

International Hormone Society

The evidence-based Society for traditional and advanced hormone therapies
The third biggest endocrine society in the world

A PRACTICAL APPLICATION OF TREATING
ADULT HORMONE DYSFUNCTIONS (DEFICIENCIES,...)

presented by International Leading Experts



3 YEARS PROGRAM 2008 - 2010

NEXT SEMINARS:

FEBRUARY 22-23-24, 2008 - BRUSSELS - BELGIUM

APRIL 5 to 10, 2008 - PARIS - Palais des Congrès - FRANCE

MAY 5 to 10, 2008 - FLORENCE - Convitto della Calza - ITALY

The International Hormone Society's Fellowship

Degrees in Hormone Therapies

IHS certificate in Hormone Therapy Initiation

IHS certificate in Basic Hormone Therapy

IHS diploma in Hormone Therapy

IHS Speciality in Endocrinology and Hormone Therapy

World's highest level of endocrinology specialization
open to all medical specialities

On-Line Registration and Program

WWW.EUROMEDICOM.COM



EuroMediCom
Elevating Science for Endocrine

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Degrees in Endocrinology & Hormone Therapy

Open to all medical specialties - Essential for physicians who treat patients with hormone therapies

CME CREDITS: THE IHS FELLOWSHIP WILL PROVIDE INTERNATIONAL CME (CONTINUOUS MEDICAL EDUCATION) CREDITS FOR EACH SEMINAR

INTRODUCTION

IHS OFFERS AN ADVANCED, HIGH QUALITY EDUCATION IN ENDOCRINOLOGY AND HORMONE THERAPY: Goal of IHS is to provide evidence-based information and practical knowledge in endocrinology necessary for physicians of all specialties who treat patients with hormone therapies. The International Hormone Society has created a three-year **400-hour fellowship in endocrinology and hormone therapy that started in October 2007** with a repetition of the first three days in February 2008.

INFORMATIVE SCIENTIFIC AND PRACTICAL CONTENT: The IHS programs are ideal training for physicians of any specialization who want to expand the scope of their practice by providing safe hormone treatments. For the traditionally trained endocrinologists, IHS offers the unique opportunity to continue their medical education and broaden the range of evidence-based treatment options offered in their practice.

The IHS specialties provide the most comprehensive information, giving physicians the necessary tools to provide care for any hormone abnormality encountered in their practices.

ESSENTIAL EVIDENCE-BASED INFORMATION ON THE ENDOCRINE SYSTEM & HOW TO IMPROVE HORMONE LEVELS NATURALLY BY THE FOLLOWING:

- A better diet
- Stress management
- Exercise
- An improved, cleaner environment
- Improved psychological attitudes
- Life style changes
- Light exposure
- & other...

IHS specialties cover topics such as adult growth hormone replacement, testosterone treatment for women, safe estrogen and cortisol therapies, and the uses of pregnenolone, leptin, oxytocin, melatonin, DHEA, parathyroid hormone, calcitonin, nasal insulin, vasopressin treatment, progesterone in women and men, and many more. The information is always solidly backed by scientific evidence.

IHS specialties focus not only on the treatment of severe hormone deficiencies or excesses, but also on the correction of milder forms of endocrine dysfunctions commonly seen in doctors' offices.

Workshops where international experts share their experiences are a fundamental part of the training. You get all the practical information you cannot get elsewhere.

EVIDENCE-BASED ENDOCRINOLOGY: All the data presented in the courses of the Specialty in Endocrinology and Hormone Therapy are extensively referenced. Many cutting-edge studies are presented, critically analyzed and the material is enriched with practical tips on using the information in your medical practice.

EXPERTS FROM ALL OVER THE WORLD: Many of the speakers of the IHS specialties rank among the best experts in their field. They are experienced physicians who excel in teaching physicians how to treat patients safely and efficiently.

IHS DEGREES IN ENDOCRINOLOGY AND HORMONE THERAPIES: In addition to receiving certificates of attendance for each seminar and course, the following four degrees can be successively attained.

