

# Advanced Master's Degree Integrative Aesthetic Medicine





## Advanced Master's Degree Integrative Aesthetic Medicine

- » Modality: online
- » Duration: 2 years
- » Certificate: TECH Global University
- » Credits: 120 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/advanced-master-degree/advanced-master-degree-integrative-aesthetic-medicine](http://www.techtute.com/us/medicine/advanced-master-degree/advanced-master-degree-integrative-aesthetic-medicine)

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# 01

# Introduction

In today's society, physical appearance has become very important and, therefore, more and more people are turning to esthetic medicine to improve their appearance. Among the adult population, anti-aging treatments are among the most demanded, driven by the desire to achieve eternal youth. In addition, among young people, acne can become a serious problem not only physically, but also psychologically, requiring the help of aesthetic professionals to improve the condition of their skin. If you want to specialize in this field, don't think twice. At TECH, we offer you the most complete professional development on the subject.





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*Acne problems can seriously affect patients, so obtaining an effective remedy will not only be beneficial on a physical level, but also psychologically"*

Achieving the desired appearance is the dream of practically all of society, although only a part of the population is capable of taking the step to achieve it. In fact, more and more people are going to esthetic doctors' offices to improve their physical appearance, eliminating physical aspects that they are unhappy with.

Acne problems begin to appear at puberty. However, although in many cases they disappear with age, there are people who do not rid themselves of this problem as the years go by, and must resort to medicine to achieve the desired physical appearance.

To prepare esthetic medicine professionals in this complex and in-demand field, at TECH, we have designed this very complete Advanced Master's Degree in which, in addition to reinforcing your knowledge on general esthetic medicine issues, you will be able to specialize in the treatment of acne, with a completely new program and on a level with the best. The pathophysiology of acne, topical treatments, oral antimicrobial or hormonal treatments are only part of the scope of this comprehensive program.

Therefore, throughout this program, students will go through all the current approaches to the different challenges of their profession. A high-level step that will become a process of improvement, not only on a professional level, but also on a personal level.

In this way, we will not only take you through the theoretical knowledge we are offering you, but we will show you another way of studying and learning, a more organic, simpler and more efficient one. We will work to keep you motivated and create a passion for learning in you. And all this in a 100% online format so that you can combine your study time with the rest of your daily life.

This **Advanced Master's Degree in Integrative Aesthetic Medicine** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ The latest technology in e-learning software
- ◆ Intensely visual teaching system, supported by graphic and schematic contents that are easy to assimilate and understand
- ◆ Practical cases presented by practising experts
- ◆ State-of-the-art interactive video systems
- ◆ Teaching supported by telepractice
- ◆ Continuous updating and recycling systems
- ◆ Self-regulated learning: full compatibility with other occupations
- ◆ Practical exercises for self-assessment and learning verification
- ◆ Support groups and educational synergies: Questions to the expert, discussion forums and knowledge
- ◆ Communication with the teacher and individual reflection work
- ◆ Content that is accessible from any fixed or portable device with an Internet connection
- ◆ The supporting documentation databanks are permanently available, even after the program



*A high level of scientific education, supported by advanced technological development and the teaching experience of the best professionals"*

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*We offer you a quality program, allowing you to expand your skills as an esthetic doctor. A high-level program for professionals seeking to achieve career success"*

Our teaching staff is made up of working professionals. In this way we ensure that we deliver the educational update we are aiming for. A multidisciplinary team of qualified and experienced professionals in different environments, who will develop the theoretical knowledge efficiently, but, above all, will include all the practical knowledge derived from their own experience into the program.

This command of the subject is complemented by the effectiveness of the methodological design of this Grand Master. Developed by a multidisciplinary team of e-learning experts, it integrates the latest advances in educational technology. This way, you will be able to study with a range of comfortable and versatile multimedia tools that will give you the operability you need in your specialization.

The design of this program is based on Problem-Based Learning, an approach that views learning as a highly practical process. To achieve this remotely, we will use telepractice. With the help of an innovative interactive video system and *Learning from an Expert*, you will be able to acquire the knowledge as if you were facing the scenario you are currently learning. A concept that will allow you to integrate and fix learning in a more realistic and permanent way.

*A detailed and complete immersion in the most up-to-date strategies and approaches in esthetic medicine.*

*We have the best teaching methodology and a multitude of simulated cases, that will help you prepare for real situations.*



# 02 Objectives

Our objective is to prepare highly qualified professionals for the working An objective that is complemented, moreover, in a global manner, by promoting human development that lays the foundations for a better society. This objective is focused on helping professionals reach a much higher level of expertise and control. A goal that you can take for granted, with a high-intensity and precise program.







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*If your goal is to improve in your profession, to acquire a qualification that will enable you to compete among the best, look no further: welcome to TECH"*



## General Objectives

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- ◆ Impart knowledge of all anti-aging modalities and esthetic treatments, incorporating the necessary tools to carry out this specialty in their daily practice
- ◆ Learn how to control, delay and prevent the existing aging process today
- ◆ Gain a fully up-to-date knowledge of the different therapeutic options available for the treatment of acne
- ◆ Diagnose those cases of acne secondary to systemic pathologies or external agents that require specific management
- ◆ Know and be able to indicate and apply the different modalities of available physical therapies
- ◆ Know the paths of research and possible future directions of treatment
- ◆ Know how to treat obstinate cases resistant to the usual therapies
- ◆ Detect and anticipate possible complications and side effects of each treatment
- ◆ Be able to diagnose psychopathological alterations that are secondary to the disease itself or to treatments, which affect the patient's life in relationships and the fulfilment of the patient as a person
- ◆ Individualize the management of the esthetic after-effects of acne, choosing and combining the best options from among multiple techniques available





## Specific Objectives

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### Module 1. Basic Principals of Aesthetic Medicine

- ◆ Know how to identify the biological changes in aging, the analysis of genes and the functions of diagnostic methods
- ◆ Learn how to manage the mechanisms of action of topical treatments, peelings, the annotation of cosmetic evaluations and various measurement methods
- ◆ Define and analyze in a global way the structures and functions of each area and open opportunities for new treatments
- ◆ Study the physics of ultrasound, since it is a dependent medical procedure where the specialist will have to manipulate the ultrasound equipment to determine the ultrasound characteristics of the lesion
- ◆ Study the classification of the different lesions that can be identified
- ◆ Analyze changes in monitoring the evolution of diseases, as well as tissue involvement, localization, size, characterization and differentiation between benign and malignant lesions
- ◆ Identify the possible complications from filler materials

### Module 2. Peelings. Dermocosmetics

- ◆ Learn to use the different types of peeling in the treatment of rejuvenation and certain skin disorders in an effective way, highlighting the knowledge of the most used active ingredients and their mechanisms of action
- ◆ Selection of the patient in an appropriate manner, prior preparation of the skin, including correct follow-up and prescription of the post-peeling treatment, in accordance with the usual evolution after the application of each chemical agent or combination of
- ◆ Understand the possible adverse effects of peeling and their treatments

### Module 3. Applications of Botulinum Toxin in Dermatology and Esthetics: Regenerative Medicine for Esthetic Purposes

- ◆ Learn how to use temporary filler materials
- ◆ Gain insight into the correction of volume defects associated with tissue atrophy secondary to aging
- ◆ Be up to date on filler materials to create a comprehensive rejuvenation protocol that works with absolute safety by knowing their components and short- and long-term side effects

### Module 4. Facial Implants in Esthetics

- ◆ In-depth knowledge of facial anatomy
- ◆ Update on the most current techniques and procedures in facial implantology
- ◆ Acquire techniques to harmonize facial contours through the use of facial implants

### Module 5. Esthetic and Regenerative Gynecology

- ◆ Address sexual dysfunctions
- ◆ Learn how to perform genital regenerative treatments
- ◆ Understand the female anatomy to learn how to manage physical disorders after childbirth, menopause or an oncological process

### Module 6. Laser and Light Sources in Aesthetic Medicine

- ◆ Provide students with the appropriate knowledge to use the different types of lasers and light sources in rejuvenation treatment and skin disorders in an effective way, highlighting the knowledge of the basic principles of physics on which their use is based without forgetting to include knowledge concerning the safety guidelines for their use

- ◆ Provide up-to-date information on the use of lasers for pigmented lesions, rejuvenation, vascular lesions and hair removal, with emphasis on the appropriate selection of the technology that enables us to adapt to the needs of each patient, highlighting a comprehensive overview of treatment strategies, indications, contraindications and possible adverse effects
- ◆ Get up to date on the types of authorized botulinum toxin, the precise knowledge of the action mechanisms of each one and the detailed instructions for each anatomical area
- ◆ Know the therapeutic application of the factors that intervene in biological processes
- ◆ Know the therapeutic application of the factors that intervene in biological processes

#### **Module 7. Phlebology and Lymphatic Disorders. Body Esthetics**

- ◆ Have an adequate knowledge of the anatomy, physiology, pathophysiology and etiopathogenesis of the alterations involving the panniculus adiposus and the veno-lymphatic alterations of the limbs
- ◆ Know the main characteristics of adipose tissue and its variations with age and sex, as well as the main alterations related to obesity and being overweight
- ◆ Analyze the main etiopathogenic mechanisms of venous and lymphatic alterations of the limbs with special attention to chronic venous disease and lymphatic pathology, as well as their diagnosis and treatment
- ◆ Analyze the changes related to aging, including the main surgical and non-surgical treatments for body contouring
- ◆ Understand in depth and know how to diagnose the main clinical conditions such as cellulite, lipodystrophies, lipedema, localized adiposities and veno-lymphatic alterations in order to identify situations involving a health risk from esthetic alterations

#### **Module 8. Trichology and Hair Transplantation**

- ◆ Understand the medical treatments for different types of alopecia, antiandrogen injections, PRP, immunotherapy and surgical treatments for alopecia with their different techniques (strip technique, FUE technique, SAFER automated device)
- ◆ Learn how to perform an effective clinical diagnosis with the support of the latest technologies

#### **Module 9. Communication**

- ◆ Understand the importance of communication in the health sector
- ◆ Learn how to design a business communication strategy in the healthcare field and manage the online presence of the organization
- ◆ Know how to carry out marketing campaigns, SEO and SEM
- ◆ Acquire the appropriate knowledge to manage the company's social media

#### **Module 10. Pathophysiology of Acne and Implications for Treatment**

- ◆ Understand the pathophysiological basis of acne and its implications for the development of drugs and physical therapies
- ◆ Identify the physical and chemical diseases that can occur as a result of poorly executed acne treatment

#### **Module 11. Topical Treatments**

- ◆ Know the action mechanisms, recommended guidelines, side effects and precautions to be taken with topical and oral antibiotics in acne
- ◆ Know the action mechanisms, recommended guidelines, side effects and precautions to be taken with topical and oral retinoids in acne

#### **Module 12. Oral Antimicrobials**

- ◆ Identify the main oral antimicrobials that have a favorable impact on the treatment of acne
- ◆ Understand the mechanisms of oral treatment and to evaluate its efficacy compared to other types of treatment
- ◆ Know the main oral microbial drugs and compare them with antimicrobials, identifying which has the greatest impact on the treatment of acne.

#### **Module 13. Hormonal Treatment**

- ◆ Know the action mechanisms, recommended guidelines, side effects and precautions to be taken with hormonal treatments for acne
- ◆ Identify the main oral treatments for acne and their repercussions on other pathologies or their emergence

**Module 14. Systemic Retinoids**

- ◆ Know how to indicate and perform chemical peeling treatments, choosing the most appropriate product for each case
- ◆ Identify alternative acne treatments and see their efficacy in improving the skin

**Module 15. Light Source Treatment of Active Acne**

- ◆ Indicate and configure the most suitable parameters for treatments with light sources
- ◆ Know the most effective light sources for the different alternative treatments in acne reduction

**Module 16. Treatment of Acne Scars**

- ◆ Know the basics of biophotonic therapy and photodynamic therapy, as well as the most appropriate treatment guidelines in each case
- ◆ Identify the veracity of drugs and ointments that improve skin wounds
- ◆ Define the correct application techniques so as not to injure the skin in the application methods

**Module 17. Diet and Acne**

- ◆ Capable of making dietary recommendations to patients with acne, in accordance with current scientific evidence
- ◆ Identify foods that irritate the skin and their impact on the development of acne
- ◆ Recognizing the nutrients and benefits of unprocessed food

**Module 18. Treatment of Acne in Special Circumstances**

- ◆ Individualize treatment in certain cases, such as pregnant women, high phototypes, adult women, neonatal acne or iatrogenic conditions
- ◆ Capable of choosing and combining the most effective treatments for the cosmetic management of acne scars
- ◆ Identify external pathologies that affect skin care and their possible effect on the development of acne
- ◆ Know which pathologies can be affected by the use of anti-acne drugs

**Module 19. Psychological Impact of Acne: Detection and Management**

- ◆ Early detection of psychological disorders and acquire coping strategies to deal with these complications
- ◆ Detect warning signs of self-harm and suicidal behavior in acne patients

**Module 20. Anti-Aging Medicine**

- ◆ Present the historical background to anti-aging medicine
- ◆ Define and become familiar with the most frequently used concepts in anti-aging medicine
- ◆ Examine the most accepted theories of aging and interrelate them with each other
- ◆ Understand the aging mechanisms associated with mitochondria
- ◆ Define telomere-related aging processes
- ◆ Establish the relationship between immunosenescence, aging and disease onset
- ◆ Analyze the importance of circadian rhythms in aging and acquire the skills to treat their alterations in an appropriate manner
- ◆ Evaluate the importance of the exposome in aging and generate channels to adapt it to the needs and expectations of the individual

