

# Advanced Master's Degree Integrative Aesthetic Medicine





## Advanced Master's Degree Integrative Aesthetic Medicine

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

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

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# 01

# Introduction to the Program

Aesthetic medicine has undergone a significant evolution in recent years, driven by technological advances and a deeper understanding of skin biology. An example of this is the latest generation of laser equipment, which gives specialists the opportunity to create more personalized and effective therapeutic plans. In the face of this, it is vital that professionals develop advanced technical skills to get the most out of these instruments and thus optimize clinical results to increase patient satisfaction in the long term. With this in mind, TECH presents an innovative university program focused on the application of the most modern techniques of Integrative Aesthetic Medicine. In addition, it is taught in a flexible online mode.





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*With this 100% online program, you will master the most innovative techniques of Integrative Aesthetic Medicine and create personalized intervention plans that will improve the overall well-being of patients”*

A new report by the World Health Organization shows that more than 20 million non-surgical cosmetic procedures were performed globally last year. At the same time, the institution highlights that there has been a notable increase in body image disorders. This fact underlines the need for medical approaches that integrate both aesthetic and psychological aspects, in order to ensure an improvement in the overall well-being of individuals in the long term. In this context, experts require a solid understanding of the fundamentals of Integrative Aesthetic Medicine in order to develop strategies that maximize therapeutic results and minimize the potential risks associated with interventions.

In this scenario, TECH has created a pioneering program in Integrative Aesthetic Medicine. Conceived by true referents in this sector, the academic itinerary will delve into subjects ranging from the most effective diagnostic evaluation methods to determine skin aging or the execution of advanced procedures such as dermal fillers to the use of state-of-the-art technologies such as light sources. The syllabus will also provide graduates with the keys to perform minimally invasive therapies, including stem cell therapies. As a result, graduates will develop advanced clinical skills to design and implement individualized therapeutic plans according to the specific requirements of each patient. Thanks to this, they will optimize the quality of life of individuals in the long term.

In addition, this university program is based on TECH's unique Relearning system, which guarantees that professionals will enjoy an immersive experience, where they will progressively update their knowledge. All they will need is an electronic device with an Internet connection to immerse themselves in the Virtual Campus, where they will find a variety of multimedia support resources such as interactive summaries or explanatory videos. In addition, a renowned International Guest Director will give a series of unique Masterclasses.

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

- ♦ The development of practical cases presented by experts in Integrative Aesthetic Medicine
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning
- ♦ Special emphasis on innovative methodologies in Integrative Aesthetic Medicine
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*A prestigious International Guest Director will offer exclusive Masterclasses that will delve into the latest trends in Integrative Aesthetic Medicine”*

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*You will delve into a variety of Marketing and Communication strategies that will increase the visibility of aesthetic services in the community”*

It includes in its teaching staff professionals belonging to the field of Integral Aesthetic Medicine, who pour into this program the experience of their work, in addition to recognized specialists from reference societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive learning experience designed to prepare for real-life situations.

This program is designed around Problem-Based Learning, whereby the student must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts.

*You will diagnose early various scalp pathologies such as Alopecia, Seborrheic Dermatitis and Fungal Infections.*

*The innovative Relearning method powered by TECH will allow you to update your knowledge without depending on external teaching conditions.*



02

# Why Study at TECH?

TECH is the world's largest online university. With an impressive catalog of more than 14,000 university programs, available in 11 languages, it is positioned as a leader in employability, with a 99% job placement rate. In addition, it has a huge faculty of more than 6,000 professors of the highest international prestige.





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*Study at the largest online university in the world and ensure your professional success. The future begins at TECH”*

**The world's best online university, according to FORBES**

The prestigious Forbes magazine, specialized in business and finance, has highlighted TECH as "the best online university in the world" This is what they have recently stated in an article in their digital edition in which they echo the success story of this institution, "thanks to the academic offer it provides, the selection of its teaching staff, and an innovative learning method oriented to form the professionals of the future"

**Forbes**  
Mejor universidad  
online del mundo

**Plan**  
de estudios  
más completo

**The most complete syllabuses on the university scene**

TECH offers the most complete syllabuses on the university scene, with programs that cover fundamental concepts and, at the same time, the main scientific advances in their specific scientific areas. In addition, these programs are continuously updated to guarantee students the academic vanguard and the most demanded professional skills. and the most in-demand professional competencies. In this way, the university's qualifications provide its graduates with a significant advantage to propel their careers to success.

**The best top international faculty**

TECH's faculty is made up of more than 6,000 professors of the highest international prestige. Professors, researchers and top executives of multinational companies, including Isaiah Covington, performance coach of the Boston Celtics; Magda Romanska, principal investigator at Harvard MetaLAB; Ignacio Wistumba, chairman of the department of translational molecular pathology at MD Anderson Cancer Center; and D.W. Pine, creative director of TIME magazine, among others.

Profesorado  
**TOP**  
Internacional

La metodología  
más eficaz

**A unique learning method**

TECH is the first university to use Relearning in all its programs. This is the best online learning methodology, accredited with international teaching quality certifications, provided by prestigious educational agencies. In addition, this innovative academic model is complemented by the "Case Method", thereby configuring a unique online teaching strategy. Innovative teaching resources are also implemented, including detailed videos, infographics and interactive summaries.

**The world's largest online university**

TECH is the world's largest online university. We are the largest educational institution, with the best and widest digital educational catalog, one hundred percent online and covering most areas of knowledge. We offer the largest selection of our own degrees and accredited online undergraduate and postgraduate degrees. In total, more than 14,000 university programs, in eleven different languages, making us the largest educational institution in the world.

**nº1**  
Mundial  
Mayor universidad  
online del mundo

**The official online university of the NBA**

TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.

**Leaders in employability**

TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.



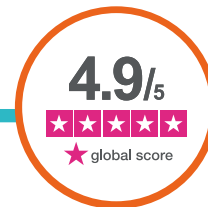
**Google Premier Partner**

The American technology giant has awarded TECH the Google Premier Partner badge. This award, which is only available to 3% of the world's companies, highlights the efficient, flexible and tailored experience that this university provides to students. The recognition not only accredits the maximum rigor, performance and investment in TECH's digital infrastructures, but also places this university as one of the world's leading technology companies.



**The official online university of the NBA**

TECH is the official online university of the NBA. Thanks to our agreement with the biggest league in basketball, we offer our students exclusive university programs, as well as a wide variety of educational resources focused on the business of the league and other areas of the sports industry. Each program is made up of a uniquely designed syllabus and features exceptional guest hosts: professionals with a distinguished sports background who will offer their expertise on the most relevant topics.



**The top-rated university by its students**

Students have positioned TECH as the world's top-rated university on the main review websites, with a highest rating of 4.9 out of 5, obtained from more than 1,000 reviews. These results consolidate TECH as the benchmark university institution at an international level, reflecting the excellence and positive impact of its educational model.



