

Kuala Lumpur, February 19  
Brussels, Belgium, May14  
Jakarta July 2,  
Sao Paulo, Octobre 8,  
Warschau 29, **2011** , Saturday

The authoritative board certifications from the *leading* international society  
in anti-aging medicine, the World Society of Anti-aging medicine (WOSAAM)



# WOSAAM

## BOARD CERTIFICATIONS

### in Anti-aging & Nutritional medicine

#### Review courses:

Thursday,: Nutritional Medicine

Friday: Anti-aging Medicine

from 5:30 to 8:00 PM

#### Board Exam: Saturday,:

Anti-aging Medicine: 5 PM. => 7.30 PM; Nutritional Medicine: 7.45 PM => 10.15 PM,  
or as specified in particular programs

**Presented:** in all continents

#### **Rates:**

- Registration fee: € 1.550
- Learning material (Textbook + CD, essential acquisition for access to exam): € 400

**Registrations:** Please register with the enclosed registration form.

**WOSAAM Board Certification :**  
after successful exam and completion of the criteria (see next pages)

**Contact: E-mail:** [medschool@hertoghe.eu](mailto:medschool@hertoghe.eu)

**Phone:** +32-2-379.34.49 – Fax : +32-2-732.57.43

**Address:** Hertoghe Medical School, 9 Avenue van Bever – 1180 Brussels – Belgium

**Website:** [www.hertoghe.eu](http://www.hertoghe.eu)



# World Society of Anti-Aging Medicine Board Certifications

**WOSAAM:** is the abbreviation of 'World Society of Anti-Aging Medicine'. The board certification is the officially short certification program supported by the WOSAAM. The **World Society of Anti-Aging Medicine (WOSAAM)** is the main international physician society in anti-aging medicine (preventive medicine, lifespan prolongation, well-aging).

In view to expand knowledge and offer to the physician appropriate scientific qualification, the WOSAAM proposes two **Board Certification Examinations:**

1. Board certification in Anti-Aging Medicine
2. Board certification in Nutritional Medicine

## Board Certifications in Anti-Aging Medicine or Nutritional Medicine

To obtain the **board certifications**, physicians need to successfully complete:

1. **A written exam**, based on the information of solid evidence-based practical textbooks:
  - a. Textbook of Lifespan and Anti-Aging Medicine + CD, for the Board certification in Anti-aging Medicine.
  - b. Textbook of Nutrient Therapy + CD, for the Board certification in Nutritional Medicine.

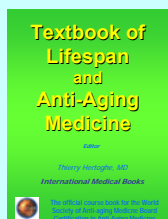
The physician's knowledge is assessed in all medical domains of importance in the discipline. The exam is a written examination based on multiple choice questions. (duration: +/- 2 ½ hours).

2. **Criteria for board certification** (see next page).

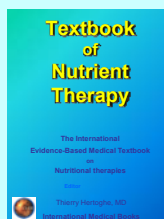
After successful completion of the exam, the physician receives the Board Certification.

**Physicians can attest higher levels of excellence by undergoing further assessments:**

## Learning material for Board Certification



**Lifespan and Anti-aging Medicine Textbook** with CD's of related Power Point presentations The official handout/learning material for the World Society of anti-aging medicine society (> 6500 physicians) Board Certification, and excellent evidence –based information for the physician specializing in anti-aging medicine



**Textbook of Nutrient Therapy** includes CD with additional learning material (powerpoint presentations) The official handout/learning material for the World Society of anti-aging medicine society (> 6500 physicians) Board Certification in Nutritional Medicine, and excellent evidence –based information for the physician specializing in nutritional therapies.

## High experience in Anti-Aging or Nutritional Medicine

*This level assesses a physician's practical diagnostic and therapeutic skills in anti-aging or nutritional medicine*

This second level of board certification is for physicians who are working in the field and have acquired higher experience in anti-aging or nutritional therapies. To acquire this level, the candidate must successfully:

1. Obtain the corresponding **basic board certification** in anti-aging or nutritional medicine.
2. Pass **a written exam** - a multiple choice question system - based on practical patient cases, where the physician's practical knowledge is assessed.
3. Present **practical cases from his/her practice** in front of examiners who will check the physician's practical application of anti-aging medicine or in nutritional therapy.

After successful completion of the written and oral exam, the physician receives a Board Certification Level 2 of high experience.

## Contribution to Anti-Aging or Nutritional Medicine

*This third level is an assessment of the physician's personal contribution to anti-aging medicine or nutritional therapy.*

Physicians reach this third level by accomplishing the following three tasks:

1. Obtain the corresponding **board certifications up to level 2** in anti-aging or nutritional medicine.
2. A **review of the literature** or an **original work** or **research** in anti-aging medicine or nutritional therapies, approved beforehand by the scientific committee of the board certification and ready for publication.