**Module 21. Hormones and Their Relationship to Aging. Hormone Therapy**

- ◆ Addressing the complex endocrinological system of the human being
- ◆ Describe the role of stress and related hormones in relation to aging
- ◆ Developing the close interrelationship between neurodegeneration and melatonin deficiency
- ◆ Determine the important role played by GH in the different stages of human life
- ◆ Analyze the hormonal aspects involved in menopause as an accelerated example of aging in women
- ◆ Determine the difference between synthetic and bioidentical hormones and understand their usefulness in anti-aging medicine
- ◆ Achieve the capabilities to initiate hormone therapy prescribing

### **Module 22. Physical Activity. Sedentary Lifestyle. Obesity**

- ♦ Examine the metabolic response during physical exercise
- ♦ Determine the different techniques for the physiological assessment of the patient
- ♦ Analyze the basic principles of sports training to develop an adapted physical activity plan
- ♦ Know the importance of physical activity on certain pathologies such as cancer, musculoskeletal, cardiovascular and respiratory pathologies
- ♦ Analyze trends for recovery and readaptation to effort
- ♦ Establish how obesity and sedentary lifestyles contribute to accelerated aging
- ♦ Determine the guidelines and indications for pharmacological treatment of obesity

### **Module 23. Nutrition**

- ♦ Establish the contribution of micronutrients to normal nutritional status
- ♦ Identify diseases developed by nutritional deficiencies and how to avoid them
- ♦ Present the different types of functional foods, nutraceuticals, as well as the differences between the two
- ♦ Examining the health contribution of prebiotics and probiotics
- ♦ Analyze the theory of aging associated with cellular oxidation and the role of antioxidants present in foods
- ♦ Identify the different food additives and their functions in foods
- ♦ Present specific types of diets and their contribution to improving the body's functions

### **Module 24. Neurological and Psychological Aspects of Anti-Aging Medicine**

- ♦ Examine the psychological and neurological aspects of aging
- ♦ Addressing both stress and ways to manage, control and combat it
- ♦ Complement, from a psychological point of view, the aspects related to chronobiology
- ♦ Analyze the applications of mindfulness to anti-aging therapy
- ♦ Study the main aspects of Scener therapies
- ♦ Developing neural therapy and its applications
- ♦ Analyze the relationship between the perception of self and the aging process

### **Module 25. Minimally Invasive Therapies**

- ♦ Understand the fundamentals and applications of regenerative medicine.
- ♦ Compile the therapeutic alternatives available in antiaging medicine consultations
- ♦ Examine the mechanisms of action of the different therapies presented in the block
- ♦ Analyze the advantages and disadvantages of the therapies presented
- ♦ learning the indications and contraindications of the proposed treatments
- ♦ Establish a therapeutic plan consistent with the patient's needs at all times
- ♦ Eliminate taboos regarding therapies related to hematic derivatives

### **Module 26. Alliances Between Esthetic Medicine and Anti-Aging**

- ♦ Analyze and learn about facial structures and their temporal evolution
- ♦ Diagnose facial aging in relation to the subunits that compose its structure
- ♦ Plan strategies for preventive action against facial aging
- ♦ Propose treatment plans for signs of aging established on the face and other photoexposed body structures
- ♦ Evaluate the degree of skin aging and be able to develop a cosmetic treatment plan accordingly in consultation
- ♦ Identify cosmetic home treatment needs based on diagnosis

**Module 27. Appliances and Lasers Applied to Anti-Aging Medicine**

- ◆ Address the physical principles of light sources
- ◆ Differentiate between the main types of lasers and the technologies that make them unique
- ◆ Develop applications in the prevention and treatment of skin aging and other tissues
- ◆ Analyze the mechanisms of action of other complementary technologies such as cryolipolysis, plasmalasers and radiofrequency
- ◆ Apply available knowledge to the development of treatment protocols
- ◆ Combine the different types of apparatus
- ◆ Identify the side effects that can occur with each piece of equipment

**Module 28. Genital Anti-Aging Medicine**

- ◆ Analyze the importance of psychological processes associated with age-related sexual dysfunction
- ◆ Review the anatomy and histology of the male and female sex organs
- ◆ Diagnose the main problems associated with female genital aging, whether or not associated with menopause
- ◆ Determine the applicability of different female genital rejuvenation techniques and be able to combine them with each other
- ◆ Study male sexual dysfunctions associated with aging
- ◆ Identify non-age-related male sexual dysfunctions that may impair the individual's sexual health
- ◆ Assimilate the different techniques available in male genital rejuvenation

**Module 29. The Anti-Aging Medicine Clinic. Practical Aspects. Overall Approach to the Patient**

- ◆ Determine the essential legal aspects of an antiaging medicine consultation
- ◆ Apply an appropriate marketing strategy in the practice and when recruiting patients
- ◆ Establish basic aspects of the patient's medical history
- ◆ Define a comprehensive approach to the antiaging medicine patient when dealing with them in the consultation room
- ◆ List the main laboratory tests necessary for a complete antiaging medicine consultation, as well as to be able to expand to more advanced studies
- ◆ Plan an integrative and adequate treatment
- ◆ Evaluate results and schedule follow-up, as well as interdisciplinary relationships if necessary



*A unique, key, and decisive training experience to boost your professional development"*

# 03 Skills

Once all the contents have been studied and the objectives of the Advanced Master's Degree in Integrative Aesthetic Medicine have been achieved, the professional will have superior competency and expertise in this field. A most comprehensive approach, in a top-level program that makes all the difference.





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*Achieving excellence in any profession requires effort and perseverance. But, above all, the support of professionals, who will give you the boost you need, with the necessary means and assistance. At TECH, we offer you everything you need”*



## General Skills

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- ◆ Be able to apply new anti-aging techniques, in addition to other esthetic treatments.
- ◆ Being able to forestall aging in patients
- ◆ Propose an up-to-date acne treatment
- ◆ Recognize cases of secondary acne
- ◆ Schedule physical therapies
- ◆ Recognize new lines of research that exist
- ◆ Avoid or minimize complications
- ◆ Diagnose psychopathological alterations secondary to treatment
- ◆ Treat the esthetic after-effects of acne



## Specific Skills

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- ◆ Identify the biological changes of aging in order to be able to use the necessary treatments for its prevention
- ◆ Use of ultrasound in the field of esthetic-medical treatments
- ◆ Correctly use the different types of peels in the treatment of rejuvenation and certain skin disorders in an effective manner
- ◆ Know the possible adverse effects of peeling and their treatment, communicate them to patients and be prepared for any possible setbacks
- ◆ Apply the different types of lasers and light sources in the treatment of skin rejuvenation and skin disorders in an effective way
- ◆ Be able to correctly apply the authorized botulinum toxin
- ◆ Know and understand the process of tissue regeneration by means of growth factors
- ◆ Apply the most appropriate skin filler materials in every case, in order to encourage rejuvenation in patients
- ◆ Treat physical changes in women after childbirth, menopause or an oncological process for example
- ◆ Perform appropriate diagnostics on hair loss using, the most advanced technologies in this field
- ◆ Help to prevent and treat alopecia
- ◆ Be able to diagnose the main clinical presentations such as cellulitis, lipodystrophies or lipedema, among others
- ◆ Identify the main characteristics of adipose tissue and its variations depending on each patient
- ◆ Know how to manage the image of the esthetic medicine company, as well as the social networks and all the communication channels

- ◆ Be able to implement marketing campaigns appropriate to the sector that help to improve profitability
  - ◆ Be able to identify skin aging and apply appropriate treatments to prevent and delay it
  - ◆ Know the appropriate medication to treat acne
  - ◆ Know how to use antibiotics in the treatment of acne
  - ◆ Use topical retinoids in acne treatment
  - ◆ Use hormonal treatments for acne
  - ◆ Indicate the use of chemical peels
  - ◆ Indicate the use of light source treatments
  - ◆ Include biophotonic and photodynamic therapies in treatments, if applicable
  - ◆ Appropriate dietary guidelines for acne treatment
  - ◆ Make recommendations for the use of cosmetic treatments for acne scars
  - ◆ Recognize psychological disorders and implement a therapeutic approach
  - ◆ Perform acne treatments in special cases
  - ◆ Apply the main anti-aging techniques to patients
  - ◆ Gain an in-depth understanding of the relationship between the endocrine system and aging
  - ◆ Prescribe appropriate exercise for each patient to prevent aging and obesity
  - ◆ Prescribe different types of diets according to the patient's needs
  - ◆ Know how the aging process can affect the patient psychologically
  - ◆ Apply the most appropriate therapeutic plan for each patient
  - ◆ Undertake facial rejuvenation strategies
- ◆ Have a thorough knowledge of the different mechanisms and tools that can be applied in each type of treatment
  - ◆ Take the pathologies related to genital aging into account and apply anti-aging techniques
  - ◆ Perform a comprehensive anti-aging treatment to achieve major benefits for patients



*Our objective is very simple: to offer you quality specialized training, with the best teaching methods currently, so that you can reach new heights of excellence in your profession"*

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# Course Management

The program includes in its teaching staff leading experts in esthetic medicine, who bring to this training the expertise gained from their work. Additionally, other recognized specialists participate in its design and preparation, which means that the program is developed in an interdisciplinary manner.





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*We have an excellent team of professionals who have come together to teach you the latest advances in esthetic medicine"*

## International Guest Director

Dr. Joshua Zeichner is an international eminence in the field of Dermatology and Cosmetic Medicine. In both fields he has based his professional career, acquiring the most advanced skills in care and for the development of empirical studies. Based on these skills of excellence, the expert has taken on challenges such as the position of Director of Cosmetic and Clinical Research in the Department of Dermatology at Mount Sinai Hospital in the United States.

He has also been awarded the prestigious Skin Genius Award by Elle magazine for his innovative approaches to the treatment of aging skin and faces. In turn, his peers have voted for his name to fill New York Magazine's Best Doctors lists since 2018. Also, he has had rankings as one of the Top Doctors in the New York Metropolitan Area by Castle Connolly and New York City Super Doctors, renowned catalogs that evidence Dr. Zeichner's dedication to his patients.

In addition to his medical knowledge and practice, often focused on Acne, this expert has therapeutically addressed other pathologies and general skin conditions. Among them, he has stood out for his comprehensive management of Eczema, Rosacea, Psoriasis and Cancer in different areas of the epidermis. At the same time, he has mastered the use of Botox and dermal fillers, as well as Laser and Chemical Peels.

Dr. Zeichner's opinion is also frequently used by the media. For this reason, his name has been mentioned many times in reports published by magazines and newspapers such as Allure, Vogue, Cosmopolitan, Elle, Glamour and The New York Times. Likewise, he regularly participates in congresses and lectures on Dermatology around the world.



## Dr. Zeichner, Joshua

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- Director of Cosmetic and Clinical Research in Dermatology at Mount Sinai Hospital
- Specialist in Dermatologic Cosmetics, Acne Treatment and Anti-Aging Skin.
- Physician Consultant at Mount Sinai Beth Israel, Mount Sinai Brooklyn, Mount Sinai Queens and Mount Sinai West hospitals
- Officially Board Certified by the American Board of Dermatology
- Specialist Practitioner at St. Vincent Brooklyn Queens Catholic Medical Center
- John Hopkins University, M.D.
- Dermatology Residency and Dermopharmacology Fellowship at The Mount Sinai Hospital
- Graduate of the University of Pennsylvania

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*Thanks to TECH, you will be able to learn with the best professionals in the world”*

## Management



### Dr. Mosquera González, Margarita

- ♦ Medical Director of the Integrative Esthetic Medicine Area, C&M Clinic. Rivas, Madrid
- ♦ Specialist of the Preventive Medicine Unit of the Hospital Universitario Fundación Alcorcón
- ♦ Associate Professor at the Faculty of Health Sciences, Universidad Rey Juan Carlos, Madrid
- ♦ Degree in Medicine and Surgery, University of Oviedo
- ♦ Doctor of Medicine and Surgery, Universidad Rey Juan Carlos, Madrid
- ♦ University Specialist in Esthetic and Anti-Aging Medicine, Universidad Complutense, Madrid
- ♦ Master's Degree in Public Health, Escuela Nacional de Sanidad, Madrid, Spain
- ♦ Specialist in Preventive Medicine and Public Health



### Dr. Leis Dosil, Vicente

- ♦ Dermatologist and Director of Idelia Dermatology
  - ♦ Dermatologist at the Hospital HLA Universitario Moncloa
  - ♦ Associate Professor at the European University
  - ♦ Degree in Medicine and Surgery from the Faculty of Medicine and Dentistry of the University of Santiago de Compostela.
  - ♦ Diploma in Advanced Studies, Dermatology and Venereology at the Complutense University of Madrid.
  - ♦ Postgraduate Diploma in Integrated Management of Health Services from the National University of Distance Education (UNED).
  - ♦ Postgraduate Diploma in Clinical and Surgical Dermatology and Cutaneous Oncology from the University of Alcalá.
- Member of: Spanish Academy of Dermatology and Venereology (AEDV). Hospital Advisory Committees for advice on the organization of operating rooms and continuous care and relations with Primary Care.





### **Dr. Lacosta Esclapez, Pilar**

- ◆ Director of the oncological esthetic medicine unit at Dr. Granada's clinic in Pozuelo de Alarcón.
- ◆ Medical Director of Dr. Pilar Lacosta en Boadilla del Monte
- ◆ Medical esthetician in Villanueva del Pardillo
- ◆ Degree in Medicine and Surgery, University of Zaragoza
- ◆ University Specialist in Naturopathic Medicine, University of Zaragoza, Spain
- ◆ University Specialist in Aesthetic and Anti-Aging Medicine, Universidad Complutense de Madrid
- ◆ University Specialist in Quality of Life in Oncology Patients and Aesthetic Medicine, University of Alcalá de Henares
- ◆ Member of the Board of Directors of the Group of Experts in Esthetic Medicine in Oncology Patients (GEMEON)



### **Dr. Morante Tolbaños, Cristina**

- ◆ Capillary Surgeon, Laser Medical Institute
- ◆ Professor of the Master's Degree of Hair Transplant, Catholic University of Murcia
- ◆ Professor of the Master's Degree of Medicine and Hair Transplantation, University of Alcalá de Henares
- ◆ Medical Hair Treatments and Hair Surgery Medical Management Hair Transplant 360
- ◆ Medical Director Hair Surgery Unit Clínica MAN Madrid
- ◆ Doctorate in Legal and Forensic Medicine, Universidad Complutense de Madrid
- ◆ Master's Degree in Hair Medicine and Transplant, Universidad Alcalá de Henares
- ◆ Master's Degree in Esthetics and Anti-Aging Medicine at Complutense University of Madrid
- ◆ Master's Degree in Accident and Emergency Medicine at the Complutense University of Madrid
- ◆ Master's Degree, Health and Social Action Center Management at Universidad Complutense de Madrid.

