

# Postgraduate Diploma

## Bodily Aesthetic Medicine





## Postgraduate Diploma Bodily Aesthetic Medicine

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-bodily-aesthetic-medicine](http://www.techtute.com/pk/medicine/postgraduate-diploma/postgraduate-diploma-bodily-aesthetic-medicine)

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01

# Introduction

The cult of the body is increasingly becoming an essential part of our daily lives. So, it is not surprising that people are opting for Bodily Aesthetic treatments that allow them to improve their image.





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*A comprehensive program that will help you keep up-to-date with the latest techniques in Bodily Aesthetic Medicine”*

The importance of Beauty and Aesthetics is on the rise. This makes this sector a growing field in which research and training must continue in order to learn the best techniques and treatments that will help patients feel better about themselves.

The Postgraduate Diploma in Bodily Aesthetic Medicine is a postgraduate course designed to acquire scientific training created to provide the physician with the necessary knowledge to implement the specialization in his professional life. It brings an added balance to working life and opens a door to a growing demand for healthcare.

Unlike other degrees, it offers a comprehensive, in-depth and focused training in each fundamental area of Aesthetic Medicine with the objective of restoring, improving, beautifying and perfecting the physical appearance and being able to prolong patient's lives, improve their quality of life and control, delay and even prevent the loss of physical and mental faculties. And, consequently, the development of diseases related to aging, loss of youth and vitality by applying the new concepts of Bodily Aesthetic Medicine. All of this for a better prescription and optimization of the results of anti-aging treatments by applying knowledge from the different related specialties.

This Postgraduate Diploma has an intense program designed to learn about the technologies, materials and treatments of this discipline and to include a complete perspective of Bodily Aesthetic Medicine that will allow you to specialize in an ethical and responsible way. Thus, with this Postgraduate Diploma you acquire a highly qualified training, which seeks excellence, and based on a scientific method to obtain accreditation as an Aesthetic Doctor.

This **Postgraduate Diploma in Bodily Aesthetic Medicine** contains the most complete and up-to-date educational program on the market. The most important features of the program include:

- ♦ The development of practical cases presented by experts in Bodily Aesthetic Medicine.
- ♦ The graphic, schematic, and eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional practice.
- ♦ The developments in Bodily Aesthetic Medicine.
- ♦ Practical exercises where the self-assessment process can be carried out to improve learning.
- ♦ Special emphasis on innovative methodologies in Bodily 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.

“Expand your knowledge through this Postgraduate Diploma in Bodily Aesthetic Medicine that will allow you to specialize until you achieve excellence in this field”

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*This Postgraduate Diploma is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Bodily Aesthetic Medicine, you will obtain a qualification endorsed by TECH Technological University”*

It includes in its teaching staff professionals belonging to the field of Bodily Aesthetic Medicine, who pour into this training 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 immersive training programmed to train in real situations.

This program is designed around Problem-Based Learning, whereby the physician must try to solve the different professional practice situations that arise during the academic year. For this, the professor will be assisted by an innovative interactive video system created by recognized experts in the field of Bodily Aesthetic Medicine and with great experience.

*Do not hesitate to take this training with us. You will find the best teaching material with virtual lessons.*

*This 100% online Specialist Diploma will allow you to combine your studies with your professional work while increasing your knowledge in this field.*



02

# Objectives

The Postgraduate Diploma in Bodily Aesthetic Medicine is oriented to facilitate the performance of the professional dedicated to teaching with the latest advances and the most innovative treatments in the sector.







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*Thanks to this Postgraduate Diploma you will be able to specialize in Bodily Aesthetic Medicine and learn about the latest advances in the field”*



## General Objectives

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- Teach the knowledge of all anti-aging modalities and aesthetic treatments, incorporating the necessary tools to exercise this specialty in their daily practice.
- Learn how to control, delay and prevent the existing aging process today.



*Make the most of this opportunity and take the step to get up-to-date on the latest developments in Bodily Aesthetic Medicine"*