**An oral presentation of the work.** After successful completion of the oral exam, the physician receives a Board Certification level 3 of Contribution to Anti-Aging Medicine.

## ESSENTIAL REASONS for physicians to get their board certification

- The World Society of Anti-Aging Medicine (Wosaam) **Board Certification** in anti-aging or nutritional medicine enhances the physician's status in the eyes of his patients and colleagues with a official **titled position** in the major international **scientific** society, the World Society of Anti-aging medicine (> 6000 physicians).
- Any licensed MD can qualify.
- Each MD who gets the board certification will have acquired clear and correct information on anti-aging or nutritional therapies, sufficiently to start doing anti-aging or nutritional therapy and avoid any major errors => this is the first step in becoming an expert.
- The board certification may have a protective value in case of litigations from medical boards or civil courts.
- The textbook of the documentation itself contains strong updated scientific references and greatly helps physicians to scientifically justify the anti-aging treatments they prescribe.
- The board certification can be obtained in a limited amount of time:
  1. The study material: one day to six weeks of at home studying depending on the physician's prior knowledge.
  2. The attendance to a 3-hour review course.
  3. Three hours of exam.

## Criteria for Wosaam Board Certification

1. A medical university degree as a physician.
2. A registered, fully valid medical license in the country where the candidate works.
3. A minimum of three years of clinical practice experience (residency training applicable).
4. No significant disciplinary on-going sanctions or restrictions against the applicant.
5. Membership of the World Society of Anti-Aging Medicine (Wosaam).
6. Participation at three Wosaam or other major anti-aging conferences (preferably with Wosaam logo). In order to maintain WOSAAM certification, yearly attendance to at least one Wosaam conference is heavily recommended.
7. Attendance during the last 10 years, to at least 5 congresses or symposia or educational seminar programs for physicians (such as Wosaam's fellowship – Anti-Aging Medicine specialization) in the field of anti-aging medicine or related domain (preventive medicine, hormone therapies, nutritional medicine, etc.) attested by CME (Continuing Medical Education) credits or certificates of participation in the congresses, symposia and/or seminars. Approval has to be obtained from the scientific committee of the WOSAAM.
8. Payment of all fees.

## When to pass the exam

Generally, the examinations take place sometimes in the evening of the last day of a seminar or congress, generally the next day. There is a review course in the early evening of one of the seminar or congress days.

<b><u>BOARD CERTIFICATION IN ANTI-AGING MEDICINE</u></b>	<b><u>BOARD CERTIFICATION IN NUTRITIONAL MEDICINE</u></b>
<b>Review:</b> One to two days earlier 5 PM – 7.30 PM	<b>Review:</b> Two days earlier 7.45 PM – 10.30 PM
<b>Examination session</b> Saturday late afternoon	<b>Examination session</b> Saturday late evening

## Registration fee per level

€ 1550  
€1450 for early bird registration before September 15, 2009

## Registration for the board certification

To register please fill out the registration form or contact us by e-mail at [medschool@hertoghe.eu](mailto:medschool@hertoghe.eu).



# Board Certification in Anti-Aging or Nutritional Medicine

Kuala Lumpur, Brussels, Jakarta, Sao Paulo, Warschau, 2011

REGISTRATION FORM: please complete and fax this form to: **+32 (0)2 732 57 43**

Please **write all information** very **CLEARLY** in **PRINT LETTERS**

Title: | | | | | Specialty: | | | | |  
Last Name: | | | | | First Name: | | | | |  
Address: | | | | |  
Zip code: | | | | | City: | | | | |  
Country: | | | | |  
Phone: | | | | |  
Mobile: | | | | |  
Fax: | | | | |  
E-mail: | | | | |

**MEMBERSHIP** : Each participant becomes automatically a member of the World Society of Anti-Aging Medicine (lifetime free memberships).  
If you do not want to become a member please mark the following case :  I do not agree to become a member of the World Society of Anti-Aging Medicine

Please indicate the training program(s) you want to participate in and/or the material you want to order :

**World society of anti-aging medicine board certification :**

- Kuala Lumpur, Feb.  Brussels, May  Jakarta, July  Sao Paulo, Oct.  Warschau, Oct. 2011
- Board certification in Anti-aging medicine **EXAM: Textbook on Lifespan and Anti-aging Medicine + CD** (400 € (euro))  
+ 1.550 € (includes access to Review course on Saturday): **1950 €**
- Board certification in Nutritional medicine **EXAM: Textbook Nutrient Therapy + CD** (400 € (euro))  
+ 1.550 € (includes access to Review course on Saturday): **1950 €**
- Board certification in Anti-aging medicine **EXAM**: (includes access to Review course on Friday) **1.550 €**
- Board certification in Nutritional medicine **EXAM** (includes access to Review course on Thursday): **1.550 €**

**Books and Audio :**

- Textbook on Nutrient Medicine (essential for access to the Nutritional medicine exam) + CD : **400 euro** (+ €20 shipping cost)
- Textbook on Lifespan and Anti-aging Medicine (essential for access to the Anti-aging exam) + CD : **400 euro** (+ €20 shipping cost)

For more books, see complete list of available books and audio.

