

Postgraduate Diploma

Aging-Related Problems and Female Sexual Dysfunction





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Aging-Related Problems and Female Sexual Dysfunction

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

Website: www.techtute.com/us/medicine/postgraduate-diploma/postgraduate-diploma-aging-related-problems-female-sexual-dysfunction

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01

Introduction

Nowadays, many of the taboos associated with Female Sexual Dysfunction have vanished, opening the way to an era of new aesthetic and health treatments. This situation has produced an increase in the demand for these types of techniques, favoring the advance of disciplines such as Gynecoesthetics, which in recent years has integrated innovations related to the application of products such as hyaluronic acid. Because of this, with this TECH Postgraduate Certificate, the specialist will be able to get up to date with all these advances, delving into aspects such as Vaginismus or the remodeling of the mons pubis by means of lipolaser. And it will do so through a 100% online methodology that will be completely adapted to your personal and professional circumstances.





This Postgraduate Diploma will provide you with the most advanced procedures to address problems related to Female Sexual Dysfunction and genital aging"

The development of specific treatments for problems and disorders related to Female Sexual Dysfunction is booming, driven by various social changes that have occurred in recent years. In this way, the transformation of aesthetic standards and the disappearance of numerous taboos associated with the intimate life of women has allowed the progress of disciplines such as Gynecoaesthetics.

This area of health has recently incorporated numerous techniques and procedures aimed at treating vaginal and vulvar problems related to aging. For this reason, this field offers great professional expectations at present, a situation to which TECH responds with this program.

In this way, throughout this Postgraduate Certificate, the specialist will be able to delve into aspects such as the management of the physiological changes that occur in menopause, clitoral reduction through surgery or the remodeling of the labia majora using lipotransfer.

In addition, this Postgraduate Diploma is perfect for the active professional, thanks to its 100% online methodology is completely adaptable to your circumstances. And its multimedia contents guarantee a high-level learning experience, as they are presented in formats such as case studies, infographics, audiovisual resources and interactive summaries.

This **Postgraduate Diploma in Aging-Related Problems and Female Sexual Dysfunction** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ♦ Practical case studies are presented by experts in Gynecoesthetics
- ♦ 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
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection work
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



TECH's 100% online methodology will allow you to study when, where and how you want, bringing you up to date in a comfortable and simple way in the management of the physiological changes associated with Menopause, among other issues"

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You will have at your disposal the most advanced multimedia resources in the educational market in the area of Gynecoesthetics: case studies, videos of procedures, interactive summaries, etc”

The program’s teaching staff includes professionals from the sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its 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 education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

Delve into the latest surgical techniques in the remodeling of the mons pubis through the complete academic itinerary that TECH has prepared for you.

Address Sexual Desire Disorder according to the latest scientific evidence thanks to this advanced Postgraduate Certificate.



02 Objectives

The development of this Postgraduate Diploma has a main objective: to provide the specialist with the most updated tools to successfully address Female Sexual Dysfunction and the problems associated with genital aging. Because of this, the methodology, contents and teaching staff have been carefully selected to achieve this goal. For this reason, the professional is before the program that will bring them up to date immediately in this area.



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This Postgraduate Diploma will provide you with the update you are looking for in the approach to Female Sexual Dysfunction from the area of Gynecoesthetics”



General Objectives

- Get updated in the newest areas of current Gynecoesthetic Medicine, knowing the best and most effective treatments
- Know the latest developments in the management of problems related to Female Sexual Dysfunction and aging
- Learn not only theoretical concepts, but also the most urgent practice in Gynecological Aesthetics through audiovisual and practical material



TECH offers you the best didactic resources to facilitate your study work, without interrupting your professional and personal activities"





Specific Objectives

Module 1. Genital Aging in Gynecoesthetics

- ♦ Know what gynecological esthetics is all about
- ♦ Delve into the physiological and anatomical changes that occur during aging and the external factors involved in vaginal aging
- ♦ Know how pregnancy, postpartum and menopause affect the vagina

Module 2. Female Sexual Dysfunction

- ♦ Have an in-depth understanding of female sexual dysfunction
- ♦ Comprehensively examine risk factors, diagnosis and its main causes
- ♦ Delve into sexual desire disorder, arousal disorder, orgasm disorder, vaginismus and the types of sexual dysfunction according to the DSME-5 and ICD-10
- ♦ Expand competencies on sexual dysfunction in older women and women with cancer

Module 3. Integral or 360° female reshaping

- ♦ Acquire a comprehensive vision of how to treat certain areas of the female genitalia such as the mons pubis, labia majora, clitoris, vagina and labia minora
- ♦ Delve into techniques such as the mommy make-over, breast augmentation and reduction, tummy tuck, liposuction, liposculpture and buttock lifts
- ♦ Examine other cosmetic body surgeries of special interest

03

Course Management

To be updated in an area that has advanced so much in the last years as the Gynecoesthetics, it is necessary to count on the guidance of great specialists in the discipline. TECH has brought them together in this Postgraduate Diploma, guaranteeing the student a comfortable, direct and immediate learning of all the keys in the management of Female Sexual Dysfunction and aesthetic and cosmetic problems associated with aging.

