue
- + Burnout syndrome: hormone and nutritional supplementations
- + Testosterone deficiency in men: diagnosis and nutritional treatment
- + Testosterone deficiency in women: diagnosis and nutritional treatment

Medical educational seminars on hormone replacement therapies in aging adults:

For qualified physicians, only (under supervision of EAQUALL, IHS or independent)

1998:

- + 2-day basic seminar in Brussels (Belgium) (EAQUALL's post conference workshop) 1999: 3-day basic seminars successively in: Miami (USA), Paris (France), Brussels (Belgium), Perpignan, (France)

2000:

- + 3-day seminars successively in Perpignan (France), San Francisco (USA), Frankfurt (Germany), New Jersey (USA), Dusseldorf & Bad Reichenhall, (Germany), Paris (France), Frankfurt (Germany), New-York & Miami (USA)

2001:

- + 3-day seminars successively in Paris (France), Frankfurt & Dusseldorf (Germany), Brussels (Belgium), San Diego & Chicago (USA)

2002:

- + 3-day seminars in Paris (France), 2-day seminar in Denver (USA), Paris (France), Dusseldorf (Germany)

2001-2002:

- + Various lectures as course lecturer at the University Center of Charleroi on hormone therapies in aging adults, on senescence & environmental medicine

2002:

- + Sexual problems in man at the Anti-Aging Conference in Cologne (Germany) 2003: ½ - to 3-day seminars in San Diego (USA), Moscow (Russia), Frankfurt (Oberrussel), Paris (France), Sydney & Melbourne (Australia),

2004:

- + 3-day seminars in San Diego (USA), Bangkok (Thailand), Moscow (Russia), Melbourne (Australia), Chicago (USA)

2005:

- + 3-day seminars in Las Vegas (USA), San Diego (USA), Paris (France)

2006:

- + International Hormone Society symposia in Bangkok (Thailand), Los Angeles (USA), San Diego (USA),

2007:

- + International Hormone Society symposia in Bangkok (Thailand), Los Angeles (USA), Athens (Greece), San Diego (USA), Shanghai (China);
- + Hormone therapy seminars in Sydney (Australia), Hong Kong (China), Taipei (China)
- + Preconference hormone therapy workshops in Orlando (USA), Tokyo (Japan), Chicago and

Professional medical publications: Articles:

Hertoghe Th. **DHEA: info ou intox?** Monde Médical. 1995 (Sept.); 291: 12-5

Hertoghe Th. **Growth hormone therapy in aging adults.** Anti-Aging Medical Therapeutics (Eds Klatz RM & Goldman R) 1997; I:10-28

Hertoghe T. **Thyroid Diagnosis & Treatment: Poor reliability of the single plasma TSH-test for diagnosis of thyroid dysfunction and follow-up.** Anti-Aging Medical Therapeutics 2000; IV: 127-37

Hertoghe T. **Thyroid Diagnosis & Treatment: Many conditions related to age reduce the conversion of thyroxine to triiodothyronine - a rationale for prescribing preferentially a combined T₃ + T₄ preparation in hypothyroid adults.** Anti-Aging Medical Therapeutics 2000; IV: 138-53

Hertoghe T. **Minimizing obesity with hormone replacement therapies.** Anti-Aging Medical Therapeutics 2001-2003; V-VII

Hertoghe T. **Minimizing obesity with hormone replacement therapies.** Anti-aging Clinical Protocols 2004-2005

Hertoghe T. **Diabète : Vitamines, oligo-éléments, acides gras et hormones : que penser de ces thérapies complémentaires ?** Gériatrie en médecine générale 2003 ; 47 (Sept) : 10-12 and 48 (Oct) : 8-11

Hertoghe T. **DHEA, mélatonine, vitamines et oligo-éléments : adjuvants efficaces dans la lutte contre le cholestérol et l'athérosclérose ?** Gériatrie en médecine générale 2003; 49 (Nov): 8-12 and 50 (Dec) : 8-11

