

Professional Curriculum Vitae

Thierry Hertoghe, MD

Born the 14/04/57 in Antwerp, Belgium

Diploma/Certifications:

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

Scientific organisations:

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

Author:

- Hormone Handbook for physicians
- Atlas of Endocrinology for Hormone Therapy
- Textbook of Lifespan and Anti-Aging Medicine
- Textbook of Nutrient Therapy
- Various studies on hormone therapies, often review studies



Dr HERTOGHE CLINIC

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Actual scientific organization responsibilities:

- Since 1997:** - Member of the International Board of Scientific Advisors of the American Academy of Anti-Aging Medicine
- President of the European Academy of Quality of Life and Longevity Medicine (Eaqual)
- 2001:** - supervisor and course lecturer (chargé d'enseignement) of the post-university course of "Anti-Aging Medical Therapeutics" in French, linked to the department of Prevention of Senescence of the University Center of Charleroi (Belgium) up to 2005, then after to the European Institute of Scientific Anti-Aging Medicine (Paris) in charge of the programs for 2001 up to 2006)
- 2003** - Supervisor and course lecturer of the international post-university "Anti-aging medicine specialization" (AAMS) in English (in charge of the programs for 2003-up to 2006), linked to the University Center of Charleroi (Belgium) up to 2005, then after to the European Institute of Scientific Anti-Aging Medicine (Paris) in charge of the programs for 2001 up to 2006)
- accepted as full member of the Endocrine Society (USA)
- 2004** - Cofounder of the International Hormone Society (based in Kansas City-USA)
- President of the World Society of Anti-aging Medicine (WOSAAM)
- 2005:** - Member of the directory Board of the European Organization of Scientific Anti-Aging Medicine (based in Paris)
Founder and Member of the editing staff of the Journal of European Anti-Aging Medicine (London)
- 2006:** - President of the International Hormone Society (IHS)

Family: Forth (successive) generation physician doctor of a family of M.D.'s working in the field of endocrinology since 1892, after Eugène –former vice-president of the Royal Academy of Medicine of Belgium, Luc and Jacques Hertoghe, with his sister Thérèse Hertoghe – internist-endocrinologist)

Past medical responsibilities:

- 1995-1999:** - membre of the Comité Paritaire de Médecine Générale de l'Accréditation (the national committee which decides if a medical course can get credit hours)
- 1995-2000:** general secretary of the Académie de Médecine Générale de Belgique
- 1996:** temporary vice-president of the Monde Medical Television, specialized medical T.V. programs for physicians
- 1998 -1999:** Board Examiner of the American Academy of Anti-Aging Medicine Examination Board
- 1997-2004:** Effective membre of the Conseil d'Ordre des Médecins du Brabant d'expression française (Belgian's most numerous medical board)
- 1998-2004:** secretary of the Belgian Institute of pharmaco-epidemiology (IPHEB)

Lectures in major conferences:

1990: Turmbull, USA - Dr. Broda Barnes Research Foundation:

Andropause and other androgen deficiencies
Dallas, USA - 8th Annual International Symposium on Man and his Environment in Health and Disease :

- High frequency of Multiple Deficiencies Syndrome
- Andro- and adrenopause

Amsterdam, The Netherlands - the Advanced Nutrition Symposium:
 Multiple Deficiencies Syndrome

1992: Turmbull, USA - Dr. Broda Barnes Research Foundation Symposium:

Peri- and postmenopause
Dallas, USA - 10th Annual International Symposium on Man and his Environment in Health and Disease :

- Perimenopause : effect of toxics
- Perimenopause : successful treatment
- The pituitary gland and aging

1996: Seattle, USA -Spring 1996, Physicians Teaching Seminar - Dr. Broda Barnes Research Foundation:

- Adult growth hormone therapy
- Adverse endocrine consequences of radioactive iodine therapy for hyperthyroidism
- Adverse endocrine consequences of oral contraceptive pill intake

