

Hormone Therapy Specialty (HRS) with the International Hormone Society - Hertoghe Medical School

IHS Module 1	IHS Module 2	IHS Module 3	IHS Module 4	IHS Module 5	IHS Module 6
<p>The endocrine consultation, physical exam, thyroid, curing diseases with hormone therapies</p> <p>2 days:</p> <p>The endocrine system: a review 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 sleep and sleep deprivation <p>Effects of Hormone Therapies on</p> <ul style="list-style-type: none"> Free radicals: the antioxidant hormones Lifespan <p>Hormone lab tests and treatment: overview Balancing the endocrine system: How to balance one hormone with the other</p> <p>Endocrine dysfunctions in chronic fatigue syndrome</p> <p>Thyroid Deficiency</p> <ul style="list-style-type: none"> physiology diagnosis effect of thyroid hormones on age related diseases studies showing associations of disease with TSH and thyroid hormone levels within the reference range treatment T3 + T4 treatment versus T4 Follow-up problems : how to solve them Some practical case studies with thyroid treatment 	<p>Dietary and environmental endocrinology</p> <p>2 days:</p> <p>Factors that impact on the Endocrine System:</p> <ul style="list-style-type: none"> diet pollutants, toxics <p>Hormone, appetite and overweight</p> <ul style="list-style-type: none"> The hormones of appetite Treatment of obese persons with hormone treatments Bulimia and anorexia <p>Adrenal hormones</p> <ul style="list-style-type: none"> Safe cortisol treatment DHEA deficiency and treatment Controversies on DHEA treatment Treating DHEA deficiency in patients with lab tests within reference ranges 7-keto-DHEA Androstenedione Aldosterone <p>and how to manage treatment problems</p> <p>Famous people:</p> <ul style="list-style-type: none"> Famous endocrinologists and anti-aging therapists The hormone deficiencies of famous people <p>Interactive sessions Mini-exam</p>	<p>Psychological, psychiatric, and sexual endocrinology</p> <p>2 days: 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:</p> <ul style="list-style-type: none"> Safe female hormone therapy in pre- and postmenopausal women Controversies in female hormone therapy Female hormone therapies: practical cases Female patients treated with bio-identical female hormones for birth-control How to talk to patients and colleagues about the fear for cancer from female hormones Reports on female patients treated with bio-identical female hormones in the premenopause How to avoid hirsutism in women with androgens <p>Androgens in men:</p> <ul style="list-style-type: none"> Testosterone therapy in men: the basics, physiology, effects on age-related diseases, diagnosis, treatment, lab test weaknesses Boosting sexual potency in men with testosterone Practical patient cases <p>Androgens in women:</p> <ul style="list-style-type: none"> Testosterone therapy in women: the basics, physiology, effects on age-related diseases, diagnosis, treatment, lab test weaknesses Boosting sexual potency in women with testosterone Interactive session Practical patient cases <p>Pineal hormone.</p> <ul style="list-style-type: none"> Melatonin Melatonin controversies Sleep and cancer 	<p>Nutritional and metabolic interventions in endocrinology</p> <p>2 days:</p> <p>Micronutrients that impact on the endocrine System and their control</p> <ul style="list-style-type: none"> Minerals Trace elements Vitamins Fatty acids, etc. <p>Herbal treatments of endocrine deficiencies</p> <p>Fat mass-influencing hormones:</p> <ul style="list-style-type: none"> Leptin GHrelin Insulin: physiology Insulin secretagogues and their inhibitors Glucagon-like peptide and other insulinagogues Clinical case studies Overcoming insulin resistance <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 Clinical case studies <p>Insulin treatment of nondiabetics (cachexia, excessive thinness)</p> <p>Bone hormones</p> <ul style="list-style-type: none"> Calcitonin Parathormone <p>Interactive sessions Mini-exam</p>	<p>Genetical, aesthetical and progressive endocrinology</p> <p>2 days:</p> <p>Brain hormones:</p> <ul style="list-style-type: none"> Pregnenolone Oxytocin Growth hormone treatment in adults Growth hormone secretagogues Growth hormone: the risk controversies <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 Pregnenolone supplementation DHEA treatment Thyroid all the basics and selection of optimal treatment is best Session with on stage consultation <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>Interactive sessions Mini-exam</p>	<p>Practical approaches in hormone therapies</p> <p>2 days:</p> <p>The ABC of hormone therapy (adapted to the module):</p> <p>The practical hormone therapy workshop + on stage consultation:</p> <ul style="list-style-type: none"> Diagnosis, lab tests, treatment, follow-up Practical thyroid diagnosis and treatment Practical cortisol diagnosis and treatment Practical DHEA diagnosis and treatment Practical aldosterone diagnosis and treatment Practical pregnenolone diagnosis and treatment Practical female hormone diagnosis and treatment Practical testosterone diagnosis and treatment in men Practical testosterone diagnosis and treatment in men Practical growth hormone diagnosis and treatment Practical melatonin diagnosis and treatment Interactive sessions <p>Interactive sessions Mini-exam</p>
