

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
- obtained honorary doctorship in medicine by the ST Petersburg INstitute of Bioregulation and gerontology in 2014

Scientific organisations:

- President of the International Hormone Society (4000 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

2006: Chicago, anti-aging meeting of the A4M (February)

Coronary Heart Disease and hormone replacement therapies

Paris, France, 4th Anti-aging Medicine World Congress (X) (March)

Risks of GH replacement therapy in adults: cancer; diabetes

Athens, Greece; Athens anti-aging seminar (May)

2 workshops (2 days): Nutritional therapy seminar, stem cell therapy seminar

Nutritional therapies of coronary heart disease, arterial hypertension, hyperlipidemia

Skin and hair disorders: nutrients that help

Bangkok, Thailand, Anti-aging Conference (November)

- The brain and hormone replacement therapies

- Coronary Heart Disease and hormone replacement therapies

Tokio, Japan, 7th congress of the Japanese society of anti-aging medicine (July)

Growth hormone therapy in aging adults: can it reverse aging?

Workshop: Testosterone, DHEA and melatonin therapies

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

How to treat with growth hormone: doses, benefits, risks

Lifespan decrease with growth hormone deficiency and life extension with GH treatment

The psychology of centenarians and their hormonal underlayer

Can we heal or slow down Parkinson's diseases of aging?

The negative emotions that shorten your lifespan

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:

- Growth hormone treatment of aging adults: scientific facts, diagnosis, treatment, safety

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

- Thyroid TSH polemics: Which is the best reference range?

- Vitamin A: The anti-cancer vitamin?

Kyoto, Japan, Anti-Aging Medicine Conference:**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: Phytotherapy 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? The 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

Brussels, Belgium – Roman Pais Conference:

The elderly man: treatment of his testosterone deficiency by diet, nutritional supplements, phytotherapy and hormones.

2014

Brussels, Belgium – 4th Pro-Aging Europe Congress (X):

- Nutritional supplements that safely increase hormone levels
- How to revive female sexuality with supplements

Orlando, USA; 2014, May congress of the American academy of anti-aging medicine

Main session: Reversing physical aging with hormone therapies?

Scientific evidence

- Estrogen, progesterone and testosterone therapy in pre-and postmenopausal women
- Growth hormone therapy in adults
- Metabolic syndrome: hormone therapies

'sGravenwezel, Belgium—Hormone Wellness congress (May 2014)

- Nutriënten die geslachtshormonen bij man en vrouw verbeteren

Geneva, Switzerland Seclarm (Swiss European congress of longevity, aesthetic, & regenerative medicine

- The most efficient hormone therapies for male and female sexuality
- How to reverse physical aging with hormone therapies

London, UK: 11th Anti-ageing conference (Oct. 2014)

- Vasopressin deficiency: treatment

Dubai: 3rd A4M Dubai anti-aging conference :

- Hormone therapies to efficiently address metabolic syndrome

Paris, France - ADNO Longevity Hormones Aging

- Hormone Therapies to prolong life

Las Vegas, USA, 22th Annual World Conference on Anti-Aging Medicine & Biomedical Technology (A4M):

Testosterone deficiencies in men over age 25 years

Safe uses of cortisol treatment

Growth hormone therapy in adults

The burnout syndrome: Hormone and nutritional therapies

2015:

Brasilia, Brazil – Seminario Internacional em Fisiologia (April) : Workshops (2 days)

- Physical signs of hormones deficits, testosterone deficits, burnout, depression, psychotic disorders
- Prenatal, pediatric and adolescent endocrinology

Rome (April)

- High frequency of thyroid, growth hormone and DHEA deficiencies: herbal and hormone therapies

Hollywood, USA – 23rd World Congress on Anti-Aging Medicine (May)

- Pre-congress workshop (1 day): The Aging Male, Hormone and nutritional therapies
- Main session: Male sexuality: So much more hormone therapies than just testosterone

Frankfurt, Germany (May) – **BHRT Workshop** (2 days)

- Bio-Identical Hormones – Hormone Replacement Therapy in your Practice
- Breast cysts and prostate hypertrophy

Tiel, Netherlands: Hormone Wellness Congress (Sept.)