## Professors

### Ms. Arnaiz Urrez, Celia

- ◆ Psychologist in the Human Resources Department,, Hospital Universitario Fundación Alcorcón, Madrid
- ◆ Degree in Psychology, Universidad Complutense de Madrid
- ◆ Specialty in Clinical Psychology and Work Psychology, International Coach Federation
- ◆ Instructor in Clinical Simulation, Center for Medical Simulation of Harvard-MIT
- ◆ Master's Degree in Human Resources Management and Organization, ESIC Business & Marketing School of Madrid
- ◆ Lecturer in training and development projects of the Colegio Oficial de Psicólogos de Madrid, Universidad Complutense de Madrid

### Ms. Arredondo Provecho, Ana Belén

- ◆ Nurse of the Preventive Medicine Unit, Hospital Universitario Fundación Alcorcón

### Dr. Arroyo Romo, César

- ◆ Chief Physician, Laser and Esthetic Medicine Unit, M Hospitales Montepíncipe, Torrelodones Sanchinarro

### Dr. Barchino Ortíz, Lucía

- ◆ Specialist in Medical-Surgical Dermatology and Venereology, via MIR, Gregorio Marañón General University Hospital

### Dr. Del Cura, Jose Luis

- ◆ Head of Section of the Radiodiagnosis Service, Hospital de Basurto. Vizcaya

### Dr. Chicón García, Jesús

- ◆ Medical Director of JEISAMED Clinics ( Esthetic Medicine)
- ◆ Degree in Medicine and Surgery, Universidad de Alcalá de Henares
- ◆ Master's Degree in Esthetic Medicine, Universidad Rey Juan Carlos, Madrid
- ◆ Master's Degree in Hospital Nutrition, University of Navarra, Spain
- ◆ European expert in quality management, Spanish Quality Agency
- ◆ European expert in research, development and innovation, Spanish Quality Agency.
- ◆ Diploma in Homeopathy, Center for Homeopathic Education and Development
- ◆ Specialist in bioregulatory medicine
- ◆ Coordinating Professor of Anatomy and Physiology, University Alfonso X El Sabio

### Dr. Carlos Iriarte, Esperanza

- ◆ Head of Section of the Rehabilitation Service, Hospital 12 de Octubre. Madrid

### Ms. Díaz Martín, María Margarita

- ◆ Nurse of the Preventive Medicine Unit, Hospital Universitario Fundación Alcorcón

### Dr. Franco Vidal, Amalia

- ◆ Quality Coordinator of Health Area V. Health Service of the Principality of Asturias.
- ◆ Specialist in Preventive Medicine and Public Health, Hospital Universitario La Paz, Madrid
- ◆ Master's Degree in Public Health, Escuela Nacional de Sanidad, Madrid
- ◆ Master's Degree in Quality Management in Health Services, University of Murcia, Spain
- ◆ Professional Master's Degree in Health Administration, Escuela Nacional de Sanidad, Madrid
- ◆ University Professional Master's Degree in Health Administration, UNED
- ◆ Management Development Program. Talentia 360, School of Industrial Organization

**Dr. Esteban Herrero, Margarita**

- ◆ Medical Director of the esthetic medical center Clínica Dra. Esteban in Bilbao
- ◆ Degree in Medicine and Surgery, University of the Basque Country
- ◆ Master's Degree in Esthetic Medicine. Spanish School of Aesthetic Medicine
- ◆ University specialist in homeopathy and health, University of the Basque Country
- ◆ Diploma in scientific bases in cosmetic medicine and surgery, Universidad Autónoma de Barcelona
- ◆ Diploma in Aging Medicine, Universidad Autónoma de Barcelona, Spain
- ◆ Master's Degree in Quality of Life and Medical-Aesthetic Care of Oncology Patients, University of Alcalá, Spain
- ◆ Master's Degree in Trichology and Hair Micrografting, Distance Learning University of Madrid
- ◆ Vice-president of the group of experts in oncological esthetic medicine (GEMEON).

**Dr. Garrido Gutiérrez, Carolina**

- ◆ Dermatologist, Hospital Universitario Infanta Sofía, Madrid, Spain

**Dr. García, Marcos Alonso**

- ◆ Specialist of the Preventive Medicine Unit of the Hospital Universitario Fundación Alcorcón
- ◆ Honorary Professor at the Faculty of Health Sciences, Universidad Rey Juan Carlos, Madrid
- ◆ Degree in Medicine, University of Oviedo, Spain
- ◆ Associate Professor Grupo CTO
- ◆ Master's Degree in Public Health, Escuela Nacional de Sanidad, Madrid
- ◆ Specialist in Preventive Medicine and Public Health

**Dr. Iglesias Pena, Nicolás**

- ◆ Degree in Medicine
- ◆ Specialist in Medical-Surgical Dermatology and Venereology
- ◆ Special interest in dermatological surgery, laser therapy, skin oncology and clinical research

**Ms. Gayoso Blanco, Macarena**

- ◆ Advertising and public relations manager Newmonday Agency (Communication, events & marketing), Madrid
- ◆ Degree in Advertising and Public Relations, ESIC: Business & Marketing School
- ◆ Master's Degree in Event Organization, Protocol and Institutional Relations, Escuela Internacional de Protocolo-Madrid

**Ibáñez Castresana, Ricardo**

- ◆ Founder of the law firm Iurisvox. Lawyer and jurist
- ◆ Law Degree, University of Deusto
- ◆ Specialized in community law
- ◆ Legal advisor to the Spanish Commission for Refugee Aid
- ◆ Professor of European Community Law, Universidad Carlos III de Getafe (Madrid)
- ◆ Collaborating professor of the practicum, Universidad Europea (CEES) of Villaviciosa de Odón

**Ms. Villacampa Crespo, Beatriz**

- ◆ Primary Care Pharmacist, General Hospital of Elche (Alicante, Spain)
- ◆ Degree in Pharmacy, University of Valencia
- ◆ Diploma in Human Nutrition and Dietetics, University of Valencia
- ◆ Assistant pharmacist in pharmacy office in Vinaroz (Castellón)

**Dr. Zetina Toache, Luis Miguel**

- ◆ Medical Director, Oncomédica Cáncer Consultants, Guatemala
- ◆ Internal Medicine and Medical Oncology of the Hematology Clinic
- ◆ Specialist in Medical Oncology
- ◆ Specialist in Clinical Hematology
- ◆ Master's Degree in Molecular Oncology
- ◆ Affiliated to the MSD Global Lung Scientific Symposium

**Dr. Martínez Morón, Victoria**

- ◆ Coordinator of the Pelvic Floor Unit, Hospital Universitario Fundación Alcorcón, Madrid
- ◆ Gynecological laser level I teacher, Spanish Society of Gynecology and Obstetrics
- ◆ Professor of the Professional Master's Degree in Quality of Life in Oncology Patients, Universidad de Alcalá de Henares
- ◆ Professor of the Professional Master's Degree in Esthetic Medicine, Universidad de Alcalá de Henares
- ◆ Specialist in Gynecology and Obstetrics, Hospital Universitario de Guadalajara
- ◆ Master's Degree in Sexology, Sexual Orientation and Couple Therapy, University of Extremadura
- ◆ Member of the Spanish Society of Gynecology and Obstetrics
- ◆ Vice President of the Spanish Society of Esthetic, Regenerative and Functional Gynecology

**Ms. Moya Cortés, Lucía**

- ◆ Psychologist with clinical specialty

**Dr. Olivares Rueda, Teresa**

- ◆ Degree in Medicine and Surgery, University of Murcia

**Dr. Ruiz de Almirón, Antonio Clemente**

- ◆ Dermatologist, University of Granada

**Ms. Oltra Plaza, Amelia**

- ◆ U.S. Registered Nurse Nuestra Señora de los Desamparados
- ◆ Master's Degree in Emergency Nursing, Universidad Católica San Antonio de Murcia
- ◆ University Expert in Dermo-esthetic Nursing, International School of Health Sciences
- ◆ First Aid in Prevention Service, training for companies
- ◆ Teacher trained by the Ministry of the Interior in first aid
- ◆ Member of the Spanish Society of Emergency Medicine

**Dr. Soriano Micó, María**

- ◆ Resident Physician in Physical Medicine and Rehabilitation, Hospital Universitario Doctor Peset, Valencia
- ◆ Degree in Medicine, Miguel Hernández University of Elche (San Juan-Alicante Campus)
- ◆ Magister in Manual Medicine, Universidad Complutense de Madrid, Hospital Clínico San Carlos, Madrid
- ◆ Master in Musculoskeletal Ultrasound and Ultrasound-Guided Interventionism

**Dr. García Medina, Noemí**

- ◆ Esthetic Medical Director Dorsia Castellón
- ◆ Licenciatura en Medicina y Cirugía General, Universidad Complutense de Madrid, España
- ◆ MIR. Hospital Comarcal of Vinarós. Emergency Department. Family and Community Medicine Service. Castellón Teaching Unit
- ◆ Professional Master's Degree in Esthetic Medicine University of Valencia
- ◆ Assistant Physician at the Benicarló Health Center.
- ◆ Teaching collaborator in the training program for the specialty of family and community medicine in Castellón

**Dr. Pérez Zapata, Abraham**

- ◆ Andalusian Health Service Family Physician
- ◆ SAMU doctor in the Emergency Service of the Valencian Community.
- ◆ Physician at Clínicas Dorsia
- ◆ Teaching staff of the Spanish Society of Emergency Medicine and Emergency Medicine
- ◆ Degree in Medicine from the University of Seville
- ◆ Specialist in Family and Community Medicine at the Consorcio Hospital General Universitario de Valencia
- ◆ Master's Degree in Management and Organization of Hospitals and Health Services by the Polytechnic University of Valencia
- ◆ Master's Degree in Advanced Aesthetic and Laser Techniques by the CEU Cardenal Herrera University

**Dr. De Toledo Heras, María**

- ◆ Specialist in Neurology. Servicio de Neurología, Hospital Universitario de La Princesa, Madrid
- ◆ Head of the Epilepsy Unit. Servicio de Neurología, Hospital Universitario de La Princesa, Madrid
- ◆ Honorary Professor, Universidad Autónoma de Madrid
- ◆ Neurology Specialist, 12 de Octubre University Hospital
- ◆ Professional Master's Degree in Epilepsy, University of Murcia, Spain
- ◆ Degree in Cognitive Disorders and Dementias, Universidad Complutense de Madrid.
- ◆ PhD in Neurosciences, Universidad Complutense de Madrid
- ◆ Degree in Medicine and Surgery, Universidad Autónoma de Madrid

**Dr. Cornejo, Paloma**

- ◆ Degree in Medicine and Surgery, Universidad Autónoma de Madrid.

**Ms. Rodrigo Algaba, Verónica**

- ◆ Psychotherapist. Central Nervous System Clinic (Valencia)
- ◆ Degree in Psychology, University of Valencia
- ◆ Master's Degree in Health, Integration and Disability, Universidad Complutense de Madrid.
- ◆ Educational psychologist; design and implementation of a smoking prevention campaign. Development of the campaign with students from 9 high schools in the third and fourth years of ESO. Professional Experience
- ◆ Psychologist/Counselor. Plena Inclusión Madrid
- ◆ Psychologist, Casta Salud, Guadarrama, Madrid
- ◆ Therapist, Fundación A. Miguel Roca-Proyecto Hombre-Valencia Foundation

**Dr. Lumbreras Manjón, Desiré**

- ◆ Specialist in Family and Community Medicine; and in Esthetic Medicine.
- ◆ Private primary care consultation at Atenea Clinics
- ◆ On-call duty at the PAC of Alaquàs
- ◆ Doctor of Esthetics
- ◆ Degree in Medicine. Faculty of Medicine and Dentistry, University of Valencia General Survey
- ◆ Master's Degree in Esthetic Medicine, University of Valencia-ADEIT Foundation.
- ◆ Master's Degree in Integration and Clinical Problem Solving in Medicine, Universidad Alcalá, Spain
- ◆ Master's Degree in Emergency Medicine, CEU-Cardenal Herrera University

### **Dr. Rodríguez Scheid, Salvador**

- ◆ Manager of Yariclinic Clinics
- ◆ Degree in Medicine and Surgery, University of Navarra, Spain.
- ◆ Diploma in Phlebology, University Pierre and Marie Curie
- ◆ Diploma in Clinical bases in Cosmetic Medicine and Surgery, Universidad Autónoma de Barcelona
- ◆ Diploma in Aging Medicine, Universidad Autónoma de Barcelona, Spain
- ◆ Master's Degree in Quality of Life and Esthetic Medical Care of the Oncology Patient, Universidad de Alcalá, Spain
- ◆ Belonging to the Esthetic Medicine Association of Castilla La Mancha (AMECLM), the Spanish Society of Esthetic Medicine (SEME) and the Spanish Society of Angiology and Vascular Surgery-Chapter of Phlebology (SEACV-CF)