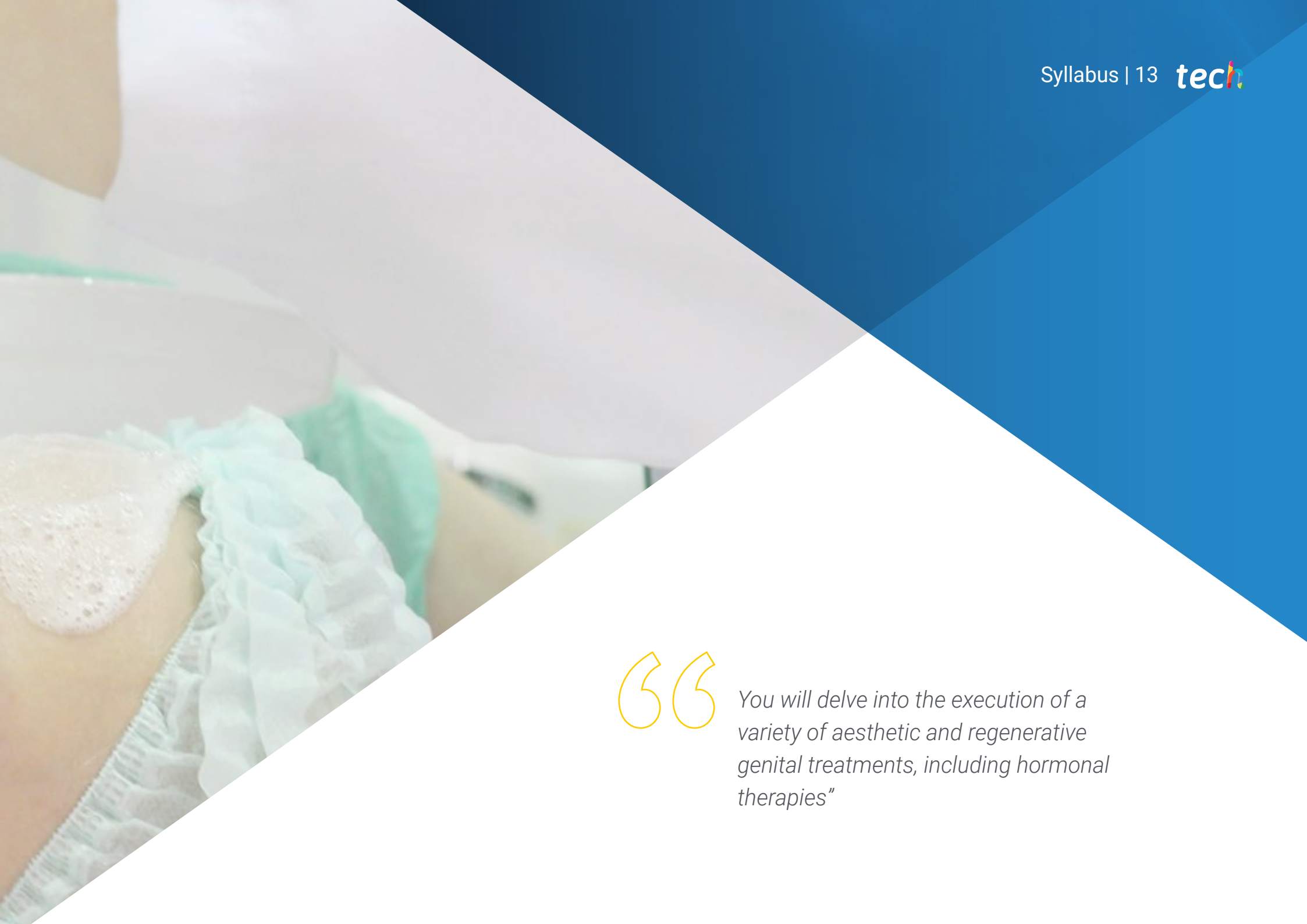
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TECH has become the leading university in employability. Ninety-nine percent of its students obtain jobs in the academic field they have studied within one year of completing any of the university's programs. A similar number achieve immediate career enhancement. All this thanks to a study methodology that bases its effectiveness on the acquisition of practical skills, which are absolutely necessary for professional development.

# 03 Syllabus

The didactic materials that make up this program have been elaborated by authentic references in the area of Integrative Aesthetic Medicine. Accordingly, the curriculum will delve into issues ranging from the most sophisticated diagnostic techniques to assess the state of the skin of individuals or the application of clinical procedures such as different chemical peels to the use of cutting-edge technologies such as intense pulsed light. As a result, graduates will develop advanced clinical skills to design individualized therapeutic plans that maximize aesthetic results and ensure patient safety.





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*You will delve into the execution of a variety of aesthetic and regenerative genital treatments, including hormonal therapies”*

## Module 1. Basic Principals of Aesthetic 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. Aging: a Dynamic Process
  - 1.2.2. Injuries Associated with Aging. Changes in Bony and Soft Facial Structures
  - 1.2.3. Changes in the Ligaments, Muscles and Skin
- 1.3. Theories on Aging
  - 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 Aesthetic 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: Moisturization, Elasticity, Color, 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. Artifacts
  - 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 Aesthetic Medicine
  - 1.7.1. Psychological Disorders Related to Body Image
  - 1.7.2. Psychological Approach to the Patient in Aesthetic Medicine
  - 1.7.3. Therapeutic Approach
- 1.8. Preventing Infection When Practicing Aesthetic Medicine
  - 1.8.1. Use of Antiseptics in Aesthetic Medicine Consultations
  - 1.8.2. Hand Hygiene
  - 1.8.3. Use of Disinfectants in Aesthetic Medicine Consultations
  - 1.8.4. Sanitary Waste Management
- 1.9. Quality Management in the Practice of Aesthetic Medicine
  - 1.9.1. Quality Improvement Cycle
  - 1.9.2. What Is a Quality Management System?
  - 1.9.3. ISO 9001:2015 Quality Management System. How to Accredite an Aesthetic Medicine Clinic?

## Module 2. Peelings. Dermocosmetics

- 2.1. Overview
  - 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. Previous 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 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 Alterations: Rosacea, etc.
- 2.10. Magistral Formulation in Cosmetics

### Module 3. Applications of Botulinum Toxin in Dermatology and Aesthetics. Regenerative Medicine for Aesthetic 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 Aesthetic Use
  - 3.2.1. Toxins Authorized for Aesthetic Use
  - 3.2.2. Trade Names of Botulinum Toxins
  - 3.2.3. Toxin Reconstitution. Conservation
  - 3.2.4. Injection Technique
  - 3.2.5. 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. Overview
  - 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 Aesthetics. 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 Aesthetic Applications

## Module 4. Facial Implants in Aesthetics

- 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
  - 4.2.2. Autologous Materials: Autologous Fat, Plasmigel, etc.
  - 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 Allogonosis
- 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 Peribuccal 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. Coned Threads, Double Needle
  - 4.8.7. Treatment Plan
- 4.8.8. Approach to Complications and AE
- 4.8.9. 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. Aesthetic 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 Sclerosus
    - 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. Types of Lasers and Uses
    - 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 Blemishes. Importance of the Use of Wood's Light and Dermatoscope
  - 6.3.2. Laser and Light Source Treatment of Pigmented Blemishes
  - 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. Eye Protection
  - 6.10.2. Occupational Hazards

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

- 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, 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. Hydrolipoclasia
  - 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-Aesthetic 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. Alopecia femenina (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 Aesthetic 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. DAFO 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 on 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?