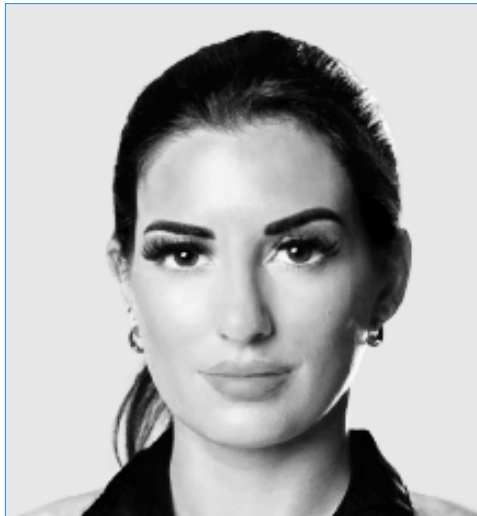




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The most prestigious specialists have been in charge of meticulously elaborating all the contents of this Postgraduate Diploma, bringing you the latest trends in Gynecoesthetics"

Management



Dr. Ruiz Allende, Alba María

- ♦ Medical Director of Aesthetic Medicine of the Clínica Londres Group
- ♦ Director of the Department of Aesthetic Medicine in the IMEMA Clinic
- ♦ Aesthetic medicine workshops trainer
- ♦ University professor at the CEU and UCAM
- ♦ Professor of MIR preparation at CTO
- ♦ Clinical researcher and editor of the magazine Emergency Live
- ♦ Residency in the specialty of Family, Community and Emergency Medicine at the Hospital Clínico San Carlos
- ♦ Master in Aesthetic Medicine and Nutrition at the Catholic University San Antonio of Murcia
- ♦ Master's Degree in Business Management from the Catholic University San Antonio of Murcia
- ♦ Master's Degree in Clinical Bioethics from UIMP

Professors

Dr. Montoro Ferrer, Elena

- ♦ Area Specialist Physician in the Castilla-La Mancha Health Service
- ♦ Residency in the specialty of Obstetrics and Gynecology in the Hospital Clínico San Carlos of Madrid
- ♦ Postgraduate Certificate of Specialization in Senology and Breast Prosthesis by the UCM
- ♦ Expert in Menopause by the Postgraduate Diploma in Menopause Annual Training Program of the AEEM
- ♦ Professional Master's Degree in Advanced Surgery of Urinary Incontinence and Pelvic Floor by the UCM

- ♦ Professional Master's Degree in Human Reproduction by the URJC
- ♦ Professional Master's Degree in Minimally Invasive Surgery in Gynecology by Tech Technological University

Dr. Sánchez-Arévalo, Claudia

- ♦ Resident Medical Intern, 12 de Octubre Gynecology and Obstetrics Gynecology Hospital Madrid
- ♦ Researcher in clinical trials at national and international level
- ♦ Collaborating physician in practical teaching, Universidad Complutense de Madrid
- ♦ Degree in Medicine from University of Navarra



- Training in menopause through Expert Course in Vulvovaginal Atrophy (SEGO and AEEM)
- Research activity in the field of Gynecology and Obstetrics and attendance to national and international congresses (posters and oral communications)

Dr. Manero Hernando, Irene Alexandra

- Resident intern in Gynecology and Obstetrics at the Hospital Arnau Vilanova
- Graduate of Medicine and Surgery from the University of Zaragoza
- Member of the Spanish Society of Gynecology and Obstetrics
- Contraception Expert

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

04

Structure and Content

This Postgraduate Diploma has been structured in 3 specific modules specially prepared to transmit to the specialist the latest advances in genital aging, Female Sexual Dysfunction and integral surgical remodeling of women. For this reason, this Postgraduate Diploma is composed of a complete academic itinerary and up to date with the most recent innovations in the discipline, making it an indispensable qualification for the professional oriented to this medical area.