- Nutriënten die de hormoonspiegels of hormoonactiviteiten verhogen

Paris, France – Congrès international de Santé Naturelle (October)

- Comment bien vieillir en restant jeune

Brussels, Belgium – Roman Pais Conference (October)

- Nutritional therapies to stimulate hormone activities and levels

Sao Paulo, Brazil – 4th Latin American Congress of the World of Anti-Aging Medicine (October) (X)

- Preconf workshop (1 day): Reversing physical aging with hormone therapies
- Main session: Adrenal Burnout

Miami, USA – 20th World Congress of Aesthetic Medicine (November)

- Workshop (1 day): Reversing physical aging with hormone therapies
- Mesotherapy workshop (2h)

Brussels, Belgium: 5th Pro-aging Europe Congress (X) (November):

Preconf workshops (3 days):

- Major hormone therapies workshop
- Aging head workshop, Thyroid symposium, mesotherapy workshop
- Aging female, Aging male symposia

Main session: Adrenal Burnout

Las Vegas, USA, 23rd Annual World Conference on Anti-Aging Medicine & Biomedical

Technology (A4M)(December):

Preconf Longevity and centenarian workshop (1 day):

Lectures :

- Bio-identical hormone therapies
- Estrogen , progesterone, and testosterone therapy i pre-and postmenopausal women
- Growth hormone therapy in adults
- Hormone therapies and the brain

Main session: Can we live 40 years longer?

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

2016

Brussels, Belgium (January): Melatonin therapy

San Francisco, USA – BHRT Symposium (March)

Diagnosing famous people with hormone deficiencies. Practical Overview of BHRT

Premature aging syndromes

Oxytocin: Psychological Effects - Use in male and female orgasm, fibromyalgia

Studies from around the world on growth hormone and the aging patient

Diagnose your own hormone deficiencies! Bring your lab tests and follow along with a live diagnosis on stage of hormone deficiencies.

Bangkok, Thailand – Regenerative Medicine: a new approach in hormonal treatment (July)

Main session on Ministry of health conf: How to age well and remain young

Workshop (2 days):

- Thyroid, Cortisol, DHEA, estrogen and progesterone, testosterone therapies
- Growth hormone, IGF-1 therapies; Hormone treatments of hair loss, erectile dysfunction, osteoporosis

Fano, Italy: Why do we die? (October;3-day conference)

- IGF-1 therapy in adults; More potent than growth hormone to reverse aging?

Paris, France – Congrès international de Santé Naturelle (October)

Centenaires heureux : décodage hormonal

Sao Paulo, Brazil – 5th Latin American Congress of the World of Anti-Aging Medicine (X) (October)

Preconf workshop (1 day): Aging head; Aging female Aging male

Main session: Burnout syndrome

Brussels, Belgium – 6th Pro-Aging Europe Congress (X) (October):

Preconf workshop (2 days):

- Essential Hormone Therapies :Testosterone (bio-identical and nonbio-identical) in men, progesterone, IGF-1, Insuli, Thymosin-β-4, EPO therapies
- Reversing the aging fo the chest, back, abdomen, lower limbs, female and male genitals; Medical peptide treatments
- Main session: Nutritional and hormones treatments of glaucoma and tinnitus

Las Vegas, USA – 24th Annual World Conference on Anti-Aging Medicine & Biomedical Technology (A4M) (December)

Lectures:

- Bio-Identical hormone Therapies
- Female Hormone Therapies: estrogen, progesterone, testosterone

2017

Dubai, UAE – BHRT Workshop – Major Anti-Aging hormone, peptide and nutritional therapies