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- 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. Study 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. Dapsone
- 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. Metformina
- 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. Teratogeny
  - 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. Light Source Treatment of Active Acne

- 15.1. Intense Pulsed Light
- 15.2. Pulsed Dye Laser
- 15.3. Nd Laser: YAG
- 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. Treatment of Acne Scars

- 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. Punctures
  - 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. Mitochondrias
  - 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. Exosome and Aging
  - 20.10.1. Concept of Exosoma
  - 20.10.2. Classification of the Factors Involved
  - 20.10.3. Actions to Control the Effect of the Exosoma 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. Thyroid + Adrenal Cortex
  - 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 1
  - 21.8.1. Hormonal Changes in Menopause
  - 21.8.2. Clinical Manifestations
  - 21.8.3. Treatment
- 21.9. Menopause 2. 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

## 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
- 22.3. 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 of 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
- 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
  - 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 Tissue
    - 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 Counterindications in Medicine
  - 25.3.3. Applicability and Treatment
- 25.4. Hyperbaric Medicine
  - 25.4.1. Theoretical Basis
  - 25.4.2. Indications and Counterindications in Medicine
  - 25.4.3. Applicability and Treatment
- 25.5. Carboxytherapy
  - 25.5.1. Theoretical Basis
  - 25.5.2. Indications and Counterindications in Medicine
  - 25.5.3. Applicability and Treatment
- 25.6. Oxidermotherapy
  - 25.6.1. Theoretical Basis
  - 25.6.2. Indications and Counterindications 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

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- 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 Aesthetic Medicine and Anti-Aging

- 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 Peels
  - 26.9.3. Medium Medical Peels
- 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 Refresher 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. Contraindications
- 28.7. Anatomical and Histological Refresher 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 Anti-Aging Medicine Clinic. Practical Aspects. Overall Approach to the Patient

- 29.1. Essential Legal Aspects. Needs of an Anti-Aging 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 Anti-Aging 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

04

# Teaching Objectives

Through this comprehensive program, professionals will develop advanced clinical skills to perform a wide range of Comprehensive Aesthetic Medicine procedures with the utmost precision. In this sense, graduates will handle the most sophisticated techniques to apply rejuvenation techniques, customize therapies according to the individual needs of each patient and use state-of-the-art technologies to optimize aesthetic results. All while maintaining high standards of safety and quality, which will ensure that users experience a marked improvement in their long-term quality of life.



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*You will master cutting-edge aesthetic techniques such as botulinum toxin injections, dermal fillers and radiofrequency lasers”*



## General Objectives

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- ♦ Delve into all the modalities of anti-aging and aesthetic treatments, incorporating the necessary tools to exercise this specialty in daily practice
- ♦ Be able to control, delay and prevent aging
- ♦ Have a holistic understanding 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
- ♦ Delve into the different modalities of physical therapies available
- ♦ Analyze research avenues and possible future lines of treatment
- ♦ Know how to treat cases refractory to standard therapies
- ♦ Detect and anticipate possible complications or side effects of each clinical therapy
- ♦ Be able to diagnose the psychopathological alterations secondary to the disease itself or to the treatments, which affect the relationship life and the realization of the patient as a person
- ♦ Individualize the management of the aesthetic sequelae of acne, choosing and combining the best options among the multiple techniques available





## Specific Objectives

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### Module 1. Basic Principals of Aesthetic Medicine

- ♦ Identify the biological changes of aging, analysis of genes and functions of diagnostic methods
- ♦ Efficiently manage the mechanisms of action of topical treatments, peelings, the annotation of cosmetic assessments and various evaluation methods
- ♦ Analyze in a global way the structures and functions of each area and open the doors to new treatments
- ♦ Delve into the physics of ultrasound to determine the specific characteristics of lesions

### Module 2. Peelings. Dermocosmetics

- ♦ Develop clinical skills to use the different types of peeling in the treatment of rejuvenation and certain skin disorders in an effective manner
- ♦ Properly select the patient, prepare the skin beforehand and carry out a correct follow-up with a post-peel prescription adapted to the evolution of each chemical agent or its combinations used

### Module 3. Applications of Botulinum Toxin in Dermatology and Aesthetics. Regenerative Medicine for Aesthetic Purposes

- ♦ Address comprehensively the volume defects associated with Tissue Atrophy secondary to aging
- ♦ Delve into the most avant-garde filler materials to create a global rejuvenation protocol, working with the utmost safety and distinguishing its components

#### **Module 4. Facial Implants in Aesthetics**

- ♦ Have a comprehensive understanding of state-of-the-art procedures in facial implantation
- ♦ Acquire sophisticated clinical techniques to harmonize facial contours through the use of facial implants

#### **Module 5. Aesthetic and Regenerative Gynecology**

- ♦ Carry out genital regenerative treatments in an optimal way
- ♦ Know the female anatomy to skillfully manage physical alterations after childbirth, menopause or even an oncological oncological process

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

- ♦ Master the variety of types of lasers and light sources in the treatment of both rejuvenation and skin disorders in an optimal way
- ♦ In-depth knowledge of the authorized types of botulinum toxin, its mechanisms of action and specific indications for each anatomical area

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

- ♦ Analyze the main etiopathogenic mechanisms of venous and lymphatic alterations of the limbs, with special attention to chronic venous disease
- ♦ Delve into the changes related to aging, as well as the main treatments of body contouring

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

- ♦ Address the medical treatments available for the different Alopecia; such as anti-androgen injections, immunotherapy and surgical therapies
- ♦ Perform a thorough clinical diagnosis using the most advanced technological tools

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

- ♦ Design a business communication plan in the health field and manage the online reputation of the entity
- ♦ Carry out marketing campaigns and SEO positioning in the main search engines

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

- ♦ Know the pathophysiological basis of acne and its implications in the development of drugs or 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 mechanisms of action, recommended guidelines, side effects and prevention of antibiotics for the treatment of acne
- ♦ Know the mechanisms of action, recommended guidelines, side effects and prevention of retinoids in acne

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

- ♦ Identify the main oral antimicrobials that have a favorable impact on the treatment of acne
- ♦ Know the mechanisms of oral treatment and evaluate its efficacy against other types of therapy

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

- ♦ Delve into the mechanisms of action, recommended guidelines, side effects and prevention of hormonal treatments for acne
- ♦ Identify the main oral treatments for acne and their repercussions on other pathologies

#### **Module 14. Systemic Retinoids**

- ♦ Obtain clinical skills to perform chemical peel treatments, choosing the most appropriate product for each case
- ♦ Identify alternative treatments for acne and verify their efficacy on the skin condition

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

- ♦ Configure the most suitable parameters for light source treatments
- ♦ Delve into the most effective light sources for the different alternative treatments in Acne improvement



**Module 16. Treatment of Acne Scars**

- ♦ Understand the basics of biophotonic therapy and photodynamic therapy, as well as the most appropriate treatment guidelines for each case
- ♦ Identify the veracity of medications and ointments that improve skin wounds

**Module 17. Diet and Acne**

- ♦ Make personalized dietary recommendations for patients with Acne, taking into account the latest scientific postulates
- ♦ Identify the foods that irritate the skin and their impact on the appearance of acne

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

- ♦ Identify external pathologies affecting skin care and their possible effect on the development of acne
- ♦ Select and combine the most effective treatments for the cosmetic management of acne scars

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

- ♦ Detect early signs of psychological distress and acquire coping strategies to deal with these complications
- ♦ Detect warning signs of self-injurious and suicidal behaviors in acne patients

**Module 20. Anti-Aging Medicine**

- ♦ Analyze the importance of circadian rhythms in aging and acquire the skills to treat their alterations in an appropriate manner
- ♦ Establish the relationship between immunosenescence, aging and disease onset

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

- ♦ Analyze the human endocrinological system, including the impact of stress and hormones related to aging
- ♦ Develop the skills necessary to prescribe hormone therapy, understanding its usefulness at various stages of life and its application in the treatment of aging

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

- ♦ Evaluate the metabolic response to exercise, apply physiological assessment techniques and design sports training plans adapted to the patient's needs
- ♦ Analyze the influence of physical activity on various pathologies, the impact of obesity and sedentary lifestyle on aging and establish guidelines for pharmacological treatment

