



## World Society of Anti-Aging Medicine

# Board Certification in Longevity and Quality of Life Medicine

The Board Certification in Longevity and Quality of Life Medicine is a certification by the World Society of Anti-Aging Medicine, and confirms a physician's scientific knowledge and skills in Longevity and Quality of Life Medicine.



# Why should you as a physician get the Board Certification in Longevity and Quality of Life Medicine?



- + To get an excellent **introductory overview** with **advanced information** on longevity and quality of life medical techniques and therapies, including pictures of hormone and nutritional deficiencies and extensive scientific references.
- + To **improve** your **knowledge** and **skills** in longevity and quality of life medical techniques and therapies from an extensively scientifically referenced learning book.
- + To get you an **official certification** for your medical skills in Longevity and Quality of Life Medicine, acknowledged by the World Society of Anti-Aging Medicine (WOSAAM) and its president, Dr. Thierry Hertoghe.
- + To raise **enthusiasm**: it is a pleasure for physicians to feel they master the basic and many of the advanced skills in Longevity and Quality of Life Medicine.
- + To **join** the **movement** of more than 7000 physicians of the World Society of Anti-Aging Medicine.

## Advice

- + If you start to learn about longevity and quality of life medicine, the Board Certification in Longevity and Quality of Life Medicine is the **first** certification to acquire.

# Content and Exam

Board Certification in Longevity and Quality of Life Medicine



## | Content:

- + Senescence
- + Physiology of aging
- + Biological age measurement
- + Genetic typing tests
- + Long life spans
- + Lifestyle
- + Physical activity
- + Positive emotions and attitudes
- + Improving sexuality
- + Sleep
- + Light exposure
- + Eliminating pollution and its premature aging effects
- + Diets of vitality and long life
- + Healthy gut and digestion
- + Water
- + Toxic drinks
- + Macronutrients of the diet
- + Nutritional therapies with micronutrients
- + Hormone therapies
- + Stem cell therapy
- + Balneotherapy

## | Questions

Multiple choice questions (5 questions)

## | Answers

Only 1 answer per question is allowed

## | Points attributed

- + +1 point for each correct answer
- + -0.2 point for a wrong answer

## | Scores

60% of the points must be obtained

For questions  
contact: [medschool@hertoghe.eu](mailto:medschool@hertoghe.eu) or 00-32 23 79 34 42  
Including to know when or where you can pass the examination

# The Exam

Board Certification in Longevity and Quality of Life Medicine

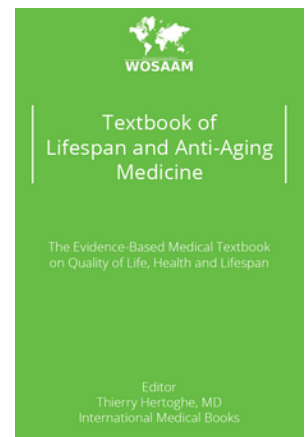


## Costs

The fee for the Board Certification in Longevity and Quality of Life Medicine is €1900, consists of:

- + Examination fees: €1500 to take the exam  
(In case of failure: €500 to repass the exam)
- + Learning material:  
The Textbook of Lifespan and Anti-Aging Medicine + CD: €400

### Learning material



465 pages

## Conditions for the Board Certification in Longevity and Quality of Life Medicine

### 4 Essential conditions

1. Register online: <https://bit.ly/longevityqualitylife>
2. Payment of 1900 euros: exam fee + The Textbook of Lifespan and Anti-Aging Medicine.  
(Payment possible by bank transfer or Paypal)
3. University medical doctor's license/diploma or registration in the medical board:  
Copy to send to [office@hertoghe.eu](mailto:office@hertoghe.eu)  
(Other health professionals may pass the exam after approval from the educational board)
4. Exam: 60% or more of the points must be obtained to pass the exam successfully

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# The Exam

## Examples of questions



Progesterone treatment has been shown in scientific studies to significantly: Which statement fits the best?

- ☐ Increase: muscle mass, total body water, cardiac index; Reduce: fat mass, atherosclerosis, diastolic blood pressure, total and LDL cholesterol
- ☐ Increase: heart rate, body temperature, lipolysis; Reduce: fat mass, diastolic blood pressure, total cholesterol; In excess: cause muscle melting and excessive diffuse sweating
- ☐ Increase: blood pressure; Reduce: Inflammation such as in arthritis - allergies - gastro-enteritis - colitis, reduce fibrous tissue
- ☐ Increase: breast volume, blood perfusion of the skin; Stop: vaginal dryness, hot flushes; Restore menstruation
- ☐ Reduce: premenstrual tension, menorrhagia, constant dysmenorrhea; breast tenderness; Protect: against breast cysts, uterine fibroids; breast cancer

The better serum test(s) to diagnose testosterone deficiency in men is/are:

- ☐ Total testosterone
- ☐ Total testosterone, dihydrotestosterone
- ☐ LH
- ☐ LH, estradiol, total testosterone, androstenediol glucuronide, SHBG
- ☐ LH, estradiol, total testosterone, dihydrotestosterone

The following clinical signs are suggestive of aldosterone deficiency. Which statement fits the best?

- ☐ Hollow face, low blood pressure (systolic BP is lower than 110 mmHg), signs of dehydration (sharp wrinkles, eyes deep in ocular orbits, irregular tongue outlining, etc.)
- ☐ Dry eyes, axillary and pubic hair loss, pubic fat loss (on "Mont de Vénus"), mild muscle atrophy
- ☐ Pale face, dry eyes, general muscle atrophy, clitoris atrophy, body hair loss, cellulite
- ☐ Pale face, vertex hair loss, dry eyes, vertical wrinkles above the mouth, breast ptosis, vaginal dryness, hirsutism
- ☐ Brown-yellowish tint, hollow face, conjunctivitis, thin body, hyperpigmentation spots, brown palmar folds, eczema