

Postgraduate Diploma

Latest Techniques in Female Genital Rejuvenation





Postgraduate Diploma Latest Techniques in Female Genital Rejuvenation

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

Website: www.techtitute.com/in/medicine/postgraduate-diploma/postgraduate-diploma-latest-techniques-female-genital-rejuvenation

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01

Introduction

With the development of Gynecoesthetics, Aesthetic Medicine has entered a new phase, integrating numerous advanced treatments for Female Genital Rejuvenation. Thus, these disciplines have understood the need to offer the best procedures to patients, who require specialized care based on the new beauty standards imposed in recent years. For that reason, this TECH degree has integrated, in a single curriculum, the most advanced techniques in the application of platelet-rich plasma in Lichen Sclerosus and botulinum toxin in Vaginal Hyperhidrosis, among others. All this, in a 100% online program that contains the most innovative didactic resources: case studies and video clinical procedures, among others.





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This Postgraduate Diploma contains the most advanced techniques in the application of platelet-rich plasma for female genital rejuvenation, allowing you to effectively manage conditions such as non-specific vulvitis"

In recent years, numerous treatments have emerged in response to the current demand for cutting-edge techniques for female genital rejuvenation. Thus, the area of gynecoaesthetics continues to progress, incorporating new products and procedures that address pathologies such as recurrent urinary tract infections or genitourinary fistulas, also proposing an aesthetic management of the vaginal and vulvar area.

Therefore, this Postgraduate Diploma has been designed to meet the specialist's need to be updated according to all these innovations. Thus, TECH has integrated in this program the most recent advances in the activation of platelet-rich plasma for use in the genital area or the application of hyaluronic acid in various dermatoses. All this, with a comprehensive approach, proposing treatments that address all these problems from a clinical, health and aesthetic point of view.

In addition, the degree is developed from a 100% online methodology, specially designed for working professionals. In this way, students can study whenever they wish, without interrupting their daily activities. Throughout the entire learning process, the student will be accompanied by a highly prestigious teaching staff, in charge of ensuring that the doctor is actively and dynamically updated.

This **Postgraduate Diploma in Latest Techniques in Female Genital Rejuvenation** 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 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 assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



Through this program you will learn about the main gyneco-aesthetic applications of hyaluronic acid, botulinum toxin and platelet-rich plasma"

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Case studies, clinical procedures presented in audio-visual formats, interactive summaries, master classes, etc. You will have all of these resources and more at your disposal in this refresher program"

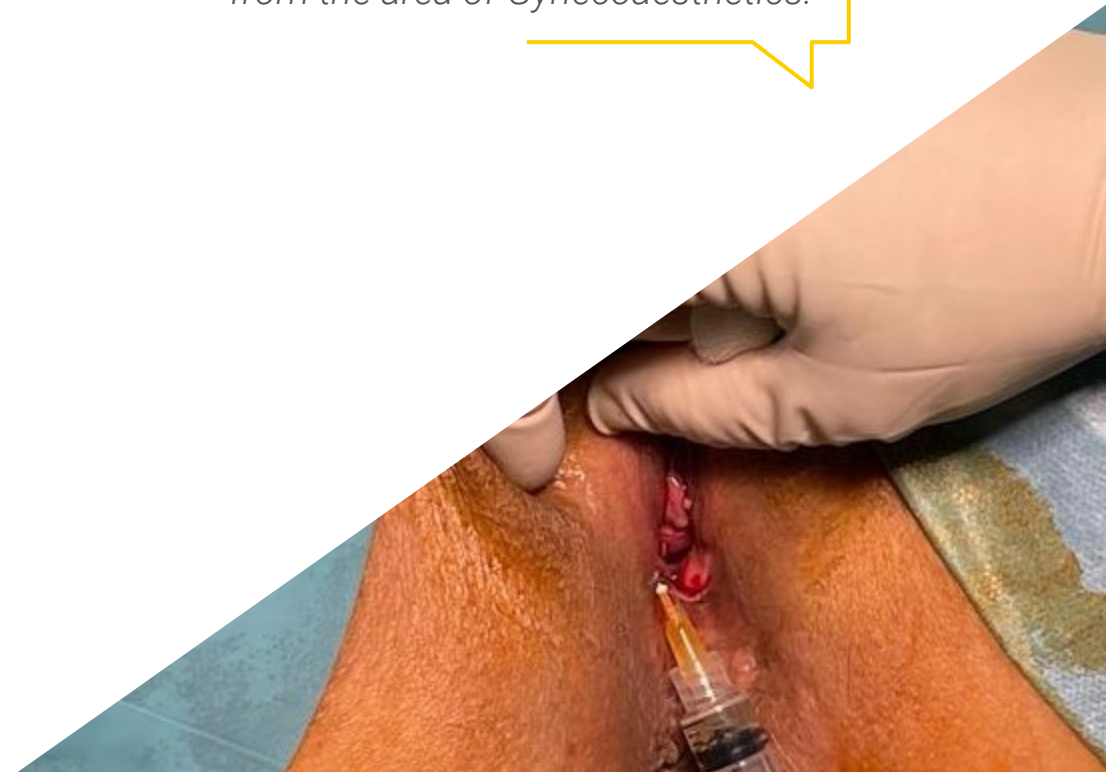
The 100% online methodology with which this Postgraduate Diploma is developed will allow you to combine your studies with your work, without any kind of interruption.

