

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



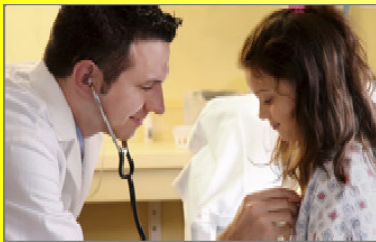
2 unique seminars

at the Dr Thierry Hertoghe Medical School



May 11-13, 2010
Endocrinology
from childhood to old age

May 14-16, 2010
Practical Hormone therapy
workshops



Each seminar consists of 3 days of taught courses completed by 3-day self-learning course on DVD

Independent modules of the Hormone Therapy Specialty the international leading



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:

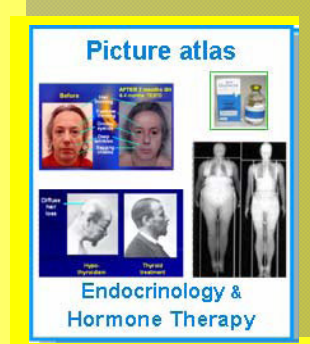
Dr Thierry Hertoghe, president of leading international medical organizations, international key speaker, author of several renowned books.

Speakers: Many speakers are leading international physicians.

Time: 8h30 -17h30

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

Rate per 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 (May, 2010)	1.200 €
3 days of self-learning courses on DVD	1.100 €
Special rate for the 2 seminars	
Full 12 day course (6-days of taught courses + 6 days of self-learning courses with DVD)	3.600 €
Separate rate	
6 days of taught courses (May 11-16, 2010)	2.150 €



Upcoming seminars 2010: September (second half) in London or Brussels
USA independent IHS seminars 2010: November (begin) in Newark or Miami

Contact:

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Endocrinology: from childhood to old age, May 11-13, 2010

SEMINAR (module)	May 11: Taught courses (also on DVD)	May 12: Taught courses (also on DVD)	May 13: Taught courses (also on DVD)	Day 4 Self-learning - DVD	Day 5 Self-learning - DVD	Day 6 Self-learning - DVD
<p>Seminar</p> <p>May 11-13</p> <p>Endocrinology from childhood to old age</p>	<p>Brain hormones:</p> <ul style="list-style-type: none"> • Pregnenolone • Growth hormone treatment in adults • Growth hormone secretagogues • Growth hormone: the risks and controversies <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>Andrology:</p> <ul style="list-style-type: none"> • Men with partial androgen deficiency • Prostate hypertrophy, prostatitis • Short penis • Peyronie's dis. • Sexual problems: lack of ejaculation, erectile dysfunction • Peak sexual performances with hormone optimization <p>Gynaecology:</p> <ul style="list-style-type: none"> • Premenopause: treatment of menstrual cycle, PMS disorders, fibroids, ovarian & breast cysts, breast under- & overdevelopment - cystitis - stress incontinence, oedema, etc. • Improving fertility pregnancy • Postmenopause therapy of hot flashes, weight gain, intolerance to HRT; alternative treatments 	<p>Pediatric Endocrinology to prevent premature aging</p> <p>prevention against premature aging starts in childhood</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 under-development • Delayed and precocious puberty • Puberty disorders <p>Intelligence promotion with hormones</p> <p>Geriatric endocrinology: specific hormone therapy adaptations to elderly patients</p>	<p>Review course: Hormone therapies</p> <p>Basics and selection of optimal treatment</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 treatment <p>Session with on stage consultation</p>	<p>Dermatological endocrinology:</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: hormone solutions? • Wound healing, scars, keloids 	<p>Aesthetical Endocrinology:</p> <ul style="list-style-type: none"> • Aesthetical applications of hormone therapies • How to promote body appearance with hormone replac. therapies; review per hormone ○ 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: Hormone therapies that help you live longer and in what conditions, how much longer can we live with corrective hormone treatments?</p>