Madrid, Spain - American Academy of Anti-Aging Medicine (or A4M) International Conference: Growth hormone therapy in aging adults

Las Vegas, USA - 4th Annual International Conference of Anti-Aging Medicine & Biomedical Technology (American Academy of Anti-Aging Medicine or A4M):

- Growth hormone therapy in aging adults
- Administration of growth hormone in adult growth hormone deficiency (practical session)

1997: Bruges, Belgium - European Cancer Prevention Organization:

Protective effects of diet, vitamins, trace elements and hormones against cancer
Luzern, Switzerland - World Congress on High Tech Medicine:

Growth hormone therapy in aging adults

San Diego, USA - 32nd Annual Conference on Environmental Medicine - American Academy of Environmental Medicine: Mood disorders alleviated by hormone therapies

Las Vegas, USA - 5th Annual International Conference on Anti-Aging medicine and biomedical technology (A4M):

- Brain (and esp. memory) performance improvement by hormone replacement therapies in aging adults
- Hormone replacement therapies : effects on mood and mind of aging adults (diagnosis, treatment, follow-up, safety)

Lectures in major conferences:

- 1998: Abu-Dhabi, Arab Emirates: International Dentist and Medicine Conference:**
- Therapy of andropause and the more moderate androgen deficiencies in men
 - Growth hormone therapy in the aging adult
- Tampa, USA – Endocrine aspects of Aging - University of Florida**
Memory improvement with hormone replacement therapies in aging adults
- Dallas, USA - 16th Annual International Symposium on Man and his Environment in Health and Disease:**
- The andropause and the more moderate degrees of androgendeficiency in men
 - Androgen deficiency in adult women
 - The menopause and perimenopause in women : symptoms, consequences and treatment
- Brussels, Belgium - First International Congress of the European Academy of Quality of Life & Longevity Medicine (EAQUALL) (X)**
- Hormone replacement therapies in aging and age-related diseases
 - The need for estrogens, progesterone and androgens in the perimenopause
- Las Vegas, USA - 6th Annual International Conference on Anti-Aging Medicine Biomedical Technology (A4M)**
Thyroid, DHEA, testosterone, estrogen and progesterone replacement therapies in aging adults (practical session on hormone therapy)
- 1999: Chicago, USA - American Academy of Anti-Aging Medicine International Conference:**
Cardiovascular diseases and hormone replacement therapies
- Brussels, Belgium - International Joint Conference of Eaquall and the European Anti-Age Association:** The influence of hormone replacement therapies on obesity
- Las Vegas, USA - 7th Annual International Conference on Anti-Aging Medicine & Biomedical Technology (A4M):**
Hormone replacement therapies – (1-day preconference workshop)
- 2000: Las Vegas, USA - 8th Annual International Conference on Anti-Aging Medicine & Biomedical Technology (A4M):** Reversing obesity with hormone replacement therapies: practical applications in your anti-aging practice
- 2001: Berlin, Germany - Anti-Aging Medizin 2001 – German Society of Anti-Aging Medicine :** Growth hormone therapy in adults followed by a practical afternoon session on Growth hormone and thyroid therapy
- Chicago, USA - American Academy of Anti-Aging Medicine International Conference:**
pre-conference 1-day workshop
Blood and 24-hour urine tests for diagnosis of hormone deficiencies and follow-up of hormone replacement therapies
- 2002: Stuttgart, Germany - Anti-Aging Medizin 2001 – German Society of Anti-Aging Medicine :** Practical Tips on Growth hormone treatment in adults
- Moscou, Russia, 1ST International Conference on Aesthetical Medicine**
- Growth Hormone Therapy in adults
- Paris, France – Congrès de la Société Française de Médecine Esthétique**
- Le traitement à l'hormone de croissance de l'adulte
- Las Vegas, USA- 10th Annual International Conference on Anti-Aging Medicine & Biomedical Technology (A4M):** preconference workshop
Estrogens and Progesterone Replacement Therapy: (Current Medical Literature and Controversies; Practical Algorithms and Case Studies

