

## Evidence-based Hormone Therapies

### A New Postgraduate Training Program

The Hertoghe Medical School is setting up a **2-year training program followed by the possibility of an additional year of specialization** in **hormone** (and probably nutritional) therapies through live **webinars** and **online courses**. This training is **strongly evidence-based** and updated, very **practice-oriented** (how to do it), and will be **accredited**.

#### + Postgraduate Online Training

This postgraduate program is for **physicians** and **all health professionals**. It is composed of several modules (9 to 10 per year).

Each module focuses on a specific topic and is composed as follow:

- 1 live Webinar (to introduce the whole module)
- Pre-registered video courses
- 1 live Q&A session at the end of the module
- Multiple-choice quizzes (= CME credits)

To follow the postgraduate training program, you have 2 options:

- Register for the yearly package that includes all 9 modules
- Select the modules you are more interested in (please note that you will not have the possibility to be certified at the end of the year).

#### + Why should you join us?

To acquire a **high level of expertise** in **hormone (and accessorially nutritional) therapy** as a physician.

- + **Continuous medical training:** Update your knowledge and skills in hormone and nutritional therapies with recent studies.
- + **Practical in-depth information:** Medical disorders and their treatment are seen in depth so that you will be able to find solutions to problems that may occur during the follow-up of treatments.
- + **Relevant and fascinating topics:** The topics are tailored to what is most interesting and relevant for a physician's practice, immunity, reversing physical aging, fatigue and burnout treatment, etc.
- + **Speakers:** The main speaker will be **Dr. Thierry Hertoghe, one of the top experts in the field**. In a later stage, physicians will also get the opportunity to get into contact with other **top international experts in hormone therapy** through webinars.
- + **Scientific References:** Repeatedly updated with **scientific** and **evidence-based information:** from the most recent findings to valuable older studies.
- + **Tests & Quizzes:** Physicians will have the opportunity to test their knowledge with short questionnaires.
- + **Being part of a movement:** Gain worldwide recognition and be referenced as a Hertoghe Medical School certified physician (alongside more than 300 physicians). You will also be part of a global movement and two international organizations that gather more than 7.500 physicians: The International Hormone Society or the World Society of Anti-Aging.

2020 - 2021	Module		Number of courses
	Module 1	COVID-19 & Immunity with hormone and nutritional therapies	5
	Module 2	COVID-19 & Inflammation with hormone and nutritional therapies	3
	Module 3	Reversing Aging with hormone therapies	8
	Module 4	Female hormone supplementation (estrogen & progesterone) in pre- and post-menopause	4
	Module 5	Fatigue, Burnout, and post-traumatic brain injury syndrome	4
	Module 6	Thyroid supplementation	4
	Module 7	Melatonin supplementation	4
	Module 8	Testosterone supplementation in men	4
	Module 9	Testosterone supplementation in women	2

Module 1		
COVID-19 & Immunity with hormone and nutritional therapies		
Course	Topic	Course type
Immunology and Inflammation	Tuesday 06-10-2020 <b>Infection and Inflammation: Hormone and nutritional therapy (Overview webinar)</b> Immunology overview webinar to present the 8 immune and inflammation sessions	Free live webinar
Course 1	<b>Infection (COVID19 and other): Dietary, environmental and lifestyle therapies</b>  + Environmental and lifestyle factors: air dryness, humidity, masks, social distancing, airborne micro-biome, pollution. + Immune-enhancing diet what to take, what to avoid: the immune-enhancing and –reducing carbs, proteins, fats. + Autoimmune-reducing diet	<b>Registrants only:</b> Pre-recorded online video
Course 2	<b>Infection (COVID19 and other): Nutritional therapies</b> Nutritional supplements that boost the immune system: + Vitamins A, C, D + Zinc, Iodine... Numerous practical information: the how's, why, doses, and how to adapt to an infection and overcome treatment pitfalls. + Clinical case of a patient	<b>Registrants only:</b> Pre-recorded online video
Course 3	<b>Infection (COVID19 and other): Thymosin-alpha-1 and thyroid therapies</b>  + Thymosin-alpha-1: Is it the most potent immune-enhancing substance, and the safest? Levels in infections, its actions in viral and bacterial infections, doses, adjustments to various infections + Thyroid therapy: potency to boost and restore thymus function, levels, doses, ... + Clinical patient case	<b>Registrants only:</b> Pre-recorded online video
Course 4	<b>Infection (COVID19 and other): Cortisol and DHEA therapies</b> Immune-enhancing hormones + Cortisol and DHEA: how at physiological doses overcome and rapidly accelerate recovery from influenza, Covid19, ... up to the most severe viral and bacterial septicemia's + levels in infections, doses, adjustments to various infections, etc. + Clinical case of a patient	<b>Registrants only:</b> Pre-recorded online video
Course 5	<b>Infection (COVID19 and other): Melatonin, growth hormone, estradiol, progesterone, testosterone and vasopressin therapies</b>  + Melatonin + Growth hormone + Estradiol + Progesterone + Testosterone + Vasopressin Numerous practical information: the how's, why, doses... and how to adapt to an infection and overcome treatment pitfalls + Clinical patient case	<b>Registrants only:</b> Pre-recorded online video