Practical Hormone therapy workshops, May 14-16, 2010

SEMINAR (module)	May 14: Taught courses (also on DVD)	May 15: Taught courses (also on DVD)	May 16: Taught courses: Atlas of Hormone Therapy workshop (also on DVD)	Day 4 Self-learning - DVD	Day 5 Self-learning - DVD	Day 6 Self-learning - DVD
<p>Seminar</p> <p>May 14-16</p> <p>Practical Hormone Therapy workshops</p>	<p>The practical hormone therapy workshop with diagnosis, lab tests, treatment, follow-up + on stage consultations 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>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 consultations of deficiencies in:</p> <ul style="list-style-type: none"> • Thyroid • Cortisol • DHEA • Aldosterone • Pregnenolone • Vasopressin • Female hormone • Testosterone in men 	<p>Problem-solving workshop: 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, VP</p> <ul style="list-style-type: none"> • Solutions to unexpected incidents • Patients from the audience n from the o practice • Tips from the masters 	<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 	<p>Rheumatoid Diseases & Hormone Therapy</p> <p>Causes, signs, & hormone therapies of</p> <ul style="list-style-type: none"> • Osteoarthritis • Rheumatoid arthritis • Fibromyalgia • Periarthritis scapulohumeralis • Carpal and Tarsal tunnel syndromes • Tendinitis • Torn meniscus • Scleroderma; Lupus • Other rheumatisms 	<p>Practical cases of corrective hormone therapies in patients with disease</p> <ul style="list-style-type: none"> • Patients with cardiovascular disease • with depression and anxiety disorders • with rheumatoid diseases and osteoporosis • Patients treated with multiple hormone replacement, including GH and transdermal estradiol and progesterone

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, the heart and capital of the European Union >



Atomium >



< **Royal palace**

The new Magritte museum >



SAN DIEGO

Beautiful climate with many attractive places around the city

< **Bay**



NEWARK, the third oldest city in America, and the largest city in New Jersey, Newark

At 20 minutes from New York center

Skyline at dusk >



Additional interest of going to Brussels: **Healthier hormone-promoting snacks during the breaks!**



Hormone Therapy Specialty

Acquire an exceptional level of know-how in endocrinology and hormone therapies with the International Hormone Society's major fellowship

FELLOWSHIP, CERTIFICATES & DIPLOMA'S

The **Hormone Therapy Specialty (HTS)** is a fellowship organised by the International Hormone Society (IHS, over the 2000 physicians). The HTS is a continuous course, repeated every two years that you can join at any of the six seminars (modules) of 6 days. It provides for those who completed the program an **international diploma in Hormone Therapy Specialty**. As each seminar/module is separate, participants can obtain, next to the global diploma for the whole HTS, a separate **certificate of attendance** for each seminar they attend, and, if they pass a separate exam for it, a **certificate in competence**.

HIGH QUALITY EDUCATION

The International Hormone Society (IHS) offers a high-quality education in endocrinology and hormone therapy.

CONTENT

In most countries, endocrinology is devoted to learning how to treat diabetes and, more accessorially, how to treat thyroid dysfunction. Often, there is no sufficient training in how to treat other endocrine dysfunctions.

Next to this **traditional endocrine training**, the IHS **Specialty in Hormone Therapy** offers physicians the theoretical and practical information they cannot get elsewhere, information on **other types of endocrine dysfunction** that are **commonly seen in doctor's offices**, but **often not recognized**.

The HT specialty focuses on treating not only the severe degrees of endocrine dysfunctions (in particular hormone deficiencies), but also the milder forms, which may appear with borderline levels.