IHS SPECIALTY	DEGREE	HOURS	REMARKS
1. Hormone Therapy Initiation	Certificate	72 hours	A high quality introductory course in hormone therapy consisting of 3 seminars of 3 days (72 hours) plus an exam.
2. Basic Hormone Therapy (1st year)	Certificate	130 hours of Courses	Basics with practice hints, 130 hours of courses, plus exam.
3. Hormone Therapy 1st & 2nd years	Diploma	240 hours of Courses	First year (basic) and second year (advanced): basics and practice, each year consists of at least 240 hours of courses, plus exam
4. Endocrinology and Hormone Therapy Specialty	Masters	320 hours of Courses + 80 hours of Thesis	Adds a third year (masters): of additional 80 hours of courses (an extensive review of the literature on an endocrine topic or a specialized research project), plus exam and thesis submitted and formatted for publication

The courses of the Hormone Therapy Initiation are part of the basic courses of the first year of the IHS Specialty in Endocrinology and Hormone Therapy

CME CREDITS PROJECTED: International CME (continuous medical education) credits for the courses are anticipated.

TIME ALLOWED TO COMPLETE EACH DEGREE: The participant is expected to complete each degree within a year and part of the program may be attained through Internet training. An extension of time may be granted by the college of teachers with a written request for a valid cause.

EXAMS: An IHS certificate in Basic Hormone Therapy requires passing an exam at the end of the year. The exams are always written and multiple choice and cover basic hormone therapy and hormone therapy initiation. For the 2nd and 3rd years of the IHS specialty in endocrinology and hormone therapies, there are two types of exams at the end of each year. There is a theoretical multiple choice test and an exam that covers the practical application of knowledge with a patient presentation.

MUCH CAN BE ACCOMPLISHED THROUGH INTERNET TRAINING – UP TO 65 % CAN BE DONE VIA THE INTERNET: Although it is advisable to attend the seminars in order to interact with key speakers, physicians can get a great deal of the course via the internet. A high quality standard will be met by May 2008 when both a video of the speaker and their PowerPoint presentation will appear on the same screen. The lectures will be available for review at the convenience of each student.

OPEN TO ALL MEDICAL SPECIALTIES: Any physician licensed to prescribe hormones, including general practitioners, will be allowed to attend the courses. Other health care professionals may be accepted after approval by the supervising board, but not for the second and third year exams. The purpose of these is to confer the designation of a full specialty in endocrinology and hormone therapy.

LOCATION: The seminars are in major European, American or Asian cities. The first year has started in Paris (first seminar) with the three first days of the courses repeated in Brussels in February 2008 (first seminar). The seminar proceeds in Paris in April 2008 (second seminar) and in Florence in May 2008 (third seminar).

The second and third year courses are planned for North-America, Europe and Asia.

International Hormone Society: *Website* – www.intlhormonesociety.org

The International Hormone Society is the third largest endocrine society of physicians in the world. The society has one of highest growth rates among physicians: more than 100 physicians become new members each month.

The Society is open to physicians of all medical specialties who specialize in hormone therapy. It provides high quality information, including the latest cutting-edge information on hormone therapy. It has published innovative and well-documented consensus on hormone therapy. Most of these consensus have already been signed by more than 1000 physicians from all over the world.

International Hormone Society

AMONG THE INTERNATIONAL SPEAKERS

Dr Benoît CLAEYS (BELGIUM)
Dr Claude DALLE (FRANCE)
Dr Thérèse HERTOGHE (BELGIUM)
Dr Thierry HERTOGHE (BELGIUM)
Dr Steven HOTZE (USA)
Dr Mario KRAUSE (GERMANY)
Dr Denise MARKS (USA)

Dr Walter PIERPAOLI (SWITZERLAND)
Dr Michael PERRING (UK)
Dr Ascanio POLIMENI (ITALY)
Prof. Russel REITER (USA)
Dr Ron ROTHENBERG (USA)
Dr Eugene SHIPPEN (USA)
Dr Suzie SCHUDER (USA)

Prof. Pansak SUGKRAROEK (THAILAND)
Dr Pakpilai THAVISIN (THAILAND)
Dr Jakob TEITELBAUM (USA)
Dr Adrian ZENTNER (AUSTRALIA)
Prof. Stefan ZGLICZYNSKI (POLAND)
Prof. Imre ZS-NAGY (HUNGARY),
and many more

HORMONE THERAPY INITIATION AND HALF OF THE FIRST YEAR OF THE IHS SPECIALTY IN ENDOCRINOLOGY AND HORMONE THERAPIES THREE 3-DAY SEMINARS: TOPICS, MANY TOPICS ARE INTERACTIVE LECTURES WITH QUESTION AND ANSWER SESSION