Module 2 COVID-19 & Inflammation with hormone and nutritional therapies		
Course	Topic	Course type
Course 1	<p><b>Inflammation and inflammatory disorders: Dietary, environmental and nutritional therapies</b></p> <p>Inflammation:</p> <ul style="list-style-type: none"> <li>+ Diet: Pro- and anti-inflammatory foods and drinks</li> <li>+ Environmental factors: pollution, electromagnetic fields, airborne microbiome, etc.</li> <li>+ Inflammation-reducing- nutritional supplements: Omega-3 polyunsaturated fatty acids, curcumin, antioxidants, ...</li> </ul> <p>Numerous practical information</p> <ul style="list-style-type: none"> <li>+ Clinical patient case</li> </ul>	<p><b>Registrants only:</b> Pre-recorded online video</p>
Course 2	<p><b>Inflammation and inflammatory disorders: Thymosin-alpha-1, thyroid, and adrenal hormone therapies</b></p> <p>Hormone therapies that reduce inflammation:</p> <ul style="list-style-type: none"> <li>+ Thymosin-alpha-1</li> <li>+ Thyroid</li> <li>+ Cortisol and DHEA</li> </ul> <p>The most potent inflammation-reducing compounds, doses, caution, adjustments to various types of inflammation</p> <ul style="list-style-type: none"> <li>+ Clinical case of a patient with rheumatoid arthritis</li> </ul>	<p><b>Registrants only:</b> Pre-recorded online video</p>
Course 3	<p><b>Inflammation and inflammatory disorders: Melatonin, IGF-1, estrogen, progesterone and testosterone therapies</b></p> <p>Hormone therapies that reduce inflammation:</p> <ul style="list-style-type: none"> <li>+ Melatonin</li> <li>+ IGF-1</li> <li>+ Estradiol, progesterone</li> <li>+ Testosterone:</li> </ul> <p>Their strong anti-inflammatory actions on the gut, respiratory system, skin, genital areas, urological system, brain, etc., adjustments to various types of inflammation, etc.</p> <ul style="list-style-type: none"> <li>+ Clinical case of a patient</li> <li>+ Question and answer session</li> </ul>	<p><b>Registrants only:</b> Pre-recorded online video</p>