### **Ms. Vera López, Inés**

- ◆ Dietitian-nutritionist at Dorsia Clinics
- ◆ Graduated in Human Nutrition and Dietetics, University of Valencia
- ◆ Master's Degree in Nutrition and Health, Universitat Oberta de Catalunya (UOC)
- ◆ Master's Degree in Nutrition in Physical Activity and Sport, Universitat Oberta de Catalunya (UOC)
- ◆ Internationally Qualified Anthropometrist I, International Society for the Advancement of Kineanthropometry (ISAK). Nutrition Clinic CUNAFF de la Fundació Lluís Alcanyís, Universitat de València
- ◆ Specialization in Sports Nutrition ICNS
- ◆ Indoor Cycling Instructor (CIM Training)
- ◆ Development of healthy eating plans and personalized nutritional follow-up.
- ◆ Indoor Cycling Instructor

### **Dr. Morales Torres, Juan Antonio**

- ◆ Medical Surgeon
- ◆ Degree in Medicine, University of La Laguna, Tenerife, Spain
- ◆ Surgical/Urology Physician, Copenhagen, Denmark
- ◆ Official Professional Master's Degree in Esthetic Medicine, University of Valencia, Spain.
- ◆ European certification in non-surgical facial rejuvenation and remodeling. ECAMS-European College of Aesthetic Surgery and Medicine (Department of Facial Rejuvenation)
- ◆ European certification in non-surgical genital rejuvenation. ECAMS-European College of Aesthetic Surgery and Medicine (Genital Rejuvenation Department)
- ◆ Medical Director of Training Level 7 Injectables at Queens Academy London (England)
- ◆ Lecturer in Esthetic Medicine in London, United Kingdom (Royal Medicine Academy London)
- ◆ Medical Director of Queens London Clinic
- ◆ Training Director at IVAB Instituto Valenciano de Antienvejecimiento y Bienestar, (Spain). International training auditor

### **Dr. Calvache Castillo, Sergio**

- ◆ Degree in Physical Activity and Sports Sciences, University of Granada.
- ◆ Graduate in Medicine and Surgery, University of Granada
- ◆ Master's Degree in Clinical Medicine, Universidad Camilo José Cela
- ◆ Resident in Pneumology 4th year, Hospital Doctor Peset (Valencia)
- ◆ Lecturer at a massive cardiopulmonary resuscitation conference (organized by emergencias sanitarias-conserjería de salud y bienestar social)
- ◆ Teaching and improvement of swimming (Servisport)
- ◆ Technical team at the Sports Service, University of Granada

**Dr. Vicente Sánchez, Gema María**

- ◆ Internal Medicine Specialist

**Dr. Ugarte López, Nuria**

- ◆ Director of the Esthetic Medical Center Dra. Nuria Ugarte
- ◆ Master and expert in quality of life and medical-aesthetic care of oncology patients, Universidad de Alcalá
- ◆ Master's Degree in Gerontology, University of Salamanca, Spain
- ◆ Postgraduate Degree in Psychosomatic Medicine and Health Psychology. Illustrious Official College of Physicians of Madrid
- ◆ Postgraduate Degree in Nutrition and Public Health, University of Navarra, Spain
- ◆ Postgraduate Degree in Dietetic Nutrition and Diet Therapy, University of Navarra, Spain
- ◆ Postgraduate Degree in Nutrition and Obesity, University of Navarra, Spain.
- ◆ University Expert in Clinical Nutrition in Oncology. Spanish Society of Radiation Oncology (SEOR), Francisco de Vitoria University, Madrid
- ◆ Degree in Medicine and General Surgery, University of Cantabria, Spain
- ◆ Member of the Board of Directors of the Group of Experts in Esthetic Medicine in Oncology Patients (GEMEON)
- ◆ Pertenece a la Sociedad española de medicina estética Sociedad Española de Medicina Estética (SEME) y Sociedad Riojana de Medicina Estética (SRME) Belongs to the Spanish Society of Esthetic Medicine (SEME) and Society of Esthetic Medicine of Rioja (SEME)



*The teaching materials of this program, elaborated by these specialists, have contents that are completely applicable to your professional experiences"*

# 05

# Structure and Content

The contents of this program have been developed by the different professors of this course with a clear purpose: to ensure that our students acquire each and every one of the necessary skills to become true experts in this field. The content of this Advanced Master's Degree, will allow you to learn all aspects of the different disciplines involved in this area. A complete and well-structured program that will take you to the highest standards of quality and success.







“

*Our curriculum has been designed with teaching effectiveness in mind: so that you learn the following, more efficiently, and on a more permanent basis”*

## Module 1. Basic Principles of Esthetic Medicine

- 1.1. Introduction and Perception of Beauty
  - 1.1.1. History
  - 1.1.2. Proportions and Elements of Facial Analysis
  - 1.1.3. General and Specific Facial References
- 1.2. Anatomical Changes: Aging
  - 1.2.1. Ageing: A Dynamic Process
  - 1.2.2. Injuries Associated with Aging. Changes in Facial Structures: Bony and Soft Tissue
  - 1.2.3. Changes to Ligaments, Muscles and Skin
- 1.3. Aging Theories
  - 1.3.1. Molecular Theory and Oxidative Stress
  - 1.3.2. Theories on Intrinsic Aging
  - 1.3.3. Theories on Extrinsic Aging
  - 1.3.4. Telomere Shortening: Genes Associated with Longevity and Aging
- 1.4. Evaluation of Aging in Esthetic Medicine
  - 1.4.1. Scales to Evaluate Aging
  - 1.4.2. Clinical Visual Scale
  - 1.4.3. Diagnostic Imaging Methods
  - 1.4.4. Skin from Parameters: Moisturisation, Elasticity, Colour, Oil Production and Desquamation
- 1.5. Topical Treatments (General)
  - 1.5.1. Global Assessment of Treatment Tools
  - 1.5.2. Managing Loss of Volume: Problems and solutions
  - 1.5.3. Addressing Loss of Flaccidity: Surgical and Non-Surgical Problems and Solutions
  - 1.5.4. Managing Dyschromia and Texture: Problems and Solutions
  - 1.5.5. Managing Dynamic Wrinkles
- 1.6. Diagnostic Imaging: Introduction to Ultrasound Skin Imaging.
  - 1.6.1. Basic Principles of Ultrasound
    - 1.6.1.1. Structure Recognition
    - 1.6.1.2. Artefacts
  - 1.6.2. Dermis and Epidermis
    - 1.6.3. Subcutaneous Tissue: Attachments and Vessels
    - 1.6.4. Facial Anatomical Structures
      - 1.6.4.1. Ultrasound of the Periocular Area
      - 1.6.4.2. Ultrasound of the Nasal Region
      - 1.6.4.3. Ultrasound of the Lips
      - 1.6.4.4. Scalp Ultrasound
    - 1.6.5. Skin Aging Identification of Solar Elastosis
- 1.7. Psychological Assessment of the Patient in Esthetic Medicine
  - 1.7.1. Psychological Disorders Related to Body Image
  - 1.7.2. Psychological Approach to the Patient in Esthetic Medicine
  - 1.7.3. Therapeutic Approach
- 1.8. Prevention of Infections in the Practice of Esthetic Medicine
  - 1.8.1. Use of Antiseptics in Esthetic Medicine Clinics
  - 1.8.2. Hand Hygiene
  - 1.8.3. Use of Disinfectants in Esthetic Medicine Clinics
  - 1.8.4. Sanitary Waste Management
- 1.9. Medical-Legal Aspects of Esthetic Medicine
  - 1.9.1. Civil and Criminal Medical Liability
  - 1.9.2. Liability Insurance
  - 1.9.3. Regulations for Opening a Health Care Center
  - 1.9.4. Informed Consents in the Practice of Esthetic Medicine
    - 1.9.4.1. Preparation Guidelines
    - 1.9.4.2. Generic Models
- 1.10. Quality Management in the Practice of Esthetic Medicine
  - 1.10.1. Quality Improvement Cycle
  - 1.10.2. What is a Quality Management System?
  - 1.10.3. ISO 9001:2015 Quality Management System. How to Become an Accredited Esthetic Medicine Clinic?

**Module 2. Peelings. Dermocosmetics**

- 2.1. General Aspects
  - 2.1.1. History Definition
  - 2.1.2. Skin Structure
  - 2.1.3. Types of Peeling and Common Indications and Other Indications
  - 2.1.4. Patient Selection: The Importance of the Medical History
  - 2.1.5. Correct Diagnosis: Wood's Light and Dermatoscope
  - 2.1.6. Informed Consent Form
- 2.2. Advance Preparation
  - 2.2.1. Skin Preparation: General Skin Care and Home Treatment
  - 2.2.2. Antiherpetic Prophylaxis
  - 2.2.3. Preanesthetic Assessment Indications
- 2.3. Superficial Peeling
  - 2.3.1. Types of Very Superficial and Superficial Peeling
  - 2.3.2. Mechanism of Action
  - 2.3.3. Indications for Superficial Peeling
  - 2.3.4. Contraindications
  - 2.3.5. Procedure
- 2.4. Medium Peeling
  - 2.4.1. Types of Medium Peeling
  - 2.4.2. Mechanism of Action
  - 2.4.3. Indications for Medium from Peeling
  - 2.4.4. Contraindications
  - 2.4.5. Procedure
- 2.5. Deep Peeling
  - 2.5.1. Introduction to Deep Peeling
  - 2.5.2. Deep Peeling Patient Selection
  - 2.5.3. Deep Phenol Peeling
  - 2.5.4. Outpatient Phenol Peeling
  - 2.5.5. Procedure
- 2.6. Post Peeling Care. Adverse Effects and their Treatment
  - 2.6.1. General Recommendations and Specific Post Peeling Care
  - 2.6.2. Adverse Effects and their Treatment

- 2.7. Introduction to Dermocosmetics
  - 2.7.1. Skin Types
  - 2.7.2. What is a Cosmetic?
  - 2.7.3. Ingredients in a Cosmetic Product
  - 2.7.4. Cosmetic Forms
  - 2.7.5. Mechanisms of Absorption of Cosmetics
- 2.8. General Cosmetic Skin Care
  - 2.8.1. Hygiene
  - 2.8.2. Hydration
  - 2.8.3. Depigmenting Agents
  - 2.8.4. Photoprotection
- 2.9. Specific Cosmetic Care
  - 2.9.1. Aging
  - 2.9.2. Acne
  - 2.9.3. Other Disorders: Rosacea, etc.
- 2.10. Magistral Formulation in Cosmetics

**Module 3. Applications of Botulinum Toxin in Dermatology and Esthetics: Regenerative Medicine for Esthetic Purposes**

- 3.1. Types of Botulinum Toxin
  - 3.1.1. What is Botulinum Toxin?
  - 3.1.2. Characteristics and Types of Botulinum Toxin
  - 3.1.3. Mechanism of Action
- 3.2. Botulinum Toxins Authorized for Esthetic Use
  - 3.2.1. Trade Names of Botulinum Toxins Type A
  - 3.2.2. Toxins Authorized for Esthetic Use
  - 3.2.3. Toxins Authorized for Other Pathologies-Botulinum Toxin Type B
  - 3.2.4. Toxin Reconstitution. Conservation
  - 3.2.5. Injection Technique
  - 3.2.6. Post-Treatment Recommendations

- 3.3. Indications for Treating Expression Wrinkles
  - 3.3.1. General Principles
  - 3.3.2. Treatment Indications
  - 3.3.3. Indications for Treatment in the Upper Third: Forehead Wrinkles, Glabella, Periocular, Eyebrows, Suborbital Region, and Nose.
  - 3.3.4. Indications for Treatment of Vertical Wrinkles on the Upper Lip, Corners of the Mouth, Chin, and Neck
- 3.4. Treatment of the Upper Third: Facial Marking: Anatomy
  - 3.4.1. Frontal Muscles: Treatment of Horizontal Forehead Wrinkles
  - 3.4.2. Glabellar Muscles: Treatment of Frown Lines and Vertical Forehead Wrinkles
  - 3.4.3. Periorbital Region Muscles: Crow's Feet Treatment
  - 3.4.4. Eyebrow Muscles: Eyebrow Lifting Lateral Brow Lift
  - 3.4.5. Infraorbital and Nasal Muscles. Treatment of Lower Eyelid Wrinkles. Nasal Wrinkles
- 3.5. Treatment of the Middle and Lower Third. Neck. Facial Marking: Anatomy
  - 3.5.1. Perioral Muscles. Treatment of Vertical Upper Lip Wrinkles
  - 3.5.2. Perioral Muscles. Marionette Lines. Lifting of the Corner of the Mouth
  - 3.5.3. Chin Muscles. Treatment of Chin Wrinkles
  - 3.5.4. Masseter Muscles. Treatment of Masseter Hypertrophy. Bruxism
  - 3.5.5. Neck Muscles. Treatment of Platysma
- 3.6. Treatment of Hyperhidrosis with Botulinum Toxin
  - 3.6.1. Types of Hyperhidrosis: Axillary and Palmar
  - 3.6.2. Technique of Botulinum Toxin Infiltration in Hyperhidrosis
  - 3.6.3. Truncal Anesthesia in Palmar Hyperhidrosis
  - 3.6.4. Results and Duration
- 3.7. Complications from Botulinum Toxin Application
  - 3.7.1. General Aspects
  - 3.7.2. Complications according to Injection Site.
  - 3.7.3. Clinical Safety Record
  - 3.7.4. Immunogenicity
- 3.8. Introduction to Regenerative Medicine
  - 3.8.1. Regenerative Medicine Concept
  - 3.8.2. Growth Factors

- 3.9. Applications of Regenerative Medicine in Dermatology and Esthetics. Other Medical Applications
  - 3.9.1. Application in Rejuvenation
  - 3.9.2. Other Conditions. Burns, Scars, Keloids and Stretch Marks
- 3.10. Practical Considerations and Injection Techniques
  - 3.10.1. Obtaining Growth Factors
  - 3.10.2. Skin Infiltration for Rejuvenation
  - 3.10.3. Other Esthetic Applications