## Specific Objectives

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- ♦ Know how to identify the biological changes of aging, analyze genes, and know the functions of diagnostic methods.
- ♦ Learn how to manage the mechanisms of action of topical treatments, peelings, the annotation of cosmetic assessments, and the various methods of measurement.
- ♦ Comprehensively define and analyze the structures and functions of each area and open the doors to new treatments.
- ♦ Study the physics of ultrasound, since it is a dependent medical test where the specialist will have to handle the ultrasound equipment to determine the ultrasound features of the lesion.
- ♦ Study the classification of the different lesions that can be identified.
- ♦ Analyze changes for monitoring the evolution of diseases, as well as tissue involvement, localization, size, characterization, and differentiation between malignant and benign lesions.
- ♦ Identify the possible complications of filler materials.
- ♦ Know the female anatomy in order to learn how to manage physical alterations after childbirth, menopause, or oncological procedures, for example.
- ♦ Address sexual dysfunctions.
- ♦ Learn how to perform genital regenerative treatments.
- ♦ Know the medical treatments for different types of alopecia, anti-androgen injections, PRP, immunotherapy and surgical treatments for alopecia with its different techniques (strip technique, FUE technique, SAFER automated device).
- ♦ Learn how to perform an adequate clinical diagnosis supported by the best technologies.
- ♦ Have an adequate knowledge of the anatomy, physiology, pathophysiology, and etiopathogenesis of the alterations involving the panniculus adiposus and the veno-lymphatic alterations of the limbs.
- ♦ Know the main characteristics of adipose tissue and its variations with age and sex, as well as the main alterations related to obesity and overweight.
- ♦ Analyze the main etiopathogenic mechanisms of venous and lymphatic alterations of the limbs with special attention to chronic venous disease and lymphatic pathology, as well as their diagnosis and treatment.
- ♦ Analyze the changes related to aging, as well as the main surgical and non-surgical treatments for body contouring.
- ♦ Know in depth and know how to diagnose the main clinical conditions such as cellulite, lipodystrophies, lipedema, localized adiposities and veno-lymphatic alterations in order to differentiate the situations that imply a health risk from esthetic alterations.

03

# Course Management

The program includes in its teaching staff reference experts in Bodily Aesthetic Medicine, who pour into this training the experience of their work. Additionally, other recognized experts participate in its design and preparation, completing the program in an interdisciplinary manner.





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*The leading experts in Bodily Aesthetic  
Medicine have joined forces to show you all  
their knowledge in this field”*

## Management



### Dr. Mosquera González, Margarita

- ♦ Medical Director of the Comprehensive Aesthetic Medicine area. C&M Clinic. Rivas. Madrid
- ♦ Specialist Physician in the Preventive Medicine Unit of the Alcorcón Foundation University Hospital
- ♦ Specialist in Aesthetic and Anti-Aging Medicine



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

- ♦ Head of the Department of Aesthetic Medicine of the Lipedema Unit - Virgen de la Paloma Viamed Hospita
- ♦ Head of the Department of Aesthetic Oncological Medicine at the Plastic Surgery Clinic of Dr. Granado Tiogonce
- ♦ Responsible for the Unit of Quality of Life of the Oncology Patient
- ♦ Aesthetic Physician at Nuestra Señora de La Paloma Hospital
- ♦ Aesthetic Physician at Pilar Lacosta Clinic
- ♦ Medical Director of the Sergesa Center for Dependency
- ♦ Director of Aesthetic Oncology Medicine Unit in the clinic of Dr. Granado in Pozuelo de Alarcón
- ♦ Medical Director of Dr. Pilar Lacosta Clinic in Boadilla del Monte
- ♦ Some societies to which she belongs, Member of the Board of Directors of the group of experts in aesthetic medicine in oncology patients (GEMEON), SEMNO (Spanish Society of Nutrition and Orthomolecular Medicine), SEME (Spanish Society of Aesthetic Oncological Medicine)

## Professors

### Dr. Esteban Herrero, Margarita

- ♦ Director of the Aesthetic Medical Center Dr. Esteban Clinic
- ♦ Specialist in Aesthetic Medicine and Director of the Aesthetic Clinic
- ♦ President of the group of experts in oncological aesthetic medicine (GEMEON)
- ♦ Member of the Spanish Society of Aesthetic Medicine (SEME)

### Dr. Del Cura Allende, Gorka

- ♦ Radiology Specialist. Radiodiagnostics Department at Galdakao-Usansolo Hospital
- ♦ Plain radiology studies. Abdominal, thyroid and cervical, testicular, musculoskeletal/soft-tissue scans
- ♦ Breast diagnostics (mammography and breast and axillary ultrasound)

### Dr. Ibáñez Castresana, Ricardo

- ♦ Lawyer specialist in Medical Health Law
- ♦ Founder of the law firm "IURISVOX"
- ♦ Member of the Arbitration Court of Commerce of Vizcaya, as expert arbitrator
- ♦ Legal advisor in the Consumer Affairs Department of the Government
- ♦ Selection of personnel for the Municipal Consumer Information Offices (OMIC)
- ♦ Legal advisor to the Spanish Commission for Refugee Aid

### Dr. Franco Vidal, Amalia

- ♦ Coordinator of Quality and Innovation in the Health Service of the Principality of Asturias
- ♦ Specialist in Preventive Medicine and Public Health. La Paz University Hospital. Madrid
- ♦ Medical Director of Primary Care
- ♦ Evaluator in the European Union Project of Rare Diseases Units for the "European Reference Networks for Rare and Low Prevalence Complex Diseases"
- ♦ Management Development Program. Talentia 360

