

# Postgraduate Diploma

## Acne Etiology





## Postgraduate Diploma Acne Etiology

- » Modality: online
- » Duration: 6 monthst
- » Certificate: TECH Global University
- » Credits: 18 ECTS
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-acne-etiology](http://www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-acne-etiology)

# Index

01

Introduction

---

*p. 4*

02

Objectives

---

*p. 8*

03

Course Management

---

*p. 12*

04

Structure and Content

---

*p. 18*

05

Methodology

---

*p. 22*

06

Certificate

---

*p. 30*

# 01

# Introduction

In recent years, the active and key role of certain etiologic agents that were not previously considered so important in the treatment of acne has been discovered. Discoveries have been made in inflammatory processes and in the mediators involved, opening the way to the development of new drugs aimed at these inflammatory reactions. All these advances oblige the professional to keep up to date in order to be at the forefront. This complete program responds to this need. Throughout the program, the student will achieve the skills of a first-level professional with the management and mastery of the most advanced procedures and techniques of the current medical panorama.



A close-up photograph of human skin, showing numerous small, dark, raised spots characteristic of acne. The skin is light-toned and has fine hairs visible. The image is partially obscured by a dark blue diagonal overlay on the right side.

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*Specific management of acne specifically developed in a highly efficient Postgraduate Diploma, with a practical approach of high educational effectiveness”*

Understanding the pathophysiology of acne is key to being able to prescribe the appropriate treatment for each individual patient, given the clinical polymorphism of this disease. Each medication will act on one or more of the pathogenic pillars of acne and, depending on the predominance of retentional or inflammatory lesions, will be more or less effective.

The role of germs such as *Propionibacterium acnes* has also been gaining importance. In addition to the role of the infection itself, this germ has the ability to form a biofilm, thereby increasing its virulence and facilitating the development of bacterial resistance.

Environmental pollution, oxidative stress and the effect of the screens of our devices on the skin, is becoming increasingly important, and is the target of development of new cosmetic and therapeutic products.

We will also review those syndromes in which acne is one of the manifestations, in order to make a complete diagnosis and treatment in these patients.

The relationship between acne and diet is a question that patients constantly ask us about. The information that dermatologists have been providing to the population over the last decades has been changing radically, according to the scientific evidence generated by increasingly reliable studies. In any case, a series of myths and beliefs persist in the population that we must explain and correct, and for this we must be updated.

Acne, in addition, due to its pathogenesis, is related to obesity and overweight, as well as to metabolic syndrome and insulin resistance. In these cases, making good dietary and nutritional recommendations will increase the probabilities of therapeutic success.

A very promising field of research in acne, as in other chronic inflammatory diseases, is the study of the microbiota and the use of probiotics in its treatment.

In the clinic we encounter situations where acne treatment must be individualized and tailored to these specific circumstances.

It is not uncommon for pregnant women to have a worsening of their acne secondary to hormonal changes due to the pregnancy itself.

This **Postgraduate Diploma in Acne Etiology** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Graphic, schematic, and highly practical contents
- ♦ The latest developments and cutting-edge advances in this field
- ♦ Practical exercises where the self-evaluation process can be carried out to improve learning
- ♦ Innovative and highly efficient methodologies
- ♦ 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



*With this Postgraduate Diploma you will be able to combine a high-intensity education with your professional and personal life, achieving your goals in a simple and real way"*



*The latest advances in the field of Acne compiled in a Postgraduate Diploma with high-educational efficiency, which will optimize your effort with the best results"*

This Postgraduate Diploma is focused on the practical applications of the theories covered herein. Through the most effective teaching systems, proven methods imported from the most prestigious universities in the world, you will be able to acquire new knowledge in a practical way. In this way, we strive to convert your efforts into real and immediate skills.

Our Online System is Another of the Strengths of our Educational Proposal With an interactive platform that has the advantages of the latest technological developments, we put the most interactive digital tools at your service. In this way we can offer you a totally adaptable way of learning for your own specific needs, so you can combine this specialization perfectly with your personal and professional life.