## Module 4. Facial Implants in Esthetics

- 4.1. Introduction to Filler Materials
  - 4.1.1. The Concept of Filler Material
  - 4.1.2. Tissue Response to Filler Materials
  - 4.1.3. History of the Use of Fillers and Facial Support Threads
  - 4.1.4. Facial Exploration Aimed at the Use of Filler Materials. Risk Zones
- 4.2. Filler Materials
  - 4.2.1. Classification of Filler Materials, etc.
  - 4.2.2. Autologous Materials: Autologous Fat, Plasmigel
  - 4.2.3. Resorbable Filler Materials
  - 4.2.4. Hyaluronic Acid
  - 4.2.5. Calcium Hydroxyapatite
  - 4.2.6. Collagen
  - 4.2.7. Polylactic Acid
  - 4.2.8. Carboxymethyl Cellulose
- 4.3. Non-Resorbable or Permanent Filler Materials
  - 4.3.1. Legal Situation
  - 4.3.2. Polymethylmethacrylate Microspheres
  - 4.3.3. Silicone
  - 4.3.4. Polyalkylimide or Alkylimide Hydrogel
  - 4.3.5. Polyacrylamide Hydrogel
  - 4.3.6. Iatrogenic Allogeneic



- 4.4. Indications for the Use of Filler Materials
  - 4.4.1. Facial Diagnosis. Objective to Treat
  - 4.4.2. Injection Technique
  - 4.4.3. Approach to Treatment of the Upper Third
  - 4.4.4. Approach to Treatment of the Middle Third
  - 4.4.5. Approach to Treatment of the Lower Third
  - 4.4.6. Skin Revitalization Techniques
  - 4.4.7. Alert Areas
- 4.5. Rhino-Modeling
  - 4.5.1. Indications and Contraindications for Rhinomodeling
  - 4.5.2. Specific Anatomy. Nasal Proportions
  - 4.5.3. Materials Used for Rhino-Modeling
  - 4.5.4. Rhino-Modeling Technique
  - 4.5.5. Secondary Rhino-Modeling
  - 4.5.6. Complications and adverse effects
- 4.6. Lip Implants
  - 4.6.1. Anatomy and Proportions of the Lips
  - 4.6.2. Materials Used for the Lips
  - 4.6.3. Features of Male and Female Lips
  - 4.6.4. Lip Contouring
  - 4.6.5. Lip Volume Enhancement
  - 4.6.6. Rejuvenation of Lips and Peribucal Area
  - 4.6.7. Lip Moisturizing Technique
  - 4.6.8. Complications and adverse effects
- 4.7. Identifying Filler Materials Using Ultrasound
  - 4.7.1. Resorbable Fillers
  - 4.7.2. Semi-Permanent Fillers
  - 4.7.3. Permanent Fillers
  - 4.7.4. Ultrasound in the Management of Complications of Filler Substances

- 4.8. Facial Support Threads
  - 4.8.1. Sutures Features and Mechanism of Action
  - 4.8.2. Indications
  - 4.8.3. Insertion Plan and Insertion Patterns
  - 4.8.4. Insertion Procedure
  - 4.8.5. Types of PDO Threads
  - 4.8.6. APTOS Threads
  - 4.8.7. Cone Yarns, Twin Needles
  - 4.8.8. Treatment Plan
  - 4.8.9. Approach to Complications and AE
  - 4.8.10. Combination with Other Tightening Treatments
- 4.9. Adverse Effects and Complications of Filler Materials
  - 4.9.1. Early General Complications, Prevention, and Treatment
  - 4.9.2. Late General Complications, Prevention, and Treatment
  - 4.9.3. Complications Associated with Hyaluronic Acid Injections
  - 4.9.4. Complications Associated with Calcium Hydroxyapatite Injections
  - 4.9.5. Complications Associated with Deep Sutures and PDO Threads
  - 4.9.6. Complications Associated with the Use of Permanent Materials
  - 4.9.7. Hyaluronidase
- 4.10. Suture and Implant Approach to the Male Patient
  - 4.10.1. Aging Process in Male Patients
  - 4.10.2. General Considerations for Filler Treatment in Male Patients
  - 4.10.3. Volume Restoration in the Middle Third
  - 4.10.4. Volume Restoration in the Lower Third
  - 4.10.5. Facial Masculinization

## Module 5. Esthetic and Regenerative Gynecology

- 5.1. Anatomy
  - 5.1.1. Vulva. Histology, Anatomy and Relationships
  - 5.1.2. Vagina. Histology, Anatomy and Relationships
  - 5.1.3. Female Pelvic Floor Anatomy
    - 5.1.3.1. Muscular Structures
    - 5.1.3.2. Urogenital Diaphragm
    - 5.1.3.3. Superficial and Deep Perineum
    - 5.1.3.4. Vasculonervous Relations of the Lesser Pelvis
    - 5.1.3.5. Anatomy of the Clitoris
- 5.2. Treatment of Anatomical Alterations
  - 5.2.1. Mons Pubis. Mons Pubis Reduction: Liposuction, Laser Lipolysis. Enlargement of the Mons Pubis: Fillers (Fat, Fillers)
  - 5.2.2. Labia Minora. Classification of Anatomical Defects. Types of Labiaplasty. Pre and Postoperative Recommendations
  - 5.2.3. Labia Majora. Classification of Anatomical Defects. Surgical Techniques.
  - 5.2.4. Vaginal Introitus and Hymen. Classification and Etiology of Introitus Pathology. Hymen Pathology (Rigid Hymen, Imperforate Hymen). Surgical Treatment
  - 5.2.5. Vaginal Introitus. Pathology Due to Stenosis. Amplitude of the Introitus
  - 5.2.6. Superficial Perineum and Anal Musculature. Perineal Obstetric Tears. Obstetric Tears of the Anal Sphincter
  - 5.2.7. Female Genital Ablations. Social and Cultural Management. Surgical Management. Psychological Handling
- 5.3. Treatment of Vaginal Hyperlaxity Syndrome
  - 5.3.1. Definition and Aetiology
  - 5.3.2. Symptoms and Signs
  - 5.3.3. Management and Treatments
- 5.4. Management of the Genitourinary Syndrome of Menopause
  - 5.4.1. Definition and Prevalence
  - 5.4.2. Symptoms and Signs
  - 5.4.3. Alternative Treatments
- 5.5. Menopause
  - 5.5.1. Definition of Menopause

- 5.5.2. Definition of Climacteric Syndrome
- 5.5.3. Symptoms, Risks and Pathologies Associated with Climacteric Syndrome
- 5.5.4. Management and Advice
  - 5.5.4.1. Lifestyle Recommendations
  - 5.5.4.2. Hormone Replacement Therapy (indications and contraindications) and Introduction to Bioidentical Hormones
- 5.5.5. Sexuality in Menopause
- 5.6. Regenerative and Functional Gynecologic Pathology
  - 5.6.1. Vulvar Lichen Sclerosis
    - 5.6.1.1. Definition and Symptoms
    - 5.6.1.2. Medical Treatment and Regenerative Treatments
  - 5.6.2. Urinary Incontinence
    - 5.6.2.1. Definition, Etiology and Classification
    - 5.6.2.2. Medical Treatment
    - 5.6.2.3. Physiotherapy Treatment
    - 5.6.2.4. Surgical Treatment (indications, contraindications and complications)
- 5.7. Energy-Based Devices
  - 5.7.1. Laser Technology
    - 5.7.1.1. Physical and Therapeutic Foundations
    - 5.7.1.2. Biological Effects of Thermotherapy
    - 5.7.1.3. Laser Types and Utilities
    - 5.7.1.4. Indications and Contraindications
    - 5.7.1.5. Available Evidence
    - 5.7.1.6. Procedure
  - 5.7.2. Radiofrequency Technology
    - 5.7.2.1. Radiofrequency Technology
    - 5.7.2.2. Physical and Therapeutic Foundations
    - 5.7.2.3. Biological Effects of Radiofrequency
    - 5.7.2.4. Indications and Contraindications
    - 5.7.2.5. Procedure
    - 5.7.2.6. Available Evidence
- 5.8. Sexual Dysfunctions
  - 5.8.1. Hypoactive Desire Dysfunction (definition)
    - 5.8.1.1. Sexological Approach
    - 5.8.1.2. Medical Treatment
  - 5.8.2. Stimulation and Orgasm Dysfunctions (Definition)
    - 5.8.2.1. Sexological Approach
    - 5.8.2.2. Medical Treatment
  - 5.8.3. Pain Dysfunctions (definition)
    - 5.8.3.1. Vaginismus. Definition and Classification
    - 5.8.3.2. Dyspareunia. Definition and Classification
    - 5.8.3.3. Vulvodynia. Definition and Classification
  - 5.8.4. Therapeutic Approach
    - 5.8.4.1. Sexological Approach
    - 5.8.4.2. Medical Treatment: Analgesia: Antidepressants Botulinum toxin
  - 5.8.5. Sexual Evaluation Questionnaires
- 5.9. Genital Regenerative Treatments (alternatives)
  - 5.9.1. Platelet-rich Plasma
  - 5.9.2. Hyaluronic Acid Application in Female Genitalia
    - 5.9.2.1. Esthetic-Medical Indications
    - 5.9.2.2. Medical-Functional Indications
    - 5.9.2.3. Complications
  - 5.9.3. Vulvo Vaginal Carboxytherapy
  - 5.9.4. Possibilities for the Use of Stem Cells Cell in Regenerative Gynecology
- 5.10. Local Anesthesia, locoregional Anesthesia and Sedation in Cosmetic Genital Surgery
  - 5.10.1. Anesthetic Techniques in Gynecoesthetics
  - 5.10.2. Sedation
  - 5.10.3. Pudendal Nerve Block
  - 5.10.4. Local Anesthesia of Cutaneous Nerves
  - 5.10.5. General Anesthesia

## Module 6. Laser and Light Sources in Aesthetic Medicine

- 6.1. History of the Use of Light Sources. Current Indications
  - 6.1.1. History of the Use of Light Sources
  - 6.1.2. What is Light? What is Wavelength? What is a Chromophore?
  - 6.1.3. Fabric Optics
  - 6.1.4. Interaction of Light and Tissue: Biological Effects.
  - 6.1.5. Therapeutic Effects: Theories of Action
  - 6.1.6. Light Emission Systems: Laser, Intense Pulsed Light and LEDs
- 6.2. Treatment of Vascular Lesions
  - 6.2.1. Main Indications: Most Commonly Used Laser Types and Light Sources
  - 6.2.2. Contraindications
  - 6.2.3. Side Effects
- 6.3. Treatment of Pigmented Lesions and Tattoos
  - 6.3.1. Differential Diagnosis of Pigmented Lesions. Importance of the Use of Wood's Light and Dermatoscope
  - 6.3.2. Laser and Light Source Treatment of Pigmented Lesions
  - 6.3.3. Laser Treatment of Tattoos
  - 6.3.4. Contraindications
  - 6.3.5. Side Effects
- 6.4. Laser Photoepilation and Light Sources
  - 6.4.1. Patient Selection and Types of Treatment
  - 6.4.2. Treatment of Particular Cases
  - 6.4.3. Contraindications
  - 6.4.4. Side Effects
- 6.5. Treatment of Acne, Scars, and Stretch Marks with Lasers and Light Sources
  - 6.5.1. Acne: Laser Treatment and Light Sources, Contraindications and Side Effects
  - 6.5.2. Scars: Qualification, Treatment Types, Contraindications and Side Effects
  - 6.5.3. Stretch Marks: Types of Treatment, Contraindications and Side Effects

- 6.6. Rejuvenation
  - 6.6.1. Ablative
  - 6.6.2. Non-Ablative
  - 6.6.3. Fractional Treatment
  - 6.6.4. Combination of Treatments
  - 6.6.5. Contraindications
  - 6.6.6. Side Effects
- 6.7. Localized Fat Treatment
  - 6.7.1. Laser Lipolysis
  - 6.7.2. LLLT
- 6.8. Photobiomodulation
  - 6.8.1. What is Photobiomodulation?
  - 6.8.2. Indications
  - 6.8.3. Contraindications
  - 6.8.4. Side Effects
- 6.9. Photodynamic Therapy
  - 6.9.1. Definition
  - 6.9.2. Indications
  - 6.9.3. Contraindications
  - 6.9.4. Side Effects
- 6.10. Safety of Use of Light Sources
  - 6.10.1. Regulations
  - 6.10.2. Eye Protection
  - 6.10.3. Occupational Hazards

## Module 7. Phlebology and Lymphatic Disorders. Body Esthetics

- 7.1. Anatomy, Physiology, and Pathophysiology of the Venous System. Diagnosis and Treatment of Chronic Venous Disease
  - 7.1.1. Anatomy and Physiology of the Venous System
  - 7.1.2. Pathophysiology of the Venous System. Varices. Venous Hypertension
  - 7.1.3. Etiopathogenesis of Varicose Veins. Aggravating Factors
  - 7.1.4. Clinical and Instrumental Diagnostics. CEAP Classification
  - 7.1.5. Treatment of Chronic Venous Disease



