

Brussels, Belgium, May 11-16, 2010
 Tuesday to Sunday



**Cutting-edge
 Anti-aging seminars**



at the Dr Thierry Hertoghe Medical School

Genetics, Stem cells & Progressive Lifespan



Medicine May 11-13, 2010



**Practical workshops in Anti-aging
 & Hormone therapies May 14-16, 2010**

Each separate seminar consists of 6 days:

3 days of taught courses, completed by a 3-day self-learning course on DVD

In May, the taught courses of each seminar will be presented

Program: The content of the program is as **practical** as possible, helping physicians **improve** their **practice**, strengthened by solid evidence-based treatments, continuously updated.

Supervision: Dr Thierry Hertoghe, president of several international medical societies, international key speaker, author of renown books.

Speakers: Many speakers are leading international medical speakers.

Presented: 8h30 - 17h30



Rate for each separate seminar	Price
Full 6-day Module (3 days of taught courses + 3 days of self-learning courses with DVD)	2.000 €
Separate rates	
3 days of taught courses: 3 days, May, 2010	1.200 €
3 days of self-learning courses on DVD	1.100 €
Special rate for the 2 seminars	
Full 12-day courses (6-days of taught courses, May 11-16, 2010 + 6 days of self-learning courses with DVD)	3.600 €
Solely taught courses: 6 days, May 11-16, 2010	2.150 €

Upcoming seminars: 2010 September/October Brussels 2011; January 28-30 in Brussels

Contact:

E-mail: medschool@hertoghe.eu **Website:** www.hertoghe.eu

Phone: +32-2-379.34.49 – Fax : +32-2-732.57.43

Address: Hertoghe Medical School, 9 Avenue van Bever – 1180 Brussels – Belgium

An exceptional
'Picture Atlas of Endocrinology'
 for each participant to the full 6 days!

Seminar (module)	May 11 Taught courses	May 12 Taught courses	May 13 Taught courses	Day 4 Self-learning - DVD	Day 5 Self-learning - DVD	Day 6 Self-learning - DVD
Seminar May 11-13 Genetics, stem cell therapies and progressive lifespan medicine	Brain hormones: <ul style="list-style-type: none"> • Pregnenolone • Growth hormone treatment in adults • Growth hormone secretagogues • Growth hormone: risks, benefits, controversies • Somatostatin • Opioids and the brain Genetic typing and hormone therapy: <ul style="list-style-type: none"> • Endocrine-related polymorphisms • How genetic typing tests may help to set up safer hormone therapies 	Genetic typing: <ul style="list-style-type: none"> • Basics Genetic typing tests <ul style="list-style-type: none"> • Unraveling genetic predispositions to diseases • Strategies for improving the prognosis Genetic typing tests for: <ul style="list-style-type: none"> • Cardiovascular diseases • Obesity • Diabetes • Alzheimer's and other neurodegenerative diseases • Osteoporosis • Rheumatic diseases • Breast cancer • Prostate cancer • Colon and other cancers • Genetic polymorphism of longevity 	Prenatal, Childhood & juvenile hormone therapy to prevent premature aging: prevention against premature aging starts in childhood <ul style="list-style-type: none"> • Growth disorders • Safe doses of cortisol for children • Hypothyroidism in children • Attention deficit disorder and its hormone deficiencies • Genital under-development • Delayed and precocious puberty • Puberty disorders • Intelligence promotion with hormones Geriatric endocrinology: specific hormone therapy adaptations to elderly patients	Review course: Hormone therapies <ul style="list-style-type: none"> • Basic lab tests • Safe cortisol treatment • Testosterone therapy in men • Testosterone therapy in women • Safe treatment with female hormones • Adult growth hormone treatment • DHEA treatment • Thyroid all the basics and selection of optimal treatment is best • Session with on stage consultation 	Genetic typing: practical cases <ul style="list-style-type: none"> • Newest studies on genetic polymorphism • Intensive Practical session on genetic typing: part 1 • Intensive Practical session on genetic typing: part 2 • Intensive Practical session on genetic typing Practical cases of ill patients co-treated with anti-aging therapies	Stem cells and stem cell therapies: <ul style="list-style-type: none"> • Can stem cells become malignant? • Are the effect of stem cells endocrine-related: some scientific data • Effect of stem cells on the quality of life, haematological diseases, skin, diabetes, neurodegenerative disorders • osteoporosis Practical cases of ill patients co-treated with anti-aging therapies
Seminar (module)	May 14 Taught courses	May 15 Taught courses	May 16 Taught courses: Atlas of Hormone Therapy workshop	Day 4 Self-learning - DVD	Day 5 Self-learning - DVD	Day 6 Self-learning - DVD
Seminar May 14-16 Practical approaches in anti-aging and hormone therapies	The ABC of lifespan medicine (module adapted) How to build up an anti-aging clinic <ul style="list-style-type: none"> • Acquiring new knowledge • Securing the practice with scientific data, certificates, data Internet search, society guidelines The anti-aging consultation <ul style="list-style-type: none"> • Fixing an appointment • Patient's medical history, symptoms • Physical examination • Laboratory and paramedical tests • Cancer screening • Test interpretation • Treatment: individualized, combining various approaches. • Financial aspects for a clinic • Legal and ethical issues (medical councils, ...) 	The ABC of hormone therapy (adapted to the module) The practical hormone therapy workshop with diagnosis, lab tests, treatment, follow-up + on stage consults of deficiencies in: <ul style="list-style-type: none"> • Thyroid • Cortisol • DHEA • Aldosterone • Pregnenolone • Female hormone • Testosterone in men • Testosterone in women • Vasopressin 	The best hormone techniques to correct physical signs and states of hormone dysfunction: GH, IGF-1, insulin, MSH, T3, preg, PTH, testosterone, estradiol, estriol, safe cortisol, aldosterone, DHEA, vasopressin On stage consultations Patient cases from the practice of attendees Tips from masters in hormone therapy, Keys to successful hormone therapy Discussion groups on how to overcome treatment problems Solutions to unexpected incidents & difficulties during hormone therapy Inserting advanced therapies into the practice: the cutting-edge, the fearful, the unexpectedly safe	The practical hormone therapy workshop with diagnosis, lab tests, treatment, follow-up + on stage consults of deficiencies in: <ul style="list-style-type: none"> • Growth hormone • IGF-1 • MSH • Oxytocin • Melatonin • Parathormone • Female hormone part 2 • Anabolic steroids • Testosterone in women 	Anti-ageing and hormone therapies: Practical cases of patients with disease <ul style="list-style-type: none"> • Cardiovascular disease • Depression and anxiety disorders • Rheumatoid diseases • Osteoporosis treated with corrective hormone therapies • Reports of female patients treated with transdermal estradiol and progesterone • Interesting cases of patients treated with multiple hormone replacement, including GH 	Anti-ageing and hormone therapies: Practical cases of patients with disease <ul style="list-style-type: none"> • Obesity • Neurodegenerative disorders • Skin diseases • Hair diseases • Cancer treated with corrective hormone therapies Interactive sessions