Lectures in major conferences:

2003: Paris, France: 1st World Congress in Anti-aging Medicine

- DHEA: review of the scientific literature
- Insulin and cortisol: anti-aging hormones?
- The anti-aging clinic

Moscou, Russia, 2nd International Conference on Esthetical Medicine:

DHEA: review of the scientific literature

Aachen, Germany: German Society of Anti-Aging Medicine :

Thyroid, DHEA, melatonin and testosterone deficiencies: diagnosis and treatment (afternoon workshop)

Baltimore, John Hopkins University:

Beneficial effects of hormone replacement therapies against the senescence of the face

Chicago (USA) at the Annual Conference of the Bariatric Society:

Hormone treatment strategies in weight loss

2004: Paris, France, 2nd Anti-Aging World Congress (X)

- Growth hormone treatment in adults
- The anti-aging consultation

Melbourne, Australia, General Practitioner's conference

- The endocrinology of aging
- Thyroid replacement
- Treatment of adrenal insufficiency
- Growth hormone treatment of aging adults
- Female hormone replacement

Frankfurt, Germany: Bio-identical female hormone replacement

London, 1st Annual Anti Ageing Conference London (AACL 2004)

- Treatment of partial androgen deficiency in aging men
- Treatment of partial growth hormone deficiency in adults

Las Vegas, USA, International Hormone Society symposium

- Hormone update: Overview of recent scientific studies on Pregnenolone, Androstenedione, DHEA, 7-keto-DHEA,... are these hormones useful in humans-
- Progesterone versus synthetic progestogen: Is natural progesterone really safer? Comparative studies
- Clinical findings of growth hormone deficiency: How to recognize growth hormone deficiency with interview and physical exam in adults?
- Growth hormone and cancer: Overview of all studies
- Critical ill patients and GH treatment: Is GH therapy dangerous in critical illness? What to do about it?
- Growth hormone treatment of adult GH deficiency: How to treat ? Doses, route (Injectable, implants, oral, transdermal) ? Are GH secretagogues useful ?
- Hormone update: Overview of recent scientific findings on thyroid hormone and melatonin
- Reappraisal of thyroid therapy: T3 -T4 medications against T4 medications
- Thyroid hormones: How safe for the heart? How to treat cardiac patients with thyroid hormones? (safety guidelines, ...)
- Various ways to improve safety of thyroid hormone therapy
- Thyroid hormones and melatonin replacement and cancer: Can these therapies protect against cancer?
- Clinical findings of testosterone deficiency: How to recognize physically and through interview testosterone deficiency in men?
- Testosterone treatment of androgen deficiency in men
- Male pattern baldness: Can male pattern baldness be avoided
How to avoid male skin problems with testosterone treatment?

Lectures in major conferences:

2004: Las Vegas: Preconference workshop of the A4M :

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

2005: Monaco, France, 3rd Anti-aging World Congress (X)

Control of stress by hormone replacement therapies
London, 2nd Annual Anti Ageing Conference London (AACL 2005)
 Safe treatment of partial cortisol deficiency

Las Vegas: Preconference workshop of the A4M

Female hormone replacement therapy, thyroid therapy
Las Vegas, USA, 13th Annual International Conference on Anti-Aging Medicine & Biomedical Technology (A4M)

The psychology of the centenarians and their endocrine roots
Paris, France, 4th Anti-aging MedicineWorld Congress (X)

Risks of GH replacement therapy in adults: cancer; diabetes

Bangkok, Thailand, Anti-aging Conference

- The brain and hormone replacement therapies
- Coronary Heart Disease and hormone replacement therapies

Tokio, Japan, Anti-aging Conference

- Growth hormone replacement therapy in aging adults

Chicago, anti-aging meeting of the American Academy of Anti-Aging Medicine

- Coronary Heart Disease and hormone replacement therapies

Paris, France, 2nd European congress of Anti-aging Medicine (X)

- The psychology of centenarians and their hormonal underlayer
- Can we heal or slow down Parkinson's diseases of aging?