SEMINAR-1

- Introduction to the courses: practical aspects, info on all points
- Overview of techniques to slow aging
- Overview of the endocrine system: major hormones, actions
- Aging of the endocrine system
- The effect of hormone therapies on lifespan
- The psychological attitudes that improve hormones
- Potent antioxidant action of hormones such as melatonin, DHEA, testosterone, cortisol, etc.
- Effect of stress on hormone levels
- Physical exercise: effects on hormone levels
- How to do a good endocrine anamnesis (patient history & complaints)
- How to do a good endocrine physical examination
- How to inform the patient about all practical aspects of the consultation price, benefits, risks, follow-up papers to provide, etc.
- Treating hypothyroidism: Cause, consequences, diagnosis, treatment, follow-up treatment, T3 alone, T3-T4 or T4 alone
- Treating hypothyroidism outside or within the reference range: critical review of the literature
- Problems that may occur during thyroid treatment
- Main serum and 24-hour urine hormone lab tests to ask for an initial assessment, Main saliva hormone tests, Main hormone tests to do for follow-up
- Foods that improve hormone levels and/or effects
- Vitamins and other nutrients that improve hormones
- The indoor and outdoor pollutants that affect hormones, and how to avoid them

SEMINAR-2

- How to treat older patients, children pregnant and breastfeeding women with hormones
- How to avoid or overcome burn out syndromes
- The hormone deficiencies of famous people
- Adrenal cortex hormones (cortisol, aldosterone, pregnenolone, progesterone, DHEA, 7-keto DHEA, androstenedione) physiology and actions
- Treatment of aldosterone deficiency
- Mild cortisol deficiency syndrome: signs, symptoms, age-related diseases
- Safe cortisol replacement therapy
- How to solve problems during glucocorticoid treatment
- How to treat jet lag problems with aldosterone, cortisol, melatonin, light and activity
- Progesterone therapy in men: all the information about it
- Androstenedione therapy
- Pregnenolone treatment
- 7-keto-DHEA
- Melatonin studies
- Testosterone therapy in women: basic info, deficiency symptoms and signs, age-related diseases, the better way to treat
- HCG treatment of obesity
- Bulimia and anorexia: the hormonal imbalances and deficiencies behind these diseases and how to correct them
- Leptin treatment
- Cholecystokinin treatment
- Treatments with clomiphene, chorionic gonadotropin and testosterone cypionate "mini" shots as improved method of correction of testosterone-deficiency in men
- Neuroendocrine treatments of sexual senescence in men and women
- Calcitonin therapy increases bone density & reduces vertebral fracture pain and non fracture back pain
- Parathyroid treatment for osteoporosis

SEMINAR-3

- Oxytocin, the hormone of orgasm and anti-pain
- Vasopressin therapy to improve memory and dehydration
- MSH therapy: for pigmentation and grey hair?
- Melatonin deficiency and replacement therapy: Critical studies on cancer and sleep
- Melatonin and longevity
- The aging clock in the pineal gland
- Melatonin and age-related diseases
- Growth hormone (GH): introduction and physiology
- GH deficiency and treatment in children
- Adult GH deficiency: signs and symptoms, age-related diseases, treatment, benefits, risks, doses...
- Tips on the best way to treat GH deficiency in adults
- Growth hormone and cancer risk (prostate, breast, and other risks)
- Potential risks of growth hormone treatment: diabetes, premature death, etc.
- GH secretagogues
- Drink and food influences on GH
- Testosterone: physiology and actions
- Male Testosterone deficiency syndrome: Clinical signs and symptoms, lab tests preferred, treatment, relation to age-related disease
- Testosterone, diabetes and obesity
- Testosterone and prostate cancer risk
- How to solve problems that may occur during testosterone treatment
- Female hormone deficiency syndrome: signs and symptoms, age-related diseases
- Safe female hormone replacement therapies: benefits, risks and how to do it
- Female hormone replacement: the critical studies
- DHEA deficiency and therapy
- Additional data on DHEA
- Estradiol therapy of men
- Progesterone deficiency syndrome in men

More Information and updated Program at WWW.EUROMEDICOM.COM



First Year Program: Courses in addition to the basic hormone program

Three 6-day seminars in total

INSULIN PATHOLOGIES:

- ☐ **Type 1 diabetes:** (1) Pathogenesis. (2) Diagnosis and clinical course (3) Insulin therapy in type 1 diabetes (4) Hypoglycemia during insulin therapy - clinical symptoms and treatment (including glucagon treatment)
- ☐ **Type 2 diabetes:** Cause, symptoms, signs, lab tests, consequences, treatment and follow-up; Metformin, clinical case studies
- ☐ Insulin treatment of nondiabetic patients (cachectic, excessively thin, very old): introduction; Reports of nondiabetic patients treated with insulin
- ☐ Treating insulin resistance with various hormone therapies
- ☐ Beneficial effects of other hormone therapies on insulin resistance
- ☐ Insulin as a longevity hormone