*The best methodology for an effective approach in the field of acne, in a specific and concrete Postgraduate Diploma.*

*A program designed to allow you to implement the knowledge that you acquire almost immediately in your daily practice.*



# 02 Objectives

The objective of this Postgraduate Diploma in Acne Etiology is to offer medical professionals a complete program to acquire neurological knowledge and skills for routine clinical practice, or to update on the latest advances in this area of intervention. A practical and effective way to keep you at the forefront of a constantly evolving profession.





A close-up photograph of human skin showing several small, red, inflamed acne lesions (papules and pustules) scattered across the surface. The skin has a natural texture and some fine hairs are visible.

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*TECH's goal is simple: to help you get the most complete update in the field of Acne treatment with a Postgraduate Diploma fully compatible with your work and personal obligations"*



## General objectives

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- ♦ Gain a fully up-to-date knowledge of the different therapeutic options available for the treatment of acne
- ♦ Diagnose those cases of acne secondary to systemic pathologies or external agents that require specific management
- ♦ Know and be able to indicate and apply the different modalities of available physical therapies
- ♦ Know the paths of research and possible future directions of treatment
- ♦ Know how to treat obstinate cases resistant to the usual therapies
- ♦ Detect and anticipate possible complications and side effects of each treatment
- ♦ Be able to diagnose psychopathological alterations that are secondary to the disease itself or to treatments, which affect the patient's life in relationships and the fulfilment of the patient as a person
- ♦ Individualize the management of the esthetic after-effects of acne, choosing and combining the best options from among the multiple techniques available



*An opportunity created for professionals who are looking for an intensive and effective Postgraduate Diploma with which to take a significant step in their profession"*





## Specific objectives

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### **Module 1. Pathophysiology of Acne and Implications for Treatment**

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

### **Module 2. Diet and Acne**

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

### **Module 3. Treatment of Acne in Special Circumstances**

- ♦ Individualize treatment in certain cases, such as pregnant women, high phototypes, adult women, neonatal acne or iatrogenic conditions
- ♦ Capable of choosing and combining the most effective treatments for the cosmetic management of acne scars
- ♦ Know which pathologies can be affected by the use of anti-acne drugs

03

# Course Management

This very complete Postgraduate Diploma is taught by leading specialists in acne. Trained in different fields of clinical care and practice, all of them experienced in teaching and research in different areas of the nervous system and with the necessary management knowledge to provide a broad, systematic and realistic vision within the complexity of this area of Neuroscience, this group of experts will accompany you throughout the program, putting their real and up-to-date experience at your service.





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*An impressive teaching staff, made up of professionals from different areas of expertise, will be your teachers during your training: a unique opportunity not to be missed”*

## International Guest Director

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

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

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

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



## Dr. Zeichner, Joshua

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

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

## Management



### Dr. Leis Dosil, Vicente Manuel

- ♦ Dermatologist at the IDELIA clinic
- ♦ Degree in Medicine and Surgery. Faculty of Medicine and Dentistry University of Santiago de Compostela
- ♦ University Expert's Degree in Medical-Surgical Dermatology from the University of Alcalá de Henares
- ♦ University Expert degree in Health Services Management through the UNED





04

# Structure and Content

The structure of the contents has been designed by a team of professionals, aware of the relevance of current education in order to advance in the labor market with confidence and competitiveness, and to exercise your profession with the excellence that only the best program can offer.