AAMS speakers:

Dr John DUNPHY (Ireland)
Dr Murphy DUNHILL (Ireland)
Dr Pascal GERARD (France)
Dr Monica GOLKOVA (Czech Republic)
Dr Malgorzata GODZIEJEWSKA Z. (Poland)
Dr Anna MODELSKAZIOLKIEWICZ (Poland)

Dr Thérèse HERTOGHE (Belgium)
Dr Thierry HERTOGHE (Belgium)
Dr John Van LIMBURG (Belgium)
Dr Maciej MALECKI (Poland)
Dr Jean MONRO (UK)
Prof. Kenny de MEIRLEIR (Belgium)
Prof. Imre Zs. NAGY (Hungary)

Dr Ascanio POLIMENI (Italy)
Mr Thierry SOUCCAR (France)
Dr Suzie SCHRUDER (U.S.A.)
Prof. Emar VOGELAAR (Netherlands)
Dr Adrian ZENTNER (Australia)
Dr Christophe de JAEGER (France)
And many others prominent speakers...



Genetics, Stem cells & Progressive Lifespan Medicine May 11-13, 2010, Brussels
Practical workshops in Anti-aging & Hormone Therapies May 14-16, 2010, Brussels

Visit **Brussels** and fall in love with its multiple sceneries

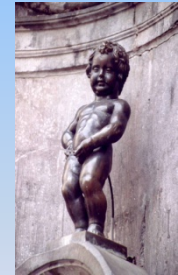


< **Grand Market place** by day and night, the jewel of Brussels >



< **The Guild Houses**

famous '**Manneken Pis**'>

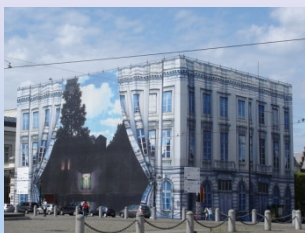


BRUSSELS



Atomium >

< the heart and capital of the European Union >



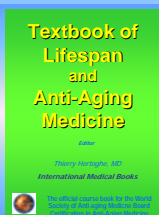
The new Magritte museum

Sint Michael's Cathedral >

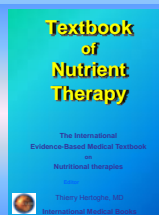
Come to Brussels, one of the home cities of anti-aging medicine, where much of it started



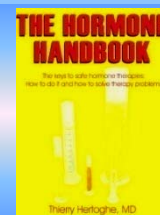
BOOKS: Purchase here the essential books/handout with the registration form or on the website www.imbooks.info



400€ - The official handout/learning material for the World Society of Anti-Aging Medicine Society's (> 6500 physicians) Board Certification, with excellent evidence-based information for physicians specializing in anti-aging medicine.