### Ms. Arnaiz Urrez, Celia

- ♦ Psychologist and Head of Human Resources, Fundación Alcorcón University Hospital, Madrid
- ♦ Clinical Simulation Instructor. Center for Medical Simulation of Harvard-MIT
- ♦ Director of Human Resources at TCP
- ♦ Head of the Training and Recruitment Department of the Fundación Alcorcón University Hospital
- ♦ Specialization in Clinical Psychology and Occupational Psychology. International Coach Federation
- ♦ Development of emotional competencies in periods of health crisis due to Ebola and Covid
- ♦ Participatory strategies to optimize the selection of team leaders
- ♦ Impact of Soft Skills Competency Training
- ♦ The ROI of Soft Skills Training
- ♦ Implementing a Healthy Organization
- ♦ Study of the Humanized Leader competencies
- ♦ Elaboration of a dictionary of competencies for healthcare organizations
- ♦ Development of new roles, or how to promote a new paradigm in the care of chronicity with professionals as the driving force for change
- ♦ Validity of the reception processes in the integration of new employees into the organization
- ♦ Collaboration in the adaptation of clinical psychometric tests (UCM) and development of personality tests (TP-10) in the selection of police scales. DGP-Ministry of the Interior



**Dr. Martínez Morón, Victoria**

- ♦ Coordinator of the Pelvic Floor Unit. Alcorcón Foundation University Hospital
- ♦ Member of the Spanish Society of Gynecology and Obstetrics
- ♦ Vice President of the Spanish Society of Aesthetic, Regenerative and Functional Gynecology
- ♦ Head of Gynecological Laser Unit at Multilaser Clinic in Madrid
- ♦ Head of Regenerative and Functional Gynecology Unit at Mediestetic Clinics
- ♦ Head of Gynecological Laser and Intimate Health Unit in Palacios Institute

**Dr. Rubio Lombraña, Marta**

- ♦ Dermatologist Specialist in Trichology and Hair Transplantation
- ♦ Director TricoNorte. Euskalduna Clinic in Bilbao
- ♦ Dermatologist at Hospital de Urduliz Alfredo Espinosa, Vizcaya, Member of the Spanish Academy of Dermatology and Venereology

**Dr. Ordiz García, Ignacio**

- ♦ Director del Área de Medicina Estética. Clínica El Fontán
- ♦ Presidente Asociación de Medicina Mesoterápica Iberoamericana desde su fundación
- ♦ Miembro de prestigiosas asociaciones, Socio fundador y vocal de la Sociedad Asturiana de Medicina Cosmética y Estética, Miembro de Honor de la Asociación Española de Linfodrenaje Manual Vodder, Sociedad Española de Medicina Estética, Sociedad Francesa de Mesoterapia, Sociedad Italiana de Mesoterapia, Sociedad Española de Medicina Homeopática

**Dr. Iglesias, Enma**

- ♦ Medical Direction Svenson International Aesthetic Clinics
- ♦ Hair Surgeon
- ♦ Cosmetic Surgeon specialist in oral and maxillofacial surgery at Sanitas and HM Hospitals

**Mr. Rodríguez Scheid, Salvador**

- ♦ Physician and Manager at Variclinic Aesthetic Clinics
- ♦ He belongs to the Association of aesthetic medicine of Castilla La Mancha (AMECLM), the Spanish Society of aesthetic medicine (SEME) and the Spanish Society of angiology and vascular surgery - phlebology chapter (SEACV-CF)
- ♦ Member of the Murcian Society of Cardiology. SMC
- ♦ Member of the Spanish Society of Ultrasound. SEECO
- ♦ Member of the Spanish Society of Cardiology. SEC
- ♦ Member of number of the Spanish Society of Aesthetic Medicine. SEME
- ♦ Member of the Spanish Society of Cosmetic Medicine and Surgery. SEMCC
- ♦ Member of the Murcian Association of Aesthetic Medicine and Cosmetic Surgery AMMECC
- ♦ Member of Soc. Esp. Angiology and Vascular Surgery. Chapter of Phlebology. CF-SEACV
- ♦ Member of the French Society of Phlebology. SFP

**Dr. Del Diego Salas, Jorge**

- ♦ General Deputy Director of Health Promotion and Prevention, Ministry of Health
- ♦ National Coordinator of the Vaccine Network of the Spanish Society of Preventive Medicine, Public Health and Health Management
- ♦ Head of Service of the Support Unit of the General Directorate of Public Health of the Ministry of Health
- ♦ Former Director of the International Epidemiological Alerts and Consultancy Service ASISA
- ♦ International Consultant of WHO for the Ebola outbreak in West Africa
- ♦ International Consultant for PAHO/WHO in the regional Dengue program for the Americas
- ♦ Member of the ECDC EPIET program
- ♦ Responsible for the vaccine network and member of the Board of Directors of the Spanish Society of Preventive Medicine, Public Health and Hygiene