<p>1 day:</p> <p>The Endocrine Consultation:</p> <ul style="list-style-type: none"> Anamnesis: medical history, clinical symptoms The physical endocrine examination (4h) The interpretation of laboratory tests: blood, saliva, 24 h urine (overview) Hormone treatments (short overview) Follow-up <p>Balancing Hormones: how to overcome and avoid hormone imbalances</p> <p>Hormones to cure disease: practical tips and doses for hormone treatments in diseases</p> <p>illustrated with presentation of patient records</p> <ul style="list-style-type: none"> Chronic fatigue syndrome Mood disorders Sleep disorders Psychiatric diseases Neurological diseases Premature aging face and body Thinness, anorexia, cachexia Obesity Skin diseases Hair diseases Cardiac diseases 	<p>Hormones of relief and pleasure:</p> <ul style="list-style-type: none"> Relaxin, the forgotten hormone, good against fibromyalgia Relaxin: other uses Oxytocin & male & female orgasm Oxytocin & fibromyalgia Oxytocin and affective bounds Progesterone therapy in men Ghrelin: its significance Cholecystokin treatment How to treat older patients with hormones How to treat children with hormones How to treat pregnant and breastfeeding women with hormones How to avoid or overcome burn out syndrome How to treat jet lag problems with aldosterone, cortisol, melatonin, light and activity Thymus extracts or thymosidine injections Practical patient cases/live consultation 	<p>2 days:</p> <ul style="list-style-type: none"> Paramedical tests in endocrinology <p>Neuroendocrinology: how it affects the body</p> <p>Hypothalamix hormones:</p> <ul style="list-style-type: none"> TRH as a hormone therapy Serotonin deficiency and treatment <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>Pituitary hormones:</p> <ul style="list-style-type: none"> Diabetes insipidus Vasopressin therapy to improve memory and dehydration MSH therapy: for pigmentation and grey hair? ACTH therapy & total alopecia <p>Gastro-intestinal hormones:</p> <ul style="list-style-type: none"> Glucagon-like peptides, and other gut hormones that stimulate insulin secretion Gastrin, the stomach hormone <p>Female hormones:</p> <ul style="list-style-type: none"> Oestradiol therapy of men Relationships of the ovarian system & the thyroid & adrenal hormones Correction of menstrual cycle disorders & other hormone imbalances in women <p>Practical session: patients with treated with corrective nutrient, hormone therapies;</p>	<p>2 days</p> <p>Hormone therapies: effects on psychology and psychiatric disorders</p> <ul style="list-style-type: none"> Fatigue Sleep disorders Depression Anxiety Stress resistance Depression Memory loss and other brain pathologies Sex Autism and schizophrenia <p>Practical patient cases</p> <p>1 day</p> <p>Neuro-endocrinology</p> <ul style="list-style-type: none"> Serotonin Serotonin precursors Dopamine Adrenaline Noradrenaline & Other Neuroendocrine Transmitters Somatostatin <p>Brain Trauma and hormones</p> <ul style="list-style-type: none"> The hormone deficiencies cause d by brain trauma Their treatment <p>Practical session with patient case studies</p>	<p>Dermatological endocrinology: 2/3 of a day</p> <ul style="list-style-type: none"> Acne Psoriasis, eczema Wrinkles Dry skin Thin skin Hair loss Alopecia totalis Alopecia diffusa Alopecia pelada (in plaques) Alopecia androgenetica (male pattern hair loss) Grey hair <p>Geriatric Endocrinology: specific adaptations to elderly patients</p> <p>Aesthetical Endocrinology: 2/3 of a day</p> <ul style="list-style-type: none"> Aesthetical applications of hormone therapies How to promote body appearance with hormone replacement therapies; per hormone: short overview <ul style="list-style-type: none"> Face: melatonin, GH, insulin, estrogen, DHEA and testosterone treatments Body Thighs Hands: how hormones influence the beauty of the hands Feet: flat feet, etc. <p>Practical patient cases</p> <p>Longevity Endocrinology: 4 hours</p> <ul style="list-style-type: none"> Hormone therapies that help you live longer and in what conditions, how much longer can we live with corrective hormone treatments? <p>Basic mechanisms</p> <p>Practical patient cases</p>	<p>2 days:</p> <p>Problem solving</p> <ul style="list-style-type: none"> Unexpected changes that may occur in hormone therapies Exchange of information on anti-ageing therapies Patient cases from the practice of physicians from the audience Interactive thinking groups to collect all questions on hormone and other therapies that need answers Interactive thinking and discussion groups about what best helps to overcome treatment problems <p>Practical sessions with patients from the audience</p> <p>1 day:</p> <p>Rheumatoid Diseases & Hormone Therapy Causes, signs and consequences and hormone treatments</p> <ul style="list-style-type: none"> Osteoarthritis Rheumatoid arthritis Fibromyalgia Periarthritis scapulohumeralis Carpal and Tarsal tunnel syndromes Tendinitis Torn meniscus Scleroderma Lupus Other rheumatoid diseases