- Major Hormone and Peptide Treatments
- Efficient Obesity Management: Hormone and Nutritional 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 (Oberrussel), 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), Taipeh (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: Hasselt (Belgium)</p> <p>1989: Antwerp (Belgium)</p> <p>1993: Antwerp (Belgium)</p>	<p>2009: Monaco, Budapest, Brussels, Jakarta , Melbourne, Warsaw</p>
<p>1994: Leuven (Belgium)</p>	<p>2010: Brussels, Jakarta, Warsaw, Krakow, Kuala Lumpur (2x)</p>
<p>1995: Laarne (Belgium)</p> <p>1997: München (Germany), Genval (Belgium), Paris (France)</p> <p>1998: New-Jersey (USA), Istanbul (Turkey)</p> <p>2002: Brussels (Belgium), Moscou (Russia), Jodoigne & Gent (Belgium), Paris (France)</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 (Poland)</p>
<p>1999: at Paris (France), Charleroi (Belgium)</p> <p>2000: Brussels, Essene & Charleroi</p> <p>2001: Paris, Perpignan & Lyon (France) (Belgium), Lisbon (Portugal)</p> <p>2003: Paris (France), London (UK)</p> <p>2005: Barcelona (Spain), Monaco (France), Las Vegas (USA)</p> <p>2006: Brussels (Belgium), Paris (France), Prague (Czechie), San Diego (USA), Las Vegas (USA)</p> <p>2007: Paris, Nice, Florence, San Diego, Los Angeles, Sydney, Hong Kong, Taipeh</p> <p>2008: Jakarta, Kuala Lumpur; Melbourne, Paris</p>	<p>2014: Warschaw (Poland), Frankfurt (Germany), Brussels (Belgium), San Francisco (USA), Kuala Lumpur (Malaysia), Orlando, San Diego (USA), St Petersburg (Russia), Phoenix (USA), Krakow (Poland), London (UK), Dubai (United Emirats), Las Vegas (USA) 2004: Melbourne (Australia), Brussels (Belgium), Vienna (Austria), Rome (Italy) Barcelona (Spain), Moscou (Russia)</p> <p>2015: Petersburg (Russia), , Los Angeles (USA), Frankfurt (Germany), Brasilia (Brazil); Hollywood (Florida, USA), Bangkok (Tailand), New Orleans (USA), Sao Paulo (Brazil), Miami (USA), Brussels (Belgium), Las Vegas (USA°)</p> <p>2016: San Francisco (USA), Bangkok (Thailand), Paris (France), Sao Paulo (Brazil), Brussels (Belgium)</p> <p>2017: Dubai (Unied Emirats), SaoPaulo (Brazil)</p>

<p>1988: Hasselt (Belgium)</p> <p>1989: Antwerp (Belgium)</p> <p>1993: Antwerp (Belgium)</p>	<p>2009: Monaco, Budapest, Brussels, Jakarta , Melbourne, Warsaw</p>
<p>1994: Leuven (Belgium)</p>	<p>2010: Brussels, Jakarta, Warsaw, Krakow, Kuala Lumpur (2x)</p>
<p>1995: Laarne (Belgium)</p> <p>1997: München (Germany), Genval (Belgium), Paris (France)</p> <p>1998: New-Jersey (USA), Istanbul (Turkey)</p> <p>2002: Brussels (Belgium), Moscou (Russia), Jodoigne & Gent (Belgium), Paris (France)</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 (Poland)</p>
<p>1999: at Paris (France), Charleroi (Belgium)</p> <p>2000: Brussels, Essene & Charleroi</p> <p>2001: Paris, Perpignan & Lyon (France) (Belgium), Lisbon (Portugal)</p> <p>2003: Paris (France), London (UK)</p> <p>2005: Barcelona (Spain), Monaco (France), Las Vegas (USA)</p> <p>2006: Brussels (Belgium), Paris (France), Prague (Czechie), San Diego (USA), Las Vegas (USA)</p> <p>2007: Paris, Nice, Florence, San Diego, Los Angeles, Sydney, Hong Kong, Taipeh</p> <p>2008: Jakarta, Kuala Lumpur; Melbourne, Paris</p>	<p>2014: Warschaw (Poland), Frankfurt (Germany), Brussels (Belgium), San Francisco (USA), Kuala Lumpur (Malaysia), Orlando, San Diego (USA), St Petersburg (Russia), Krakow (Poland), Dubai (United Emirats), Las Vegas (USA) 2004: Melbourne (Australia), Brussels (Belgium), Vienna (Austria), Rome (Italy) Barcelona (Spain), Moscou (Russia)</p> <p>2015: Petersburg (Russia), , Los Angeles (USA), Frankfurt (Germany), Brasilia (Brazil); Hollywood (Florida, USA), Bangkok (Tailand), New Orleans (USA), Sao Paulo (Brazil), Miami (USA), Brussels (Belgium), Las Vegas (USA°)</p> <p>2016: San Francisco (USA), Bangkok (Thailand), Paris (France), Sao Paulo (Brazil), Brussels (Belgium)</p> <p>2017: Dubai (Unied Emirats), Sao Paulo (Brazil), Singapore, Chicago (USA), Miami (USA), Las Vegas (USA)</p>