**Ms. Díaz Martín, María Margarita**

- ♦ Nurse at the Preventive Medicine Unit of the Alcorcón Foundation University Hospital
- ♦ Expert in Surgical Area Nursing, Anesthesia and Resuscitation
- ♦ Teaching activity on procedures related to infection control, hospital hygiene, hand hygiene, use of antiseptics and disinfectants
- ♦ Trajectory as main tutor of clinical practice with undergraduate nursing students

**Ms. Vicente Sánchez , Gema María**

- ♦ Specialist Physician in Internal Medicine and Public Health at HUFA
- ♦ Clinical Management of patients with Systemic and Autoimmune Diseases

**Mr. Zamora Iniesta, Tomás**

- ♦ Medical Director of “Dr. Tomás Zamora. Aesthetic Clinic”
- ♦ Member of the following societies, Spanish Society of Aesthetic Medicine (SEME), Spanish Society of Surgical Medical Laser (SELMQ), Member of the Board of Directors of the Aesthetic Medicine and Cosmetic Surgery Association of Murcia (AMMECC)

**Mr. Fortes Madrigal, Antonio**

- ♦ International Commercial, Technical and Scientific Director of Medika Light
- ♦ Technology Division Director of CCMIR
- ♦ International Commercial, Technical and Scientific Director at Lyposmol
- ♦ Commercial, Technical and Scientific Director at Alma Lasers
- ♦ Commercial, Technical and Scientific Director at LPG
- ♦ Clinical Director of a Private Pain and Proprioception Therapy Clinic





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*Our teaching team will provide you with all their knowledge so that you are up to date with the most up-to-date information on the subject”*

# 04

# Structure and Content

The structure of the content has been designed by the best professionals in the Aesthetic Medicine sector, with extensive experience and recognized prestige in the profession, backed by the volume of cases reviewed, studied, and diagnosed, and with extensive knowledge of new technologies applied to teaching.



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*This Postgraduate Diploma in Bodily Aesthetic Medicine contains the most complete and up-to-date scientific program on the market”*

## Module 1. Basic Principles 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: ageing
  - 1.2.1. Aging, a dynamic process.
  - 1.2.2. Lesions Associated to aging. Changes in Facial Structures: Bony and Soft tissue
  - 1.2.3. Changes to the Ligaments, Muscles, and Skin.
- 1.3. Theories of 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. Visual clinical scale
  - 1.4.3. Diagnostic imaging methods
  - 1.4.4. Skin Parameters: Moisturisation, Elasticity, Colour, Oil Production, 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. Managing Flaccidity and Loss of Volume. Surgical and Non-Surgical Problems and Solutions
  - 1.5.4. Managing dyschromia and texture. Problems and Solutions
  - 1.5.5. Managing dynamic wrinkles
- 1.6. Diagnostic Imaging: Introduction to Ultrasound Skin Imaging.
  - 1.6.1. Basic Principles of Ultrasound
    - 1.6.1.1. Structure Recognition
    - 1.6.1.2. Artefacts
  - 1.6.2. Dermis and Epidermis





- 1.6.3. Subcutaneous Tissue. Vessels and Other Structures
- 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 Bodily Image
  - 1.7.2. Psychological Approach to the Patient in Aesthetic Medicine
  - 1.7.3. Therapeutic Approach
- 1.8. Preventing Infection When Practising Aesthetic Medicine
  - 1.8.1. Use of Antiseptics in Aesthetic Medicine Clinics
  - 1.8.2. Hand Hygiene
  - 1.8.3. Use of Disinfectants in Aesthetic Medicine Clinics
  - 1.8.4. Sanitary Waste Management
- 1.9. Legal Aspects in Aesthetic Medicine
  - 1.9.1. Civil and Criminal Medical Liability
  - 1.9.2. Liability Insurance
  - 1.9.3. Regulations for Opening a Health Care Center
  - 1.9.4. Informed Consent in the Practice of Aesthetic Medicine.
    - 1.9.4.1. Preparation Guidelines
    - 1.9.4.2. Generic Models
- 1.10. Quality Management in the Practice of Aesthetic Medicine.
  - 1.10.1. Quality Improvement Cycle
  - 1.10.2. What is a Quality Management System?
  - 1.10.3. ISO 9001:2015 Quality Management System. How to Accredite an Aesthetic Medicine Clinic