400€ - The official handout/learning material for the World Society of Anti-Aging Medicine Society's (> 6500 physicians) Board Certification in Nutritional Medicine, with excellent evidence-based information for physicians specializing in nutritional therapies.



250 € - The international bestselling book on hormone therapy for physicians with complete information on all the traditional and cutting-edge hormone therapies including how to solve therapy problems with 300 pages of scientific references.



Anti-Aging Medicine Specialization

ACQUIRE AN EXCEPTIONAL LEVEL OF KNOW-HOW IN ANTI-AGING MEDICINE
with the World Society of Anti-Aging Medicine's fellowship in Anti-aging Medicine

FELLOWSHIP, CERTIFICATES & DIPLOMA

The Anti-Aging Medicine Specialization (AAMS) is a fellowship organised by the World Society of Anti-aging Medicine (WOSAAM, 6500 physicians). The AAMS is a continuous course, repeated every two years that you can join at any of the six seminars (modules) of 6 days. It provides **an international diploma in Anti-aging Medicine** to those who completed the AAMS program. As each seminar/module is separate, participants can obtain, next to the global diploma for the whole AAMS, a separate **certificate of attendance** for each seminar (module) they attend, and if they pass a separate exam for it, a **certificate in competence**.

CONTENT

All the important topics of anti-aging medicine are discussed and thoroughly presented with many practical tips for your practice and the necessary scientific evidence. For more information on the different modules in this program, please consult the detailed program attached.

Examples of topics are:

- **Senescence**
- The longest life spans
- Genetic typing testing
- **Exercise**
- Environmental health medicine
- Positive psychological attitudes
- **Lifestyle** improvement
- Sleep optimization
- Daylight/darkness optimization
- Digestion improvement
- **Diet** improvement
- Efficient **nutritional therapies**
- Safe **hormone therapies**
- Stem cell therapies
- and **many other** crucial topics

PURPOSE

Aims of the Anti-aging medicine specialization:

- provide practical information to physicians on how to efficiently and safely practice anti-aging medicine
- provide university level courses with complete theoretical and practical information on each important topic of anti-aging medicine
- provide certificates and a diploma that attest the attendance of a physician to the courses and his competence.

HOW TO DO IT

The fellowship consists of six 6-day seminars (3 days taught courses and 3 days self-learning by DVD). On request, a larger part of the courses can be followed at home or in the office through self-learning with DVD as the whole course is videotaped.

KNOW HOW, SKILLS

The program is made to learn you as a physician how to safely and efficiently apply anti-aging medical therapies.

PARTICIPANTS

Licensed physicians may attend the full 2-year program. Other health-professionals may attend after request and acceptance by the scientific committee.

Hertoghe Medical School - Phone : +32-2-379-34-49 - Fax: +32-2-732-57-43

E-mail : medschool@hertoghe.eu – Website : www.hertoghe.eu

Full program of the courses of Anti-aging Medicine Specialization (AAMS)

6 modules of 6 days (3 days taught courses, 3 days self-learning DVD's)