- 7.2. Anatomy, Physiology and Pathophysiology of the Lymphatic System Diagnosis and Treatment of Lymphedema
    - 7.2.1. Anatomy and Physiology of the Lymphatic System
    - 7.2.2. Pathophysiology of the Lymphatic System and Edema
    - 7.2.3. Diagnosis and Classification of Lymphedema
    - 7.2.4. Conservative Treatment of Lymphedema
    - 7.2.5. Surgical Treatment of Lymphedema
  - 7.3. Embryology, Anatomy, Physiology and Pathophysiology of Adipose Tissue
    - 7.3.1. Embryology of White Adipose Tissue and Brown Adipose Tissue
    - 7.3.2. Anatomy of Adipose Tissue
    - 7.3.3. Adipose Tissue as an Endocrine Organ.
    - 7.3.4. Adipose Tissue Physiology. Lipogenesis and Lipolysis
    - 7.3.5. General Overview of Overweight and Obesity. Epidemiology
  - 7.4. Diagnostic Methods in Body Contouring Disorders
    - 7.4.1. Medical History
    - 7.4.2. Anthropometry
    - 7.4.3. Bioimpedance
    - 7.4.4. Imaging Techniques Applied to the Study of Body Contouring
    - 7.4.5. Analytical and Complementary Techniques
  - 7.5. Definition, Etiopathogenesis and Diagnosis of Body Contouring Disorders
    - 7.5.1. Cellulite
    - 7.5.2. Localized Adiposities
    - 7.5.3. Lipedema
    - 7.5.4. Flaccidity
    - 7.5.5. Body Changes Related to Aging
  - 7.6. Non-surgical Techniques for the Treatment of Body Contouring Alterations
    - 7.6.1. Home Treatment
    - 7.6.2. Physical Techniques to Treat Body Contouring: Electrotherapy, Ultrasound, Radiofrequency, Pressotherapy, etc.
    - 7.6.3. Infiltration Techniques in the Treatment of Body Contouring: Mesotherapy/ Intradermotherapy. Hydrolypoclasia
    - 7.6.4. Carboxytherapy
    - 7.6.5. Treatment Protocols
  - 7.7. Surgical Techniques for the Treatment of Body Contouring Alterations
    - 7.7.1. Surgical management of Venous Refluxes
    - 7.7.2. Liposuction and Assisted Liposuction Techniques
    - 7.7.3. Plastias
    - 7.7.4. Surgical and Minimally Invasive Techniques for the Treatment of Excess Weight and Obesity (Gastric Balloon, Bariatric Surgery)
    - 7.7.5. Pre and Postoperative Protocols in Lipedema
  - 7.8. Lipedema and Lipodystrophies
    - 7.8.1. Epidemiology and Etiopathogenesis of Lipedema
    - 7.8.2. Clinical and Instrumental Diagnosis of Lipedema
    - 7.8.3. Conservative Treatment of Lipedema
    - 7.8.4. Surgical Treatment of Lipedema
    - 7.8.5. Congenital and Acquired Lipodystrophies
  - 7.9. Cellulite
    - 7.9.1. Diagnosis and Classification
    - 7.9.2. Treatment Protocol
    - 7.9.3. Medical-Esthetic and Surgical Treatments
    - 7.9.4. Home Treatment
    - 7.9.5. Recommendations for the Control of Aggravating Factors
  - 7.10. Treatment Protocols for Body Contouring Alterations
    - 7.10.1. In Overweight and Obesity
    - 7.10.2. In Localized Adiposity
    - 7.10.3. In Body Flaccidity
    - 7.10.4. In Chronic Venous Disease
    - 7.10.5. In Lymphatic Pathology of the Limbs
- Module 8. Trichology and Hair Transplantation**
- 8.1. Anatomy and Physiology of the Scalp Skin and Hair Follicle
    - 8.1.1. Anatomical Structure and Function of the Skin Entity
    - 8.1.2. Anatomy of the Hair Follicle
    - 8.1.3. Hair Growth Cycle
    - 8.1.4. Physiology of the Pilosebaceous Follicle
    - 8.1.5. Factors Influencing Follicle Growth
    - 8.1.6. Physical Properties of Hair
    - 8.1.7. Variations by Age, Gender and Race

- 8.2. Medical History. Diagnostic Techniques and Capillary Analysis
  - 8.2.1. Clinical History in Trichology
  - 8.2.2. Non-invasive Diagnostic Methods: Physical Examination; Photography; Trichoscopy; Confocal Microscopy and Scanning Electron Microscopy.
  - 8.2.3. Methods of Semi Invasive Diagnosis: Trichogram and Trichoscan
  - 8.2.4. Invasive Methods: Skin Biopsy
  - 8.2.5. Complementary Examinations and Analytical Protocols
- 8.3. Main Pathologies of the Scalp
  - 8.3.1. Seborrheic Dermatitis and Pityriasis Capitis
  - 8.3.2. Atopic Dermatitis and Scalp Psoriasis
  - 8.3.3. Contact Dermatitis and Sensitive Scalp
  - 8.3.4. Benign Skin Tumors
  - 8.3.5. Skin Cancer and Precancer
  - 8.3.6. Scalp Infections and Infestations
- 8.4. Alopecia: Concepts and Classification. Effluvia. Alopecia Areata
  - 8.4.1. Concept and Classification of Alopecia
  - 8.4.2. Acute and Chronic Telogen Effluvium
  - 8.4.3. Anagenic Effluvium
  - 8.4.4. Alopecia Areata
- 8.5. Male and Female Androgenetic Alopecia
  - 8.5.1. Concept and Classification of Androgenetic Alopecia
  - 8.5.2. Hormonal Metabolism in Androgenetic Alopecia
  - 8.5.3. Female Alopecia (FAGA)
  - 8.5.4. Therapeutic Protocols
- 8.6. Hypertrichosis and Hirsutism
  - 8.6.1. Differences Between Hypertrichosis and Hirsutism
  - 8.6.2. Approach to Hirsutism. SAHA Syndrome
- 8.7. Medical Treatment of Alopecia. Active Therapeutic Principles Used in Trichology
  - 8.7.1. Minoxidil
  - 8.7.2. 5-alpha-reductase Inhibitors and Other Antiandrogens
  - 8.7.3. Prostaglandin Analogs
  - 8.7.4. Corticosteroids and Other Anti-inflammatory Drugs
  - 8.7.5. Immunosuppressive Drugs
  - 8.7.6. Keratolytic and Antimicrobial Agents
- 8.8. Capillary Mesotherapy and its Usefulness in an Esthetic Medicine Practice
  - 8.8.1. Manual and Assisted Hair Mesotherapy Techniques. Microneedling Techniques. Use of Roller and Capillary Multifunction Devices
  - 8.8.2. Allopathic Hair Mesotherapy. Indications, Drugs, and Medical Devices
  - 8.8.3. Homeopathic Capillary Mesotherapy, Update
  - 8.8.4. Complications and Adverse Effects of Hair Mesotherapy
- 8.9. Cosmetic Treatments in Trichology
  - 8.9.1. Hair Care and Hair Cosmetic Products
    - 8.9.1.1. Cosmetic Shampoos and Therapeutic Shampoos
    - 8.9.1.2. Conditioners and Finishing/Styling Products
  - 8.9.2. Coloring and Bleaching Dyes
  - 8.9.3. Hair Curling or Perming. Hair Straightening
  - 8.9.4. Hair Nutricosmetics
  - 8.9.5. Micropigmentation and Microblading
  - 8.9.6. Hair Integration Systems and Keratin Microfibers
  - 8.9.7. Hair Removal Methods
- 8.10. Hair Transplant, Techniques, Indications, Stages and Postoperative Care
  - 8.10.1. Types and Techniques. Strip and FUE Type Transplant. Assisted FUE
  - 8.10.2. Indications and Patient Selection. Design
  - 8.10.3. Material and Phases of the Hair Transplant Technique
  - 8.10.4. Postoperative Care and Complications

## Module 9. Communication

- 9.1. Introduction to Business Communication: Importance in the Health Sector
  - 9.1.1. A New Communication Paradigm
  - 9.1.2. The New Consumer
  - 9.1.3. Marketing 3.0
  - 9.1.4. The Evolution of the Health Sector
- 9.2. Communication Plan Design
  - 9.2.1. The Importance of History
  - 9.2.2. PESTEL Analysis
  - 9.2.3. SWOT Analysis
  - 9.2.4. From the Strategic Plan to the Tactical Plan
  - 9.2.5. The Definition of Target
  - 9.2.6. Action Plan

- 9.3. Online Reputation and Crisis Management. The Importance of Being Prepared
  - 9.3.1. What is a Crisis and How Can I Detect It?
  - 9.3.2. Difference Between Brand Crisis and Brand Reputation
  - 9.3.3. How to Build Brand Reputation in Social Media?
  - 9.3.4. Brand Reputation Management
  - 9.3.5. Crisis Prevention
  - 9.3.6. Crisis Management
- 9.4. Inbound Marketing and the Importance of a Content Marketing Strategy
  - 9.4.1. What is Inbound Marketing?
  - 9.4.2. Difference with Traditional Marketing
  - 9.4.3. Attract. Convert. Close. Delight
- 9.5. Organic Positioning (SEO) and Paid Positioning (SEM)
  - 9.5.1. What is SEO?
  - 9.5.2. SEO Objectives
  - 9.5.3. SEO Process
  - 9.5.4. Popularity and link Building
  - 9.5.5. SEO vs. SEM
  - 9.5.6. The Google Network
    - 9.5.6.1. Search Network
    - 9.5.6.2. Display Network
- 9.6. Social Media and Community Management
  - 9.6.1. Social Media and its Evolution in the Recent Years
  - 9.6.2. Should a Brand be on Social Media?
  - 9.6.3. The User of Social Networks: Profiles and Types
  - 9.6.4. Main Social Channels and their Characteristics
- 9.7. Digital Strategy Fundamentals
  - 9.7.1. Paid, Owned and Earned Resources
  - 9.7.2. The Conversion Cycle
  - 9.7.3. The Definition of Objectives
  - 9.7.4. A/B Experiments
- 9.8. Main Marketing Strategies
  - 9.8.1. E-mail Marketing
  - 9.8.2. Affiliate Marketing
  - 9.8.3. Loyalty Marketing
  - 9.8.4. Relationship Marketing

- 9.9. Social Media Marketing and Communication
  - 9.9.1. Social Media Communication. What Does it Involve?
  - 9.9.2. Definition of Brand Objectives
  - 9.9.3. The Brand's Mission in Social Networks
  - 9.9.4. Definition of the Target in Social Media: Social Persona
  - 9.9.5. Social Media Campaigns
- 9.10. Social Media Reporting and Optimization. Monitoring and Measuring Results
  - 9.10.1. Measurement and Reporting
  - 9.10.2. Basic Concepts
  - 9.10.3. Measurement Tools
  - 9.10.4. Native Tools
  - 9.10.5. Third-party Tools
  - 9.10.6. Methodology

## Module 10. Pathophysiology of Acne and Implications for Treatment

- 10.1. Sebaceous Secretion
- 10.2. Hypercornification
- 10.3. Microbiota
- 10.4. Inflammation
- 10.5. Metabolic Syndrome
- 10.6. Pollution
- 10.7. Syndromes with Acne
- 10.8. Complementary Studies in Patients with Acne

## Module 11. Topical Treatments

- 11.1. Benzoyl Peroxide
- 11.2. Topical Antibiotics
- 11.3. Topical retinoids
- 11.4. AHA
- 11.5. Azelaic Acid
- 11.6. Dapsona
- 11.7. New Drugs
- 11.8. Magistral Formulation in Acne

- 11.9. Acne Skin Care
  - 11.9.1. Specific Cosmetics
  - 11.9.2. Supportive Cosmetics to the Treatments
  - 11.9.3. Corrective Makeup

## Module 12. Oral Antimicrobials

- 12.1. Tetracyclines
  - 12.1.1. Doxycycline
  - 12.1.2. Minocycline
- 12.2. Azithromycin
- 12.3. Erythromycin
- 12.4. Clindamycin
- 12.5. Cotrimoxazol
- 12.6. Amoxicillin and Cephalosporins
- 12.7. Sulfone
- 12.8. Antibiotic Resistance
- 12.9. Optimization of the Guidelines
- 12.10. Treatment Combinations

## Module 13. Hormonal Treatment

- 13.1. Candidates for Hormonal Treatment
- 13.2. Complementary Studies: Hormonal Profile
- 13.3. Oral Hormonal Contraceptives
- 13.4. Hormonal Contraceptives in Other Devices
  - 13.4.1. Hormonal Contraceptive Devices
  - 13.4.2. Effectiveness in the Treatment of Acne
- 13.5. Cyproterone Acetate
- 13.6. Spironolactone
- 13.7. Metformin
- 13.8. Corticoids
  - 13.8.1. Systemic Corticoids
  - 13.8.2. Intralesional Corticoids
- 13.9. Acne in Men with Hormonal Treatments

## Module 14. Systemic Retinoids

- 14.1. Isotretinoin: Pharmacology
- 14.2. Mechanism of Action
- 14.3. Teratogen
  - 14.3.1. Risk of Malformations
  - 14.3.2. Pregnancy Prevention Recommendations
  - 14.3.3. Monitoring
- 14.4. Side Effects on the Lipid Profile
- 14.5. Hepatotoxicity
- 14.6. Interactions and Precautions for Use
- 14.7. Posology
- 14.8. Isotretinoin at Low Doses
- 14.9. Monitoring During Treatment
- 14.10. Myths and Realities

## Module 15. Active Acne Light Source Treatment

- 15.1. Intense Pulsed Light
- 15.2. Pulsed Dye Laser
- 15.3. Nd:YAG Laser
- 15.4. Erbium Laser
- 15.5. KTP Laser
- 15.6. Infrared Laser
- 15.7. Photodynamic Therapy
  - 15.7.1. Photosensitizers
  - 15.7.2. Light Sources
  - 15.7.3. Protocols
- 15.8. Biophotonic Therapy
  - 15.8.1. Mechanism of Action
  - 15.8.2. Procedure
  - 15.8.3. Treatment Guidelines
- 15.9. LEDs and Acne
- 15.10. New Light Sources

## Module 16. Acne Scar Treatment

- 16.1. Scar Assessment
- 16.2. Microneedling
- 16.3. Platelet-rich Plasma
- 16.4. Unfractionated CO<sub>2</sub> and Er Lasers YAG
- 16.5. Fractionated Ablative Lasers
- 16.6. Fractionated Non-Ablative Lasers
- 16.7. Radiofrequency
- 16.8. Chemical Peel
- 16.9. Dermal Fillers
- 16.10. Surgery
  - 16.10.1. Abscess Drainage
  - 16.10.2. Punches
  - 16.10.3. Subdivision

## Module 17. Diet and Acne

- 17.1. Myths and Realities, Current Situation
- 17.2. Metabolic Syndrome
- 17.3. Relationship with BMI
- 17.4. Foods at Risk
- 17.5. Dietary Intervention
- 17.6. Supplements and Acne
- 17.7. Ethnic and Cultural Diversity
- 17.8. Acne and Vitamin D
- 17.9. Microbiota
  - 17.9.1. Repercussion of Microbiota Alteration
  - 17.9.2. Probiotics
  - 17.9.3. Abnormalities

## Module 18. Treatment of Acne in Special Circumstances

- 18.1. Neonatal acne
- 18.2. Acne in Pregnancy and Lactation
- 18.3. Adult Female Acne
- 18.4. Acne Fulminans
- 18.5. Keloid Acne of the Nape of the Neck
- 18.6. Iatrogenic Acneiform Conditions
- 18.7. Cosmetic Acne
- 18.8. Professional Acnes

## Module 19. Psychological Impact of Acne: Detection and Management

- 19.1. Quality of Life in Patients with Acne
- 19.2. Body Dysmorphic Disorder and Acne
- 19.3. Anxiety and Depression
- 19.4. Deterioration in Sexual Life and Relationships
- 19.5. Treatment-related Mood Changes
- 19.6. Suicide Risk in Patients with Acne
- 19.7. Excoriated Acne
- 19.8. Psychotherapy in Patients with Acne
- 19.9. When Should the Patient be Referred to Psychiatry?