ENDOCRINOLOGY and genes, stem cells

- ☐ Herbal treatments as treatment of hormone deficiencies
- ☐ Phytoestrogens, flavonoids
- ☐ Genetic polymorphisms predisposing to prostate cancer
- ☐ Genetic polymorphisms of steroid hormones predisposing to breast
- ☐ Cancer : prevention and treatment
- ☐ Stem cells to cure diabetes type 1

HORMONE WORKSHOPS: pathologies seen with lab tests within and outside of the reference range, treatment, follow-up, how to solve problems during treatment, additional information, sessions with on-stage live consultations

- ☐ Reports of female patients treated with transdermal estradiol and progesterone
- ☐ Physical endocrine examination part 2
- ☐ Treatment of obese patients with hormones
- ☐ Patients with sexual problems treated with hormones
- ☐ Safe cortisol replacement
- ☐ Testosterone therapy in men
- ☐ Female hormones
- ☐ GH treatments of adults
- ☐ Pregnenolone therapy
- ☐ DHEA therapy

OTHER HORMONE TREATMENTS:

- ☐ Serotonin deficiency and treatment
- ☐ Relationships of the ovarian system and the thyroid and adrenal hormones
- ☐ Correction of menstrual cycle disorders and other hormone imbalances in women

THE MEDICAL BOARD WORKSHOP that may save your license:

How to secure your practice in endocrinology:

- ☐ The scientific data you need to know and show
- ☐ The certificates you need to have and show
- ☐ The scientific society guidelines to use or refute, and how to do it
- ☐ How to best communicate with patients, react to their demands
- ☐ How to do search up scientific hormone data on Medline and other databases
- ☐ How to do research and participate in reviews of literature with publications
- ☐ How to disseminate information to the general public
- ☐ How to communicate with other physicians on advanced hormones therapies
- ☐ How to make you practice cost-effective and, which endocrine societies to join
- ☐ How to become a speaker at IHS meetings and other international conferences
- ☐ Sex hormone replacement: to treat or not to treat patients with cancer

ENDOCRINOLOGICAL INFLUENCES:

- ☐ Creative visualization and hormone levels
- ☐ Relaxation and hormone levels
- ☐ Mind techniques that boost testosterone levels
- ☐ Mind techniques and GH
- ☐ Position and hormone levels
- ☐ Movements and hormone levels
- ☐ Exercise and GH production
- ☐ Interactive session with patient cases coming from the practice of physicians from the audience

HORMONE EXCESS SEMINAR with

Interactive session:

causes, symptoms, signs, lab tests, consequences, treatments, follow-up treatments and follow-up

- ☐ Hyperaldosteronism
- ☐ Hyperinsulinoma

- ☐ Hyperparathyroidism: Cause, symptoms, signs, lab tests, consequences, treatment and follow-up
- ☐ Excess vasopressin
- ☐ Cushing and Cushingoid syndromes
- ☐ Female virilizing syndromes
- ☐ Adreno-genital syndrome
- ☐ Polycystic ovaries
- ☐ Hyperestrogenism

HORMONE LAB TESTS FOR EXCESSES:

How to do them?

How to interpret them? Optimal values? Deficient and excess values? Reference values? How often? Best tests to follow-up?

- ☐ The difference between doping and corrective hormone therapies
- ☐ Hyperthyroidism: causes, symptoms, signs, lab tests, consequences, treatments and follow-up
- ☐ Radioactive iodine: adverse endocrine consequences
- ☐ Acromegaly: causes, symptoms, signs, lab tests, consequences, treatments and follow-up
- ☐ Hyperprolactinoma
- ☐ Hyperestrogenism: causes, symptoms, signs, lab tests, consequences, treatments and follow-up
- ☐ Paramedical tests in endocrinology
- ☐ Practical seminar on patients with cardiovascular disease treated with corrective hormone therapies
- ☐ Practical seminar on patients with osteoporosis and rheumatoid diseases treated with corrective hormone therapies
- ☐ Practical sessions on patients with psychiatric disease treated with corrective hormone therapies
- ☐ Practical seminar on patients with obesity treated with corrective hormone therapies
- ☐ Review: of the whole year
- ☐ Major new information on thyroid treatment: Are adjustment of reference ranges indispensable? Treatment of clinically hypothyroid, biochemically euthyroid patients
- ☐ Unexpected changes that may occur in hormone therapies: Treating hormone deficiencies with tests that are borderline low or within the reference range
- ☐ Interesting cases of patients treated with multiple hormone replacement, including GH