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*This Postgraduate Diploma contains the most complete and up-to-date scientific program on the market"*

## Module 1. Pathophysiology of Acne and Implications for Treatment

- 1.1. Sebaceous Secretion
- 1.2. Hypercornification
- 1.3. Microbiota
- 1.4. Inflammation
- 1.5. Metabolic Syndrome
- 1.6. Pollution
- 1.7. Syndromes with Acne
- 1.8. Complementary Studies in Patients with Acne

## Module 2. Diet and Acne

- 2.1. Myths and Realities, Current Situation
- 2.2. Metabolic Syndrome
- 2.3. Relationship with BMI
- 2.4. Foods at Risk
- 2.5. Dietary Intervention
- 2.6. Supplements and Acne
- 2.7. Ethnic and Cultural Diversity
- 2.8. Acne and Vitamin D
- 2.9. Microbiota
  - 2.9.1. Repercussion of Microbiota Alteration
  - 2.9.2. Probiotics
  - 2.9.3. Abnormalities



### Module 3. Treatment of Acne in Special Circumstances

- 3.1. Neonatal acne
- 3.2. Acne in Pregnancy and Lactation
- 3.3. Adult Female Acne
- 3.4. Acne Fulminans
- 3.5. Keloid Acne of the Nape
- 3.6. Iatrogenic Acneiform Conditions
- 3.7. Cosmetic Acne
- 3.8. Professional Acnes

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*A unique, key, and decisive educational experience to boost your professional development”*



# 05

# Methodology

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

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



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

## At TECH we use the Case Method

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

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



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



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

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

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



## Relearning Methodology

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

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

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



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

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

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

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

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



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



#### Study Material

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

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



#### Surgical Techniques and Procedures on Video

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



#### Interactive Summaries

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

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



#### Additional Reading

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





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

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



#### Testing & Retesting

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



#### Classes

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



#### Quick Action Guides

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



# 06 Certificate

The Postgraduate Diploma in Acne Etiology guarantees you, in addition to the most rigorous and up-to-date training, access to a Postgraduate Diploma issued by TECH Global University.



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*Successfully complete this program  
and receive your university degree  
without travel or laborious paperwork”*

This program will allow you to obtain your **Postgraduate Diploma in Acne Etiology** endorsed by **TECH Global University**, the world's largest online university.

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

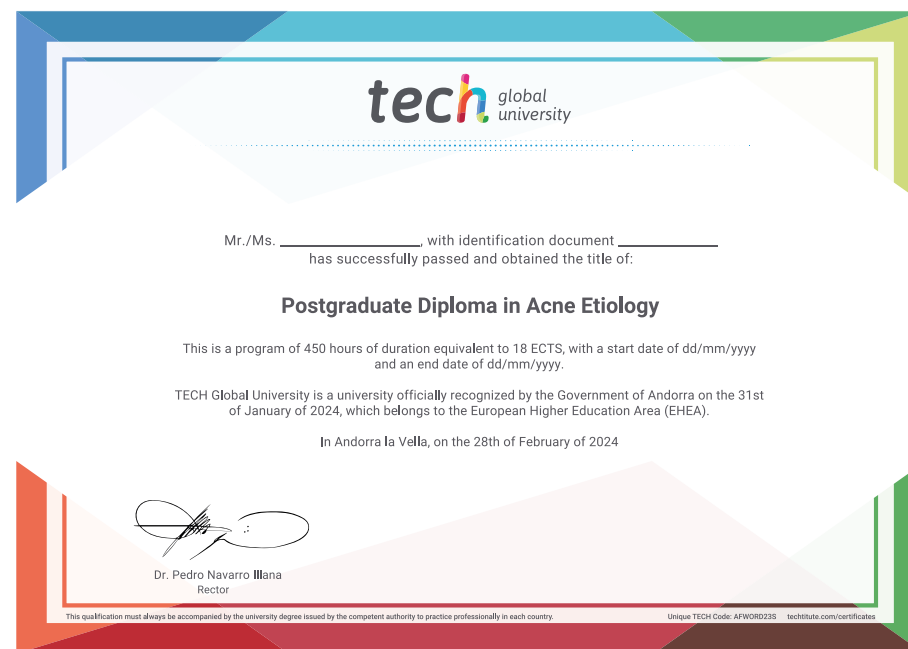
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

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Modality: **online**

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Accreditation: **18 ECTS**





future

health confidence people

education information tutors

guarantee accreditation teaching

institutions technology learning

community commitment

personalized service innovation

knowledge present quality

online training

development language

virtual classroom

**tech** global  
university

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