**Module 23. Nutrition**

- ♦ Analyze the contribution of micronutrients, functional foods, nutraceuticals, prebiotics, probiotics and antioxidants to nutritional status; as well as in the prevention of deficiency diseases
- ♦ Identify food additives and their functions, as well as present different types of diets that improve the body's functions

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

- ♦ Examine the psychological and neurological aspects of aging, including both the perception of the self and chronobiology
- ♦ Address Stress management and apply innovative therapies such as mindfulness, Scener or neural therapy

**Module 25. Minimally Invasive Therapies**

- ♦ Understand the fundamentals and multiple applications of regenerative medicine
- ♦ Establish a therapeutic plan consistent with the patient's needs at all times

**Module 26. Alliances Between Aesthetic Medicine and Anti-Aging**

- ♦ Diagnose facial aging in relation to the subunits that compose its structure
- ♦ Propose treatment plans for signs of aging established on the face and other photoexposed body structures

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

- ♦ Examine the physical principles of light sources, differentiate the types of lasers and technologies used in anti-aging medicine
- ♦ Develop treatment protocols for aging skin and other tissues, combining different devices and identifying their possible side effects

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

- ♦ Analyze the importance of psychological processes associated with age-related sexual dysfunction
- ♦ Apply male and female genital rejuvenation techniques, combining different methods and addressing sexual dysfunctions in a comprehensive manner

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

- ♦ Establish legal essentials, apply effective marketing strategies, and manage basic medical history in anti-aging medicine practices
- ♦ Plan integrative treatments, evaluate outcomes, schedule follow-ups and coordinate interdisciplinary relationships when necessary





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*You will have a holistic understanding of the physical, emotional and psychological aspects that influence aesthetic health”*

05

# Career Opportunities

Upon completion of this program, practitioners will have a holistic knowledge of the most sophisticated techniques in the field of Aesthetic Medicine. In line with this, graduates will develop advanced clinical skills that will allow them to design and implement personalized treatments according to the specific needs of patients. At the same time, professionals will handle state-of-the-art technological tools to ensure both the precision and quality of interventions, which will contribute to improving the overall well-being of patients in the long term.





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*Are you looking to work as a Director of Integrative Aesthetic Clinics? This university program will provide you with the keys to achieve it in just a few months”*

### Graduate Profile

Graduates of this university degree are highly qualified specialists to meet the aesthetic and wellness needs of their patients. In this line, they possess advanced clinical skills to handle innovative technologies that will improve the appearance and health of the skin. In addition, they are prepared to create individualized therapeutic plans, collaborate with multidisciplinary teams and promote high quality aesthetic care.

*You will be able to detect the individual needs of each patient and design customized treatment plans that optimize long-term aesthetic results.*

- ♦ **Clinic and Time Management:** Specialists possess advanced strategic and leadership skills to efficiently manage an aesthetic clinic; optimizing the use of time, organizing daily activities and effectively managing relationships with patients
- ♦ **Critical Thinking and Problem Solving:** Apply critical thinking to evaluate complex clinical cases, identify potential problems and generate innovative solutions that improve the quality of aesthetic outcomes.
- ♦ **Digital and Technological Competence:** Practitioners handle technological tools ranging from clinical management software to state-of-the-art aesthetic technologies to enhance the patient experience
- ♦ **Comprehensive Patient Care:** Graduates take a holistic approach to patient care, integrating physical, emotional, and aesthetic aspects to provide personalized treatments that optimize their overall long-term wellbeing





After completing the Advanced Master's Degree, you will be able to apply your knowledge and skills in the following positions:

1. **Director of Integrative Aesthetic Clinic:** Expert in the management of centers dedicated to advanced aesthetic treatments, ensuring the quality of services and patient satisfaction
2. **Specialized Aesthetic Physician:** Professional trained in the application of numerous aesthetic procedures to improve the appearance and general well-being of people
3. **Coordinator of Facial Rejuvenation Programs:** Their job is to develop and manage specific programs for facial rejuvenation, using the most cutting-edge technological instruments
4. **Consultant in Anti-Aging Medicine:** Specialist in designing and supervising personalized programs to reverse the signs of aging through comprehensive treatments
5. **Advisor in Advanced Aesthetic Technologies:** Expert in the implementation and use of the latest technologies in the field of Aesthetic Medicine with the objective of optimizing the results of therapies
6. **Aesthetic Products Sales Manager:** Focuses on the marketing and distribution of aesthetic products, developing effective sales strategies for business growth
7. **Specialist in Integral Body Treatments:** Focuses on offering aesthetic body treatments that include shaping, contouring, and figure enhancement through advanced methods
8. **Integrative Wellness and Aesthetics Coordinator:** Integrates aspects of physical and mental wellness into aesthetic programs, providing a holistic approach to patient care
9. **Customized Treatment Protocol Developer:** Professional who develops and optimizes treatment protocols tailored to the individual needs of each patient, ensuring effective as well as safe outcomes
10. **Aesthetic Medicine Researcher:** Dedicated to the development of new aesthetic techniques and treatments, contributing to the scientific advancement of the field

06

# Study Methodology

TECH is the world's first university to combine the **case study** methodology with **Relearning**, a 100% online learning system based on guided repetition.

This disruptive pedagogical strategy has been conceived to offer professionals the opportunity to update their knowledge and develop their skills in an intensive and rigorous way. A learning model that places students at the center of the educational process giving them the leading role, adapting to their needs and leaving aside more conventional methodologies.





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*TECH will prepare you to face new challenges in uncertain environments and achieve success in your career”*

## The student: the priority of all TECH programs

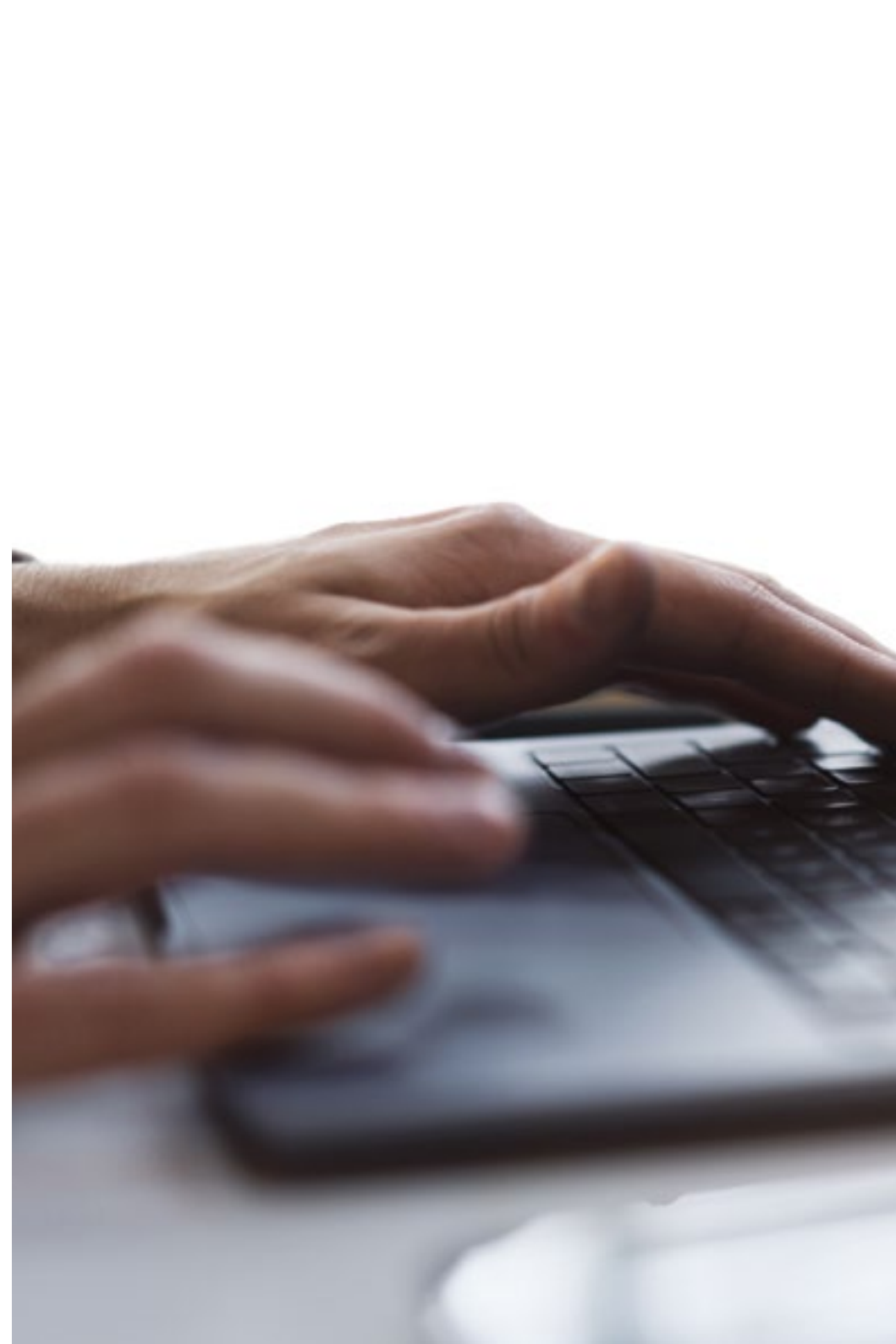
In TECH's study methodology, the student is the main protagonist.