Second Year Program of the IHS Specialty - Three 6-day seminars in total

CARDIOVASCULAR DISEASES Et Hormone Therapy

- ☐ Atherosclerosis Et dyslipidemia
- ☐ Coronary Heart disease
- ☐ Heart failure, and other cardiac pathologies
- ☐ Venous and arterial thrombosis
- ☐ Gangrene
- ☐ Anemia and polycythemia
- ☐ Hypovolemia
- ☐ Practical patient cases

PEDIATRIC ENDOCRINOLOGY

- ☐ Growth disorders
- ☐ Safe doses of cortisol for children
- ☐ Hypothyroidism in children
- ☐ Attention deficit disorder and its hormone deficiencies
- ☐ Genital underdevelopment
- ☐ Delayed and precocious puberty
- ☐ Puberty disorders

OSTEOPOROSIS, back pain Et orthopedic diseases Et hormone therapies

- ☐ Osteopenia and osteoporosis
- ☐ Crushed vertebrae
- ☐ Bone fractures
- ☐ Bone pain

GERIATRIC ENDOCRINOLOGY: SPECIFIC ADAPTATIONS TO ELDERLY PATIENT ANDROLOGY:

- ☐ Men with partial androgen deficiency
- ☐ Prostate hypertrophy, prostatitis
- ☐ Short penis
- ☐ Peyronie's disease
- ☐ Sexual problems: lack of ejaculation, Erectile dysfunction
- ☐ Practical patient cases

RHEUMATOID DISEASES Et HORMONE THERAPY

- ☐ Causes, signs and consequences
- ☐ Osteoarthritis
- ☐ Rheumatoid arthritis

AESTHETICAL ENDOCRINOLOGY:

Obesity How to promote weight loss by correcting hormone deficiencies in adults; per hormone: short overview

- ☐ The obese face, neck
- ☐ Fat limbs
- ☐ Swollen calves
- ☐ Abdominal obesity (android obesity)
- ☐ Hip and buttock obesity

- ☐ Cellulite
- ☐ Subcutaneous fat
- ☐ Overview
- ☐ Practical cases

GYNAECOLOGY

- ☐ Treatment of premenopausal disorders: menstrual cycle disorders, premenstrual disorders, fibroids, ovarian cysts, breast cysts, breast under- and overdevelopment, oedema, urinary stress incontinence, recurrent cystitis, etc.
- ☐ How to improve fertility and pregnancy outcome
- ☐ Treatment of postmenopausal disorders: hot flashes, postmenopausal syndrome, weight gain, intolerance to female hormone therapy
- ☐ Alternative treatments for postmenopausal estrogen deficiency
- ☐ Difficult cases

ENDOCRINE CANCERS

- ☐ Endocrine carcinogens and procarcinogens
- ☐ Hypothalamic cancers
- ☐ Pituitary cancers
- ☐ Pineal cancers
- ☐ Thyroid cancers
- ☐ Adrenal cortex cancers
- ☐ Adrenal medulla cancers
- ☐ Ovarian cancers
- ☐ Testicular cancers
- ☐ Paraneoplastic endocrine syndromes

Non-malignant Endocrine Tumors

- ☐ Prolactinoma
- ☐ Growth hormone tumor
- ☐ Pinealoma
- ☐ Thyroid goiters and nodules
- ☐ Parathyroid nodules
- ☐ Insulinoma and other tumors of the pancreas
- ☐ Adrenaloma
- ☐ Ovarian cysts
- ☐ Testicular cysts
- ☐ Remission rate and life expectancy with endocrine cancers

HORMONE THERAPIES: EFFECTS ON PSYCHOLOGY AND PSYCHIATRIC DISORDERS

- ☐ Fatigue
- ☐ Sleep
- ☐ Depression

- ☐ Anxiety
- ☐ Stress resistance
- ☐ Depression
- ☐ Memory loss and other brain pathologies
- ☐ Sex
- ☐ Practical patient cases

AESTHETICAL ENDOCRINOLOGY: Aesthetical applications of hormone therapies - How to promote body appearance with hormone replacement therapies; per hormone: short overview

- ☐ Face
- ☐ Body
- ☐ The example of melatonin cream administration for facial rejuvenation

BALANCING HORMONES: how to overcome and avoid hormone imbalances

- ☐ Practical patient cases

GENITAL CANCERS

- ☐ Statistics
- ☐ Dangers, risks, benefits, solidity of scientific data, controversies
- ☐ Treating prostate cancer patients with hormone replacement: risks, benefits; limits, informed-consent forms
- ☐ Estradiol and progesterone treatment of ovarian Et breast cancer patients. Alternative treatments for estrogen deficiency of breast cancer patients.