Seminar (module)	Day 1 Taught courses (also DVD available)	Day 2 Taught courses (also DVD available)	Day 3 Taught courses (also DVD available)	Day 4 Self-learning - DVD	Day 5 Self-learning - DVD	Day 6 Self-learning - DVD
<p>Seminar 1</p> <p>Senescence, exercise, environment and endocrinology</p> <p>September 2010 & 2012</p>	<p>The ABC of lifespan medicine (adapted to the module)</p> <p>Juvenile anti-aging medicine:</p> <ul style="list-style-type: none"> • Prenatal anti-aging medicine • Childhood anti-aging medicine <p>Environmental health disease</p> <ul style="list-style-type: none"> • Toxic world • Toxic world video • Strategies to avoid and eliminate pollutants <p>Lifespan</p> <ul style="list-style-type: none"> • Epidemiology • Major aging theories • Premature aging syndromes • Statistics on the longest living humans <p>Lifespan medicine: techniques that may extend lifespan from basic methods to the most forefront ones</p>	<p>Physical exercise:</p> <ul style="list-style-type: none"> • Impact of exercise on diseases and lifespan • Right exercises (dosing) for improving health, Tips from an experienced sportsman • The exercise programs of top athletes • Best body postures to avoid neck and back problems • Exercise to reduce insulin resistance • Sports medicine and exercise to reduce age-related diseases <p>Chronic Fatigue Syndrome:</p> <ul style="list-style-type: none"> • diagnosis and treatment • Infections (yeast, mycoplasma, toxoplasmosis, that cause CFS and their treatment • Nutritional deficiencies that cause CFS • Other treatments for chronic fatigue syndrome 	<p>Introduction The endocrine system: a review</p> <p>Hormone actions: an overview</p> <p>Factors that impact on the endocrine System :</p> <ul style="list-style-type: none"> • Aging • physical exercise • daylight and darkness • pollutants, toxics <p>Effects of Hormone Therapies on</p> <ul style="list-style-type: none"> • Free radicals: the antioxidant hormone • Lifespan Interactive session 	<p>Effects of Hormone Therapies on sleep and sleep deprivation</p> <p>Endocrine dysfunctions in chronic fatigue syndrome</p> <p>The endocrine consultation:</p> <ul style="list-style-type: none"> • Hormone lab tests and treatment: overview, • Hormone deficiencies with tests borderline low within the reference range • Balancing the endocrine system: How to balance one hormone with the other <p>Thyroid Deficiency</p> <ul style="list-style-type: none"> • Physiology • Diagnosis • Effect of thyroid hormones on age related diseases • Associations TSH? T3 and T4 levels within the reference range with disease • T3 + T4 treatment versus T4 <p>Follow-up problems : how to solve them</p>	<p>Senescence (pathological aging) & Lifespan medicine:</p> <ul style="list-style-type: none"> • Lifespan epidemiology, basic mechanisms (including free radicals) • Free radical theory of aging • Senescence of the senses and of the nervous, muscular, cardiovascular, pulmonary, immune and osteoarticular systems: physiology and impact on organs and tissues, possibilities of partial senescence reversal • Biological age measurement: how young is your body? • Reports of measurement of biologic age in patients 	<p>Pollution and health:</p> <ul style="list-style-type: none"> • Indoor and outdoor pollution • Effects on health • Toxic world • Strategies to avoid and eliminate pollutants • Dental amalgams • Detoxification • Lab tests • Practical case studies • Interactive sessions
<p>Seminar 2</p> <p>Diet, obesity management and major anti-ageing therapies</p> <p>January (end) 2011 & 2013</p>	<p>The ABC of lifespan medicine (module adapted)</p> <p>Macronutrients' effects on health and lifespan:</p> <ul style="list-style-type: none"> • Healthy proteins: fish, meat, poultry • Controversial proteins (milk, ... plant, burned animal protein) • Healthy carbohydrates: vegetables and fruits • Sweet cravings <p>Dysbiosis</p> <ul style="list-style-type: none"> • Intestinal yeast infection • Parasitic infections • Leaky gut syndrome <p>Digestive system</p> <ul style="list-style-type: none"> • Probiotics • Aids for digestion: hydrochloric acid 	<p>Digestive system:</p> <ul style="list-style-type: none"> • Pancreatic and plant enzymes <p>Diets of longer life Toxic drinks</p> <p>Electrolyte and pH balance:</p> <ul style="list-style-type: none"> • Acid-base balancing in diet, drink water and lifestyle: Introduction • Acid-base balancing workshop <p>Obesity and health management:</p> <ul style="list-style-type: none"> • How to reduce insulin • Toxic foods • Treatment of too thin patients • Diets that provide you with quick or full-day energy <p>Intermittent fasting</p>	<p>Factors that impact on the Endocrine System:</p> <ul style="list-style-type: none"> • Diet <p>Hormone, appetite and overweight</p> <ul style="list-style-type: none"> • Leptin • Ghrelin • Other appetite hormones (Cholecystokinin, ...) • Treatment of obese persons with hormone treatments • Bulimia and anorexia <p>Famous people:</p> <ul style="list-style-type: none"> • Famous endocrinologists and anti-aging therapists • The hormone deficiencies of famous people 	<p>Adrenal hormones:</p> <ul style="list-style-type: none"> • Safe cortisol treatment • DHEA treatment • DHEA Controversies • 7-keto-DHEA • Androstenedione • Aldosterone and how to manage treatment problems <p>Pineal hormone:</p> <ul style="list-style-type: none"> • Melatonin deficiency and treatment • Treating melatonin deficiency in patients with lab tests within reference ranges • Critical studies on cancer and sleep • Melatonin controversies 	<p>Macronutrients and health and lifespan:</p> <ul style="list-style-type: none"> • The milk paradox • Grains, cereals: the controversy (bread, pastas, muesli) • Sprouted grains: the only edible grains? • Fibre and health • Sugar, sweets, soft drinks and other carbs • Healthy and unhealthy fats • The cholesterol paradox <p>False claims in food industry</p>	<p>Obesity management:</p> <ul style="list-style-type: none"> • Statistics on leanness and overweight • Diets to lose weight (Atkins, Paleolithic Diet, South beach diet, Zone diet, Montignac diet, Pritikin, Shelton, etc.) • Water: longevity and preventive effects on age-related disease • The psychology of obesity • Healthy foods to eat • Healthy food habits

AAMS speakers:

Dr Bill ANTON (Australia)
 Dr Benoit CLAEYS (Belgium)
 Dr Claude DALLE (France)