## Module 20. Anti-Aging Medicine

- 20.1. Anti-Aging Medicine
  - 20.1.1. Empirical Knowledge
  - 20.1.2. Scientific Knowledge
  - 20.1.3. Looking to the Future. Immortality
- 20.2. Theories of aging. Pathophysiology
  - 20.2.1. Evolutionary and Genetic Theories
  - 20.2.2. Physiological Theories
  - 20.2.3. Theories of Fatigue
  - 20.2.4. Conclusions
- 20.3. Species and Longevity
  - 20.3.1. Concept of Longevity
  - 20.3.2. Animal, Plant and Organic Longevity
  - 20.3.3. Human Longevity

- 20.4. Mechanisms of Cellular Aging
  - 20.4.1. The Weissman and Minot Concept
  - 20.4.2. Free Radical Theories
  - 20.4.3. Integrative Theory of Aging
- 20.5. Mitochondria
  - 20.5.1. The Mitochondrion as an Organelle. Prokaryotic Origin
  - 20.5.2. Mitochondrial Structure
  - 20.5.3. Generating Energy
  - 20.5.4. Oxidative Processes
- 20.6. Chronobiology I. Suprachiasmatic Pineal Nucleus. Circadian Rhythm
  - 20.6.1. Structure of the Pineal Gland
  - 20.6.2. Physiology of the Pineal Gland
  - 20.6.3. Circadian Rhythms
  - 20.6.4. Other Biological Rhythms
- 20.7. Chronobiology II. Sleep and Sleeplessness
  - 20.7.1. Sleep Phases
  - 20.7.2. Neuroendocrine Activity According to Sleep Phases
  - 20.7.3. Jet Lag
- 20.8. Immunity. Immunosenescence
  - 20.8.1. Humoral Immunity
  - 20.8.2. Cellular Immunity
  - 20.8.3. Immunomodulation. AM3
- 20.9. Telomeres and Telomerase
  - 20.9.1. Genome Structure and Telomeres
  - 20.9.2. Role of Telomerases
  - 20.9.3. Telomeric Diseases
- 20.10. Exposome and Aging
  - 20.10.1. Concept of Exposoma
  - 20.10.2. Classification of the Factors Involved
  - 20.10.3. Actions to Control the Effect of the Exposome on Aging



**Module 21.** Hormones and Their Relationship to Aging. Hormone Therapy

- 21.1. Endocrinology and Anti-Aging
  - 21.1.1. Hormone Synthesis
  - 21.1.2. Hormone Transport
  - 21.1.3. Degradation of Hormones
- 21.2. Neuroimmunoendocrine Axis
  - 21.2.1. Hypothalamus/Pituitary/Thyroid Axis
  - 21.2.2. Hypothalamus/Pituitary/Liver Axis
  - 21.2.3. Hypothalamus/Pituitary/Pituitary/Adrenal Axis
- 21.3. Stress and Premature Aging
  - 21.3.1. Oxidative stress
  - 21.3.2. Inflammation
  - 21.3.3. Neurodegeneration
- 21.4. Tiroides + Corteza suprarrenal
  - 21.4.1. Thyroid Hormone
  - 21.4.2. Alteration of the Thyroid Gland
  - 21.4.3. Cortisol, Aldosterone and Steroid Hormones Synthesized in the Adrenal Cortex
    - 21.4.3.1. Synthesis
    - 21.4.3.2. Neuroendocrine Regulation
    - 21.4.3.3. Pathologies Derived from the Alteration of Hormone Secretion
      - 21.4.3.3.1. Pathologies Related to the Secretion of Cortisol
      - 21.4.3.3.2. Pathologies Related to Aldosterone Secretion
      - 21.4.3.3.3. Pathologies Related to Sex Hormone Synthesis
- 21.5. Melatonin and Neurodegeneration
  - 21.5.1. Melatonin, Neuroendocrine Synthesis and Regulation
  - 21.5.2. Functions of Melatonin and its Role in Neurodegeneration
  - 21.5.3. Clinical Uses of Melatonin
- 21.6. Growth Hormone
  - 21.6.1. Synthesis
  - 21.6.2. Neuroendocrine Regulation
  - 21.6.3. Functions

- 21.7. Growth and Anti-Aging Hormone
  - 21.7.1. Clinical Applications
  - 21.7.2. Side Effects
  - 21.7.3. Treatment
- 21.8. Menopause I
  - 21.8.1. Hormonal Changes in Menopause
  - 21.8.2. Clinical Manifestations
  - 21.8.3. Treatment
- 21.9. Menopause II. Osteoporosis
  - 21.9.1. Types of Osteoporosis
  - 21.9.2. Pathogenic Factors
  - 21.9.3. Diagnosis
  - 21.9.4. Treatment
- 21.10. Synthetic and Bioidentical Hormones. Hormone Therapy
  - 21.10.1. Basic Concepts
  - 21.10.2. Advantages and Disadvantages of Bioidentical Hormones
  - 21.10.3. Hormone Therapy
  - 21.10.4. Hormone Therapy
- 22.3. Physiological Evaluation and Interpretation II
  - 22.3.1. Stress Tests
  - 22.3.2. Stress Test Interpretation
  - 22.3.3. Clinical Cases
- 22.4. Personalized Prescription of Physical Activity in Young Adults
  - 22.4.1. Fundamentals of Strength Training
  - 22.4.2. Fundamentals of Endurance Training
  - 22.4.3. Injury Prevention
    - 22.4.3.1. Sensorimotor Training
    - 22.4.3.2. Flexibility Training
- 22.5. Personalized Prescription of Physical Activity for the Elderly
  - 22.5.1. Fundamentals of Cardiovascular Training and its Differences in Young Adults
  - 22.5.2. Fundamentals of Strength and Endurance Training
  - 22.5.3. Prevention from Falls
- 22.6. Physical Activity, Longevity and Quality of Life
  - 22.6.1. Cardiovascular Diseases
  - 22.6.2. Pulmonary Diseases
  - 22.6.3. Neuromuscular Diseases
  - 22.6.4. Musculoskeletal Disorders
  - 22.6.5. Special Populations
    - 22.6.5.1. Pregnancy
    - 22.6.5.2. Advanced Age

## Module 22. Physical Activity. Sedentary Lifestyle. Obesity

- 22.1. Physiology of Physical Activity
  - 22.1.1. Nervous and Muscular Control of Movement
  - 22.1.2. Metabolism in Exercise
  - 22.1.3. Adaptive Responses to Physical Exercise
    - 22.1.3.1. Hematology
    - 22.1.3.2. Cardiovascular
    - 22.1.3.3. Pulmonary
    - 22.1.3.4. Muscular
- 22.2. Physiological Evaluation and Interpretation I
  - 22.2.1. Anthropometry
  - 22.2.2. Aerobic and Anaerobic Functional Capacity
  - 22.2.3. Laboratory Tests
  - 22.2.4. Field Tests
- 22.7. Strategies for Rehabilitation and Recovery from Exertion
  - 22.7.1. Recovery Techniques
    - 22.7.1.1. Physical Measurements
    - 22.7.1.2. Nutrition (Hydration, Diet)
  - 22.7.2. Hypoxic Preconditioning
- 22.8. Sedentary Lifestyles and Obesity
  - 22.8.1. Current Situation of Obesity Worldwide and in Spain
  - 22.8.2. Obesity as a Metabolic Disease
  - 22.8.3. Obesity Prevention Strategies and Sedentary Lifestyles
- 22.9. Pharmacological Treatment of Obesity. GLP1-Liraglutide
  - 22.9.1. Pharmacological Mechanism of Action
  - 22.9.2. Indications and Contraindications
  - 22.9.3. Usefulness in Clinical Practice and its Applications



- 22.10. Dietary Supplementation
  - 22.10.1. Vitamins
  - 22.10.2. Antioxidants
  - 22.10.3. Coenzyme Q 10
  - 22.10.4. Calcium
  - 22.10.5. Chondroprotectors
  - 22.10.6. Nutricosmetics

## Module 23. Nutrition

- 23.1. Micronutrition
  - 23.1.1. Micronutrient Concept
  - 23.1.2. Vitamins
  - 23.1.3. Minerals
  - 23.1.4. Trace Elements
  - 23.1.5. Other Micronutrients
- 23.2. Orthomolecular Nutrition
  - 23.2.1. Orthomolecular Nutrition Concept
  - 23.2.2. Nutraceuticals
  - 23.2.3. Orthomolecular Nutrition Benefits
- 23.3. Supplementation
  - 23.3.1. Concept of Nutritional Supplements
  - 23.3.2. Types of Nutritional Supplements
  - 23.3.3. Usefulness of Nutritional Supplements in Anti-Aging Medicine
- 23.4. Nutrigenetics. Nutrigenomics
  - 23.4.1. Nutrigenetics Concept
  - 23.4.2. Nutrigenomics Concept
  - 23.4.3. Applications of Nutrigenetics and Nutrigenomics
- 23.5. Vitamins and Disease Prevention
  - 23.5.1. Types of Vitamins
  - 23.5.2. Hypovitaminosis and Hypervitaminosis
  - 23.5.3. Hypovitaminosis Treatment and Prevention
- 23.6. Food Additives
  - 23.6.1. Food Additive Concept
  - 23.6.2. Functions of Food Additives
  - 23.6.3. Classification and Identification of Foodstuffs

- 23.7. Integrated Nutrition and Eating
  - 23.7.1. Concept and foundations of Integrative Nutrition
  - 23.7.2. Anti-inflammatory Foods
  - 23.7.3. Integrative Nutrition and the Future
- 23.8. Nutraceuticals
  - 23.8.1. Nutraceuticals
  - 23.8.2. Differences Between Nutraceuticals and Food Supplements
  - 23.8.3. Most Representative Nutraceuticals
- 23.9. Prebiotics and Probiotics
  - 23.9.1. Concept of Prebiotic. Benefits of Prebiotics
  - 23.9.2. Probiotic Concept. Benefit of Probiotics
  - 23.9.3. Symbiotic Concept. Benefits of Symbiotic
- 23.10. Free Radicals and Antioxidants
  - 23.10.1. Concept of Free Radicals and their Role in Cellular Aging
  - 23.10.2. Function and Types of Antioxidants
  - 23.10.3. Role of Antioxidants in the Prevention of Aging

## Module 24. Neurological and Psychological Aspects of Anti-Aging Medicine

- 24.1. Psychological Aspects of Aging
  - 24.1.1. Psychological Aspects of Aging. What are They?
  - 24.1.2. Psychosocial States of Aging
  - 24.1.3. Psychological Changes in Aging (Attention, Memory, Intelligence and Creativity)
- 24.2. Neurological Aspects of Aging
  - 24.2.1. Neurological Aspects of Aging. What are They?
  - 24.2.2. Neurological Changes Associated with Aging
  - 24.2.3. Neurobiological Foundations of Neuronal Aging
  - 24.2.4. Proteins
- 24.3. Neuroimmunoendocrine Axis
  - 24.3.1. Neuroimmunoendocrine System
  - 24.3.2. Neuroimmunoendocrinology of the Nervous System
  - 24.3.3. Neuroendocrine Regulation of the Immune System

- 24.4. Stress Management
  - 24.4.1. Definition of Stress
  - 24.4.2. How Does Stress Affect Aging?
  - 24.4.3. Treatment of Stress in Adulthood
- 24.5. Mindfulness (Meditation and Neurological Rejuvenation)
  - 24.5.1. What Is Mindfulness?
  - 24.5.2. How to Practice Mindfulness? Exercises
  - 24.5.3. Neurological Changes with the Practice of Mindfulness
- 24.6. Scenar Therapy
  - 24.6.1. Introduction to Scenar Therapy
  - 24.6.2. Benefits of Scenar therapy
  - 24.6.3. Scenar Devices
- 24.7. Neural Therapy
  - 24.7.1. What is Neural therapy and What Is It For?
  - 24.7.2. How Does Neural Therapy Work?
  - 24.7.3. Main Indications for Neural Therapy
  - 24.7.4. Treatment
- 24.8. Functional Changes and Aging
  - 24.8.1. Functional Aging
  - 24.8.2. Physiological Changes Associated with Aging
  - 24.8.3. Cognitive Changes Associated with Aging
  - 24.8.4. Strategies to Slow Aging
- 24.9. Importance of Circadian Rhythms (Chronobiology)
  - 24.9.1. Circadian Rhythms in Humans
  - 24.9.2. Circadian Rhythms and Sleep
  - 24.9.3. Circadian Rhythms and Jet Lag
  - 24.9.4. Chronobiology of Aging
- 24.10. Self-Concept of the Aging Process
  - 24.10.1. Definition of Self-Concept
  - 24.10.2. Chronological Age:
  - 24.10.3. Biological Age:
  - 24.10.4. Functional Age