Las Vegas, USA, 14th Annual International Conference on Anti-Aging Medicine & Biomedical Technology (A4M): Progesterone therapy in men

2007: Bangkok, Thailand, 1st Eurasian congress of anti-aging medicine (X)

- Testosterone treatment of cardiac patient: how good is testosterone for the heart?
- Growth hormone treatment of aging adults: scientific facts, diagnosis, treatment, safety

Monaco, France, 5th Anti-aging MedicineWorld Congress (X)

- Thyroid TSH polemics: Which is the best reference range?
- Vitamin A: The anti-cancer vitamin?

Tokio, Japan, Anti-Aging Medicine Conference

Growth hormone treatment of aging adults

Chicago, anti-aging meeting of the American Academy of Anti-Aging Medicine

Can psychological attitudes improve hormone levels?

Paris, France, 3rd European congress of Anti-aging Medicine (X)

Shanghai, China, 1st Intercontinental Congress of Anti-Aging Medicine

- Testosterone treatment of postmenopausal women: An essential aid to the safety of estrogen and progestogen therapy?
- GH therapy: The greatest of all anti-aging therapies? Effects on obesity

Las Vegas, USA: 15th Annual International Conference on Anti-Aging Medicine & Biomedical Technology (A4M):

Lectures in major conferences:

2008: Bangkok, Thailand, 2nd Eurasian congress of anti-aging medicine (X)

- Male pattern baldness: Which hormone therapies may cure it?
- Thyroid treatment of diffuse hair loss
- How hormone therapies improve the face
- The best hormone treatments for the hair

Monaco, France, 6th Anti-aging Medicine World Congress (X)

Washington: congress of the American academy of anti-aging medicine:

- TRH: effects against aging
- IGF-1 serum levels with the reference range associated with disease

Vienna, Austria: Menopause and Andropause Congress

Oxytocin, the emotion hormone

2009: Rome, Italy: Italian herbal congress

Herbal extracts with endocrine effects

Belgrade, Serbia, Serbian 1st congress in anti-aging medicine

New anti-aging hormone therapies: IGF-1 oxytocin vasopressin Melanotan
MSH Aldosterone

Jakarta, Indonesia: Pierkapi congress (anti-aging medicine) (X)

New anti-aging hormone therapies: IGF-1 oxytocin vasopressin Melanotan
MSH Aldosterone

Warsaw, Poland: National Polish Anti-aging Congress:

Anti-aging hormone therapies: the scientific evidence

Geneva, Switzerland Swiss Anti-aging congress

Oxytocin therapy I anti-aging

New anti-aging hormone therapies: IGF-1 oxytocin vasopressin Melanotan
MSH Aldosterone

Milan, Italy: Senne feminar congress:

New hormone therapies that will revolutionize women

2010: Jakarta, Indonesia; 1st World congress of Reversing aging Medicine (X)

IGF-1: more potent than growth hormone therapy in adults to reduce aging?

Potent hormone therapies that reverse aging

MSH, more potent than testosterone in reverse sexual aging man

Oxytocin to reverse age-related orgasmic loss in women

Can Oxytocin help to reverse age-related ejaculation loss in men

Barcelona, Spain: Cologny congress (Controversies in aging, health and longevity medicine)

The use of growth hormone in the elderly: Cancer risk, premature death, or
life extending and anti-cancer effects? Pro : T. Hertoghe

Mumbai (Bombay): 1st congress of Anti-aging India

Hormonal imbalances that make people prematurely age

Autism: Can hormones play some role?

