

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 pre-recorded videos.



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 obtain an **official certification** for your medical expertise 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 **access** to the scientific references available on 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 addressing numerous medical conditions associated with hormone deficits. Additionally, you will receive an official certificate of expertise in hormone therapy from the International Hormone Society.

Moreover, your newly gained abilities should allow you to increase both 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 offers you access to:

- | **Webinars** (online live conferences, case studies, live consultations)
- | **Pre-recorded courses** (available online and on-demand)
- | **Courses** taught in English
- | The **9 modules** of cycle 1 are available with **Spanish subtitles** and **module 6** of cycle 1 is available with **French subtitles**
- | **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 about: how to set up a hormone consultation, adrenal hormone therapies, growth hormone & IGF-1 supplementation, hormone deficiencies and treatment of psychological & psychiatric disorders, longevity, sexual disorders, cardiovascular disease and stroke, and weight loss management.

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

Module 1 - Immunity

- | Immunity: Dietary, environmental, and lifestyle therapies
- | Immunity: Nutritional therapies
- | Immunity: Thymosin-alpha-1 and thyroid therapies
- | Immunity: Cortisol and DHEA therapies
- | Immunity: 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 therapy adjustments: How to solve problems and special cases
- | 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 for 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: Its potential to treat disease

Module 8 - Testosterone Supplementation in Men

- | Testosterone deficiency in men: Diagnosis
- | Testosterone deficiency in men: Hormone and nutritional 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
- | Testosterone deficiency in women: Hormone and nutritional treatments

Module 1 - The Hormone Consultation

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

Module 3 - Growth Hormone and IGF-1 Supplementation

- | Growth hormone deficiency: Diagnosis
- | 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 (Part 1)
- | Growth hormone & IGF-1 beneficial effects in disease (Part 2)
- | Patient cases with GH and IGF-1 treatments
- | Additional Learning Material: Growth hormone & IGF-1 controversies

Module 4 - Psychological & Psychiatric Disorders: Anxiety, Depression, Low-stress Resistance, Psychosis: 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

Module 5 - Longevity: Hormone and Other 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: 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 - Weight Loss Management

- | Short introduction: Frequency and impact of overweight on health; World's heaviest persons ever
- | Lifestyle, sports, and psychology for optimal weight
- | The best diet to lose weight, be slim and healthy
- | Appetite reduction for optimal weight
- | Nutritional supplements to reduce overweight and obesity
- | Slimming hormone treatments part 1: Thyroid, GH and IGF-1, testosterone in men
- | Slimming hormone treatments Part 2: Testosterone, estrogens, Progesterone (in women), cortisol, DHEA, oxytocin, melatonin treatments, hormone excesses causing weight gain
- | Slimming appetite-reducing hormone therapies Part 1: GLP-1 and HCG
- | Slimming appetite-reducing hormone therapies Part 2: Leptin, CCK, MSH, oxytocin, and TRH, appetite-increasing hormone excesses
- | Local fat deposits and water retention: Their hormone deficits or excesses, and therapies
- | Patient cases

The Training

Evidence-based Hormone Therapy



Costs

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

- | Postgraduate Program - Cycle 1: ~~5-890€~~ 5 500 €
- | Postgraduate Program - Cycle 2: ~~8-370€~~ 7 200 €
- | Postgraduate Program - Cycle 1 & 2: ~~12-700€~~ 12 000 €

The fees for each individual module are:

	Module	Number of courses	Price	
Cycle 1	Module 1	Immunology	5	750 €
	Module 2	Inflammation	3	465 €
	Module 3	Reversing Physical Aging	8	1.180 €
	Module 4	Estrogen & Progesterone Supplementation in Women	4	600 €
	Module 5	Chronic Fatigue and Burnout: Hormone and Nutritional Therapies	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 €
			TOTAL : 155€ x 38 courses = 5890€ 5500€	

	Module	Number of courses	Price	
Cycle 2	Module 1	The Hormone Consultation	7	1.000 €
	Module 2	Adrenal Hormone Therapies	6	700 €
	Module 3	Growth Hormone and IGF-1 Supplementation	6	700 €
	Module 4	Psychological & psychiatric disorders: Anxiety, Depression, Low-Stress Resistance, Psychosis	6	700 €
	Module 5	Longevity: Hormone and Nutritional Therapies	7	900 €
	Module 6	Sexual Disorders: Hormone Therapies	4	600 €
	Module 7	Cardiovascular disease and stroke	7	900 €
	Module 8	Weight Loss Management	11	1.600 €
			TOTAL : 155€ x 54 courses = 8-370€ 7200€	

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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 hertoghechannel@gmail.com
4. **Online quizzes: 70% or more of the points** must be obtained to pass the lessons successfully and to get your diploma.

The Quizzes

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
- Myoglobin, transferrin
- Serum amyloid A, α 2-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