Other orders (handbooks, shipping cost, etc).....€

**Total amount of your order** : .....€

**Payment :**

Please make your order payable to **ARCHIMEDIAL S.A., 4-L Route d'Arlon, 8399 Windhof, Luxemburg** with account details :  
→ **IBAN LU16 0027 1859 2251 1000** and **BIC : BILLULL**

**Attention** : Please note that we can't accept your payment if not made in the international SEPA-format (**IBAN** and **BIC**). Please ask your bank for assistance.

**Invoice** : I need an invoice :  **YES**  **NO**

If you need an invoice sent to a name or/and address different from the ones above, please write it here :

Name on invoice : .....Address on invoice : .....  
..... VAT nr : .....

Hotel accommodation: Please indicate here if you want us to book a hotel for you. We will then send you an e-mail with a choice of hotels at special rates.  **YES**  **NO**

**Hertoghe Medical School: Phone : +32-(0)2-379-34-49 - Fax: +32-(0)2-732-57-43**  
**E-mail : [medschool@hertoghe.eu](mailto:medschool@hertoghe.eu) – website : [www.hertoghe.eu](http://www.hertoghe.eu)**

## The WOSAAM Board Certifications that make the difference ...

Difference	Wosaam Board Certifications	Other society Board Certifications	Anti-aging medicine specialization (AAMS)	Other Fellowships in anti-aging medicine
<b>Conditions</b>	<ul style="list-style-type: none"> <li>Physician diploma</li> <li>Currently valid medical license</li> <li>3 years of medical practice</li> </ul>	<ul style="list-style-type: none"> <li>Physician diploma</li> <li>Currently valid medical license</li> <li>5 years of medical practice</li> </ul>	<ul style="list-style-type: none"> <li>Physician diploma; Other health professionals may attend on authorization, but not pass the exam.</li> <li>No need of medical practice prior to the formation.</li> </ul>	<ul style="list-style-type: none"> <li>Physician diploma; Other health professionals may attend on authorization, but not pass the exam.</li> <li>No need of prior medical practice</li> </ul>
<b>Time</b>	3 hours + review	3 hours + review	240 hours of lectures	80 to 168 hours lectures
<b>Learning</b>	<b>Self-learning</b> (distance learning)	<b>Self-learning</b> (distance learning)	<ul style="list-style-type: none"> <li>50% <b>taught (direct) courses</b></li> <li>50% <b>self-learning DVD courses</b> self-learning.</li> </ul>	<b>Taught (direct contact) courses</b>
<b>Types</b>	Board certifications in <ul style="list-style-type: none"> <li>Anti-aging medicine</li> <li>Nutritional Medicine</li> </ul>	Mainly Board certification in <ul style="list-style-type: none"> <li>Anti-aging medicine</li> </ul>	Fellowship in Anti-aging medicine (with ample nutritional information)	Fellowship in Anti-aging medicine and functional (nutritional) medicine
<b>Levels</b>	Basic board certification + possibility of 2 additional levels of higher excellence possible	2 levels	Postgraduate formation + possibility of masters	Postgraduate formation
<b>Organization</b>	One review session + exam	One review session + exam	6 modules of 6 days: ½ taught courses & ½ self-learning with DVD <b>Each module</b> is separate with a basic different theme and can lead to a separate certification.	5 to 8 modules of 2 to 3 days: taught courses. <b>Each module</b> can be separate with a basic different theme and lead to an isolated certification.
<b>Learning material</b>	<ul style="list-style-type: none"> <li>Textbook</li> <li>CD powerpoint lectures</li> <li>Practical information on medical practice</li> </ul>	Infobook / handout with DVD of lectures <ul style="list-style-type: none"> <li>Heterogenous info on theory</li> <li>Poor or no info on practice</li> </ul>	<ul style="list-style-type: none"> <li>Lectures (taught courses)</li> <li>Self-learning (DVD)</li> <li>Handout on CD (with all powerpoint lectures)</li> <li>DVD's of all lectures (taught courses + self-learning)</li> </ul>	<ul style="list-style-type: none"> <li>Lectures (taught courses)</li> <li>Handout on CD (with powerpoint lectures)</li> </ul>
<b>Speakers</b>	Speaker(s) solely in review session	Speaker(s) solely in review session	International speakers	National speakers
<b>Language</b>	English	English	English	English or local language
<b>Quality</b>	±	+ to ±	+++	±
<b>Contribution to practice</b>	+	±	+++	±