HOW TO SET UP AN ECONOMICALLY SUCCESSFUL PRACTICE IN ENDOCRINOLOGY:

Overcoming legal problems, getting help from outside, hiring qualified people, examples of clinics, etc.

SIDE EFFECTS, RISKS Et SAFETY: CONTROVERSIES OF HORMONE THERAPY: How to discuss them

CONGENITAL AND GENETIC ENDOCRINE SYNDROMES

- ☐ Klinefelter
- ☐ Progeria
- ☐ Hypogonadotropic hypogonadism
- ☐ Cretinism

LONGEVITY ENDOCRINOLOGY: Hormone therapy that helps you live longer and in what conditions, how much longer can we live with corrective hormone treatments?

IHS BRUSSELS • February 22 to 24, 2008 (3-day Seminar)

IHS PARIS • April 5 to 10, 2008 (6-day Seminar)

IHS FLORENCE • May 5 to 10, 2008 (6-day Seminar)

FRIDAY 22

- Introduction to the courses: practical aspects, info on all topics with question & answer session
- Overview of techniques to reduce aging
- Presentations by participants of the group
- Overview of the endocrine system: major hormones, actions, with Q & A
- Aging of the endocrine system
- Question & answer
- The psychological attitudes that improve hormones
- Interactive session with groups - Q & A
- Potent Antioxidant action of hormones such as melatonin, DHEA, testosterone, cortisol, etc.
- Question & answer
- Effect of stress on hormone levels
- Interactive session with questions of the day
- Question and answer session
- Physical exercise: effects on hormone levels

SATURDAY 23

- Main serum hormone lab tests to ask for an initial assessment
- Question & answer
- Main 24-hour urine hormone lab tests to ask for an initial assessment
- Question & answer
- Main saliva hormone tests
- Question & answer
- Main hormone tests to do in the follow-up
- Question & answer / 20' Interactive session
- The food that improves hormone levels and/or effects
- Question & answer
- The vitamins and other nutrients that improve hormone
- The indoor and outdoor pollutants that affect hormones and how to avoid them
- Question & answer
- Interactive session with questions of the day
- Presentations by participants of the group

SUNDAY 24

- How to do a good endocrine anamnesis (patient history & complaints)
- How to do a good endocrine physical examination
- How to inform the patient on all practical aspects of the consultation, price, benefits, risks, follow up papers to provide
- The importance of daylight and darkness on hormone levels and circadian rhythms
- The importance of sleep on hormone levels
- Interactive session with groups, self-evaluation
- Treating hypothyroidism: cause, consequences, diagnosis, treatment, follow-up
- T3 alone, T3-T4 or T4 alone treatment with Q & A
- Treating hypothyroidism outside or within the reference range: critical review of the literature
- Problems that may occur during thyroid treatment
- Question and answer session
- Interactive session with questions of the day

1st YEAR SEMINAR 2

APRIL 5 to 10, 2008 - PARIS

6-DAY SEMINAR PROGRAM

SATURDAY APRIL 5

- How to treat older patients with hormones
- How to treat children with hormones
- How to treat pregnant and breastfeeding women with hormones
- How to avoid or overcome burn out syndromes
- Mild cortisol deficiency syndrome: signs, symptoms, lab tests, age-related diseases
- Safe cortisol replacement therapy
- How to solve problems during glucocorticoid treatment
- Treatment of aldosterone deficiency
- Progesterone therapy in men: all about it
- How to treat jet lag problems with aldosterone, cortisol, melatonin, light and activity
- Treatment of pregnenolone deficiency
- Interactive session

SUNDAY APRIL 6

- The hormone deficiencies of famous people
- Testosterone therapy in women: physiology, deficiency symptoms and signs, age-related diseases, the better treatments
- Herbal treatments of hormone deficiencies, Phytoestrogens, flavonoids, licorice, and many more
- Testosterone: physiology, actions
- Male Testosterone deficiency syndrome: signs, symptoms & lab tests
- Testosterone deficiency & age-related disease
- Use and uselessness of lab tests in the evaluation of Testosterone deficiency in men
- Treating testosterone-deficient men with lab tests within the reference range: the scientific data
- Testosterone treatment: overview
- Testosterone treatment: preferred treatments
- Testosterone and diabetes, obesity
- Testosterone and prostate cancer risk
- How to solve problems that may occur during testosterone treatment?