Examples of topics are:

- | | | |
|--|---|---------------------------------|
| • Androgen treatment in men and women | • Growth hormone treatment in adults | • Melatonin therapy |
| • Female hormone treatment in pre- and post menopause | • IGF-1 treatment | • Pregnenolone treatment |
| • Progesterone treatment in men | • Vasopressin treatment | • Parathormone treatment |
| • DHEA therapy | • Oxytocin treatment | • Calcitonin treatment |
| • Thyroid treatment with T3, slow release T3, T4 alone T3 + T4, desiccated thyroid | • Large scientific evidence of higher risks of disease with hormone levels within reference range | • TRH treatment |
| | | • MSH & melanotan II therapy |
| | | • Insulin treatment of cachexia |

The HTS specialty provides also abundant information on how to improve various hormone levels by other ways than hormone supplementation such as by optimizing the diet, nutrient supplementation, improving psychological attitudes, sleep and the environment, physical activities, etc., always solidly backed up by scientific evidence. Practical workshops where international experts share their experience, are central in the training.

For more information on the different modules in this program, please consult the detailed program attached.

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. The possibility is open to do the most of the course through DVD.

PARTICIPANTS

Any physician, who is licensed to prescribe hormone therapies, including general practitioners, can be admitted to attend the courses. Other health care professionals can be accepted after approval by the supervising board, but must have a government-approved license to treat hormone dysfunctions to be admitted to the exam.

SEMINAR/MODULE:

Each seminar is independent and may provide a separate certification after successful completion of an exam.

Hertoghe Medical School

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The Hormone Therapy Specialty that makes the difference ...

Difference	IHS Hormone Therapy Board Certifications (for 2010)	Hormone Therapy Specialty (HTS)	Specialization in endocrinology-diabetology
Conditions	<ul style="list-style-type: none"> Open to physicians of all specialties Physician diploma Need for an actual valid medical license & 3 years of medical practice 	<ul style="list-style-type: none"> Open to physicians of all specialties: general practitioner, dermatologist, endocrinologist, psychiatrist, gynecologist, emergency room experts, etc. Physician diploma; other health professionals may attend on authorization, not pass the exam No need of medical practice prior to the formation 	<ul style="list-style-type: none"> Physicians who specialize in endocrinology-diabetology (exclusively) Physician diploma No need of medical practice prior to the formation
Time	3 hours + review	240 hours of lectures, spread over 2 years (possibility of extending the period to complete the formation, max. 4 years)	3 to 5 years of full practice
Type	Self-learning (distance learning)	<ul style="list-style-type: none"> 50% taught (direct) courses 50% self-learning DVD courses self-learning 	Learning under supervision experienced endocrinologists-diabetologists and internists in hospitals and additionally in clinics
Organization	One review + exam	<p>6 modules of 6 days: ½ taught courses & ½ self-learning with DVD</p> <p>Each module is separate with a basic different theme and can lead to a separate certification</p>	Full-time practice
Learning material	<ul style="list-style-type: none"> Textbook CD powerpoint lectures 	<ul style="list-style-type: none"> Taught courses (on stage lectures) 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"> Patient medical records Textbooks of endocrinology
Speakers	Only in review session	International speakers	National in-hospital specialized physicians
Language	English	English	English or local language
Quality	+±	+ to +++ for most frequent to rare diseases	++ for diabetes, ± to + for other endocrine disorders