## Module 2. Aesthetic and Regenerative Gynecology

- 2.1. Anatomy.
  - 2.1.1. Vulva. Histology, Anatomy, and Relations.
  - 2.1.2. Vagina. Histology, Anatomy, and Relations.
  - 2.1.3. Anatomy of the Female Pelvic Floor.
    - 2.1.3.1. Muscle Structures.
    - 2.1.3.2. Urogenital Diaphragm.
    - 2.1.3.3. Superficial and Deep Perineum.
    - 2.1.3.4. Vasculonervous Relations of the Lesser Pelvis.
    - 2.1.3.5. Anatomy of the Clitoris.
- 2.2. Management of Anatomical Alterations.
  - 2.2.1. Mons Pubis. Mons Pubis Reduction: Liposuction, Laser Lipolysis. Enlargement of the Mons Pubis: Fillers (fat, filler).
  - 2.2.2. Labia Minora. Classification of Anatomical Defects. Types of Labiaplasty. Pre- and Post-Operative Recommendations.
  - 2.2.3. Labia Majora. Classification of Anatomical Defects. Surgical Defects.
  - 2.2.4. Vaginal Introitus and Hymen. Classification and Etiology of Introitus Pathology. Hymen Pathology (Rigid Hymen, Imperforate Hymen). Surgical Management.
  - 2.2.5. Vaginal Introitus. Pathology Due to Stenosis. Amplitude of the Introitus
  - 2.2.6. Superficial Perineum and Anal Musculature. Perineal Obstetric Tears. Obstetric Tears of the Anal Sphincter.
  - 2.2.7. Female Genital Ablations. Social and Cultural Management. Surgical Management. Psychological Management.
- 2.3. Management of Vaginal Hyperlaxity Syndrome.
  - 2.3.1. Definition and Aetiology.
  - 2.3.3. Signs and Symptoms.
  - 2.3.4. Management and Treatments.
- 2.4. Management of Genitourinary Menopausal Syndrome.
  - 2.4.1. Definition and Prevalence.
  - 2.4.2. Signs and Symptoms.
  - 2.4.3. Treatment Alternatives.
- 2.5. Menopause.
  - 2.5.1. Definition of Menopause.
  - 2.5.2. Definition of Climacteric Syndrome.
  - 2.5.3. Symptoms, Risks, and Pathologies Associated with Climacteric Syndrome.
  - 2.5.4. Management and Advice.
    - 2.5.4.1. Lifestyle Recommendations.
    - 2.5.4.2. Hormone Replacement Therapy (Indications and Contraindications) and Introduction to Bioidentical Hormones.
  - 2.5.5. Sexuality in Menopause.
- 2.6. Regenerative and Functional Gynecologic Pathology.
  - 2.6.1. Vulvar Lichen Sclerosis.
    - 2.6.1.1. Definition and Symptoms.
    - 2.6.1.2. Medical Treatment and Regenerative Treatment.
  - 2.6.2. Urinary Incontinence.
    - 2.6.2.1. Definition, Aetiology, and Classification.
    - 2.6.2.2. Medical Treatment.
    - 2.6.2.3. Physiotherapy Treatment.
    - 2.6.2.4. Surgical Treatment (Indications, Contraindications, and Complications).
- 2.7. Energy-Based Devices.
  - 2.7.1. Laser Technology.
    - 2.7.1.1. Physical and Therapeutic Principles.
    - 2.7.1.2. Biological Effects of Thermotherapy.
    - 2.7.1.3. Types of Lasers and Uses.
    - 2.7.1.4. Indications and Contraindications.
    - 2.7.1.5. Available Evidence.
    - 2.7.1.6. Procedure.
  - 2.7.2. Radiofrequency Technology.
    - 2.7.2.1. Radiofrequency Technology.
    - 2.7.2.2. Physical and Therapeutic Principles.
    - 2.7.2.3. Biological Effects of Radiofrequency.
    - 2.7.2.4. Indications and Contraindications.
    - 2.7.2.5. Procedure.
    - 2.7.2.6. Available Evidence.
- 2.8. Sexual Dysfunctions.



- 2.8.1. Hypoactive Desire Dysfunction (Definition).
  - 2.8.1.1. Sexological Approach.
  - 2.8.1.2. Medical Treatment.
- 2.8.2. Stimulation and Orgasm Dysfunctions (Definition).
  - 2.8.2.1. Sexological Approach.
  - 2.8.2.2. Medical Treatment.
- 2.8.3. Pain Dysfunctions (Definition).
  - 2.8.3.1. Vaginismus. Definition and Classification.
  - 2.8.3.2. Dyspareunia. Definition and Classification.
  - 2.8.3.3. Vulvodynia. Definition and Classification.
- 2.8.4. Therapeutic Approach.
  - 2.8.3.1. Sexological Approach.
  - 2.8.3.2. Medical Treatment: Analgesia: Antidepressant Effects of Botulinum Toxin.
- 2.8.5. Sexual Evaluation Questionnaires.
- 2.9. Genital Regenerative Treatments (Alternatives).
  - 2.9.1. Platelet-Rich Plasma.
  - 2.9.2. Application of Hyaluronic Acid in Female Genitalia.
    - 2.9.2.1. Medical and Aesthetic Indications.
    - 2.9.2.2. Medical and Functional Indications.
    - 2.9.2.3. Complications.
  - 2.9.3. Vulvo-Vaginal Carboxytherapy.
  - 2.9.4. Possibilities for the Use of Stem Cells in Regenerative Gynecology.
- 2.10. Local and Locoregional Anesthesia and Sedation in Aesthetic Genital Surgery.
  - 2.10.1. Anesthetic Techniques in Gynecological Aesthetics.
  - 2.10.2. Sedation.
  - 2.10.3. Pudendal Nerve Block.
  - 2.10.4. Local Anaesthesia of Cutaneous Nerves.
  - 2.10.5. General Anesthesia.