Module 3 Reversing Physical Aging		
Course	Topic	Course type
Reversing	17-11-2020 <b>Reversing physical aging with hormone and nutritional therapies (overview webinar)</b> Webinar to present the 8 video sessions	<b>Free</b> live webinar
Course 1	<b>Reversing physical aging; Dietary, environmental and nutritional therapies</b>  <ul style="list-style-type: none"> <li>+ Health = a younger physical appearance</li> <li>+ Diet changes (Paleo or vegan?), organic? Pollution reduction of toxins, electromagnetic fields, toxic free homes, etc.</li> <li>+ Nutritional therapies antioxidants, fatty acids, vitamins, ...</li> <li>+ Lifestyle changes: Exercise, ...</li> <li>+ Clinical patient case</li> </ul>	<b>Registrants only:</b> Pre-recorded online video
Course 2	<b>Reversing physical aging: Basic hormone therapies</b>  <ul style="list-style-type: none"> <li>+ Scientific evidence that hormone therapies may reverse aging</li> </ul> <b>Basic hormone therapies:</b> <ul style="list-style-type: none"> <li>+ Vasopressin</li> <li>+ Female and male hormones</li> <li>+ Excess estrogens in men</li> <li>+ Thyroid</li> <li>+ Cortisol, DHEA, Aldosterone</li> <li>+ Mechanisms, doses, impact</li> <li>+ Patient case</li> </ul>	<b>Registrants only:</b> Pre-recorded online video
Course 3	<b>Reversing physical aging: Systemic and topical hormone therapies</b>  Advanced injectable hormone treatments <ul style="list-style-type: none"> <li>+ Growth hormone</li> <li>+ IGF-1, Insulin</li> <li>+ Relaxin, MSH</li> </ul> The most potent hormones to reverse aging? Mechanisms, doses, ... Topical hormone treatments on the face-neck-belly-hands-legs <ul style="list-style-type: none"> <li>+ Hormone skin creams</li> <li>+ Hormone mesotherapy to improve aesthetical medicine and surgery</li> <li>+ Clinical patient case</li> </ul>	<b>Registrants only:</b> Pre-recorded online video
Course 4	<b>Reversing the aging of the 5 senses with hormone and nutritional therapies</b>  <b>Educational outcome:</b> Transmission of knowledge on how to reverse age- or disease-related losses of eyesight, hearing, taste, smell, and sense of touch with hormone and nutritional therapies.  Hormone and nutritional therapies to efficiently reverse the age-related <ul style="list-style-type: none"> <li>+ Eyesight loss</li> <li>+ Hearing loss</li> <li>+ Tinnitus</li> <li>+ Taste and smell losses</li> <li>+ Touch sense loss</li> </ul>	<b>Registrants only:</b> Pre-recorded online video

	<p>Numerous practical information: the how's, why, doses and how to personalize the treatments and overcome treatment pitfalls</p> <ul style="list-style-type: none"> <li>+ Clinical patient case</li> <li>+ Question and answer session</li> </ul>	
<b>Course 5</b>	<p><b>Restoring scalp hair aging and disorders with hormone therapies</b></p> <p>Systemic and topical hormone and nutritional therapies to recover hair:</p> <ul style="list-style-type: none"> <li>+ Restoring hair quality: brittle, dry, flat, thin hair, etc.</li> <li>+ Reversing hair loss: diffuse, in plaques, male and female pattern, total alopecia</li> <li>+ Scientific studies</li> <li>+ Practical tips, doses, ...</li> </ul> <p>Clinical patient case</p>	<p><b>Registrants only:</b> Pre-recorded online video</p>
<b>Course 6</b>	<p><b>Reversing face and skin aging with hormone therapies</b></p> <p>Systemic and topical hormone and nutritional therapies to rejuvenate the face:</p> <ul style="list-style-type: none"> <li>+ Reversing wrinkles: forehead, crow feet, nasolabial wrinkles, fine or deep skin folds</li> <li>+ Eyes: eyebrow thinness/loss, droopy eyelids, dry or inflamed eyes, dark circles ...</li> <li>+ Age spots, eczema</li> <li>+ Sagging cheeks</li> <li>+ Facial bone atrophy, ...</li> </ul> <p>Clinical patient case</p>	<p><b>Registrants only:</b> Pre-recorded online video</p>
<b>Course 7</b>	<p><b>Reversing neck, chest, abdomen, back, and arm aging with hormone therapies</b></p> <p>Systemic and topical hormone and nutritional therapies to get a slim and firm body again:</p> <ul style="list-style-type: none"> <li>+ Neck: Loose skin folds, goiter</li> <li>+ Chest: Reversing gynecomastia (men); small or droopy breasts (women)</li> <li>+ Abdomen: Reversing bloating, obese or droopy abdomen, excess</li> <li>+ Back: droopy muscles, sarcopenia, fat accumulation, bison hump</li> <li>+ Trunk; thinness, sagging skin</li> <li>+ Arms: Reversing fatty, droopy or atrophic arms, sagging triceps, elbow</li> <li>+ Hands: fingernail abnormalities palm atrophy and wrinkling, Dupuytren syndrome, swollen hands, dehydrated skin, and many more</li> </ul> <p>Clinical case of a patient</p>	<p><b>Registrants only:</b> Pre-recorded online video</p>
<b>Course 8</b>	<p><b>Reversing leg, pelvis and genital aging with hormone therapies</b></p> <p>Systemic and topical hormone and nutritional therapies to get firmer and healthier limbs pelvis and genitals</p> <ul style="list-style-type: none"> <li>+ Thighs: cellulite, sagging inner thigh sides</li> <li>+ Knee: osteoarthritis, rheumatoid arthritis</li> <li>+ Lower legs: dry, flaky or thin skin, ulcers, leg muscle atrophy</li> <li>+ Feet: swollen ankles, sole atrophy toenail abnormalities, ulcers</li> <li>+ Pelvis: droopy or fatty buttocks, ...</li> <li>+ Genital (men): reversing Peyronie's disease, undersized penis and testicles, varicocele, prostate hypertrophy, ...</li> <li>+ Genital (women): Reversing clitoris atrophy or enlargement, vulvar atrophy, irritation, lichen sclerosis, abscess, breast cysts</li> </ul> <p>Question and answer session</p>	<p><b>Registrants only:</b> Live webinar + question and answer session</p>