Contribution to practice	+	+ to +++ depending on the endocrine disorder	++ for diabetology ± to + for other endocrine disorder
Content	<p>Basic formation: the ABC, and .. D's of endocrinology and hormone therapy</p> <ul style="list-style-type: none"> Quality 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, basic senescence physiology to biological age measurement, psychological attitudes, sex-enhancing therapies, hormone and nutritional therapies, stem cell therapy, etc. Textbooks with useful information <ul style="list-style-type: none"> for physician's practice for the exam Supported by extensive and strong scientific references (in the textbook) 	<p>Complete, extensive formation from A, B, C to Z</p> <ul style="list-style-type: none"> High quality, often fascinating, international formation in hormone therapies Basic and advanced information on all subdisciplines of endocrinology: from theoretical to practical aspects > 50 % includes cutting-edge aspects not or almost never treated in medicine such as growth hormone and IGF-1therapy of aging adults, treatments of partial testosterone and cortisol deficiencies in men and women, female hormone therapy of pre- and postmenopause, pregnenolone, DHEA, melatonin, oxytocin, vasopressin, fludrocortisone and aldosterone treatment, hormone treatment of patients with endocrine lab tests within reference ranges etc. Complete information well-oriented towards practice No in-hospital practice learning, possibility of additional short term training in practice of experienced physician Handout of all powerpoint presentations on CD DVD access to all lectures Abundantly evidence-based, with scientific references on the bottom of many slides Opportunities to meet other physicians working in hormone therapies Opportunities to meet the speakers, leading authorities in one or more subdisciplines of hormone therapies 	<p>Extensive training</p> <ul style="list-style-type: none"> Diabetes <p>Basic training</p> <ul style="list-style-type: none"> Thyroid therapy (L-thyroxine) of hypothyroidism and hyperthyroidism therapies Cortisol deficiency and excess Growth hormone therapy of children <p>Often scarce or no information on</p> <ul style="list-style-type: none"> growth hormone and IGF-1therapy of adults, testosterone in men and women, female hormone therapy of pre- and postmenopause, pregnenolone, DHEA, melatonin, oxytocin, vasopressin, aldosterone treatments, etc. <p>Other:</p> <ul style="list-style-type: none"> Information towards practice Opportunities to meet other physicians working in diabetology and some other endocrine subdisciplines
Supporting society	IHS (International Hormone Society) (> 2000 physicians, biggest international society)	IHS (International Hormone Society) (> 2000 physicians, biggest international society)	Government supported Integration in a national university
Board certification	International board certification	International certification for the complete formation or: separate certification for each module for the physician who does not participate in all 6 modules	National specialist diploma in endocrinology-diabetology
Exam	<ul style="list-style-type: none"> Based on the information in the textbook Review session: <ul style="list-style-type: none"> presents the sections of the textbook that are more important for the exam presents lot of examples of questions 	<ul style="list-style-type: none"> Separate exams for each module leading to a separate certification The examination is based on the information of the lectures, self-learning DVD, and the handouts (with copy of all powerpoint presentations) Review sessions: <ul style="list-style-type: none"> Presents an overview of the topics and what is more important for the exam Presents examples of questions 	<ul style="list-style-type: none"> None existing exam (or exam for final formation) (If exam; based on practice)
Fee	1550€ + 400 learning material	2000€ for each full 6 day module (reduced prize for the six modules)	Revenue as assistant in endocrinology-diabetology