### Module 3. Trichology and Hair Transplantation

- 3.1. Anatomy and Physiology of the Scalp Skin and Hair Follicle.
  - 3.1.1. Anatomical Structure and Function of the Skin.
  - 3.1.2. Anatomy of the Hair Follicle.
  - 3.1.3. Hair Growth Cycle.
  - 3.1.4. Physiology of the Pilosebaceous Follicle.
  - 3.1.5. Factors Influencing Follicle Growth.
  - 3.1.6. Physical Properties of Hair.
  - 3.1.7. Variations according to Age, Gender, and Race.
- 3.2. Medical History. Diagnostic Techniques and Capillary Analysis.
  - 3.2.1. Medical History in Trichology.
  - 3.2.2. Non-Invasive Diagnostic Methods: Physical Examination; Photography; Trichoscopy. Confocal Microscopy and Scanning Electron Microscopy.
  - 3.2.3. Semi-Invasive Diagnostic Methods: Trichogram and Trichoscan.
  - 3.2.4. Invasive Methods: Skin Biopsy.
  - 3.2.5. Complementary Examinations and Analytical Protocols.
- 3.3. Main Scalp Pathologies.
  - 3.3.1. Seborrheic Dermatitis and Pityriasis Capitis.
  - 3.3.2. Atopic Dermatitis and Psoriasis of the Scalp.
  - 3.3.3. Contact Dermatitis and Sensitive Scalp.
  - 3.3.4. Benign Skin Tumours.
  - 3.3.5. Skin Cancer and Precancer.
  - 3.3.6. Scalp Infections and Infestations.
- 3.4. Alopecia: Concepts and Classification. Effluvia. Alopecia Areata.
  - 3.4.1. Concept and Classification of Alopecia.
  - 3.4.2. Acute and Chronic Telogen Effluvium.
  - 3.4.3. Anagen Effluvium.
  - 3.4.4. Alopecia Areata.
- 3.5. Male and Female Androgenetic Alopecia.
  - 3.5.1. Concept and Classification of Androgenetic Alopecia.
  - 3.5.2. Hormonal Metabolism in Androgenetic Alopecia.
  - 3.5.3. Female Alopecia (FAGA).
  - 3.5.4. Treatment Protocols.

- 3.6. Hypertrichosis and Hirsutism.
  - 3.6.1. Differences between Hypertrichosis and Hirsutism.
  - 3.6.2. Approach to Hirsutism. SAHA Syndrome.
- 3.7. Medical Treatment of Alopecia. Therapeutic Active Principles used in Trichology.
  - 3.7.1. Minoxidil.
  - 3.7.2. 5 Alpha-Reductase Inhibitors and Other Anti-Androgens.
  - 3.7.3. Prostaglandin Analogs.
  - 3.7.4. Corticosteroids and Other Anti-Inflammatory Drugs.
  - 3.7.5. Immunosuppressive Drugs.
  - 3.7.6. Keratolytic and Antimicrobial Agents.
- 3.8. Capillary Mesotherapy and its Usefulness in an Aesthetic Medicine Practice
  - 3.8.1. Manual and Assisted Hair Mesotherapy Techniques. Microneedling Techniques. Use of Roller and Capillary Multifunction Devices
  - 3.8.2. Allopathic Hair Mesotherapy. Indications, Drugs, and Medical Devices
  - 3.8.3. Homeopathic Hair Mesotherapy, Update.
  - 3.8.4. Complications and Adverse Effects of Hair Mesotherapy.
- 3.9. Cosmetic Treatments in Trichology.
  - 3.9.1. Hair Care and Hair Cosmetics Products.
    - 3.9.1.1. Cosmetic Shampoos and Therapeutic Shampoos.
    - 3.9.1.2. Conditioners and Finishing/Styling Products.
  - 3.9.2. Coloring and Bleaching Dyes.
  - 3.9.3. Curling or Permanent Hair Waving; Hair Straightening.
  - 3.9.4. Hair Nutricosmetics.
  - 3.9.5. Micropigmentation and Microblading.
  - 3.9.6. Hair Integration Systems and Keratin Microfibers.
  - 3.9.7. Hair Removal Methods.
- 3.10. Hair Transplantation, Techniques, Indications, Stages, and Post-Operative care.
  - 3.10.1. Types and Techniques. Strip and FUE Type Transplant. Assisted FUE.
  - 3.10.2. Indications and Patient Selection. Design.
  - 3.10.3. Material and Phases of the Hair Transplant Technique.
  - 3.10.4. Post-Operative Care and Complications.