The teaching tools of each program have been selected taking into account the demands of time, availability and academic rigor that, today, not only students demand but also the most competitive positions in the market.

With TECH's asynchronous educational model, it is students who choose the time they dedicate to study, how they decide to establish their routines, and all this from the comfort of the electronic device of their choice. The student will not have to participate in live classes, which in many cases they will not be able to attend. The learning activities will be done when it is convenient for them. They can always decide when and from where they want to study.

“

*At TECH you will NOT have live classes  
(which you might not be able to attend)”*



### The most comprehensive study plans at the international level

TECH is distinguished by offering the most complete academic itineraries on the university scene. This comprehensiveness is achieved through the creation of syllabi that not only cover the essential knowledge, but also the most recent innovations in each area.

By being constantly up to date, these programs allow students to keep up with market changes and acquire the skills most valued by employers. In this way, those who complete their studies at TECH receive a comprehensive education that provides them with a notable competitive advantage to further their careers.

And what's more, they will be able to do so from any device, pc, tablet or smartphone.

“*TECH's model is asynchronous, so it allows you to study with your pc, tablet or your smartphone wherever you want, whenever you want and for as long as you want*”

## Case Studies and Case Method

The case method has been the learning system most used by the world's best business schools. Developed in 1912 so that law students would not only learn the law based on theoretical content, its function was also to present them with real complex situations. In this way, they could make informed decisions and value judgments about how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

With this teaching model, it is students themselves who build their professional competence through strategies such as Learning by Doing or Design Thinking, used by other renowned institutions such as Yale or Stanford.

This action-oriented method will be applied throughout the entire academic itinerary that the student undertakes with TECH. Students will be confronted with multiple real-life situations and will have to integrate knowledge, research, discuss and defend their ideas and decisions. All this with the premise of answering the question of how they would act when facing specific events of complexity in their daily work.



## Relearning Methodology

At TECH, case studies are enhanced with the best 100% online teaching method: Relearning.

This method breaks with traditional teaching techniques to put the student at the center of the equation, providing the best content in different formats. In this way, it manages to review and reiterate the key concepts of each subject and learn to apply them in a real context.

In the same line, and according to multiple scientific researches, reiteration is the best way to learn. For this reason, TECH offers between 8 and 16 repetitions of each key concept within the same lesson, presented in a different way, with the objective of ensuring that the knowledge is completely consolidated during the study process.

*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.*



## A 100% online Virtual Campus with the best teaching resources

In order to apply its methodology effectively, TECH focuses on providing graduates with teaching materials in different formats: texts, interactive videos, illustrations and knowledge maps, among others. All of them are designed by qualified teachers who focus their work on combining real cases with the resolution of complex situations through simulation, the study of contexts applied to each professional career and learning based on repetition, through audios, presentations, animations, images, etc.

The latest scientific evidence in the field of Neuroscience points to the importance of taking into account the place and context where the content is accessed before starting a new learning process. Being able to adjust these variables in a personalized way helps people to remember and store knowledge in the hippocampus to retain it in the long term. This is a model called Neurocognitive context-dependent e-learning that is consciously applied in this university qualification.

In order to facilitate tutor-student contact as much as possible, you will have a wide range of communication possibilities, both in real time and delayed (internal messaging, telephone answering service, email contact with the technical secretary, chat and videoconferences).

Likewise, this very complete Virtual Campus will allow TECH students to organize their study schedules according to their personal availability or work obligations. In this way, they will have global control of the academic content and teaching tools, based on their fast-paced professional update.



*The online study mode of this program will allow you to organize your time and learning pace, adapting it to your schedule”*

### 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 assess 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.

### The university methodology top-rated by its students

The results of this innovative teaching model can be seen in the overall satisfaction levels of TECH graduates.

The students' assessment of the teaching quality, the quality of the materials, the structure of the program and its objectives is excellent. Not surprisingly, the institution became the top-rated university by its students according to the global score index, obtaining a 4.9 out of 5.

*Access the study contents from any device with an Internet connection (computer, tablet, smartphone) thanks to the fact that TECH is at the forefront of technology and teaching.*

*You will be able to learn with the advantages that come with having access to simulated learning environments and the learning by observation approach, that is, Learning from an expert.*



As such, the best educational materials, thoroughly prepared, will be available in this program:



#### 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.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



#### Practicing Skills and Abilities

You will carry out activities to develop specific competencies and skills in each thematic field. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop within the framework of the globalization we live in.



#### Interactive Summaries

We present 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".

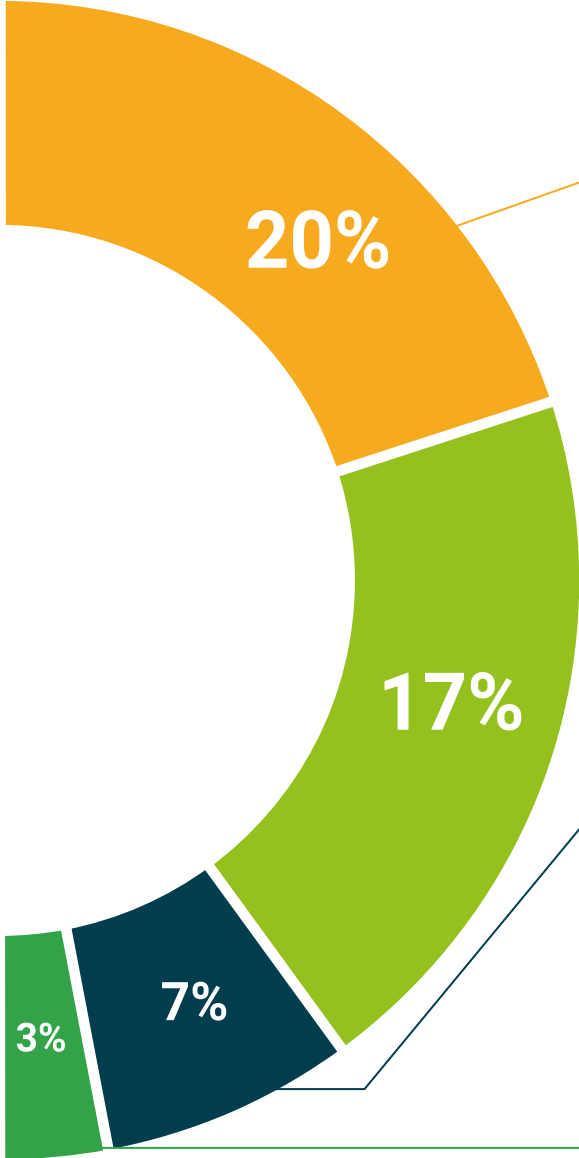


#### Additional Reading

Recent articles, consensus documents, international guides... In our virtual library you will have access to everything you need to complete your education.