Program of the Hormone Therapy Specialty (HTS):

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 style="text-align: center;">Seminar 1</p> <p style="text-align: center;">September 2010 & 2012</p> <p style="text-align: center;">Endocrine consultation, thyroid, hormone therapies of diseases</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>The Endocrine Consultation:</p> <ul style="list-style-type: none"> • Anamnesis: medical history, signs and symptoms; • Physical examination • Laboratory tests (blood, saliva, 24 h urine) • Hormone treatments (overview) & Follow-up <p>Hormone Imbalances: Overcoming</p> <p>Thyroid Deficiency</p> <ul style="list-style-type: none"> • Diagnosis, age related diseases • TSH, T3 and T4 levels within the reference range and disease • T3 + T4 treatment vs T4 • Follow-up problems • Practical cases 	<p>Hormones to cure disease:</p> <p>Doses and practical tips for hormone treatments in diseases, illustrated with presentation of patient records</p> <ul style="list-style-type: none"> • Chronic fatigue syndrome • Mood disorders • Sleep disorders • Memory disorders • Psychiatric diseases • Neurological diseases • Premature aging face and body • Thinness, anorexia, cachexia • Obesity 	<p>Hormones to cure disease:</p> <p>Doses and practical tips for hormone treatments in diseases, illustrated with presentation of patient records</p> <ul style="list-style-type: none"> • Skin diseases • Hair diseases • Cardiac diseases • Rheumatic diseases 	<p>The Endocrine Consultation:</p> <ul style="list-style-type: none"> • Short overview • Laboratory tests: blood, saliva, 24 h urine • Interpretation of laboratory tests, optimal values • Unexpected changes that may occur in hormone therapies; • Treating hormone deficiencies with borderline low levels within the reference range • Patients treated with multiple hormone therapies (GH, ...) • Questionnaires, medical records papers • Women treated with transdermal estradiol and progesterone 	<p>Practical workshop:</p> <ul style="list-style-type: none"> • Treatment of obese persons with hormone treatments • Treatment of sexual problems with hormone treatments • Sessions with on stage live consultations with hormone treatments
<p style="text-align: center;">Seminar 2</p> <p style="text-align: center;">January (end) 2011 2013</p> <p style="text-align: center;">Diet, Environment, Pleasure and the Endocrine System, Pineal, Adrenal, and Other Hormones</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"> • Bulimia and anorexia • The hormones of appetite: Leptin, cholecystokinin, and Ghrelin: significance and treatment • Treatment of obese persons with hormone treatments 	<p>Adrenal hormones</p> <ul style="list-style-type: none"> • Safe cortisol treatment • Androstenedione • Aldosterone • DHEA deficiency and treatment • Controversies on DHEA treatment • Treating DHEA deficiency in patients with lab tests within reference ranges • 7-keto-DHEA and how to manage treatment problems <p>Famous people:</p> <p>Famous endocrinologists and anti-aging therapists</p> <p>The hormone deficiencies of famous people</p>	<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 • Thymus extracts or thymosidine injections <p>Live consultations</p>	<p>Adapting hormone treatments to patients</p> <ul style="list-style-type: none"> • 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 <p>Practical patient cases</p> <p>Live consultations</p>	<ul style="list-style-type: none"> • HCG treatment for testosterone deficiency? • HCG for sperm count increase for obesity, etc. • Glucagon treatment • Oral insulin treatment: to increase muscle mass, etc. • How to secure your hormone therapy practice: • The scientific evidence, • Searching info on the Internet <p>Hormone Excess Seminar:</p> <p>Acromegaly: symptoms, signs, lab tests, consequences, treatment and follow-up</p> <ul style="list-style-type: none"> • Hyperprolactinemia 	<p>Hormone Excess Seminar:</p> <ul style="list-style-type: none"> • Hyperthyroidism • Radioactive iodine : adverse consequences • Cushing and Cushingoid syndromes • Adreno-genital syndrome • Other female virilizing syndrome • Hyperaldosteronism • Insulinomas <p>Obesity management:</p> <ul style="list-style-type: none"> • Treating insulin resistance by food adaptation (incl., food allergies) • Intermittent fasting: its value for longevity and weight control • Treating massive obese person
<p>IHS speakers</p> <p>Prof. Etienne-Emile BEAULIEU (France) Dr Benoît CLAEYS (BELGIUM) Dr Claude DALLE (FRANCE) Dr Malgorzata GODZIEJEWSKA ZAWADA (Poland) Dr Thérèse HERTOGE (BELGIUM) Dr Thierry HERTOGE (BELGIUM) Dr Steven HOTZE (USA) Dr Mario KRAUSE (Germany)</p>		<p>Dr Marie-Christine Lhermitte (Belgium) Dr Denise MARKS (USA) Dr Maciej MALECKI (POLAND) Dr Anna MODELSKA ZIOLKIEWICZ (POLAND) Dr Walter PIERPAOLI (Switzerland) Dr Michael PERRING (UK) Dr Ascanio POLIMENI (ITALY) Pr Russel REITER (USA) Dr Ron ROTHENBERG (USA) Dr Eugene SHIPPEN (USA)</p>			<p>Dr Suzie SCHUDER (USA) Prof. Pansak SUGKRAROEK (THAILAND) Dr Pakpilai THAVISIN (THAILAND) Dr Jakob TEITELBAUM (USA) Dr Adrian ZENTNER (Australia) Prof. Stefan ZGLICZYNSKI (Poland) Prof. Imre ZS-NAGY (Hungary) And many others prominent speakers...</p>	