Oxytocin: Potential applications in Anti-aging and Aesthetic Medicine

Nutraceuticals for Antiaging and Aesthetics.

Adult Growth Hormone Deficiency: Clinical features and management

Discussion on the studies conducted on Hormone Replacement Therapy in women

Thalassotherapy: Potential role in Anti-aging and Aesthetic Practise.

Las Vegas USA, Congress in Clinical Applications for Age Management Medicine

- IGF-1: more potent than growth hormone therapy in adults to reduce aging?

- Oxytocin and vasopressin therapy: beneficial effects against aging

Vienna, Austria: Menopause and Andropause Congress

- MSH and MSH derivatives: Beneficial effects on skin aging and sexuality

Lectures in major conferences:

2011: Congrès de Médecine Esthétique Mondiale/Belge, Bruxelles

Hormone therapies to slow down aging

Brussels, Belgium: 1st Pro-aging Europe Congress (X):

Hormone tests in pro-aging medicine (Les tests hormonaux dans la médecine pro-âge)

Phytotherapy congress, Rome: Herbal extracts for treatment for endocrine disorders

Jakarta, Indonesia: 2nd World congress of Reversing aging Medicine (X):

- Treating Women with Female Hormones after Breast Cancer: the Controversy
- Conditions Where T3 is Better than Thyroxin: Preparation Problems
- Fascinating Attitudes From Active Centenarians

Sao Paulo, Brazil: 1st Latin American congress of the World society of anti-aging medicine (X)

- Hormone mesotherapy to reduce presbyopia and myopia
- IGF-1 is more potent than growth hormone?
- TRH: new reverse aging hormone.
- Thymosine-alpha-1, thymulin, thymasalin, thymic extracts: therapies

Brussels, Belgium: Roman Pais conference:

Déficiences hormonales modérées en DHEA, cortisol, aldostérone, testostérone et hormones féminines: Test de laboratoire, Traitement, Risques et bénéfices....

2012: Brussels, Belgium: Congrès de Médecine Esthétique Belge:

Skin disorders: Hormone therapies

2nd Pro-aging Europe Congress, Brussels (X):

Female hormone treatment of premenopausal women : risks and benefits

(Les thérapies aux hormone féminines avant la ménopause: bénéfiques et risques)

Phytotherapy congress, Milan: Rome: Herbal treatment of hormone deficiencies

Istanbul, Turkia: Ecopram congress:

Testosterone deficiency in men over age 25 years

Jakarta, Indonesia: 3rd World congress of Reversing Aging Medicine :

- The average Telomere length and resulting biological age
- MSH derived molecules to reverse gray hair; Thyroid hormones to reverse gray hair
- Growth hormone reverse skin wasting; IGF-1 therapy; Long-acting Insulin therapy: unexpected major aging reversal
- Testosterone and other androgen therapies to reverse skin thinning.
- Parkinson's Disease : nutritional, dietetic, hormonal approach and stem cell therapy

Sao Paulo, Brazil: 2nd Latin American congress of the World Society of Anti-aging Medicine (X):

- Hormone Mesotherapy for vision and face improvement
- How to reverse chromosomal aging with epithalon and estrogens.
- Testosterone to reverse male pattern baldness in men; IGF-1 effects on hair.
- Growth hormone & IGF-1 therapy to reverse skin and muscle wasting.
- Long-acting insulin therapy: unexpected major aging reversal.

Brussels, Belgium: Roman Pais conference:

Les tests hormonaux dans le sang : Comment les interpréter? Les dosages de testostérone, DHEA, estradiol, T3, T4, TSH, anticorps anti-thyroïdiens, cortisol (libre et total), progestérone, pregnénone, IGF-1, IGF-BP-3, androstanediol glucuronide, SHBG, .. avec cas pratiques de patients

Paris, France: ADNO conference

Hormone therapies and cancer: Indications and contra-indications

Las Vegas, USA, 20th Annual World Conference on Anti-Aging Medicine & Biomedical Technology (A4M): Reversing physical aging with hormone therapies?