Dr Mario KRAUSE (Netherlands)
 Dr Bruno LACROIX (France)
 Dr Hansjoerg LAMMERS (Germany)
 Dr M. Christine LHERMITTE (Belgium)

Dr Michel PERRING (UK)
 Dr Steve RAY (USA)
 Dr Stéphane RÉSIMONT (Belgium)
 Dr Erik-Alexander RICHTER (Netherlands)

Seminar (module)	Day 1 Taught courses (also DVD available)	Day 2 Taught courses (also DVD available)	Day 3 Taught courses (also DVD available)	Day 4 Self-learning - DVD	Day 5 Self-learning - DVD	Day 6 Self-learning - DVD
<p>Seminar 3</p> <p>Psychology, sexology and sexual endocrinology in lifespan medicine</p> <p>April (end) 2011 & 2013</p>	<p>The ABC of lifespan medicine (adapted to the module):</p> <p>Psychological attitudes:</p> <ul style="list-style-type: none"> Stress and health Burnout syndrome Stress management Humor and medicine Meditation, relaxation and health: the scientific evidence Psychology of active centenarians <p>Interactive discussion sessions on improving communication in the physician office</p>	<p>Sexology:</p> <ul style="list-style-type: none"> Erectile dysfunction Hormone treatments of patients with sexual problems Nonhormonal treatment of sexual aging in <ul style="list-style-type: none"> men women Extramedicinal aids for sexual activity <p>Micronutrient supplementation for sexual dysfunction:</p> <ul style="list-style-type: none"> Male sexuality and micronutrients Female sexuality and micronutrients <p>The psychology of sexuality: Differences between male and female perceptions</p>	<p>Psychic and sexual factors that impact on the endocrine system:</p> <ul style="list-style-type: none"> Psychological attitudes Stress Sexual activities <p>Female hormones in women: diagnosis and treatment</p> <ul style="list-style-type: none"> Safe female hormone therapy in pre- and postmenopausal women Controversies in female hormone therapy Bio-identical female hormones for birth-control Talking about the fear for cancer from HRT to patients and colleagues Women with bio-identical female hormones in the pre- & post-menopause <p>Avoiding hirsutism in women taking androgens therapy</p>	<p>Androgen deficiencies in men: diagnosis and treatment</p> <ul style="list-style-type: none"> Testosterone therapy in men: physiology, age-related illnesses, diagnosis, treatment, lab test weaknesses Testosterone to boost sexual potency in men <p>Androgen deficiencies in women: diagnosis and treatment:</p> <ul style="list-style-type: none"> Testosterone therapy in women: physiology, age-related illnesses, diagnosis, treatment, lab test weaknesses Testosterone to boost sexual potency in women <p>Practical cases</p>	<p>Anti-aging neurology:</p> <ul style="list-style-type: none"> Memory Neurodegenerative diseases (Alzheimer's disease, Parkinson's disease, macular degeneration, amyotrophy sclerosis lateralis) Paralysis and paresia: causes, conventional and adjuvant treatment Paresthesias: causes, conventional and adjuvant treatment <p>Micronutrient supplementation for psychiatric and neurological disorders:</p> <ul style="list-style-type: none"> Schizophrenia Neurodegenerative diseases (MS, ALS, Alzheimer's, Parkinson's) 	<p>Psychological attitudes:</p> <ul style="list-style-type: none"> Negative emotion and attitudes - adverse effects on health Positive feelings and behavior that make you live longer and better. Sleep and health <p>Practical cases of</p> <ul style="list-style-type: none"> Patients with sexual dysfunctions Patients with memory loss Patients with mood disorders or psychiatric diseases