**Case Studies**

Students will complete a selection of the best case studies in the field. Cases that are presented, analyzed, and supervised by the best specialists in the world.



**Testing & Retesting**

We periodically assess and re-assess your knowledge throughout the program. We do this on 3 of the 4 levels of Miller's Pyramid.



**Classes**

There is scientific evidence suggesting that observing third-party experts can be useful.  
Learning from an expert strengthens knowledge and memory, and generates confidence for 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

# Teaching Staff

TECH's main premise is to make available to anyone the most complete and updated university programs in the academic panorama, which is why it rigorously selects its teaching staff. For the delivery of this program, it has managed to bring together the most outstanding specialists in the field of Integrative Aesthetic Medicine. These professionals have an extensive professional background, where they have implemented personalized treatments that have optimized the quality of life of many patients. Consequently, graduates have the guarantees they demand to enter into an immersive experience that will significantly improve their daily clinical practice.





“

*An experienced teaching team highly specialized in the field of Integrative Aesthetic Medicine will guide you throughout the curriculum, resolving any doubts that may arise”*

## 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 the field of care and for the development of **empirical studies**. On the basis of 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 make **New York Magazine's Best Doctors** lists since 2018. Also, he has had rankings as **one of the Best 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 quoted many times in reports published by magazines and newspapers such as **Allure, Vogue, Cosmopolitan, Elle, Glamour or The New York Times**. Likewise, it is common for him to participate in congresses and lectures on Dermatology around the world.



## Dr. Zeichner, Joshua

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- Director of the Department Cosmetic and Clinical Research at Mount Sinai, Astoria, New York, USA
- 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
- Doctor of Medicine from Johns Hopkins University
- Dermatology Residency and Fellowship in Dermopharmacology at Mount Sinai Hospital
- Graduate of the University of Pennsylvania



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

## Management



### Dr. Mosquera González, Margarita

- ♦ Assistant Specialist in Preventive Medicine and Public Health at the University Hospital Fundación Alcorcón
- ♦ Medical Director of the Integrative Aesthetic Medicine Area, C&M Clinic.
- ♦ Professor of Preventive Medicine and Public Health and Immunology and Medical Microbiology at the Rey Juan Carlos University.
- ♦ Specialist in Aesthetic, Cosmetic and Anti-Aging Medicine at the Complutense University of Madrid.
- ♦ Doctor in Medicine by the University Rey Juan Carlos
- ♦ Specialist in Preventive Medicine and Public Health by the University Hospital of Guadalajara.
- ♦ Degree in Medicine and Surgery from the University of Oviedo



### Dr. Leis Dosil, Vicente Manuel

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



### Dr. Lacosta Esclapez, Pilar

- ♦ Head of the Department of Aesthetic Oncologic Medicine at the Clinic Granado Tiagonce
- ♦ Medical Director at the Clinic Dra. Pilar Lacosta
- ♦ Aesthetic Physician at the Clinic Dr. Pilar Lacosta
- ♦ Aesthetic Physician at the Clinic Dr. Rubira
- ♦ Medical Director of the Center for Dependency Sergesa
- ♦ Head of the Aesthetic Medicine Department of the Lipedema Unit at Hospital Viamed Virgen de la Paloma
- ♦ Member of: Group of Experts in Aesthetic Oncological Medicine (GEMEON) Member of the Board of Directors, Spanish Society of Nutrition and Orthomolecular Medicine (SENMO) and Spanish Society of Aesthetic Medicine (SEME)

## Professors

### Dr. Arroyo Romo, César

- ♦ Head Physician of the Medical Regenerative and Aesthetic Laser Unit at HM Montepríncipe Hospital. Madrid
- ♦ President of the Spanish Society of Esthetic, Regenerative, and Functional Gynecology
- ♦ Former International Director of the Iberoamerican Academy of Medical Lasers. AILMED
- ♦ International lecturer in Aesthetic Medicine, Aesthetic and Laser Techniques
- ♦ Member of: American Society of Laser Medical Surgical (ASLMS), Spanish Society of Laser Medical Surgical (SELMQ), Portuguese Society of Aesthetic Medicine (SPME) and Scientific Committee of the International Association of Aesthetic Gynecology and Sexual Wellbeing (IAAGSW)

### Dr. Ibáñez Castresana, Ricardo

- ♦ Founder and Owner of the Law Firm IURISVOX Abogados SL
- ♦ Member of the Arbitration Court of Commerce of Vizcaya
- ♦ Advisor to the Spanish Society of Aesthetic Regenerative Functional Aesthetic Gynecology
- ♦ Legal advisor in the Consumer Affairs Directorate of the Government
- ♦ Selection of staff for the Municipal Consumer Information Offices (OMIC)
- ♦ Legal advisor to the Spanish Commission for Refugee Aid
- ♦ Degree in Law from the University of Deusto

**Dr. Franco Vidal, Amalia**

- ♦ Coordinator of Quality and Innovation of the Health Area V of the Health Service of the Principality of Asturias
- ♦ Public Health Technician in SESPA
- ♦ Collaborator with e-Health Asturias
- ♦ Manager of the Health Area in SESPA
- ♦ Medical Director of Primary Health Care in SESPA
- ♦ Quality Coordinator at the Central University Hospital of Asturias
- ♦ Evaluator in the European Union Project of Rare Disease Units for the "European Reference Networks for Rare and Low Prevalence Complex Diseases
- ♦ Degree in Medicine and Surgery from the University of Oviedo
- ♦ Specialist in Preventive Medicine and Public Health at the University Hospital La Paz
- ♦ Master's Degree in Quality Management in Health Services from the University of Murcia
- ♦ Master's Degree in Health Administration from the National School of Health
- ♦ University Master's Degree in Health Administration the National University of Distance Education (UNED)

**Ms. Gayoso Blanco, Macarena**

- ♦ Head of Advertising and Public Relations at Newmonday Agency
- ♦ Communications Manager of ALIA Arquitectura
- ♦ Master's Degree in Event Organization, Protocol, and Institutional Relations
- ♦ Degree in Advertising and Public Relations

**Ms. Arnaiz Urrez, Celia**

- ♦ Psychologist in charge Developmental Disorders of Human Resources at the University Hospital Fundación Alcorcón
- ♦ Director of Human Resources at TCP
- ♦ Responsible for the Training and Recruitment Unit at the University Hospital Fundación Alcorcón
- ♦ Elaboration of a dictionary of skills for healthcare organizations
- ♦ Collaboration in the adaptation of Clinical Psychometric Tests at the Complutense University of Madrid (UCM)
- ♦ Elaboration of Personality Tests (TP-10) in the selection of police scales
- ♦ Instructor in Clinical Simulation at the Center for Medical Simulation of Harvard
- ♦ Specialization in Clinical Psychology and Work Psychology by the International Coach Federation