Module 4 Estrogen & Progesterone Supplementation in Women		
Course	Topic	Course type
Estrogen and progesterone	19-01-2021 <b>Estrogen and progesterone therapies in women (overview webinar)</b> Estrogen and progesterone therapy webinar to present an overview of the 4 video sessions.	Free live webinar
Course 1	<b>Female hormone deficiency: Diagnosis</b> <ul style="list-style-type: none"> <li>+ Estrogen and progesterone actions</li> </ul> <b>Female hormone deficits</b> <ul style="list-style-type: none"> <li>+ High frequency in premenopause</li> </ul> <b>Diagnosis:</b> <ul style="list-style-type: none"> <li>+ Signs/ symptoms</li> <li>+ Lab tests and their interpretation</li> <li>+ Deficits within the normal range</li> <li>+ Associations with diseases; cardiac, osteopenia, rheumatoid disorders, ...</li> <li>+ Birth-control pill: a bitter pill?</li> <li>+ Clinical patient case</li> </ul>	Registrants only: Pre-recorded online video
Course 2	<b>Female hormone deficiency: Hormone and nutritional treatments</b> <b>Female hormone treatment:</b> <ul style="list-style-type: none"> <li>+ Lifestyle-dietary adjustments</li> <li>+ Nutritional supplements</li> <li>+ Estrogen and progesterone: best products, routes, in pre- and postmenopausal women</li> <li>+ Transdermal versus oral supplements</li> </ul>	Registrants only: Pre-recorded online video
Course 3	<b>Female hormone disorders: Hormone and nutritional treatments</b> Adjustments of female hormone supplementation to disease, stress and other conditions: PMS, menstrual cycle disorders, menorrhagia, fibroids, breast and ovarian cysts, PCOS, endometriosis, lichen sclerosis, cystitis, vaginitis, depression, anxiety disorders, cardiac disease, hypertension, hypercholesterolemia, stroke, cancer, chronic stress, adolescents, old age, sports, estrogen-hypersensitivity, progesterone intolerance, etc. <ul style="list-style-type: none"> <li>+ Clinical patient case</li> </ul>	Registrants only: Pre-recorded online video
Course 4	<b>Genital cancers and female hormones in women: Management, scientific facts</b> (Prof. Johannes Huber, University of Vienna, Austria, with Dr. T. Hertoghe) <ul style="list-style-type: none"> <li>+ Breast cancers and female hormones: Overview of the scientific literature</li> <li>+ Women after breast cancer: can we treat them with female hormones? And if so, how (doses, type of treatment)?</li> <li>+ Women after ovarian cancer: can we treat them with female hormones? And if so, how (doses, type of treatment)?</li> <li>+ Women after endometrial and cervix cancer: can we treat them with female hormones? And if so, how (doses, type of treatment)?</li> <li>+ Question and answer session</li> </ul>	Registrants only: Live webinar + question and answer session