<p>Seminar 4</p> <p>Nutritional therapies and metabolic endocrine approaches in lifespan medicine</p> <p>September /October 2011</p>	<p>Micronutrients' impact on the endocrine system:</p> <ul style="list-style-type: none"> Minerals Trace elements Vitamins Fatty acids, etc. Silicium Iodine: Inorganic, auto-immune diseases, etc. <p>Herbal treatments of endocrine deficiencies</p> <p>Micronutrient therapy of breast, prostate, ovarian and cervical cancer: review</p> <p>Nutritional and endocrine treatments in sport:</p> <ul style="list-style-type: none"> Micronutrients for sports performance and injuries Hormone doping in sports: controversies, treatments, risks <p>Micronutrient Prevention & therapy (short info) of</p> <ul style="list-style-type: none"> Benign breast disease PMS Dysmenorrhea Hyperestrogenism Hypoglycemia Infertility Menorrhagia Obesity 	<p>The ABC of lifespan medicine (adapted to the module)</p> <p>Nutritional therapies for mood, memory and sleep disorders (extensive reviews)</p> <ul style="list-style-type: none"> Fatigue and Energy Depression Anxiety Memory loss Macular degeneration Sleep <p>Interactive discussion session:</p> <p>Micronutrient Prevention & therapy (short info) of</p> <ul style="list-style-type: none"> Acne Allergies Cataract, Carpal tunnel syndrome Constipation Diarrhea, Ecchymoses Edema Epilepsy Gingivitis Glaucoma, Headache 	<p>Nutritional therapies and somatic disorders :</p> <ul style="list-style-type: none"> Arterial hypertension Hyperlipidemia Coronary heart disease Diabetes Infections and Inflammation Cancer: the randomized placebo-controlled studies Micronutrient treatments to increase muscle mass and reduce fat mass <p>Plant extracts, therapies that may help fight disease and improve health</p> <p>Interactive session: Micronutrient prevention and treatment (short info) of</p> <ul style="list-style-type: none"> Herpes simplex Infection Immune depression Infertility Kidney stones Muscle cramps Osteoarthritis Pain Ulcers (duodenal and gastric) Urticaria Wound healing 	<p>Diabetes treatment:</p> <ul style="list-style-type: none"> Type 1 diabetes: Pathogenesis, diagnosis, clinical course, insulin therapy treatment Type 2 diabetes: Pathogenesis, diagnosis, clinical course, metformin treatment Foods that may reduce diabetes Clinical case studies <p>Insulin treatment of nondiabetics (cachexia, excessive thinness, sports abuse)</p> <p>Fat-influencing hormones:</p> <ul style="list-style-type: none"> Adrenaline and fat Prolactin and fat Opioids and fat 	<p>Nutritional therapies: theoretical</p> <ul style="list-style-type: none"> Mineral supplements (magnesium, calcium, potassium, sodium) Fat-soluble vitamins (vitamin A, D, E, K and Co Q10) Water-soluble vitamins (vitamins B's, C, H) Trace elements (zinc, iron, iodine, copper, selenium, manganese, etc. Amino-acids (carnitine, glutamine, creatine, tyrosine, etc.) Healthy fatty acids (omega 3-6-9) Trans fatty acids <p>New functional foods from the Industry</p>	<ul style="list-style-type: none"> Recap on nutritional therapies Oxidative stress and its markers profile: lab tests Aging, age-related diseases and oxidative stress: the studies that show a relationship Prostate Cancer and micronutrients: extensive review Breast cancer and micronutrients: extensive review Anti-cancer effects of vitamin A Rheumatoid disorders and micronutrients Osteoporosis and micronutrients Stroke and micronutrients Peripheral artery disease and micronutrients