**Dr. Chicón García, Jesús**

- ♦ Medical Director of the Chez Jolie Clinic
- ♦ Medical Director of Clinicas Jeisamed
- ♦ Director of Salutae Academy
- ♦ Quality Director at Secoe
- ♦ Degree in Medicine from the University of Alcalá
- ♦ Master's Degree in Aesthetic Medicine, Universidad Rey Juan Carlos, Madrid
- ♦ Master's Degree in Food and Quality Control from the University of Navarra
- ♦ European Expert in Quality Management by the Spanish Agency of Quality
- ♦ European Expert in Research, Development and Innovation by the Spanish Quality Agency



**Dr. Carlos Iriarte, Esperanza**

- ♦ Head of Section in Physical Medicine and Rehabilitation at the 12 de Octubre University Hospital
- ♦ European Board of Physical Medicine and Rehabilitation. Paris
- ♦ Excellence Programme for Exchange Regarding Botulinum Toxin
- ♦ Teacher and organizer of courses on infiltration with Neurotoxin A

**Dr. Alonso García, Marcos**

- ♦ Public Health Technician in the Government of the Community of Madrid. Spain
- ♦ Specialist of the Preventive Medicine Unit at the Alocorcon Foundation University Hospital

**Dr. Zetina Toache, Luis Miguel**

- ♦ Medical Director of Oncomédica Cancer Consultants. Guatemala
- ♦ Affiliated to the MSD Global Lung Scientific Symposium

**Dr. Esteban Herrero, Margarita**

- ♦ Director of the Aesthetic Clinic Dra. Margarita Esteban
- ♦ President of the Group of Experts in Aesthetic Oncologic Medicine (GEMEON)
- ♦ Specialist in Cosmetic Medicine
- ♦ Member of the Spanish Society of Aesthetics Medicine (SEME)

**Dr. De Toledo Heras, María**

- ♦ Head of the Epilepsy Unit of the Neurology Department at La Princesa University Hospital.
- ♦ Specialist in Neurology at the University Hospital 12 de Octubre
- ♦ Specialty in cognitive disorders and dementias
- ♦ Doctorate in Neurosciences

**Dr. Ugarte López, Nuria**

- ♦ Director of the Esthetic Medical Center Dra. Nuria Ugarte
- ♦ Expert in Quality of Life and Medical Aesthetic Care of Oncology Patients
- ♦ Member of the Board of Directors of the Group of Experts in Aesthetic Oncological Medicine (GEMEON)
- ♦ Member of: Spanish Society of Aesthetic Medicine (SEME) and Riojan Society of Aesthetic Medicine (SRME)

**Dr. Rodríguez Scheid, Salvador**

- ♦ Physician and Manager at Variclinic Aesthetic Clinics
- ♦ Member of: Aesthetic Medicine Association of Castilla La Mancha (AMECLM), Spanish Society of Aesthetic Medicine (SEME), Murcian Society of Cardiology (SMC) Spanish Society of Ultrasound (SEECO), Spanish Society of Cardiology (SEC) Spanish Society of Cosmetic Medicine and Surgery (SEMCC), Murcian Association of Aesthetic Medicine and Cosmetic Surgery (AMMECC), Spanish Society of Angiology and Vascular Surgery-Chapter of Phlebology (CF-SEACV) and French Society of Phlebology (SFP)

**Dr. Martínez Morón, Victoria**

- ♦ Coordinator of the Pelvic Floor Unit at the University Hospital Fundación Alcorcón
- ♦ Head of the Gynecological Laser Unit at Clínica Dermatológica MultiLaser
- ♦ Head of the Regenerative and Functional Gynecology Unit at Mediastetic
- ♦ Head of the Gynecological Laser and Intimate Health Unit at the Palacios Institute
- ♦ Degree in Medicine from the Complutense University of Madrid
- ♦ Master in Sexology from the University of Extremadura
- ♦ Member of: Spanish Society of Gynecology and Obstetrics (SEGO) and Spanish Society of Functional Aesthetic Regenerative Regenerative Gynecology (SEGERF) President

**Ms. Díaz Martín, María Margarita**

- ◆ Nurse of the Preventive Medicine Unit at the Alcorcón Foundation University Hospital
- ◆ Teaching activity on Infection Control, Hospital and Hand Hygiene, Use of Antiseptics and Disinfectants
- ◆ Principal Tutor of Clinical Practices of Nursing Students
- ◆ Expert in Surgical Area Nursing, Anesthesia and Resuscitation

**Dr. Arredondo Provecho, Ana Belén**

- ◆ Nurse Assistant in the Preventive Medicine Unit of the University Hospital Fundación Alcorcón
- ◆ Doctor in Health Sciences
- ◆ Coordinator and teacher of several continuing education courses in specialized care

**Dr. Del Cura Rodríguez, José Luis**

- ◆ Head of Radiodiagnosis Section at Basurto University Hospital
- ◆ Doctor of Medicine by the University of the Basque Country/Euskal Herriko Unibertsitatea (UPV/EHU)
- ◆ Bachelor's Degree in Medicine
- ◆ Member of: Spanish Society of Ultrasound (SEUS) President and Spanish Society of Medical Radiology (SERAM) Former President

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

- ◆ Dermatologist at the Clemente Clinic
- ◆ Dermatologists at the Dermatology Department at Virgen de la Arrixaca University Hospital
- ◆ Dermatologist Specialist in General Dermatology, Laser and Aesthetic Dermatology
- ◆ Author of numerous specialized publications at national and international level
- ◆ Speaker at conferences and congresses worldwide
- ◆ Member of: Board of Directors of the Spanish Academy of Dermatology and Venereology, Spanish Group of Surgical Dermatology, Laser and Cutaneous Oncology, Spanish Group of Aesthetic and Aesthetic Dermatology and Aesthetic Dermatology

**Dr. Olivares Rueda, Teresa**

- ◆ Specialist in Advanced Aesthetic and Laser Techniques
- ◆ Physician at the Virgen de la Arrixaca Clinical University Hospital
- ◆ Physician at a Health Center. Abanilla, Spain
- ◆ Physician at Beniajan Health Center. Spain
- ◆ Specialty in Pediatrics at Virgen de la Arrixaca Clinical University Hospital
- ◆ Master's Degree in Advanced Aesthetic and Laser Techniques from CEU Cardenal Herrera University
- ◆ Master's Degree in Aging from the University of Murcia
- ◆ Degree in Medicine and Surgery from the University of Murcia
- ◆ Member of: DERMUS and AEP

**Dr. Iglesias Pena, Nicolás**

- ◆ Dermatologist at the Lucus Augusti University Hospital
- ◆ Dermatologist at the San Rafael University Hospital
- ◆ Collaborator and designer of research projects related to Cutaneous Oncology
- ◆ Dermatologist at the University Hospital Complex of A Coruña
- ◆ Dermatologist at the University Hospital Complex of Ferrol
- ◆ Dermatologist at Adeslas Medical Center. A Coruña
- ◆ Dermatologist in Salud Galicia
- ◆ Dermatologist at Carballo Clinic
- ◆ Degree in Medicine from the University of Santiago de Compostela
- ◆ Specialty in Medical-Surgical Dermatology and Venereology in EOXI (Estructura Organizativa de Xestión Integrada). A Coruña
- ◆ Master's Degree in Aesthetic Dermatology from the University of Alcalá de Henares
- ◆ Master's Degree in Pediatric Dermatology from the CEU Cardenal Herrera University
- ◆ Master's Degree in Clinical Dermatopathology and Clinical Correlation from the University of Alcalá de Henares
- ◆ Member of: Spanish Academy of Dermatology and Venereology