## Module 25. Minimally Invasive Therapies

- 25.1. Regenerative Medicine I
  - 25.1.1. General Introduction
  - 25.1.2. Concept
  - 25.1.3. Types of Fabrics
    - 25.1.3.1. Cell Types
  - 25.1.4. Advantages and Disadvantages
  - 25.1.5. Medical Application
- 25.2. Regenerative Medicine II
  - 25.2.1. Types of Treatment
  - 25.2.2. The Choice of Treatment
  - 25.2.3. Results
- 25.3. Ozone Therapy
  - 25.3.1. Theoretical Basis
  - 25.3.2. Indications and Contraindications in Medicine
  - 25.3.3. Applicability and Treatment
- 25.4. Hyperbaric Medicine
  - 25.4.1. Theoretical Basis
  - 25.4.2. Indications and Contraindications in Medicine
  - 25.4.3. Applicability and Treatment
- 25.5. Carboxytherapy
  - 25.5.1. Theoretical Basis
  - 25.5.2. Indications and Contraindications in Medicine
  - 25.5.3. Applicability and Treatment
- 25.6. Oxidermotherapy
  - 25.6.1. Theoretical Basis
  - 25.6.2. Indications and Contraindications in Medicine
  - 25.6.3. Applicability and Treatment
- 25.7. Stem Cell Therapy
  - 25.7.1. Fundamentals and Theoretical Foundations
  - 25.7.2. Stem Cell Therapy in the Aging Process
  - 25.7.3. Stem Cell Research and Other Applications

- 25.8. Autohemotherapy
  - 25.8.1. Fundamentals and Theoretical Foundations
  - 25.8.2. Autohemotherapy Applicable to Regenerative Medicine
  - 25.8.3. Applications in Classical Medicine
- 25.9. Plasma Which Is Rich in Growth Factors
  - 25.9.1. Theoretical Background, Biochemical Basis and History
  - 25.9.2. Applications in Regenerative Medicine
    - 25.9.2.1. Other Applications
  - 25.9.3. Procedure and Tissue Effects
- 25.10. Intraparental Supplementation
  - 25.10.1. Theoretical Foundations of Parenteral Nutrition and Supplementation
  - 25.10.2. Types of Nutrients
  - 25.10.3. Applications in Regenerative Medicine and Complications

## Module 26. Alliances Between Esthetic Medicine and *Antiaging*

- 26.1. Facial Anatomy
  - 26.1.1. Skeletal Structure
  - 26.1.2. Fat Structure
  - 26.1.3. SMAS
  - 26.1.4. Skin and Skin Appendages
- 26.2. Botulinum Toxin. Facial Upper Third
  - 26.2.1. Mechanism of Action
  - 26.2.2. Most Common Muscle Patterns
  - 26.2.3. Application Techniques
  - 26.2.4. Adverse Effects
- 26.3. Volumetrics Facial Upper Third
  - 26.3.1. Orbit
  - 26.3.2. Temporal Fossa
  - 26.3.3. Fillers and Other Techniques Used
- 26.4. Volumetrics Midface
  - 26.4.1. Cheekbone
  - 26.4.2. Eye
  - 26.4.3. Nose
- 26.5. Volumetrics Lower Third of the Face
  - 26.5.1. Lips and Perioral Region
  - 26.5.2. Chin
  - 26.5.3. Jaw
- 26.6. Biostimulation
  - 26.6.1. Sutures
  - 26.6.2. Liquid Biostimulation
- 26.7. Neck, Neckline and Hands
  - 26.7.1. Common Features
  - 26.7.2. Neck
  - 26.7.3. Neckline
  - 26.7.4. Hands
- 26.8. Skin. Infiltrative Treatments
  - 26.8.1. The Mesotherapeutic Technique
  - 26.8.2. Homeopathic Mesotherapy
  - 26.8.3. Allopathic Mesotherapy
  - 26.8.4. Hydrobalance Mesotherapy
- 26.9. Skin. Dermocosmetics I
  - 26.9.1. Classification of Skin Aging
  - 26.9.2. Superficial Medical Peeling
  - 26.9.3. Medium Medical Peeling
- 26.10. Skin. Dermocosmetics II. Home Anti-Aging Protocols
  - 26.10.1. Mild Skin Aging
  - 26.10.2. Moderate Skin Aging
  - 26.10.3. Advanced Skin Aging
  - 26.10.4. Severe Skin Aging

## Module 27. Appliances and Lasers Applied to Anti-Aging Medicine

- 27.1. Physical Principles of Light Sources
  - 27.1.1. Laser Definition
  - 27.1.2. Properties
  - 27.1.3. Laser Types
- 27.2. Intense Pulsed Light (IPL)
  - 27.2.1. Mechanism of Action
  - 27.2.2. Indications
  - 27.2.3. Protocol
  - 27.2.4. Side Effects and Contraindications
- 27.3. Q-Switched Laser
  - 27.3.1. Mechanism of Action
  - 27.3.2. Indications
  - 27.3.3. Protocol
  - 27.3.4. Side Effects and Contraindications
- 27.4. Plasma Laser
  - 27.4.1. Mechanism of Action
  - 27.4.2. Indications
  - 27.4.3. Protocol
  - 27.4.4. Side Effects and Contraindications
- 27.5. Radiofrequency I
  - 27.5.1. Mechanism of Action
  - 27.5.2. Indications
  - 27.5.3. Protocol
  - 27.5.4. Side Effects and Contraindications
- 27.6. Radiofrequency II
  - 27.6.1. Mechanism of Action
  - 27.6.2. Indications
  - 27.6.3. Protocol
  - 27.6.4. Side Effects and Contraindications

- 27.7. Cryolipolysis
  - 27.7.1. Mechanism of Action
  - 27.7.2. Indications
  - 27.7.3. Protocol
  - 27.7.4. Side Effects and Contraindications

## Module 28. Genital Anti-Aging Medicine

- 28.1. Psychological Aspects of Aging at the Sexual Level
  - 28.1.1. Sexuality and Aging
  - 28.1.2. Sexual Dysfunctions. Medical and Psychological Aspects
  - 28.1.3. Treatment
- 28.2. Anatomical and Histological Reminder of the Female Sex Organs
  - 28.2.1. External Genitalia
  - 28.2.2. Internal Genitals
  - 28.2.3. Female Sexual Dysfunction
- 28.3. Platelet-rich Plasma in Female Genital Anti-Aging Medicine
  - 28.3.1. Explanation of the Technique
  - 28.3.2. Benefits
  - 28.3.3. Contraindications
- 28.4. Carboxytherapy and Radiofrequency in Anti-Aging Medicine for Female Genitalia
  - 28.4.1. Carboxytherapy
    - 28.4.1.1. Beneficial Effects
    - 28.4.1.2. Contraindications
  - 28.4.2. Radiofrequency
    - 28.4.2.1. Types of Radiofrequency
    - 28.4.2.2. Beneficial Effects
    - 28.4.2.3. Contraindications
- 28.5. Laser and LED Light in Female Genital Anti-Aging Medicine
  - 28.5.1. Laser
    - 28.5.1.1. Explanation of the Technique
    - 28.5.1.2. Benefits
    - 28.5.1.3. Contraindications

- 28.5.2. LED Lights
  - 28.5.2.1. Explanation of the Technique
  - 28.5.2.2. Benefits
  - 28.5.2.3. Contraindications
- 28.6. Hyaluronic Acid Fillers in Female Genital Anti-Aging Medicine
  - 28.6.1. External Genitalia
    - 28.6.1.1. Explanation of the Technique
    - 28.6.1.2. Benefits
    - 28.6.1.3. Contraindications
  - 28.6.2. Internal Genitals
    - 28.6.2.1. Explanation of Available Techniques
    - 28.6.2.2. Benefits
    - 28.6.2.3. Contraindicaciones
- 28.7. Anatomical and Histological Reminder of the Male Sex Organs
  - 28.7.1. External Genitalia
  - 28.7.2. Internal Genitals
  - 28.7.3. Male Sexual Dysfunction
- 28.8. Platelet-Rich Plasma in Male Genital Anti-Aging Medicine
  - 28.8.1. Explanation of the Technique
  - 28.8.2. Benefits
  - 28.8.3. Contraindications
- 28.9. Carboxytherapy and Shock Wave Therapy in Male Genital Anti-Aging Medicine
  - 28.9.1. Carboxytherapy
    - 28.9.1.1. Explanation of the Technique
    - 28.9.1.2. Expected Benefits
  - 28.9.2. Shock Waves
    - 28.9.2.1. Explanation of the Technique
    - 28.9.2.2. Expected Benefits
- 28.10. Hyaluronic Acid Fillers in Male Genital Anti-Aging Medicine
  - 28.10.1. Indications
  - 28.10.2. Benefits
  - 28.10.3. Contraindications

## Module 29. The Antiaging Medicine Clinic. Practical Aspects. Overall Approach to the Patient

- 29.1. Essential Legal Aspects. Needs of an Antiaging Clinic
  - 29.1.1. Introduction to Health Law
  - 29.1.2. Civil Liability
  - 29.1.3. The Lex Artis ad hoc
  - 29.1.4. Medical Negligence
- 29.2. Marketing. Social Media. Ethical Aspects. Medicine and Advertising
  - 29.2.1. Marketing Plan
    - 29.2.1.1. Situation Analysis (PESTEL, SWOT)
    - 29.2.1.2. Plan of Objectives
    - 29.2.1.3. Action Plan
  - 29.2.2. Digital Communication
    - 29.2.2.1. Social Media Plan
    - 29.2.2.2. Social Networks
  - 29.2.3. New Technologies
- 29.3. Medical History and Informed Consent
  - 29.3.1. Types of Medical Records
  - 29.3.2. Content of a Clinical History
    - 29.3.2.1. Informed Consent
  - 29.3.3. Legal Aspects of the Medical Record
- 29.4. General Approach to the Patient in the Antiaging Consultation
  - 29.4.1. Psychology of Patient Approach
  - 29.4.2. Coaching Adapted to the Consultation
  - 29.4.3. Identification of Patient Problems and Demands
- 29.5. Biological Age Assessment
  - 29.5.1. Definition of Concepts
  - 29.5.2. Evaluation Methods
  - 29.5.3. Other Calculators
- 29.6. Basic Laboratory Analysis
  - 29.6.1. Hemogram and Basic Biochemistry
  - 29.6.2. Vitamins.
  - 29.6.3. Early Detection of Diabetes Mellitus and Dyslipidemia
  - 29.6.4. Thyroid Profile

- 29.7. Specific Laboratory Analyses
  - 29.7.1. Free Radicals Study
  - 29.7.2. Telomeric Length Test
  - 29.7.3. Pathology Screening
    - 29.7.3.1. Colorectal Cancer
    - 29.7.3.2. Breast Cancer
    - 29.7.3.3. Neurodegenerative Diseases
- 29.8. Evaluation of Results and Integrated Prescription
  - 29.8.1. Detailed study of results
  - 29.8.2. Definition of Objectives
  - 29.8.3. Integrative Treatment
- 29.9. Monitoring
  - 29.9.1. Consultation Planning
  - 29.9.2. Need for Complementary Tests
  - 29.9.3. Resetting of Objectives and Motivational Consultation
- 29.10. Complementary Specialties and the Need for Referral
  - 29.10.1. Need for Collaboration
  - 29.10.2. Diagnosis of Incidental Disease
  - 29.10.3. Related Specialties
    - 29.10.3.1. Family and Community Medicine
    - 29.10.3.2. Endocrinology & Nutrition
    - 29.10.3.3. Plastic and Reconstructive Surgery
    - 29.10.3.4. Psychiatry/Psychology





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*A complete program that will take you through the knowledge you need to compete among the best”*

06

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





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*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you will experience a way of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching power or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in the physician's professional practice.

“

*Did you know that this method was developed in 1912, at Harvard, for law students? The case method consisted of presenting students with real-life, complex situations for them to make decisions and justify their decisions on how to solve them. In 1924, Harvard adopted it as a standard teaching method”*

The effectiveness of the method is justified by four fundamental achievements:

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

*Professionals will learn through real cases and by resolving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Relearning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best online university (Columbia University).

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

*Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.*

In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

The overall score obtained by TECH's learning system is 8.01, according to the highest international standards.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Expert-Led Case Studies and Case Analysis

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 07 Certificate

The Advanced Master's Degree in Integrative Aesthetic Medicine guarantees students, in addition to the most rigorous and up-to-date education, access to an Advanced Master's Degree's degree issued by TECH Global University.





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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This program will allow you to obtain your **Advanced Master's Degree diploma in Integrative Aesthetic Medicine** endorsed by **TECH Global University**, the world's largest online university.

**TECH Global University** is an official European University publicly recognized by the Government of Andorra (**official bulletin**). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international training framework and harmonize the higher education systems of the member countries of this space. The project promotes common values, the implementation of collaborative tools and strengthening its quality assurance mechanisms to enhance collaboration and mobility among students, researchers and academics.

This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Advanced Master's Degree in Integrative Aesthetic Medicine**

Modality: **online**

Duration: **2 years**

Accreditation: **120 ECTS**



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH Global University will make the necessary arrangements to obtain it, at an additional cost.

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present quality  
development language  
virtual classroom

**tech** global  
university

Advanced Master's  
Degree  
Integrative Aesthetic  
Medicine

- » Modality: online
- » Duration: 2 years
- » Certificate: TECH Global University
- » Credits: 120 ECTS
- » Schedule: at your own pace
- » Exams: online

# Advanced Master's Degree Integrative Aesthetic Medicine