## Module 4. Phlebology and Lymphatic Disorders. Bodily Aesthetics

- 4.1. Anatomy, Physiology, and Pathophysiology of the Venous System. Diagnosis and Treatment of Chronic Venous Disease.
  - 4.1.1. Anatomy and Physiology of the Venous System
  - 4.1.2. Pathophysiology of the Venous System. Varices. Venous Hypertension
  - 4.1.3. Etiopathogenesis of Varicose Veins. Aggravating Factors
  - 4.1.4. Clinical and Instrumental Diagnostics. CEAP Classification
  - 4.1.5. Treatment of Chronic Venous Disease
- 4.2. Anatomy, Physiology, Pathophysiology of the Lymphatic System. Diagnosis and Treatment of Lymphedema.
  - 4.2.1. Anatomy and Physiology of the Lymphatic System
  - 4.2.2. Pathophysiology of the Lymphatic System and Edema.
  - 4.2.3. Diagnosis and Classification of Lymphedema.
  - 4.2.4. Conservative Treatment of Lymphedema.
  - 4.2.5. Surgical Treatment of Lymphedema.
- 4.3. Embryology, Anatomy, Physiology and Pathophysiology of Adipose Tissue
  - 4.3. 1 Embryology of White Adipose Tissue and Brown Adipose Tissue
  - 4.3. 2 Anatomy of Adipose Tissue
  - 4.3. 3 Adipose Tissue as an Endocrine Organ
  - 4.3. 4 Adipose Tissue Physiology Lipogenesis and Lipolysis
  - 4.3. 5 General Overview of Overweight and Obesity Epidemiology
- 4.4. Diagnostic Methods in Bodily Contouring Disorders
  - 4.4.1. Medical History
  - 4.4.2. Anthropometry 8.4.3. Bioimpedance
  - 4.4.4. Imaging Techniques Applied to the Study of Bodily Contouring
  - 4.1.5. Analytical and Complementary Techniques.
- 4.5. Definition, Etiopathogenesis and Diagnosis of Bodily Contouring Disorders
  - 4.5.1. Cellulite
  - 4.5.2. Localized Adiposities
  - 4.5.3. Lipedema
  - 4.5.4. Flaccidity
  - 4.5.5. Bodily Changes Related to aging.

- 4.6. Non-surgical Techniques for the Treatment of Bodily Contouring Alterations
  - 4.6.1. Home Treatment
  - 4.6.2. Physical Techniques to Treat Bodily Contouring: Electrotherapy, Ultrasound, Radiofrequency, Pressotherapy, etc.
  - 4.6.3. Injection Techniques in the Treatment of Bodily Contouring: Mesotherapy/ Intradermotherapy. Hydrolipoclasia.
  - 4.6.4. Carboxytherapy
  - 4.6.5. Treatment Protocols.
- 4.7. Surgical Techniques for the Treatment of Bodily Contouring Alterations
  - 4.7.1. Surgical Treatment of Venous Reflux.
  - 4.7.2. Liposuction and Assisted Liposuction Techniques
  - 4.7.3. Plastias
  - 4.7.4. Surgical and Minimally Invasive Techniques for the Treatment of Excess Weight and Obesity (Gastric Balloon, Bariatric Surgery)
  - 4.7.5. Pre and Postoperative Protocols in Lipedema
- 4.8. Lipedema and Lipodystrophies
  - 4.8.1. Epidemiology and Etiopathogenesis of Lipedema.
  - 4.8.2. Clinical and Instrumental Diagnosis of Lipedema
  - 4.8.3. Conservative Treatment of Lipedema
  - 4.8.4. Surgical Treatment of Lipedema
  - 4.8.5. Congenital and Acquired Lipodystrophies
- 4.9. Cellulitis.
  - 4.9.1. Diagnosis and Classification
  - 4.9.2. Treatment Protocol
  - 4.9.3. Medical-Aesthetic and Surgical Treatments
  - 4.9.4. Home Treatment
  - 4.9.5. Recommendations for the Control of Aggravating Factors

- 4.10. Treatment Protocols for Bodily Contouring Alterations
  - 4.10.1. In Overweight and Obesity
  - 4.10.2. In Localized Adiposity
  - 4.10.3. In Bodily Flaccidity
  - 4.10.4. In Chronic Venous Disease
  - 4.10.5. In Lymphatic Pathology of the Limbs



*This will provide key training to advance your career"*

05

# Methodology

This training program provides you with a different way of learning. Our methodology uses a cyclical learning approach: *Re-learning*.