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2. Hertoghe Th. **Growth hormone therapy in aging adults.** Anti-Aging Medical Therapeutics (Eds Klatz RM & Goldman R) 1997; I:10-28
3. 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
4. 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
5. Hertoghe T. **Minimizing obesity with hormone replacement therapies.** Anti-Aging Medical Therapeutics 2001-2003; V-VII
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8. 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
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- DHEA, Androstenedione and their metabolites in 24-hour urine**
- Cortisol and cortisol metabolites in 24-hour urine**
- Pregnanediol 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, Gadowski 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)

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

Planned for May 2017: Hertoghe T. **Reversing physical aging textbook: tome 1** (reversing aging of the head and five senses July 2015: Hertoghe T, ed. **Textbook of Hormone Therapy**

Planned for October 2017: **Hertoghe T. Reversing physical aging textbook: tome 2** (Reversing the aging of the neck, chest, abdomen, back, pelvis, male and female genitals, arms, hands, fingernails legs, feet, toenails)

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)

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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

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Hormoni de Felicidad, hormones of happiness (2009)

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Minibooks of 15-25 pages on a medical topic with answers to reader/patient questions and references

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2. Hertoghe T. Oxytocin, natural substance, key to affection and happiness (L’ocytocine, La substance naturelle clé de l’affection et du bonheur). Lettre du Dr Hertoghe -SNI Dec. 2012; **Suppl.1:** 1-11
3. Hertoghe T. Thyroid deficiency or mild hypothyroidism (L’insuffisance thyroïdienne ou hypothyroïdie modérée). Lettre du Dr Hertoghe -SNI Jan. 2013; 2: 1-14
4. Hertoghe T. Reversing the effects of andropause, “men’s menopause” (Inverser les effets de l’andropause, la « ménopause des hommes »). Lettre du Dr Hertoghe -SNI Feb. 2013; 3: 1-12
5. Hertoghe T. Sleep Difficulties: are you tired of not sleeping well? (Fatigué de mal dormir? Les réponses aux troubles du sommeil). Lettre du Dr Hertoghe -SNI Mar. 2013; 4: 1-16
6. Hertoghe T. Fatigue: beneficial nutritional and hormone treatments (Fatigue! Comment s’en débarrasser?). Lettre du Dr Hertoghe -SNI Apr. 2013; 5: 1-14
7. Hertoghe T. Anxiety: beneficial nutritional and hormone treatments (Anxiété! Comment se débarrasser de cette peur qui vous mine...). Lettre du Dr Hertoghe -SNI May 2013; 6: 1-11
8. Hertoghe T. Obesity management with diet, and nutritional and hormone therapies (Redevenir mince une fois pour toutes). Lettre du Dr Hertoghe -SNI Jun. 2013; 7: 1-20
9. Hertoghe T. Reversing the aging of the face by correcting nutritional deficits. Part 1. (Améliorer votre visage par les compléments nutritionnels). Lettre du Dr Hertoghe -SNI Jul. 2013; 8: 1-18