Additional training & passive assistance: in the office of experienced physicians

□ 1 day 350 € □ 3 days 900 €

Seminar (module)	Day 1 Taught courses	Day 2 Taught courses	Day 3 Taught courses	Day 4 Self-learning - DVD	Day 5 Self-learning - DVD	Day 6 Self-learning - DVD
<p>Seminar 5</p> <p>Genetics, stem cell therapies and progressive lifespan medicine</p> <p>April (end) 2010 & 2012</p>	<p>Brain hormones:</p> <ul style="list-style-type: none"> • Pregnenolone • Growth hormone treatment in adults • Growth hormone secretagogues • Growth hormone: risks, benefits, controversies • Somatostatin • Opioids and the brain <p>Genetic typing and hormone therapy:</p> <ul style="list-style-type: none"> • Endocrine-related polymorphisms • How genetic typing tests may help to set up safer hormone therapies 	<p>Genetic typing:</p> <ul style="list-style-type: none"> • Basics <p>Genetic typing tests</p> <ul style="list-style-type: none"> • Unraveling genetic predispositions to diseases • Strategies for improving the prognosis <p>Genetic typing tests for:</p> <ul style="list-style-type: none"> • Cardiovascular diseases • Obesity • Diabetes • Alzheimer 's and other neurodegenerative diseases • Osteoporosis • Rheumatic diseases • Breast cancer • Prostate cancer • Colon and other cancers • Genetic polymorphism of longevity 	<p>Nutrigenomics: how genetic typing tests help set up nutritional supplementation</p> <p>Gene therapy: from worms to humans</p> <p>Stem cell therapy:</p> <ul style="list-style-type: none"> • Introduction: What are stem cells: difference between stem cells and embryonic cells • Practical guidelines for using authorized stem cell therapy • Boosting endogenous stem cells proliferation by optimizing the person's health • Heart regeneration with stem cells after myocardial infarct • Experiences in animals with new teeth formation, blindness reversal with stem cells • Practice: how stem cell experts do it 	<p>Review course: Hormone therapies</p> <ul style="list-style-type: none"> • Basic lab tests • Safe cortisol treatment • Testosterone therapy in men • Testosterone therapy in women • Safe treatment with female hormones • Adult growth hormone treatment • DHEA treatment • Thyroid all the basics and selection of optimal treatment is best • Session with on stage consultation 	<p>Genetic typing: practical cases</p> <ul style="list-style-type: none"> • Newest studies on genetic polymorphism • Intensive Practical session on genetic typing: part 1 • Intensive Practical session on genetic typing: part 2 • Intensive Practical session on genetic <p>Practical cases of ill patients co-treated with anti-aging therapies</p>	<p>Stem cells and stem cell therapies:</p> <ul style="list-style-type: none"> • Can stem cells become malignant? • Are the effect of stem cells endocrine-related: some scientific data • Effect of stem cells on the quality of life, haematological diseases, skin, diabetes, neurodegenerative disorders o osteoporosis <p>Practical cases of ill patients co-treated with anti-aging therapies</p>
<p>Seminar 6</p> <p>Practical approaches in anti-aging and hormone therapies</p> <p>April (end) 2010 & 2012</p>	<p>The ABC of lifespan medicine (module adapted)</p> <p>How to build up an anti-aging clinic</p> <ul style="list-style-type: none"> • Acquiring new knowledge • Securing the practice with scientific data, certificates, data Internet search, society guidelines <p>The anti-aging consultation</p> <ul style="list-style-type: none"> • Fixing an appointment • Patient's medical history, symptoms • Physical examination • Laboratory and paramedical tests • Cancer screening • Test interpretation • Treatment: individualized, combining various approaches. • Financial aspects for a clinic • Legal and ethical issues (medical councils, ...) 	<p>The ABC of hormone therapy (adapted to the module)</p> <p>The practical hormone therapy workshop with diagnosis, lab tests, treatment, follow-up + on stage consults of deficiencies in:</p> <ul style="list-style-type: none"> • Thyroid • Cortisol • DHEA • Aldosterone • Pregnenolone • Female hormone • Testosterone in men • Testosterone in women • Vasopressin 	<p>Problem-solving workshop in Hormone Therapy:</p> <ul style="list-style-type: none"> • Fundamentals to success • Solutions to unexpected incidents that may occur during hormone therapy • Session with patients from the audience • Patient cases from the practice of attendees • Discussion groups on overcoming therapy problems • Exchange of information on advanced therapies • Crucial questions on hormone therapies • Tips from the masters 	<p>The practical hormone therapy workshop with diagnosis, lab tests, treatment, follow-up + on stage consults of deficiencies in:</p> <ul style="list-style-type: none"> • Growth hormone • IGF-1 • MSH • Oxytocin • Melatonin • Parathormone • Female hormone part 2 • Anabolic steroids • Testosterone in women 	<p>Anti-ageing and hormone therapies:</p> <p>Practical cases of patients with disease</p> <ul style="list-style-type: none"> • Cardiovascular disease • Depression and anxiety disorders • Rheumatoid diseases • Osteoporosis treated with corrective hormone therapies • Reports of female patients treated with transdermal estradiol and progesterone • Interesting cases of patients treated with multiple hormone replacement, including GH 	<p>Anti-ageing and hormone therapies:</p> <p>Practical cases of patients with disease</p> <ul style="list-style-type: none"> • Obesity • Neurodegenerative disorders • Skin diseases • Hair diseases • Cancer treated with corrective hormone therapies <p>Interactive sessions</p>

AAMS speakers:

Dr John DUNPHY (Ireland)
 Dr Murphy DUNHILL (Ireland)
 Dr Pascal GERARD (France)
 Dr Monica GOLKOVA (Czech Republic)
 Dr Malgorzata GODZIEJEWSKA Z. (Poland)
 Dr Anna MODELSKAZIOLKIEWICZ (Poland)

Dr Thérèse HERTOGHE (Belgium)
 Dr Thierry HERTOGHE (Belgium)
 Dr John Van LIMBURG (Belgium)
 Dr Maciej MALECKI (Poland)
 Dr Jean MONRO (UK)
 Prof. Kenny de MEIRLEIR (Belgium)
 Prof. Imre Zs. NAGY (Hungary)

Dr Ascanio POLIMENI (Italy)
 Mr Thierry SOUCCAR (France)
 Dr Suzie SCHRUDER (U.S.A)
 Prof. Emar VOGELAAR (Netherlands)
 Dr Adrian ZENTNER (Australia)
 Dr Christophe de JAEGER (France)
 And many others prominent speakers...

The Anti-Aging Medicine Specialization that makes the difference ...