Scientific evidence

Lectures in major conferences:

2013:

Brussels, Belgium: 3rd Pro-aging Europe Congress (X):

Oxytocin, hormone of affection

Rome, Italy: Phytotherapy congress:

Herbs as alternative to hormone therapy for sportsmen

Sao Paulo, Brazil: 3rd Latin American congress of the World society of anti-aging medicine (X)

Las Vegas, USA, 21st Annual World Conference on Anti-Aging Medicine & Biomedical Technology (A4M):

- Bio-identical hormone therapies
- Cardiovascular disease: hormone therapies

Note: "X" = T. Hertoghe is the supervisor of the scientific program in hormone therapy or anti-aging medicine of the congress

Medical educational seminars on hormone replacement therapies in aging adults:

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

1998: 2-day basic seminar in Brussels (Belgium) (EAQUALL's postconference workshop)

1999: 3-day basic seminars successively in: Miami (USA), Paris (France), Brussels (Belgium), Perpignan, (France)

2000: 1- to generally 3-day seminars successively in Perpignan (France), San Francisco (USA), Frankfurt (Germany), New Jersey (USA), Dusseldorf & Bad Reichenhall, (Germany), Paris (France), Frankfurt (Germany), New-York & Miami (USA)

2001: 1- to 3-day seminars successively in Paris (France), Frankfurt & Dusseldorf (Germany), Brussels (Belgium), San Diego & Chicago (USA)

2002: 3-day seminars in Paris (France), 2-day seminar in Denver (USA), Paris (France), Dusseldorf (Germany)

2001-2002: various lectures as course lecturer at the University Center of Charleroi on hormone therapies in aging adults, on senescence & environmental medicine

2002: Sexual problems in man at the Anti-aging Conference in Cologne (Germany)

2003: ½ - to 3-day seminars in San Diego (USA), Moscou (Russia), Frankfurt (Oberhausen), Paris (France), Sydney & Melbourne (Australia),

2004: 1- to 3-day seminars in San Diego (USA), Bangkok (Thailand), Moscou (Russia), Melbourne (Australia), Chicago (USA)

2005: 1- to 3-day seminars in Las Vegas (USA), San Diego (USA), Paris (France)

2006: International Hormone Society symposia in Bangkok (Thailand), Los Angeles (USA), San Diego (USA),

2007: International Hormone Society symposia in Bangkok (Thailand), Los Angeles (USA), Athens (Greece), San Diego (USA), Shanghai (China);

Hormone therapy seminars in Sydney (Australia), Hong Kong (China), Taipei (China)

Preconference hormone therapy workshops in Orlando (USA), Tokio (Japan), Chicago and Las Vegas (USA)

Various other lectures on hormone replacement therapies in other medical meetings & symposia:

<p>1988: at Hasselt (Belgium)</p> <p>1989: at Antwerp (Belgium)</p> <p>1993: at Antwerp (Belgium)</p>	<p>2004: Melbourne (Australia), Brussels (Belgium), Vienna (Austria), Rome (Italy) Barcelona (Spain), Moscou (Russia)</p> <p>2005: Barcelona (Spain), Monaco (France), Las Vegas (USA)</p>
<p>1994: at Leuven (Belgium)</p>	<p>2006: Brussels (Belgium), Paris (France), Prague (Czechie), San Diego (USA), Las Vegas (USA)</p>
<p>1995: at Laarne (Belgium)</p> <p>1997: at München (Germany), Genval (Belgium), Paris (France)</p> <p>1998: at New-Jersey (USA), Istanbul (Turkey)</p> <p>2002: Brussels (Belgium), Moscou (Russia), Jodoigne & Gent (Belgium), Paris (France),</p>	<p>2007: Paris, Nice, Florence, San Diego, Los Angeles, Sydney, HONG Kong, Taipeh</p> <p>2008: Jakarta, Kuala Lumpur; Melbourne, Paris</p> <p>2009: Monaco, Budapest, Brussels, Jakarta, Melbourne, Warsaw</p> <p>2010: Brussels, Jakarta, Warsaw, Krakow, Kuala Lumpur (2x)</p>
<p>1999: at Paris (France), Charleroi (Belgium)</p> <p>2000: at Brussels, Essene & Charleroi</p> <p>2001: at Paris, Perpignan & Lyon (France) (Belgium), Lisbon (Portugal)</p> <p>2003: Paris (France), London (UK),</p>	<p>2011: Brussels, San Diego, Melbourne, Jakarta, Kuala Lumpur (2x); Warsaw</p> <p>2012: Warsaw, San Francisco, Kuala Lumpur (2x), Melbourne, Chicago, Sao Paulo, Krakow</p> <p>2013: Warsaw, Las Vegas, Brussels, Kuala Lumpur (1x), Melbourne, Boston, Sao Paulo, Warsaw</p>