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10. Hertoghe T. Male sexuality, nutritional and hormone keys for love without taboos (Sexuellement épanoui? La sexualité de l'homme sans tabou mais avec amour). Lettre du Dr Hertoghe -SNI Aug. 2013; 9: 1-20
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14. Hertoghe T. Hair loss, the nutritional supplements to regrow scalp hair (La perte de cheveux, Les suppléments nutritionnels pour les faire repousser). Lettre du Dr Hertoghe -SNI Dec. 2013; 13: 1-19
15. Hertoghe T. The imprudence of not treating hormone deficits (L'imprudence de ne pas traiter ses carences hormonales). Lettre du Dr Hertoghe -SNI Dec. 2013; **Suppl.2**: 1-16
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19. Hertoghe T. Drinking water : the first medication (Boire de l'eau, notre premier et souvent notre meilleur médicament). Lettre du Dr Hertoghe -SNI Apr. 2014; 17: 1-20
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21. Hertoghe T. Wrinkles: beneficial nutritional and hormone treatments (Rides, comment les atténuer et les faire disparaître ?). Lettre du Dr Hertoghe -SNI Jun. 2014; 19: 1-14
22. Hertoghe T. Grey hair, how to limit their appearance? (Cheveux gris, comment les atténuer ?). Lettre du Dr Hertoghe -SNI Jul 2014; 20: 1-18
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26. Hertoghe T. Reversing the aging of the neck: nutritional and hormone treatments (Rajeunir le cou, traiter le vieillissement du cou). Lettre du Dr Hertoghe -SNI Nov. 2014; 24: 1-24
27. Hertoghe T. Testosterone treatment for women, the treatment that makes both partners happy (La testostérone pour les femmes, le traitement qui rend les femmes brillantes et leur partenaire admirative). Lettre du Dr Hertoghe -SNI Dec. 2014; 25: 1-18
28. Hertoghe T. Reversing the aging of the chest: nutritional and hormone treatments (Inverser le vieillissement de la poitrine et régénérer le cœur et les poumons). Lettre du Dr Hertoghe -SNI Jan. 2015; 26: 1-20
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31. Hertoghe T. Reversing the aging of the hands: nutritional and hormone treatments (Des mains splendides, comment inverser le vieillissement des mains). Lettre du Dr Hertoghe - SNI Jun. 2015; 29: 1-35
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33. Hertoghe T. The hormones of feminine beauty, Treating women with female hormones long before at the menopause Part. 1 (Hormones féminines : 1^{ère} partie, Le secret des femmes épanouies, comment les hormones féminines agissent sur le bien-être des femmes et les rendent aussi attirantes). Lettre du Dr Hertoghe -SNI Jun. 2015; 31: 1-1
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35. Hertoghe T. Reversing the aging of legs and feet: nutritional and hormone treatments (Gardez des jambes fermes et solides). Lettre du Dr Hertoghe -SNI Aug. 2015; 33: 1-32
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37. Hertoghe T. Tinnitus: nutritional and hormone treatments (Les solutions pour faire taire les acouphènes). Lettre du Dr Hertoghe -SNI Oct. 2015; 35: 1-18
38. Hertoghe T. Healthy aging medicine, a scientific, evidence-based medicine (Avez-vous peur de rajeunir ?). Lettre du Dr Hertoghe -SNI Nov. 2015; 36: 1-13
39. Hertoghe T. Pregnenolone, the hormone to improve short-term memory (L'hormone qui fait du bien à votre cerveau). Lettre du Dr Hertoghe -SNI Dec. 2015; 37: 1-13
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42. Hertoghe T. Hearing loss: introduction (Entendre de nouveau parfaitement, c'est aujourd'hui possible). Lettre du Dr Hertoghe -SNI Mar. 2016; 40: 1-22
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45. Hertoghe T. Hearing loss: the nutritional solutions (Entendre les oiseaux à tout age: Les solutions nutritionnelles). Lettre du Dr Hertoghe -SNI Jun. 2016; 43: 1-25
46. Hertoghe T. Hearing loss: hormone therapies (Surprenante restauration de l'audition par des thérapies hormonales). Lettre du Dr Hertoghe -SNI Jul. 2016; 44: 1-25
47. Hertoghe T. Reversing the aging of the male genital organs (L'Anatomie masculine sans tabou). Lettre du Dr Hertoghe -SNI Aug. 2016; 45: 1-25
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