Module 5		
Chronic Fatigue & Burnout: Hormone and Nutritional Therapies		
Course	Topic	Course type
Energy	16-02-2021 <b>Chronic fatigue and burnout: Hormone and nutritional therapies (overview webinar)</b> Webinar to present an overview of the 4 video sessions.	Free live webinar
Course 1	<b>Dietary and nutritional supplementations for fatigue</b> <ul style="list-style-type: none"> <li>+ Diet changes that improves energy Paleo, ketogenic, or vegan diet? Intermittent fasting?</li> <li>+ Pollutants that provide fatigue</li> <li>+ Nutritional therapies that improve energy               <ul style="list-style-type: none"> <li>+ Magnesium, CoQ10</li> <li>+ Vitamin B's, C</li> <li>+ Fish, linseed oils</li> </ul> </li> <li>+ The scientific studies</li> <li>+ Practical tips, doses,</li> <li>+ Clinical patient case</li> </ul>	<b>Registrants only:</b> Pre-recorded online video
Course 2	<b>Hormone supplementations for chronic fatigue syndromes, part 1</b> <ul style="list-style-type: none"> <li>+ Energizing hormone therapies that reduce fatigue part 1               <ul style="list-style-type: none"> <li>+ Thyroid therapy</li> <li>+ Cortisol therapy</li> <li>+ DHEA therapy</li> <li>+ Aldosterone therapy</li> <li>+ Testosterone therapy in men</li> </ul> </li> <li>+ The scientific studies</li> <li>+ Practical tips, doses, etc.</li> <li>+ Clinical patient case</li> </ul>	<b>Registrants only:</b> Pre-recorded online video
Course 3	<b>Hormone supplementations of chronic fatigue syndromes, part 2</b> <p>Energizing hormone therapies that reduce fatigue part 2</p> <ul style="list-style-type: none"> <li>+ Estradiol and progesterone therapies</li> <li>+ Testosterone therapy in women</li> <li>+ Thymosin-alpha-1 therapy</li> <li>+ Growth hormone and IGF-1 therapies</li> <li>+ Melatonin therapy</li> <li>+ Vasopressin therapy</li> <li>+ Clinical case of a patient</li> </ul>	<b>Registrants only:</b> Pre-recorded online video
Course 4	<b>Burnout syndrome: Hormone and nutritional supplementations</b> <p>Similarities between burnout and hormone deficiency symptoms Completely recover from burnout by treating the cause(s): deficiencies:</p> <ul style="list-style-type: none"> <li>+ Hormone therapies: thyroid, adrenal hormone, growth hormone and IGF-1 melatonin, etc.</li> <li>+ Nutritional therapies</li> <li>+ Clinical case of a patient</li> <li>+ Question and answer session</li> </ul>	<b>Registrants only:</b> Live webinar + question and answer session



Module 6 Thyroid Supplementation		
Course	Topic	Course type
Thyroid	23-03-2021 <b>Thyroid deficiency and excess: Diagnosis and therapy (overview webinar)</b> Webinar to present an overview of the 4 video sessions.	<b>Free</b> live webinar
Course 1	<b>Hypothyroidism: Diagnosis</b>  Some history of thyroid treatment Diagnosis of hypothyroidism: <ul style="list-style-type: none"> <li>+ High frequency</li> <li>+ Medical history (child- and adulthood hypothyroidism)</li> <li>+ Hypothyroid signs and symptoms</li> <li>+ Lab tests and their interpretation</li> <li>+ Hypothyroidism with lab tests within the normal range: the evidence</li> <li>+ Clinical patient case</li> </ul>	<b>Registrants only:</b> Pre-recorded online video
Course 2	<b>Hypothyroidism: Treatment</b>  Thyroid treatment: <ul style="list-style-type: none"> <li>+ Dietary adjustment</li> <li>+ Nutritional supplements to improve thyroid function</li> <li>+ T4, T3, T3+T4, slow release T3, desiccated thyroid</li> <li>+ T3-T4 versus T4</li> <li>+ Solving treatment problems</li> <li>+ Placebo-controlled trials</li> <li>+ Clinical case of a patient</li> </ul>	<b>Registrants only:</b> Pre-recorded online video
Course 3	<b>Adjustments of thyroid therapy to disease</b>  <ul style="list-style-type: none"> <li>+ Associations of hypothyroidism with age-related diseases</li> <li>+ Therapy adjustments to acute and chronic stress, children, old age, thyroid hypersensitivity, depression, anxiety disorders, adrenal deficiency, cardiac disease, hypertension, hypercholesterolemia, stroke, osteoporosis, cancer, etc.</li> <li>+ Clinical patient case</li> </ul>	<b>Registrants only:</b> Pre-recorded online video
Course 4	<b>Autoimmune thyroiditis, hyperthyroidism: Diagnosis and treatment</b>  Autoimmune thyroiditis: <ul style="list-style-type: none"> <li>+ Hashimoto's thyroiditis</li> <li>+ Graves' hyperthyroidism</li> <li>+ Frequency, diagnosis (signs, symptoms, histology, US), strong associations with other diseases and mortality,</li> <li>+ Dietary, nutritional and hormone, immune-restoring, antiviral and detox therapies</li> <li>+ Clinical case of a patient treated with thyroid therapy</li> <li>+ Question and answer session</li> </ul>	<b>Registrants only:</b> Live webinar + question and answer session