This teaching system is used 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.



“

*Discover Re-learning, 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

In a given situation, what would you do? Throughout the program, you will be presented with multiple simulated clinical cases based on real patients, where you will have to investigate, establish hypotheses and, finally, resolve the situation. There is abundant scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

*With TECH you can 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 potential 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 professional medical practice.

“

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

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

1. Students who follow this method not only grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on 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.



## Re-Learning Methodology

At TECH we enhance the Harvard case method with the best 100% online teaching methodology available: Re-learning.

Our 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, which represent a real revolution with respect to simply studying and analyzing cases.



*The physician will learn through real cases and by solving 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 Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

With this methodology we have trained more than 250,000 physicians with unprecedented success, in all clinical specialties regardless of the surgical load. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Re-learning 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 (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

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



In this program you will have access to the best educational material, prepared with you 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.

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.



#### Latest Techniques and Procedures on Video

We introduce you to the latest techniques, to the latest educational advances, to the forefront of current medical techniques. All this, in first person, with the maximum rigor, explained and detailed for your assimilation and understanding. And best of all, you can watch them as many times as you want.



#### 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 unique multimedia content presentation training system 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 training.





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

Effective learning ought to be contextual. Therefore, we will present you with real case developments in which the expert will guide you through focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Re-testing

We periodically evaluate and re-evaluate your knowledge throughout the program, through assessment and self-assessment activities and exercises: so that you can see how you are achieving your goals.



#### 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 in our future difficult decisions.



#### Quick Action Guides

We offer you the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help you progress in your learning.



06

# Certificate

The **Postgraduate Diploma in Bodily Aesthetic Medicine** guarantees you, in addition to the most rigorous and up-to-date training, access to a Postgraduate Diploma issued by **TECH Technological University**.





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

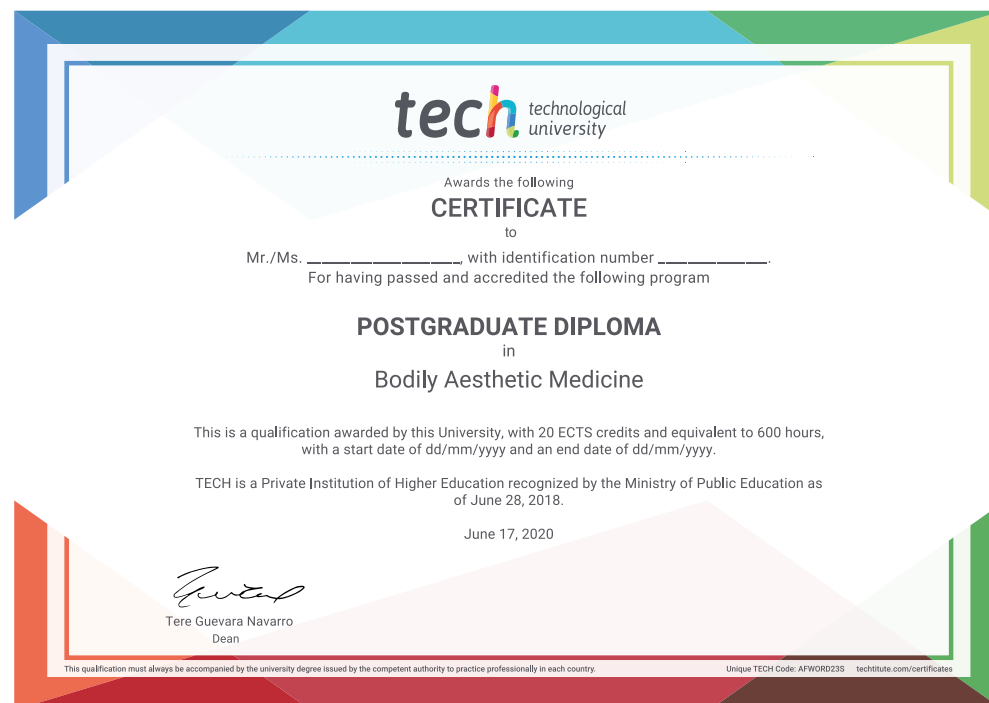
This **Postgraduate Diploma in Bodily Aesthetic Medicine** contains the most complete and up-to-date scientific program on the market.

After the student has passed the evaluations, they will receive by mail with acknowledgment of receipt their corresponding **Postgraduate Diploma** issued by **TECH Technological University**.

The certificate issued by **TECH Technological University** will reflect the qualification obtained in the Specialist Diploma and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Diploma in Bodily Aesthetic Medicine**

Official Number of Hours: **600**



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

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

**tech** technological  
university

**Postgraduate Diploma**  
Bodily Aesthetic Medicine

- » Modality: online
- » Duration: 6 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

# Postgraduate Diploma

## Bodily Aesthetic Medicine