Difference	Wosaam Board Certifications	Other society Board Certifications	Anti-aging medicine specialization (AAMS)	Other Fellowships in anti-aging medicine
Conditions	<ul style="list-style-type: none"> Physician diploma Currently valid medical license 3 years of medical practice 	<ul style="list-style-type: none"> Physician diploma Currently valid medical license 5 years of medical practice 	<ul style="list-style-type: none"> Physician diploma; Other health professionals may attend on authorization, but not pass the exam. No need of medical practice prior to the formation. 	<ul style="list-style-type: none"> Physician diploma; Other health professionals may attend on authorization, but not pass the exam. No need of prior medical practice
Time	3 hours + review	3 hours + review	240 hours of lectures	80 to 168 hours lectures
Learning	Self-learning (distance learning)	Self-learning (distance learning)	<ul style="list-style-type: none"> 50% taught (direct) courses 50% self-learning DVD courses self-learning. 	Taught (direct contact) courses
Types	Board certifications in <ul style="list-style-type: none"> Anti-aging medicine Nutritional Medicine 	Mainly Board certification in <ul style="list-style-type: none"> Anti-aging medicine 	Fellowship in Anti-aging medicine (with ample nutritional information)	Fellowship in Anti-aging medicine and functional (nutritional) medicine
Levels	Basic board certification + possibility of 2 additional levels of higher excellence possible	2 levels	Postgraduate formation + possibility of masters	Postgraduate formation
Organization	One review session + exam	One review session + exam	6 modules of 6 days: ½ taught courses & ½ self-learning with DVD Each module is separate with a basic different theme and can lead to a separate certification.	5 to 8 modules of 2 to 3 days: taught courses. Each module can be separate with a basic different theme and lead to an isolated certification.
Learning material	<ul style="list-style-type: none"> Textbook CD powerpoint lectures Practical information on medical practice 	Infobook / handout with DVD of lectures <ul style="list-style-type: none"> Heterogenous info on theory Poor or no info on practice 	<ul style="list-style-type: none"> Lectures (taught courses) Self-learning (DVD) Handout on CD (with all powerpoint lectures) DVD's of all lectures (taught courses + self-learning) 	<ul style="list-style-type: none"> Lectures (taught courses) Handout on CD (with powerpoint lectures)
Speakers	Speaker(s) solely in review session	Speaker(s) solely in review session	International speakers	National speakers
Language	English	English	English	English or local language
Quality	+±	+ to ±	+++	+±
Contribution to practice	+	±	+++	+±
Content	<p>Basic formation: the ABC, & D's</p> <ul style="list-style-type: none"> The leading board certification Basic information, with frequent insights into to cutting-edge of all major disciplines of anti-aging medicine (or nutritional medicine) Useful information you need to know for diagnosis and basic treatment in anti-aging medicine: from diet, sleep, senescence physiology to age measurement, psychology, sexology, hormone and nutritional therapies, stem cell therapy, etc. Textbooks with information <ul style="list-style-type: none"> for physician's practice for the exam Strong scientific references 	<ul style="list-style-type: none"> Includes heteroclitc information on anti-aging medicine, not complete and not or poorly related to practice No textbook, but compilation of diverse often theoretical articles. Infobook has scarce or no info for: <ul style="list-style-type: none"> for physician's practice for the exam Irregular scientific evidence 	<p>Most complete, extensive training from A, B, C to Z</p> <ul style="list-style-type: none"> Often considered as the best international formation Basic and advanced information on all disciplines of anti-aging medicine: from theoretical to practical aspects Complete information oriented towards practice Handout of all powerpoint presentations on CD DVD access to all lectures Abundantly evidence-based, with scientific references on the slides Opportunities to meet other anti-aging physicians and speakers, leading authorities in a sub-disciplines of anti-aging medicine 	<p>Training from A, B, C to M, N</p> <ul style="list-style-type: none"> Various topics of interesting quality Basic and advanced information on disciplines of anti-aging medicine: from theoretical to practical aspects Information with info towards practice Handout of powerpoint presentations on CD Evidence-based info presented Opportunities to meet other physicians working in anti-aging medicine and speakers, who are working in one or more subdisciplines of anti-aging medicine
Supporting society	WOSAAM (World Society of Anti-Aging Medicine; > 6000 physicians (real membership), the main international society)	National society (all smaller in real actualized physician membership)	WOSAAM (World Society of Anti-Aging Medicine; > 6000 physicians, the main international society) In process of accreditation from European university)	National society (generally lower membership number) Some have partial integration in a national university
Board certification	International board certification	National board certification	International certification for completing the whole program or: separate certification for each module for the physician who does not participate in all 6 modules	National certification
Exam	<ul style="list-style-type: none"> Based on the info of the textbook Review session: presents <ul style="list-style-type: none"> the sections of the textbook that are more important for the exam examples of questions 	<ul style="list-style-type: none"> Poorly related to the handout Review session: <ul style="list-style-type: none"> presumed answers for questions examples of questions 	<ul style="list-style-type: none"> Separate exams for each module leading to a separate certification Based on hte lectures, self-learning DVD, & handouts Review sessions: presents <ul style="list-style-type: none"> what matters for the exam examples of questions 	<ul style="list-style-type: none"> None existing exam or exam for final formation (all modules together) Based on the handouts (contains the copy of all powerpoint presentations)
Fee	1550€ + 400 learning material	±1300-1600 €+ 350 learning material	2000€ for one 6-day module (9.500 € for all 6 modules – 36 days)	±1750€ for 3-day module (± 15 000 for 8 modules – 24 days)