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Learn, through this program, the latest scientific evidence on the physiological changes in the aging of the female genital tract”

Module 1. Genital Aging in Gynecoesthetics

- 1.1. What is Gynecoesthetics?
 - 1.1.1. Concept
 - 1.1.2. History
 - 1.1.3. Fields covered
- 1.2. Physiological changes in the aging of the female genital tract
 - 1.2.1. Physiology of aging
 - 1.2.2. Hormonal changes
 - 1.2.3. Consequences
- 1.3. Anatomical changes that occur during aging in the female reproductive tract
 - 1.3.1. Changes in the vagina
 - 1.3.2. Changes in the cervix
 - 1.3.3. Other changes in the uterus
- 1.4. Other anatomical changes that occur during aging in the female body anatomy
 - 1.4.1. Breast Changes
 - 1.4.2. Changes in the reproductive system
 - 1.4.3. Changes in body composition (fat, muscle, bone)
- 1.5. External factors involved in vaginal aging
 - 1.5.1. Sun damage
 - 1.5.2. Tobacco Use
 - 1.5.3. Dietary habits
 - 1.5.4. Physical exercise
 - 1.5.5. How to prevent them?
- 1.6. How does pregnancy affect the aesthetic problems of the female genitalia?
 - 1.6.1. Physiological changes that occur in pregnancy
 - 1.6.2. Consequences of these changes
 - 1.6.3. Possible Solutions
- 1.7. How does the postpartum period affect the woman physically and psychologically in terms of her esthetics?
 - 1.7.1. Physical and hormonal changes that occur in the postpartum period
 - 1.7.2. Psychological changes and problems of the postpartum period
 - 1.7.3. Main aesthetic problems of postpartum





- 1.8. How does menopause affect the aesthetic problems of the female genitalia?
 - 1.8.1. Physiological changes that occur in menopause
 - 1.8.2. Consequences of these changes
 - 1.8.3. Possible Solutions
- 1.9. Most important gyneco-aesthetic problems for women
 - 1.9.1. Most important problems
 - 1.9.2. Prevalence
 - 1.9.3. Patient profile
- 1.10. Sexual health and self-esteem
 - 1.10.1. How do gyneco-aesthetic problems affect women
 - 1.10.2. Psychological sphere-esteem-esteem and other mental problems related to image
 - 1.10.3. Patient profile

Module 2. Female Sexual Dysfunction

- 2.1. Female Sexual Dysfunction
 - 2.1.1. Signs and Symptoms
 - 2.1.2. Risk Factors
 - 2.1.3. Classification of Causes
 - 2.1.4. Prevalence
- 2.2. Diagnostic
 - 2.2.1. Medical and Sexual Background
 - 2.2.2. Questionnaires
 - 2.2.3. Vaginal touch
 - 2.2.4. Blood test
- 2.3. Causes of sexual dysfunction
 - 2.3.1. Organic
 - 2.3.2. Psychological Techniques/Tactics
 - 2.3.3. Environmental
 - 2.3.4. Medication-related
 - 2.3.5. Others

- 2.4. Sexual Desire Disorder
 - 2.4.1. Causes
 - 2.4.2. Types
 - 2.4.3. Non- Medical and medical treatment
- 2.5. Excitation Disorder
 - 2.5.1. Causes
 - 2.5.2. Types
 - 2.5.3. Non- Medical and medical treatment
- 2.6. Orgasm Disorder
 - 2.6.1. Causes
 - 2.6.2. Types
 - 2.6.3. Non- Medical and medical treatment
- 2.7. Vaginismus
 - 2.7.1. Causes
 - 2.7.2. Types
 - 2.7.3. Non- Medical and medical treatment
- 2.8. Types of sexual dysfunctions according to DSME-5 AND ICD-10
 - 2.8.1. Disorders of sexual interest/sexual arousal in women
 - 2.8.2. Female orgasmic disorders
 - 2.8.3. Genito-pelvic pain disorders on penetration
 - 2.8.4. Absence or loss of sexual desire
 - 2.8.5. Refusal or absence of sexual pleasure
 - 2.8.6. Failure of genital response
 - 2.8.7. Orgasmic dysfunction
 - 2.8.8. Non-organic vaginismus
 - 2.8.9. Non-organic dyspareunia
 - 2.8.10. Excessive sexual drive
- 2.9. Age and health: sexual dysfunction in older women
 - 2.9.1. Main Causes
 - 2.9.2. Physiology and consequences of reduced estrogen production
 - 2.9.3. Treatment

- 2.10. Cancer and sexual dysfunction: sexual dysfunction in women who have had cancer
 - 2.10.1. Main Causes of dysfunction
 - 2.10.2. How to cope with the new physical change (in breast cancer, vulvar cancer...)
 - 2.10.3. Treatment