Hertoghe T, Lo Cascio A., Hertoghe J. **Considerable improvement of hypothyroid symptoms with two combined T₃-T₄ medication in patients still symptomatic with thyroxine treatment alone.** Anti-Aging Medicine (Ed. German Society of Anti -Aging Medicine-Verlag 2003) 2004; 32-43

Hertoghe T. **Bio-identical Hormone Replacement.** Journal of Complementary Medicine Sept./Oct. 2004; 3 (5): 44-45

Hertoghe TM, Everard B, Duboé B, Hertoghe TA, François M, Gouita J, Gadomski A, Poutet B, Van Bruyssel D, Baisier W. **La DHEA : le bilan.** Journal de médecine esthétique et chirurgie dermatologique March 2003 ; XXX : 117 :7-21 (337 references)

Hertoghe TM, Hertoghe Th, Gadomski A, François M, Everard B, Duboé B*. **Melatonin and Sleep: A Review.** J Eur Anti-Aging Med. 2005; 1: 32-7

Hertoghe, T. **Is senescence mainly due a multiple hormone deficiency syndrome?** Ann NY Acad Sci. 2005 Dec; 1057; 448-66

Hertoghe TM, Lhermitte MC, Gadomski A, Dalle C, Résimont S, Hertoghe TAM, Duboé B, Claeys B, Poutet B, Truong P, Everard B, François M. **Lower incidence of overall, breast and prostate cancer in women and men treated with a combination of anti-aging therapies, including hormone therapies.** JEAAM. 2006 Oct; 20-25

Professional medical publications: Articles:

Hertoghe, T. **Is senescence mainly due a multiple hormone deficiency syndrome?** Ann NY Acad Sci. 2005 Dec; 1057; 448-66

Hertoghe TM, Lhermitte MC, Gadomski A, Dalle C, Résimont S, Hertoghe TAM, Duboé B, Claeys B, Poutet B, Truong P, Everard B, François M. **Lower incidence of overall, breast and prostate cancer in women and men treated with a combination of anti-aging therapies, including hormone therapies.** JEAAM. 2006 Oct; 20-25

Tregear C, Dalle C, Hertoghe T. **Positive emotions and attitudes: Precious keys to longevity?** JEAAM. 2006 Oct; 30-33

Hertoghe T. **Oxytocin: Relief for autism in children, schizophrenia in adults and the progressively lower sociability appearing in elderly people?** Lifespan Med Magazine 2012; 3-7

Hertoghe T, Lhermitte MC, Poutet B, Gérin G, Godefroit C, Wetchoko L. **IGF-1 therapy in adults: More potent than growth-hormone treatment to reverse aging?** Lifespan Med J 2014 ; 5-30

Hertoghe T. **Hormones make the difference.** Aging Matters Magazine 2018. 32-38

Hertoghe T. **Coronavirus: 10 Interventions to Prevent and Treat It Efficiently.** LND 2020

Hertoghe T. **Hashimoto's Thyroiditis, A common Disorder in Women: How to treat it".** Townsend Letter. April 2020. 63-64

Extensive reviews of the literature on hormone testing in 24-hour urine:

- + **Thyroid hormones in 24-hour urine**
- + **DHEA, Androstenedione and their metabolites in 24-hour urine**
- + **Cortisol and cortisol metabolites in 24-hour urine**
- + **Pregnanediol and pregnantriol in 24-hour urine**
- + **Aldosterone in 24-hour urine**
- + **Testosterone in 24-hour urine**
- + **Growth hormone in 24-hour urine**
- + **Sodium, potassium, magnesium, calcium, phosphorus in 24-hour urine**

Reports of the Belgian Society of Anti-Aging Medicine

by Drs Hertoghe Thierry, Everard B, Duboé B, François M, Hertoghe Thérèse, Gadomski A., Poutet B, Baisier W, Rasmussen H.

These reports are reviews of the scientific literature on the major hormone replacement therapies ordered by the Belgian Society of Anti-Aging Medicine. Most of the reports are extensive collections of data, many of them containing the largest literature review up to today in anti-aging medicine for some of the hormone replacements shown below. Dr T. Hertoghe is the supervisor of the reports and main collector of data.