Professional medical publications : Articles:

- Hertoghe Th. **DHEA: info ou intox?** Monde Médical. 1995 (Sept.); 291: 12-5
- Hertoghe Th. **Growth hormone therapy in aging adults.** Anti-Aging Medical Therapeutics (Eds Klatz RM & Goldman R) 1997; I:10-28
- Hertoghe T. **Thyroid Diagnosis & Treatment: Poor reliability of the single plasma TSH-test for diagnosis of thyroid dysfunction and follow-up.** Anti-Aging Medical Therapeutics 2000; IV: 127-37
- Hertoghe T. **Thyroid Diagnosis & Treatment: Many conditions related to age reduce the conversion of thyroxine to triiodothyronine - a rationale for prescribing preferentially a combined T₃+ T₄ preparation in hypothyroid adults.** Anti-Aging Medical Therapeutics 2000; IV: 138-53
- Hertoghe T. **Minimizing obesity with hormone replacement therapies.** Anti-Aging Medical Therapeutics 2001-2003; V-VII
- Hertoghe T. **Minimizing obesity with hormone replacement therapies.** Anti-aging Clinical Protocols 2004-2005
- Hertoghe T. **Diabète: Vitamines, oligo-éléments, acides gras et hormones: que penser de ces thérapies complémentaires ?** Gériatrie en médecine générale 2003 ; 47 (Sept) : 10-12 and 48 (Oct) : 8-11
- Hertoghe T. **DHEA, mélatonine, vitamines et oligo-éléments : adjuvants efficaces dans la lutte contre le cholestérol et l'athérosclérose?** Gériatrie en médecine générale 2003; 49 (Nov): 8-12 and 50 (Dec) : 8-11
- Hertoghe T, Lo Cascio A., Hertoghe J. **Considerable improvement of hypothyroid symptoms with two combined T₃-T₄ medication in patients still symptomatic with thyroxine treatment alone.** Anti-Aging Medicine (Ed. German Society of Anti-Aging Medicine-Verlag 2003) 2004; 32-43
- Hertoghe T. **Bio-identical Hormone Replacement.** Journal of Complementary Medicine Sept./Oct. 2004; 3 (5): 44-45
- Hertoghe TM, Everard B, Duboé B, Hertoghe TA, François M, Gouita J, Gadomski A, Poutet B, Van Bruyssel D, Baisier W. **La DHEA : le bilan.** Journal de médecine esthétique et chirurgie dermatologique March 2003 ; XXX : 117 :7-21 (337 references)
- Hertoghe TM, Hertoghe Th, Gadomski A, François M, Everard B, Duboé B*. **Melatonin and Sleep: a Review.** J Eur Anti-Aging Med. 2005; 1: 32-7
- Hertoghe, T. **Is senescence mainly due a multiple hormone deficiency syndrome?** Ann NY Acad Sci. 2005 Dec; 1057; 448-66
- Hertoghe TM, Lhermitte MC, Gadomski A, Dalle C, Résimont S, Hertoghe TAM, Duboé B, Claeys B, Poutet B, Truong P, Everard B, François M. **Lower incidence of overall, breast and prostate cancer in women and men treated with a combination of anti-aging therapies, including hormone therapies.** JEAAM. 2006 Oct; 20-25
- Tregear C, Dalle C, Hertoghe T. **Positive emotions and attitudes: Precious keys to longevity?** JEAAM. 2006 Oct; 30-33
- Hertoghe T. **Oxytocin: Relief for autism in children, schizophrenia in adults and the progressively lower sociability appearing in elderly people?** Lifespan Med Magazine 2012; 3-7
- Hertoghe T, Lhermitte MC, Poutet B, Gérin G, Godefroit C, Wetchoko L. **IGF-1 therapy in adults: More potent than growth-hormone treatment to reverse aging?** Lifespan Med J 2014; 5-30