<ul style="list-style-type: none"> Rheumatic disorders <p>The Endocrine Consultation:</p> <ul style="list-style-type: none"> Laboratory tests: blood, saliva, 24 h urine (overview) Main serum hormone lab tests to ask for an initial assessment Main 24-hour urine hormone lab tests to ask for an initial assessment Main saliva hormone tests Main hormone tests to do in the follow-up <p>1 day ½</p> <ul style="list-style-type: none"> Interesting cases of patients treated with multiple hormone replacement, including GH Reports of female patients treated with transdermal estradiol and progesterone Reports of female patients treated with transdermal estradiol and progesterone 40 Reports of measurement of biologic age in patients Unexpected changes that may occur in hormone therapies; Treating hormone deficiencies with tests borderline low within the reference range Treatment of obese persons with hormone treatments Session with on stage live consultations with hormone treatments Treatment of sexual problems with hormone treatments 	<p>1 day ½</p> <ul style="list-style-type: none"> HCG treatments: improved method to treat testosterone deficiency? HCG for improvement of sperm count, HCG treatment of obesity, etc. Glucagon treatment Oral insulin treatment for uses other than glycemic control: to increase muscle mass, etc. <p>Hormone Excess Seminar 1: 1 day ½</p> <ul style="list-style-type: none"> How to secure your practice in endocrinology: The scientific evidence, searching up data on Internet Acromegaly: cause, symptoms, signs, lab tests, consequences, treatment and follow-up Hyperprolactinemia Hyperthyroidism Radioactive iodine : adverse consequences Cushing and Cushingoid syndromes Adreno-genital syndrome Other female virilizing syndromes Hyperaldosteronism: Hyperinsulinomas 1 day Treating insulin resistance by food adaptation (better choices, food allergies tests for weight loss) Intermittent fasting: its value for longevity and weight control How to treat a massive obese person 	<p>2 days</p> <p>Hormone Excess Seminar 2:</p> <ul style="list-style-type: none"> Doping in sport and everyday life: frequency, how to detect The difference between doping and corrective hormone therapies Excess melatonin Excess vasopressin Vit. D Vit. D excess Hypercalcitoninemia Hyperparathyroidism Hyperestrogenism in men DHT excess in men Polycystic ovaries Hyperestrogenism in women Practical sessions (4h) of: patients with treated with corrective nutrient, hormone therapies, including patients with hirsutism (4h) 	<p>1 day</p> <p>Obesity How to promote weight loss by correcting hormone deficiencies in adults; per hormone: short overview</p> <ul style="list-style-type: none"> The fattiest people ever in the world The obese face, neck Fat limbs Swollen calves Abdominal obesity (android obesity) Hip and buttock obesity Cellulite Subcutaneous fat Prader-Willi syndrome Overview Practical cases 	<p>1 day</p> <p>Andrology:</p> <ul style="list-style-type: none"> Men with partial androgen deficiency Prostate hypertrophy, prostatitis Short penis Peyronie's disease Sexual problems: lack of ejaculation, erectile dysfunction Obtaining peak sexual performances by optimizing hormone levels Practical patient cases <p>Gynaecology partial:</p> <ul style="list-style-type: none"> Treatment of premenopausal disorders: menstrual cycle disorders, premenstrual disorders, fibroids, ovarian cysts, breast cysts, breast under- and overdevelopment, oedema, urinary stress incontinence, recurrent cystitis, etc. How to improve fertility and pregnancy outcome Treatment of postmenopausal disorders: hot flashes, postmenopausal syndrome, weight gain, intolerance to female hormone therapy Alternative treatments for postmenopausal estrogen deficiency <p>Pediatric Endocrinology to prevent premature aging</p> <p>prevention against premature aging starts in childhood World</p> <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 underdevelopment Delayed and precocious puberty Puberty disorders Intelligence promotion with hormones 	<p>1 day:</p> <p>Cardiovascular Diseases & Hormone Therapy</p> <ul style="list-style-type: none"> Atherosclerosis & dyslipidemia Coronary Heart disease Heart failure, and other cardiac pathologies Venous and arterial thrombosis Gangrene Anemia and polycythemia Hypovolemia
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Distance learning:

- **Digivision** + handout (copy PDF of powerpoint presentation)
- **Videocassettes** + handout (copy PDF of powerpoint presentation)
- **Audiocassettes** + handout (copy PDF of powerpoint presentation)