<b>Content</b>	<p><b>Basic formation: the ABC, and .. D's</b></p> <ul style="list-style-type: none"> <li>The leading – quality - board certification</li> <li><b>Basic information</b>, with frequent insights into to cutting-edge of <b>all major disciplines of anti-aging medicine</b> (or nutritional medicine)</li> <li><b>Useful information</b> you need to know for diagnosis and basic treatment in anti-aging medicine: from diet, sleep, basic senescence physiology to biological age measurement, psychological attitudes, sex-enhancing therapies, hormone and nutritional therapies, stem cell therapy, etc.</li> <li><b>Textbooks</b> with useful information <ul style="list-style-type: none"> <li>for physician's practice</li> <li>for the exam</li> <li>Supported by extensive and strong scientific references (in the textbook)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>Includes heteroclitite information on anti-aging medicine, not complete and not or poorly related to practice</li> <li>No textbook, but compilation of diverse often theoretical articles.</li> <li>Infobook has scarce or no info for: <ul style="list-style-type: none"> <li>for physician's practice</li> <li>for the exam</li> <li>Irregular scientific evidence</li> </ul> </li> </ul>	<p><b>Complete, extensive formation from A, B, C to Z</b></p> <ul style="list-style-type: none"> <li>By many considered as the best international formation in anti-aging medicine</li> <li><b>Basic and advanced information on all disciplines of anti-aging medicine:</b> from theoretical to practical aspects</li> <li><b>Complete information</b> well-oriented <b>towards practice</b></li> <li><b>Handout of all powerpoint presentations on CD</b></li> <li><b>DVD access to all lectures</b></li> <li>Abundantly evidence-based, with scientific references on the bottom of many slides</li> <li>Opportunities to meet other physicians working in anti-aging medicine</li> <li>Opportunities to meet the speakers, leading authorities in one or more subdisciplines of anti-aging medicine</li> </ul>	<p><b>Extensive formation from A, B, C to M, N</b></p> <ul style="list-style-type: none"> <li>Various topics of interesting quality</li> <li><b>Basic and advanced information on disciplines of anti-aging medicine:</b> from theoretical to practical aspects</li> <li><b>Information</b> with info <b>towards practice</b></li> <li><b>Handout of powerpoint presentations on CD</b></li> <li>Evidence-basis info presented</li> <li>Opportunities to meet other physicians working in anti-aging medicine</li> <li>Interesting to meet speakers, who are working in one or more subdisciplines of anti-aging medicine</li> </ul>
<b>Supporting society</b>	<b>WOSAAM</b> (World Society of Anti-Aging Medicine; > 6000 physicians (real membership), the main international society)	<b>National society</b> (all smaller in real actualized physician membership)	<b>WOSAAM</b> (World Society of Anti-Aging Medicine; > 6000 physicians, the main international society)  In process of accreditation from European university)	<b>National society</b> (generally lower membership number)  Some have partial integration in a national university
<b>Board certification</b>	International board certification	National board certification	International certification for the complete formation <b>or:</b> separate certification for each module for the physician who does not participate in all 6 modules	National certification
<b>Exam</b>	<ul style="list-style-type: none"> <li>Based on the info of the textbook</li> <li>Review session: <ul style="list-style-type: none"> <li>Presents the sections of the textbook that are more important for the exam</li> <li>Presents examples of questions</li> </ul> </li> <li>In case of failure: need to repay 40 % of fee (600€) to redo the exam a second time</li> </ul>	<ul style="list-style-type: none"> <li>Poorly related to the article compilation book</li> <li>Review session: <ul style="list-style-type: none"> <li>Presents presumed answers for questions</li> <li>Presents examples of questions</li> </ul> </li> <li>In case of failure: need to repay full fee to redo the exam a second time</li> </ul>	<ul style="list-style-type: none"> <li>Separate exams for each module leading to a separate certification</li> <li>Based on the info of the lectures and self-learning DVD</li> <li>Based on the handouts (with copy of all powerpoint presentations)</li> <li>Review sessions: <ul style="list-style-type: none"> <li>Presents an overview of the topics and what is more important for the exam</li> <li>Presents examples of questions</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>None existing exam or exam for final formation (all modules together)</li> <li>Based on the handouts (contains the copy of all powerpoint presentations)</li> </ul>
<b>Fee</b>	1550€ + 400 learning material	±1300-1600 €+ 350 learning material	2000€ for one 6-day module (9.500 € for all six modules – 36 days)	±1750€ for 3-day module (± 15 000 for 8 modules – 24 days)