- + **La DHEA en question** : La réponse au rapport de l'Académie de médecine et La réponse au rapport des endocrinologues d'Erasmus (2002)
- + **Melatonin treatment in the perspective of Evidence Based** (2003)
- + **Cortisol replacement therapy: Benefits and risks** (2004)
- + **Safe Cortisol replacement therapy: Answers to critical questions** (2004)
- + **Why T3 and T4 combinations may work better than thyroxine alone?** (2004)
- + **Thyroid replacement: Benefits and risks** (in early preparation)
- + **Hormones, quality of life and fatigue** (2004)
- + **Corrective GH replacement therapy in adults: Benefits and Risks** (in preparation)
- + **Hormone tests in 24-hour urine** (2005)
- + **Thyroid hormone tests in 24-hour urine** (2005)

Professional Books:

- +| Hertoghe T. **The Hormone Handbook**. International Medical Books Ed., Luxemburg, March 2006 (Chinese translation in handout format)
- +| Hertoghe T. **Patient Hormone Handbook** (with Nutrient Handbook) (2008)
- +| Hertoghe T, ed. **Textbook of Lifespan and Anti-Aging Medicine** (2008, new edition in hard cover for May 2014)
- +| Hertoghe T, ed. **Textbook of Nutrient Therapy** (2008), both the essential texts for the World Society of Anti-Aging Medicine's Board Certifications in Anti-aging medicine and Nutritional Medicine (handout format)
- +| Hertoghe T. **The Hormone Handbook, 2nd Edition** - 2010
- +| Hertoghe T. **The Atlas of Endocrinology for Hormone Therapy**. International Medical Books Ed., Luxemburg, February 2011
- +| Hertoghe T, **Testosterone, the Therapy for Real Gentlemen**
- +| Hertoghe T. **The Atlas of Endocrinology for Hormone therapy, 2nd Edition** (2 new chapters: Thymosin-Alpha-1 and Relaxin), International Medical Books. 2019
- +| Hertoghe T., **Safe cortisol replacement therapy** Text CD: Criteria & Arguments + Answers to Critical Questions
- +| Hertoghe T., **Testosterone: The Therapy for The Real Gentlemen**, International Medical Books Ed., Luxemburg, 2019
- +| Hertoghe T., **Reversing Physical Aging**, International Medical Books Ed., Luxemburg, 2020

General public books:

French:

- +I Hertoghe T, Enrico M. **Régime Hormone** (Ed. Thierry Souccar)
- +I Hertoghe Th., Nabet J.J., “**Comment rester jeune plus longtemps**”, Ed. Albin, -Michel, Paris - France, 2000, 380 p. (book for the general public; with **Russian**, **Chinese**, **German**, and **Dutch** translations)
- +I Hertoghe Th., Nabet J.J., “**La DHEA, l’hormone du mieux-vivre**”, Ed. Presses du Châtelet, Paris, 2002, 207 p. (March 2002)

German:

- +I Translation: “Bleiben Sie Länger Jung”, Ed. Mosaik – München (March 2002)

English:

- +I Hertoghe Th., Nabet J.J., **The Hormone Solution**, Ed. Random House, New-York (with **Spanish** & **Danish** translations)
- +I Hertoghe T. **Patient hormone handbook**, International Medical books, Luxemburg, 2008
- +I Hertoghe T. **Passion, sex and Long life, the Oxytocin adventure**, International Medical books, Luxemburg, 2010

Italian:

- +I **Dieta ormonale**, the diet that improves hormone levels (2008), Ed; Sperling (It), best seller (with **Bulgarian**-, **Tjehkian** translations)
- +I **Hormoni de Felicidad**, hormones of happiness, (2009)

Dutch

- +I Hertoghe T., Nabet J.J., “**Jong en gezond oud worden**”, Ed. Schuyt & Co, (2003)

E-books

- +I Hertoghe T, **Oxytocin: Passion, Sex and Long Life** (**English**)
- +I Hertoghe T, **O Manual de Hormônios** (**Portuguese**)