It addresses, according to the latest scientific evidence and thanks to this TECH program, conditions such as Vaginismus and Painful Episiotomy from the area of Gynecoaesthetics.

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. This will be done with the help of an innovative system of interactive videos made by renowned experts.



02 Objectives

This Postgraduate Diploma aims to bring the specialist closer to the most advanced procedures in female genital rejuvenation. And, to do so, it offers a complete syllabus that covers the most relevant and innovative aspects of this area, while providing a flexible learning methodology of great pedagogical rigor. This combination makes this degree the perfect way to obtain a comprehensive update in this discipline.



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Get up to speed completely and immediately with this TECH titration, which incorporates the latest developments in the application of hyaluronic acid to plump up invaginated scars”



General Objectives

- To be updated in the newest areas of current Gynecoesthetic Medicine, knowing the best and most effective treatments
- Delve into the latest techniques in female genital rejuvenation
- Learn not only theoretical concepts, but also the most urgent practice in Gynecological Aesthetics through audiovisual and practical material



This program will allow you to address Female Sexual Dysfunction, as well as vaginal flaccidity and atrophy through the application of platelet-rich plasma"





Specific Objectives

Module 1. Hyaluronic Acid in Gynecoesthetics

- ♦ Examine everything related to hyaluronic acid in gynecoesthetics, from the types of acids and indications to its properties and benefits
- ♦ Delve into the indications of hyaluronic acid in vaginal atrophy and vaginal dryness, in recurrent urinary tract infections and menopausal urogenital syndrome and in scar pain
- ♦ Extend its use to other parts of the female body, such as the buttocks and breasts

Module 2. Use of Botulinum Toxin in Genital Area

- ♦ Analyze the different types of toxins, how to reconstitute and preserve them
- ♦ Know the main indications of Botox, especially in cases of vaginismus, painful episiotomy, vulvodynia, urinary incontinence and vaginal hyperhidrosis
- ♦ Know in depth the complications of the toxin, post-treatment recommendations and the durability of the toxin

Module 3. Platelet Rich Plasma in genital area

- ♦ Update the knowledge on Platelet Rich Plasma at genital level, incorporating the latest scientific postulates
- ♦ Study in detail what PRP is, how it is obtained, how to centrifuge it and how to activate it
- ♦ Know its applications in female sexual dysfunction, flaccidity, vaginal atrophy and dryness, lichen sclerosus and non-specific vulvitis, episiorrhaphy pain and genitourinary fistulas
- ♦ Expand the use of Platelet Rich Plasma as a pre- and Post-surgical-surgical adjuvant, in prevention and treatment of stretch marks, in wounds and ulcers of difficult healing and in other uses not so closely related to aesthetics

03

Course Management

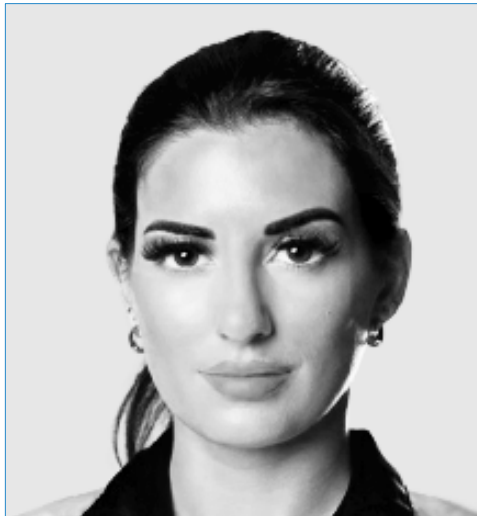
TECH has brought together in this Postgraduate Diploma the most prestigious teaching staff. Composed of highly reputed active specialists, this group of professionals will guide students throughout the academic itinerary, bringing them closer to the latest techniques, treatments and clinical-aesthetic solutions in the field of Female Genital Rejuvenation. And it will do so by means of the most advanced didactic resources of the educational market and from the Relearning methodology, which allows to study progressively and with the maximum use of the available time.