MONDAY APRIL 7

- Calcitonin therapy increases bone density & reduces vertebral fracture pain and non fractural back pain
- Parathyroid treatment against osteoporosis
- Oral insulin treatment for uses other than glycemic control: to increase muscle mass, etc.
- HCG treatments: improved method to treat testosterone deficiency, HCG for improvement of sperm count, HCG treatment of obesity, etc.
- Leptin treatment
- Relaxation & hormone levels
- Ghrelin: its significance
- Cholecystokin treatment
- Thymus extracts or thymosidine injections
- Glucagon treatment
- The medical board workshop that may save your license

TUESDAY APRIL 8**HORMONE EXCESS SEMINAR 3**

- Acromegaly: cause, symptoms, signs, lab tests, consequences, treatment and follow-up
- hyperprolactinemia
- Hyperthyroidism
- Hyperthyroidism & pollutants
- Hyperthyroidism & stress
- Radioactive iodine: adverse consequences
- Cushing and Cushingoid syndromes
- Adreno-genital syndrome
- Other female virilizing syndromes
- Hyperaldosteronism: Hyperinsulinoma

WEDNESDAY APRIL 9**PATIENT ON STAGE DAY :**

- Intensive Practical session on genetic endocrine-related polymorphisms - Should we do genetic typing tests of stem cells before using them?
- The interactive session with patient cases coming from the practice of physicians from the audience
- Interactive thinking groups about what best helps to overcome patient cases coming from the practice of physicians from the audience
- Interactive thinking groups to collect all questions on hormone and other therapies that need answers
- Stem cell in practice: how to do the experts do it
- Are the effect of stem cells endocrine-related: some scientific data
- Effect of stem cells on diabetes
- Quality of life, neurodegenerative disorders, osteoporosis improvement with stem cells?

THURSDAY APRIL 10**BALANCING THE ENDOCRINE SYSTEM**

- How to secure your practice in endocrinology: The scientific evidence, certificates, society guidelines, searching up data on Internet
- Optimizing patient & colleague communication, doing research, general public information, endocrine societies to join, becoming a speaker at hormone conferences, treating or not patients with cancer - with sex hormone replacement
- Interactive thinking groups to collect all questions on hormone and other therapies that need answers
- Oxytocin & male & female orgasm
- Oxytocin & fibromyalgia

MONDAY MAY 5

- Growth hormone (GH): introduction & physiology
- GH deficiency & treatment in children
- Exercise & GH production
- Adult GH deficiency: signs, symptoms, lab tests
- Treating GH-deficient patients with lab tests within the reference range
- Tips on how best to treat GH deficiency in adults: benefits, risks, doses...
- Mind techniques & GH
- Drink and food influences on GH
- GH secretagogues
- GH & cancer risk (prostate, breast, & other risks)
- Potential risks of growth hormone treatment: diabetes, premature death, etc.
- Pregnenolone treatment
- 7-keto-DHEA
- Creative visualisation & longevity
- Melatonin studies

TUESDAY MAY 6

- Introduction
- Hormone lab tests for diagnosis and follow-up : best tests, their interpretation, optimal and reference values, frequency, etc.
- Movements & hormone levels
- Treating DHEA, oestrogen and progesterone deficiency in patients with lab tests within reference ranges
- Diabetes insipidus
- Vasopressin therapy to improve memory and dehydration
- Position & hormone levels
- MSH therapy: for pigmentation and grey hair?
- ACTH therapy & total alopecia
- Melatonin deficiency and replacement therapy:
- Critical studies on cancer and sleep
- TRH as a hormone therapy
- The aging clock in the pineal gland
- Melatonin and age-related diseases

WEDNESDAY MAY 7

- Female hormone deficiency syndrome: signs & symptoms, age-related diseases
- Safe female hormone replacement therapies: benefits, risks & how to do it?
- Treating oestrogen and progesterone deficiencies in patients with lab tests within reference ranges
- Relationships of the ovarian system & the thyroid & adrenal hormones
- Correction of menstrual cycle disorders & other hormone imbalances in women
- Female hormone replacement: the critical studies
- DHEA deficiency and therapy: Treating DHEA deficiency in patients with lab tests within reference ranges
- Oestradiol therapy of men
- Serotonin deficiency and treatment