**Dr. Barchino Ortiz, Lucía**

- ◆ Specialist in Dermatology
- ◆ Specialist in Medical-Surgical Dermatology and Venereology the Gregorio Marañón General University Hospital
- ◆ Head of the gynecological dermatology practice at the Gregorio Marañón General University Hospital
- ◆ Doctor in Medicine and Surgery by the Autonomous University of Madrid (UAM)

**Dr. Garrido Gutiérrez, Carolina**

- ◆ Medical Specialist in Medical-Surgical Dermatology and Venereology
- ◆ Dermatologist at the University Hospital Infanta Sofía
- ◆ Expert Dermatology Physician with Private Practice at the Infanta Sofia University Hospital

**Ms. Moya Cortés, Lucía**

- ◆ Psychologist Specialist in Clinical and Analytical Psychotherapy
- ◆ Clinical Psychologist at the Valdelasfuentes Clinic
- ◆ Clinical Psychologist in Anagor Psicólogos
- ◆ Degree in Psychology from the Autonomous University of Madrid
- ◆ Master's Degree in Psychosocial Intervention in Crisis Situations, Emergencies and Catastrophes from the Autonomous University of Madrid (UAM)
- ◆ Master's Degree in General Health Psychology from the Comillas Pontifical University (UPM)
- ◆ Expert in Clinical and Intervention in Trauma by the Spanish Society of Psychosomatic Medicine and Psychotherapy
- ◆ Expert in Brief Psychotherapy with Children and Adolescents at the Spanish Society of Psychosomatic Medicine and Psychotherapy

**Ms. Villacampa Crespo, Beatriz**

- ◆ Primary Care Pharmacist, General Hospital university of Elche Spain
- ◆ Assistant pharmacist in pharmacy La office in Vinaroz
- ◆ Pharmacist in the REFAR program (Review of chronic polymedicated from patients) in the department of Vinaroz
- ◆ Degree in Pharmacy from the University of Valencia
- ◆ Postgraduate Certificate in Human Nutrition and Dietetics from the University of Valencia

**Dr. Morales Torres, Juan Antonio**

- ♦ Medical Director of the Valencian Institute of Anti-Aging and Wellness
- ♦ Internal and external auditor of Aesthetic Medicine at European level
- ♦ Master's Degree in Aesthetic Medicine at the University of Valencia
- ♦ Degree of Medical Specialist in Surgery and Urology from the University of Copenhagen. Denmark
- ♦ Degree in Medicine from the University of La Laguna
- ♦ Member of the European College of Aesthetic Medicine and Surgery

**Ms. Oltra Plaza, Amelia**

- ♦ Nurse
- ♦ Trainer in First Aid for Companies
- ♦ Diploma in Nursing
- ♦ Master's Degree in Emergency Nursing from San Antonio de Murcia Catholic University
- ♦ University Expert in Dermo-aesthetic Nursing by the International School of Health Sciences
- ♦ Member of: Spanish Society of Emergency Medicine (SEMES)

**Dr. García Medina, Noemí**

- ♦ Aesthetic Physician at Dorsia Clinics
- ♦ Emergency Physician and Family Medicine Specialist
- ♦ Medical Aesthetician at Benicarló Health Center
- ♦ Aesthetic Doctor at Art Clinic
- ♦ Lecturer at the International University of Catalonia. Private Foundation
- ♦ Degree in Medicine and General Surgery from the Complutense University of Madrid
- ♦ MIR in the Emergency Department and Family and Community Medicine Service of the Regional Hospital of Vinarós
- ♦ Master's Degree in Aesthetic Medicine at the University of Valencia

**Ms. Rodrigo Algaba, Verónica**

- ♦ Clinical Psychotherapist of the Central Nervous System
- ♦ Psychologist and counselor at "Plena Inclusión"
- ♦ Psychologist at Casta Salud
- ♦ Therapist at Proyecto Hombre in Valencia
- ♦ Educational psychologist at Torrent City Council
- ♦ Degree in Psychology from the University of Valencia
- ♦ Master's Degree in Health, Integration and Disability, Complutense University of Madrid

**Dr. Lumbreras Manjón, Desireé**

- ♦ Specialist in Family and Community Medicine and in Aesthetic Medicine
- ♦ Private Primary Care Consultation at Atenea Clinics
- ♦ Continuous Care Guard at the Continuous Care Point. Alaquàs, Spain
- ♦ Specialist in Family and Community Medicine at the Department of Health of Valencia Doctor Peset
- ♦ Master's Degree in Aesthetic Medicine by the University-Enterprise Foundation of Valencia ADEIT
- ♦ Master's Degree in Integration and Clinical Problem Solving in Medicine from the University of Alcalá
- ♦ Master's Degree in Emergency Medicine, Emergencies and Catastrophes by the CEU Cardenal Herrera University
- ♦ Member of the scientific societies: Valencian Society of Family and Community Medicine (SOVAMFIC), Spanish Society of Primary Care Physicians (SEMERGEN)

**Dr. Soriano Micó, María**

- ♦ Head of the Brain Injury Unit at the Mislata Chronic Hospital
- ♦ Assistant Physician of the Rehabilitation Service, Hospital of Manises
- ♦ Degree in Medicine from the University of Miguel Hernández de Elche
- ♦ MIR in Physical Medicine and Rehabilitation, University Hospital Doctor Peset
- ♦ Master in in Manual Medicine at the San Carlos Clinical Hospital
- ♦ Master in in Medicine Manual at the Complutense University of Madrid
- ♦ Master in Musculoskeletal Ultrasound and Ultrasound-Guided Interventionism

**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 Valencia General University Hospital Consortium
- ♦ Master 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. Calvache Castillo, Sergio**

- ♦ Sports Doctor at Valencia Basket Club
- ♦ Specialist in Pneumology at the Hospital Universitario Doctor Peset
- ♦ Degree in Medicine from the University of Granada
- ♦ Degree in Physical Activity and Sports Science
- ♦ Master in Severe Respiratory Pathology by SEPAR/ALAT
- ♦ Master in Sports Medicine by the Clinical and Health Sciences School
- ♦ Master's Degree in Clinical Medicine from the Camilo José Cela University

**Ms. Vera López, Inés**

- ♦ Specialist in Sports Nutrition
- ♦ Dietitian and nutritionist at Dorsia Clinics
- ♦ Dietitian and nutritionist at IVRE Clinics
- ♦ Graduate in Human Nutrition and Dietetics from the University of Valencia
- ♦ Master's Degree in Nutrition and Health, Open University of Catalunya (UOC)
- ♦ Master's Degree in Nutrition in Physical Activity and Sport, Open University of Catalunya (UOC)

**Ms. Vicente Sánchez, Gema María**

- ♦ Medical Specialist in Internal Medicine and Public Health at the University Hospital Fundación Alcorcón
- ♦ Clinical Management of the Patient with Systemic and Autoimmune Disease





“

*A unique, crucial and decisive learning experience to boost your professional development”*

08

# 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 a Postgraduate Certificate issued by TECH Global University.







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

This private qualification will allow you to obtain a **Advanced Master's Degree 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** private qualification 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.



## Advanced Master's Degree Integrative Aesthetic Medicine

- » Modality: online
- » Duration: 2 years
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- » Accreditation: 120 ECTS
- » Schedule: at your own pace
- » Exams: online

# Advanced Master's Degree Integrative Aesthetic Medicine