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>May 2011 2013</p> <p>Psychiatric and Sexual Endocrinology</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:</p> <ul style="list-style-type: none"> Safe female hormone therapy in pre- and postmenopause Controversies in female hormone therapy HRT: Practical cases Bio-identical female hormones for birth-control Info to patients and colleagues about the fear for cancer from female hormones Avoiding hirsutism in women on androgens 	<p>Androgens in men:</p> <ul style="list-style-type: none"> Testosterone therapy in men: physiology, age-related diseases, diagnosis, treatment, lab test weaknesses Boosting sexual potency in men with testosterone <p>Androgens in women:</p> <ul style="list-style-type: none"> Testosterone therapy in women: physiology, age-related diseases, diagnosis, treatment, lab test weaknesses Boosting sexual potency in women with testosterone <p>Pineal hormone.</p> <ul style="list-style-type: none"> Melatonin & controversies Sleep and cancer Practical patient cases 	<p>Hormone therapies: effects on psychology and psychiatric disorders:</p> <ul style="list-style-type: none"> Fatigue Sleep disorders Depression Anxiety Stress resistance Depression Sex in men and women Practical patient cases 	<p>Hormone therapies: effects on psychological and psychiatric disorders</p> <ul style="list-style-type: none"> Memory loss and other brain pathologies Autism and schizophrenia Practical patient cases <p>Other: Paramedical tests in endocrinology</p> <p>Neuroendocrinology: Effects on the body</p> <p>Hypothalamic hormones:</p> <ul style="list-style-type: none"> TRH as hormone therapy Other hypothalamic hormones <p>Pineal hormone.</p> <ul style="list-style-type: none"> Melatonin lab tests within reference ranges and disease 	<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>Renal hormones</p> <ul style="list-style-type: none"> Erythropoietin (EPO) treatment 	<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 nutritional and hormone therapies</p>
<p>Seminar 4</p> <p>September 2011 October 2013</p> <p>Hormone and Nutritional Therapies of Endocrine and Metabolic Disorders</p>	<p>Micronutrients: impact on .endocrine System and their control:</p> <ul style="list-style-type: none"> Minerals Trace elements Vitamins Fatty acids, etc. <p>Iodine Inorganic, non-radioactive treatment of hyper- and hypothyroidism, auto-immune diseases, etc.</p> <p>Herbal treatments of endocrine deficiencies</p> <p>Nutritional prevention & treatment of hormone-related cancers :</p> <ul style="list-style-type: none"> Prostate Cancer: extensive review Breast cancer: extensive review <p>Hormone doping in sports</p>	<p>Neuro-endocrinology</p> <ul style="list-style-type: none"> Insomnia treated with melatonin, serotonin Serotonin precursors Dopamine Adrenaline, Noradrenaline Other Neuro-transmitters Somatostatin <p>Brain Trauma and hormones</p> <ul style="list-style-type: none"> Hormone deficiencies caused by brain trauma and treatment <p>Practical session with patient case studies</p> <p>Bone hormones</p> <ul style="list-style-type: none"> Calcitonin Parathormone 	<p>Obesity: Weight loss helped by correcting hormone deficiencies Per hormone</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 Practical cases <p>Fat mass-influencing hormones Fat and (nor)adrenaline; prolactin; opioids; MSH, Melanotan</p>	<p>Insulin and insulin-influencing hormones, anti-aging hormones?</p> <ul style="list-style-type: none"> Insulin: physiology Insulin secretagogues and inhibitors Glucagon treatment Glucagon-like peptide and insulinagogues Hormone therapies for insulin resistance <p>Diabetes treatment: Diabetes pathogenesis, diagnosis & therapy</p> <ul style="list-style-type: none"> Type 1 diabetes: Type 2 diabetes Metformin treatment <p>Insulin treatment of nondiabetics (cachexia, excessive thinness)</p> <p>Case studies</p>	<p>Hormone Excess Seminar 2:</p> <ul style="list-style-type: none"> Doping in sport and everyday life: frequency, how to detect The differences between doping and corrective hormone therapies Excess melatonin Excess vasopressin Excess oxytocin Excess MSH Vitamin D Vitamin D excess Hypercalcaemia Hyperparathyroidism Excess erythropoietin (EPO) 	<p>Hormone Excess Seminar 3</p> <ul style="list-style-type: none"> Hyperestrogenism in men DHT excess in men Polycystic ovaries Hyperestrogenism in women <p>Practical sessions on: patients with treated with corrective nutrient-hormone therapies</p>