THURSDAY MAY 8**HORMONE EXCESS SEMINAR 3**

- Doping in sport and everyday life: frequency, how to detect the difference between doping and corrective hormone therapies
- Excess melatonin
- Excess vasopressin
- Vit. D & hyperparathyroidism
- Hyperparathyroidism • hypercalcaionemia
- Polycystic ovaries • Hyperestrogenism in women
- Hyperestrogenism in men • DHT excess in men
- Treatment and follow-up, paramedical tests in Endocrinology

FRIDAY MAY 9

- IHS Review of the whole year
- The microhormone of the heart and arteries: the eicosanoids
- How to optimize sportsmen without hormones
- Practical seminar on patients with skin and hair disease treated with corrective hormone therapies
- Practical seminar on patients with cardiovascular disease treated with corrective hormone therapies

SATURDAY MAY 10

- Practical sessions on patients with psychiatric disease treated with corrective hormone therapies
- Practical seminar on patients with rheumatoid diseases and osteoporosis treated with corrective hormone therapies

THIRD YEAR of the IHS Specialty

- ☐ Thesis: an extensive review of the literature on an endocrine topic or a specialized research project
- ☐ Meet the Masters: Practical training with many of the best experts in hormone therapies, Interactive session with groups
- ☐ Endocrine Courses

CNS DISEASES

- ☐ Neurodegenerative diseases
- ☐ MS, ALS, Alzheimer's, senile atrophy,
- ☐ Wernicke-Korsakoff syndrome, postmenigital syndrome

BRAIN TRAUMA**NEURO-ENDOCRINOLOGY**

- ☐ Serotonin
- ☐ Dopamine
- ☐ Adrenaline
- ☐ Noradrenaline
- ☐ & Other Neuroendocrine Transmitters

LATEST NEWS**MORE INFO ON LAB TESTS****MORE INFO ON TREATMENTS****USE OF HYPOTHALAMIC HORMONES:**

- ☐ TRH, GnRH, CRF
- ☐ Use of blockers
- ☐ GH-stimulation tests

GASTRO-INTESTINAL DISEASES & HORMONE THERAPY**SURGERY & HORMONE THERAPY**

- ☐ Hormone therapy before, during and after surgery
- ☐ Hormone therapy that may improve the

outcome of aesthetical medicine and plastic surgery, surgery in general and may help avoid accidents

ENDOCRINOLOGY IN DAILY PRACTICE

The flu, parasites, lesions that do not heal well, fatigue
Herbal treatments for endocrine deficiencies and excesses

2nd & 3rd YEAR**HIGH LEVEL HORMONE THERAPY SEMINAR FOR THE EXPERTS****2 x 2-day Seminars****MAY**

Friday 30 & Saturday 31, 2008

NOVEMBER

Date to be precised

BRUSSELS - BELGIUM

Theses seminars for Experienced Physicians are apart of the 2nd and 3rd year of the IHS - Speciality in Endocrinology and Hormone therapies



Family Name.....First Name.....

Institution & Specialty.....

Address

Zip code.....CityCountry

Tel.....Fax E-mail.....

MARK YOUR AGENDA !

	BEFORE Jan 31, 2008	AFTER Jan 31, 2008	DAILY RATE - Less than the full seminar X number of days of attendance
IHS BRUSSELS - February 22 to 24, 2008 (3-day Seminar): February: 22 <input type="checkbox"/> 23 <input type="checkbox"/> 24 <input type="checkbox"/>	<input type="checkbox"/> 890 €	<input type="checkbox"/> 990 €	<input type="checkbox"/> 330 € x __day(s) of attendance
IHS PARIS - April 5 to 10, 2008 (6-day Seminar): April: 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/>	<input type="checkbox"/> 1790 €	<input type="checkbox"/> 1890 €	<input type="checkbox"/> 330 € x __day(s) of attendance
IHS FLORENCE - May 5 to 10, 2008 (6-day Seminar): May: 5 <input type="checkbox"/> 6 <input type="checkbox"/> 7 <input type="checkbox"/> 8 <input type="checkbox"/> 9 <input type="checkbox"/> 10 <input type="checkbox"/>	<input type="checkbox"/> 1790 €	<input type="checkbox"/> 1890 €	<input type="checkbox"/> 330 € x __day(s) of attendance

I hereby pay my registration for an amount of: _____ €

- Bank CHECK in € payable to Euromedicom (Europe only)
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Signature _____

- I register to become a member of the **International Hormone Society** (5-year free membership)
- I am interested in attending the **International Hormone Society**, please send me more information.

EUROMEDICOM

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