Module 3. Integral or 360° female reshaping

- 3.1. Mons Pubis
 - 3.1.1. Lipolaser
 - 3.1.2. Liposuction
 - 3.1.3. Dermolipectomy
 - 3.1.4. Radiofrequency
- 3.2. Labia Majora
 - 3.2.1. Lipotransfer
 - 3.2.2. Hyaluronic acid filler
 - 3.2.3. Platelet Rich Plasma Application
 - 3.2.4. Radiofrequency
- 3.3. Clitoris
 - 3.3.1. Reduction with surgery
 - 3.3.2. The G Spot
 - 3.3.3. Others
- 3.4. Vagina
 - 3.4.1. Radiofrequency
 - 3.4.2. Atrophy, prolapse, hyperelasticity and urinary incontinence laser
 - 3.4.3. Hyaluronic acid for filler or hydration
 - 3.4.4. Ozone Therapy
- 3.5. Labia Minora
 - 3.5.1. Surgery Labiaplasty
 - 3.5.2. Indications benefits
 - 3.5.3. Risk
- 3.6. Mommy make-over
 - 3.6.1. Concept
 - 3.6.2. Indications
 - 3.6.3. Implicated Treatments



- 3.7. Breast Augmentation, Breast Lift and Breast Reduction Surgery
 - 3.7.1. Technique
 - 3.7.2. Benefits
 - 3.7.3. Results and possible side effects
- 3.8. Abdominoplasty, liposuction and liposculpture
 - 3.8.1. Technique
 - 3.8.2. Benefits
 - 3.8.3. Results and possible side effects
- 3.9. Buttock lift (belt lipectomy)
 - 3.9.1. Technique
 - 3.9.2. Benefits
 - 3.9.3. Results and possible side effects
- 3.10. Other aesthetic body surgeries in women
 - 3.10.1. Arm stretching (brachioplasty)
 - 3.10.2. Circumferential dermolipectomy
 - 3.10.3. Thigh lift or inner thigh lift
 - 3.10.4. Calf implants
 - 3.10.5. Treatment of vaginal agenesis and re adaptation of ambiguous genitalia



360° Reshaping is a growing clinical discipline, and in this Postgraduate Diploma you will learn about its procedures and principles"

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 Aging-Related Problems and Female Sexual Dysfunction guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Global University.





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Complete successfully this program and receive your university degree without the hassle of travel or paperwork”

This program will allow you to obtain your **Postgraduate Diploma in Aging-Related Problems and Female Sexual Dysfunction** endorsed by **TECH Global University**, the world's largest online university.

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

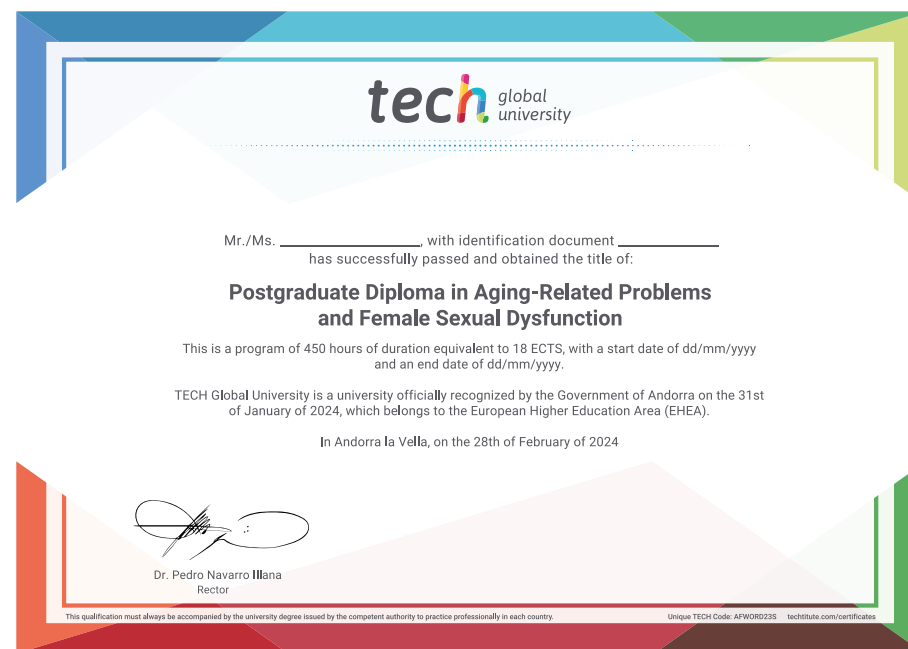
This **TECH Global University** title is a European program of continuing education and professional updating that guarantees the acquisition of competencies in its area of knowledge, providing a high curricular value to the student who completes the program.

Title: **Postgraduate Diploma in Aging-Related Problems and Female Sexual Dysfunction**

Modality: **online**

Duration: **6 months**

Accreditation: **18 ECTS**



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

future
health confidence people
education information tutors
guarantee accreditation teaching
institutions technology learning
community commitment
personalized service innovation
knowledge preservation
online training
development languages
virtual classroom



Postgraduate Diploma
Aging-Related Problems
and Female Sexual Dysfunction

- » Modality: online
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- » Schedule: at your own pace
- » Exams: online

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