Module 7 Melatonin Supplementation		
Course	Topic	Course type
Melatonin	20-04-2021 <b>Melatonin deficiency: Diagnosis and therapy (overview webinar)</b> Webinar to present an overview of the next 4 video sessions.	<b>Free</b> live webinar
Course 1	<b>Melatonin deficiency: Diagnosis</b>  Some basic facts on melatonin Diagnosis of melatonin deficiency: <ul style="list-style-type: none"> <li>+ High frequency</li> <li>+ Melatonin-deficient signs and symptoms</li> <li>+ Lab tests and their interpretation</li> <li>+ Melatonin deficiency with lab tests within the normal range: the evidence</li> <li>+ Associations with age-related diseases</li> <li>+ Clinical case of a patient</li> </ul>	<b>Registrants only:</b> Pre-recorded online video
Course 2	<b>Melatonin deficiency: Treatment</b>  Treatment of melatonin deficiency: <ul style="list-style-type: none"> <li>+ Lifestyle, environmental, light, and dietary adjustments</li> <li>+ Nutritional supplements to improve melatonin levels</li> <li>+ Melatonin treatment: precursors, sublingual or oral, slow-release</li> <li>+ Overcoming pitfalls</li> <li>+ Adjustments to jet lag</li> <li>+ Placebo-controlled trials</li> <li>+ Clinical patient case</li> </ul>	<b>Registrants only:</b> Pre-recorded online video
Course 3	<b>Adjusting melatonin treatment to disease</b>  Adjustments of melatonin therapy to disease, stress and other conditions : <ul style="list-style-type: none"> <li>+ Acute and chronic stress, children, old age</li> <li>+ Shift work, delayed sleep phase syndrome</li> <li>+ Seasonal affective disorder</li> <li>+ Depression, anxiety disorders, adrenal deficiency,</li> <li>+ Cardiac disease, stroke, hypertension, lipid disorders, cancer, etc.</li> <li>+ Clinical patient case</li> </ul>	<b>Registrants only:</b> Pre-recorded online video
Course 4	<b>Melatonin therapy: Its potential to treat disease</b>  Presentation by leading international melatonin authority, Prof. Russ Reiter, Texas University, USA, with Dr Thierry Hertoghe) <ul style="list-style-type: none"> <li>+ Antiviral actions of melatonin (COVID 19, Ebola, SARS, influenza, HIV, etc.</li> <li>+ Anti-cancer actions of melatonin</li> <li>+ Cardioprotection and stroke prevention and treatment</li> <li>+ Question and answer session</li> </ul>	<b>Registrants only:</b> Live webinar + question and answer session