Professional medical publications:

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

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

Reports of the Belgian Society of Anti-Aging Medicine by Drs Hertoghe Thierry, Everard B, Duboé B, François M, Hertoghe Thérèse, Gadoski A., Poutet B, Baisier W, Rasmussen H.

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

La DHEA en question : La réponse au rapport de l'Académie de médecine et La réponse au rapport des endocrinologues d'Erasmus (2002)

Melatonin treatment in the perspective of Evidence Based (2003)

Cortisol replacement therapy: Benefits and risks (2004)

Safe Cortisol replacement therapy: Answers to critical questions (2004)

Why T3 and T4 combinations may work better than thyroxine alone? (2004)

Thyroid replacement: Benefits and risks (in early preparation)

Hormones, quality of life and fatigue (2004)

Corrective GH replacement therapy in adults: Benefits and Risks (in preparation)

Hormone tests in 24 hour urine (2005)

Thyroid hormone tests in 24 hour urine (2005)

Professional Books:

Hertoghe T. **The Hormone Handbook**. International Medical Books Ed., Luxemburg, March 2006 (Chinese translation in handout format)

Hertoghe T. **Patient Hormone Handbook** (with Nutrient Handbook) (2008)

Hertoghe T, ed. **Textbook of Lifespan and Anti-aging Medicine** (2008, new edition in hard cover for May 2014)

Hertoghe T, ed. **Textbook of Nutrient Therapy** (2008), both the essential texts for the World Society of Anti-Aging Medicine's Board Certifications in Anti-aging medicine and Nutritional Medicine (handout format)

Hertoghe T. **The Atlas of Endocrinology for Hormone Therapy**. International Medical Books Ed., Luxemburg, February 2011

planned for July 2015: Hertoghe T, ed. **Textbook of Hormone Therapy** (

General public books:

French :

Hertoghe T, Enrico M. **Régime Hormone** (Ed; Thierry Souccar)

Hertoghe Th., Nabet J.J., **“Comment rester jeune plus longtemps”**, Ed. Albin,-Michel, Paris - France, 2000, 380 p. (book for the general public; with [Russian](#), [Chinese](#), [German](#), and [Dutch](#) translations)

Hertoghe Th., Nabet J.J., **“La DHEA, l’hormone du mieux-vivre”**, Ed. Presses du Châtelet, Paris, 2002 , 207 p. (March 2002)

German :

Translation: **“Bleiben Sie Länger Jung”**, Ed. Mosaik - München

(March 2002)

English : “

Hertoghe Th., Nabet J.J, **The Hormone Solution”**, Ed. Random House, New-York (with [Spanish & Danish](#) translations

Hertoghe T. **Patient hormone handbook**, , International Medical books, Luxemburg, 2008

Hertoghe T. **Passion, sex and Long life**, the **Oxytocin** adventure, International Medical books, Luxemburg, 2010

Italian:

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