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 5</p> <p>May 11-13 2010 January 2012</p> <p>Endocrinology from childhood to old age</p>	<p>Brain hormones:</p> <ul style="list-style-type: none"> • Pregnenolone • Growth hormone treatment in adults • Growth hormone secretagogues • Growth hormone: the risks and controversies <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>Andrology:</p> <ul style="list-style-type: none"> • Men with partial androgen deficiency • Prostate hypertrophy, prostatitis • Short penis • Peyronie's dis. • Sexual problems: lack of ejaculation, erectile dysfunction • Peak sexual performances with hormone optimization <p>Gynaecology:</p> <ul style="list-style-type: none"> • Premenopause: treatment of menstrual cycle, PMS disorders, fibroids, ovarian & breast cysts, breast under- & overdevelopment - cystitis - stress incontinence, oedema, etc. • Improving fertility pregnancy • Postmenopause therapy of hot flashes, weight gain, intolerance to HRT; alternative treatments 	<p>Pediatric Endocrinology to prevent premature aging</p> <p>prevention against premature aging starts in childhood</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 <p>Intelligence promotion with hormones</p> <p>Geriatric endocrinology: specific hormone therapy adaptations to elderly patients</p>	<p>Review course: Hormone therapies</p> <p>Basics and selection of optimal treatment</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 treatment <p>Session with on stage consultation</p>	<p>Dermatological endocrinology:</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: hormone solutions? • Wound healing, scars, keloids 	<p>Aesthetical Endocrinology:</p> <ul style="list-style-type: none"> • Aesthetical applications of hormone therapies • How to promote body appearance with hormone replacement therapies; short review per hormone • 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:</p> <p>Hormone therapies that help you live longer and in what conditions, how much longer can we live with corrective hormone treatments?</p>
<p>Seminar 6</p> <p>May 14-16 2010 May 2012</p> <p>Practical hormone therapies workshops</p>	<p>The practical hormone therapy workshop with diagnosis, lab tests, treatment, follow-up + on stage consultations 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>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 consultations of deficiencies in:</p> <ul style="list-style-type: none"> • Thyroid • Cortisol • DHEA • Aldosterone • Pregnenolone • Vasopressin • Female hormone • Testosterone in men 	<p>Problem solving workshop:</p> <ul style="list-style-type: none"> • Fundamentals to success • Solutions to unexpected incidents • Session with patients from the audience • Patient cases from the practice of attendees • Discussion groups • Crucial questions on hormone therapy • Tips from the masters 	<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 	<p>Rheumatoid Diseases & Hormone Therapy</p> <p>Causes, signs, problems 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 rheumatisms 	<p>Practical cases of corrective hormone therapies in patients with disease</p> <ul style="list-style-type: none"> • Patients with cardiovascular disease • with depression and anxiety disorders • with rheumatoid diseases and osteoporosis • Patients treated with multiple hormone replacement, including GH and transdermal estradiol and progesterone

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

□ 1 day 350 € □ 3 days 900 €