Module 8 Testosterone Supplementation in Men		
Course	Topic	Course type
Testosterone	18-05-2021 <b>Testosterone therapy in men (overview webinar)</b> Webinar to present an overview of the 6 video sessions.	Free live webinar
Course 1	<b>Testosterone deficiency in men: diagnosis and nutritional treatment</b>  Some history Diagnosis of testosterone deficiency: <ul style="list-style-type: none"> <li>+ High frequency</li> <li>+ Androgen deficiency signs and symptoms</li> <li>+ Lab tests and their interpretation</li> <li>+ Testosterone deficits with lab tests within the normal range</li> </ul> Treatment of testosterone deficiency: <ul style="list-style-type: none"> <li>+ Dietary and lifestyle changes, and nutritional supplements that improve testosterone levels</li> <li>+ Clinical patient case</li> </ul>	<b>Registrants only:</b> Pre-recorded online video
Course 2	<b>Testosterone deficiency in men: Treatments</b>  Treatment of testosterone deficiency: <ul style="list-style-type: none"> <li>+ Testosterone treatments: oral, transdermal, intramuscular</li> <li>+ Bio-identical testosterone versus anabolic steroids: indications and contraindications</li> <li>+ Placebo-controlled trials</li> </ul>	<b>Registrants only:</b> Pre-recorded online video
Course 3	<b>Adjustments of testosterone therapy to disease in men</b>  <ul style="list-style-type: none"> <li>+ Associations of testosterone deficiency with age-related diseases</li> <li>+ Therapy adjustments to disease: acute and chronic stress, old age, delayed puberty, testosterone hypersensitivity, depression, anxiety disorders, adrenal deficiency, cardiac disease, hypertension, hypercholesterolemia, stroke, osteoporosis, cancer, etc.</li> <li>+ Clinical case of a patient</li> </ul>	<b>Registrants only:</b> Pre-recorded online video
Course 4	<b>Genital cancers and male hormones in men: Management, scientific facts</b> (Prof. Malcolm Carruthers, President of the Society for the Study of Androgen Deficiency (the Andropause Society), UK, with Dr. T. Hertoghe) <ul style="list-style-type: none"> <li>+ Prostate cancers and male hormones: Overview of the scientific literature</li> <li>+ Men after prostate cancer: can we treat them with testosterone? And if so, how (doses, type of treatment)?</li> <li>+ Men after testicular cancer: can we treat them with testosterone? And if so, how (doses, type of treatment)?</li> <li>+ Question and answer session</li> </ul>	<b>Registrants only:</b> Live webinar + question and answer session

Module 9 Testosterone Supplementation in Women		
Course	Topic	Course type
Course 1	<p><b>Testosterone deficiency in women: diagnosis and nutritional treatment</b></p> <p>Some history            Diagnosis of testosterone deficiency in women:</p> <ul style="list-style-type: none"> <li>+ High frequency</li> <li>+ Signs and symptoms</li> <li>+ Lab tests and their interpretation</li> <li>+ Testosterone deficits with lab tests within the normal range</li> </ul> <p>Associations of testosterone deficiency with age-related diseases in women:</p> <ul style="list-style-type: none"> <li>+ Treatment of testosterone deficiency</li> <li>+ Dietary and nutritional supplements to improve testosterone levels</li> <li>+ Clinical patient case</li> </ul>	<p><b>Registrants only:</b>            Pre-recorded            online video</p>
Course 2	<p><b>Testosterone deficiency in women: treatment</b></p> <p><b>Treatment</b> of testosterone deficiency in women:</p> <ul style="list-style-type: none"> <li>+ Testosterone: treatments: oral, transdermal, intramuscular</li> <li>+ Placebo-controlled trials</li> <li>+ Therapy adjustments to disease: depression, anxiety disorders, cardiac disease, hypertension, hypercholesterolemia, stroke, osteoporosis</li> <li>+ Clinical patient case</li> <li>+ Question and answer session</li> </ul>	<p><b>Registrants only:</b>            Live webinar +            question and            answer session</p>

## Price information sheet

		Module	Number of courses	Price	Special Price 2020
2020 - 2021	<b>Module 1</b>	COVID-19 & Immunity with hormone and nutritional therapies	5	750 €	620 €
	<b>Module 2</b>	COVID-19 & Inflammation with hormone and nutritional therapies	3	465 €	375 €
	<b>Module 3</b>	Reversing Aging with hormone therapies	8	1 180 €	970 €
	<b>Module 4</b>	Female hormone supplementation (estrogen & progesterone) in pre- and post-menopause	4	600 €	495 €
	<b>Module 5</b>	Fatigue, Burnout, and post-traumatic brain injury syndrome	4	600 €	495 €
	<b>Module 6</b>	Thyroid supplementation	4	600 €	495 €
	<b>Module 7</b>	Melatonin supplementation	4	600 €	495 €
	<b>Module 8</b>	Testosterone supplementation in men	4	600 €	495 €
	<b>Module 9</b>	Testosterone supplementation in women	2	310 €	250 €

You may also follow unique lectures: **125€/course** for students registering before December 2020.