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The most prestigious specialists in Female Genital Rejuvenation are waiting for you to provide you with a complete update in this area of Gynecological Aesthetics"

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. Olivares, Beatriz

- ♦ Resident Medical Intern in Gynecology and Obstetrics at the Hospital Universitario 12 de Octubre
- ♦ General Practitioner during the COVID-19 pandemic at the IFEMA Hospital
- ♦ Professional Master's Degree in Clinical Medicine. from UDIMA
- ♦ Degree in Medicine from the Autonomous University Madrid
- ♦ Subinvestigator in Clinical Trials GRACE, MATISSE, MAT-012 for GSK and Pfizer laboratories
- ♦ Sub-investigator in the ENE-COVID National Study

Dr. De la Parte, Belén

- ♦ Gynecology and Obstetrics Hospital university 12 de Octubre
- ♦ Degree in Medicine
- ♦ Teaching Collaborator, Complutense University of Madrid
- ♦ Researcher in the SAMID-RICORS network of the Instituto de Salud Carlos III and in imas12 of the Universidad Complutense de Madrid

Dr. Ciáurriz, Marta

- ♦ Residence in the Obstetrics and gynaecology Specialities, 12 de Octubre University Hospital
- ♦ Postgraduate Diploma in Contraception by the Spanish Society of Contraception
- ♦ Postgraduate Diploma in Differential Diagnosis of Ovarian Tumors by Ultrasound by the CUN

Dr. Ortega, Marta

- ♦ Specialist Associate Physician in Obstetrics and gynaecology, Villalba General University Hospital
- ♦ University professor from the Alfonso X el Sabio University
- ♦ Sub-investigator in the OASIS 3 international multicenter clinical trial
- ♦ PROFESSIONAL MASTER'S DEGREE Human Reproduction by the Complutense University of Madrid
- ♦ Specialist in Obstetrics and Gynecology at the Hospital Universitario 12 de Octubre

Dr. Ciller Martínez, Cristina

- ♦ Gynecology and Obstetrics specialist at IMED Valencia Hospital and La Policlínica SERMESA
- ♦ Medical specialist in Gynecology and Obstetrics by the MIR system at the University Hospital of Guadalajara
- ♦ Clinical Professor at the Faculty of Medicine of the University of Alcalá
- ♦ Head of the Regenerative and Functional Gynecology Area at Policlínica Sermesa
- ♦ Professional Master's Degree in Professional Update for Obstetricians and Gynecologists by the University of Barcelona
- ♦ XVII Master's Degree in Human Reproduction from the Complutense University of Madrid Master in Aesthetic Medicine, Nutrition and Anti-Aging by the Universidad a Distancia de Madrid

Dr. González Segura, Gisselle

- ♦ Specialist in Gynecology and Obstetrics at Nuestra Señora de Sonsoles Hospital Ávila, España
- ♦ Medical specialist in Gynecology and Obstetrics by the MIR system at the University Hospital of Guadalajara
- ♦ Master in Contraception and Sexual and Reproductive Health by the University of Alcalá
- ♦ Master in in Human Reproduction by the Complutense University of Madrid
- ♦ Professional Master's Degree in Pelvic Floor Dysfunctions by Miguel Hernández University
- ♦ Professional Master's Degree in Professional Update for Obstetricians and Gynecologists by the University of Barcelona
- ♦ Master's Degree in Aesthetic Medicine, Nutrition and Anti-Aging by the Distance University of Madrid

04

Structure and Content

In order to bring the specialist closer to the latest techniques in Gynecoesthetics and female genital rejuvenation, TECH has created this Postgraduate Diploma, which contains the most advanced procedures in this field. Thus, this program is structured in 3 specific modules, and uses the most cutting-edge and effective teaching resources on the educational market, to ensure that the doctor is brought up to date quickly.



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This syllabus has been developed by leading specialists in Gynecoesthetics, so its contents are completely updated and have an immediate application in the professional field"

Module 1. Hyaluronic Acid in Gynecoesthetics

- 1.1. What is Hyaluronic Acid?
 - 1.1.1. What is Hyaluronic Acid?
 - 1.1.2. Types of Hyaluronic Acid
 - 1.1.3. Principal indications in Aesthetics
 - 1.1.4. Properties and benefits
- 1.2. Hyaluronic acid in vaginal atrophy and vaginal dryness (associated with vaginal atrophy or not) and vaginal and vulvar itching
 - 1.2.1. Technique
 - 1.2.2. Benefits
 - 1.2.3. Results and possible side effects
- 1.3. Hyaluronic acid in recurrent urinary tract infections and menopausal urogenital syndrome
 - 1.3.1. Technique
 - 1.3.2. Benefits
 - 1.3.3. Results and possible side effects
- 1.4. Hyaluronic acid in pain in scars (episiotomy)
 - 1.4.1. Technique
 - 1.4.2. Benefits
 - 1.4.3. Results and possible side effects
- 1.5. Hyaluronic acid in the discomfort caused by oversized labia minora and atrophy of labia majora Aesthetic desire for greater volume in labia majora
 - 1.5.1. Technique
 - 1.5.2. Benefits
 - 1.5.3. Results and possible side effects
- 1.6. Hyaluronic acid in the aesthetic desire to elevate giving volume to invaginated scars, painful or not
 - 1.6.1. Technique
 - 1.6.2. Benefits
 - 1.6.3. Results and possible side effects



- 1.7. Hyaluronic acid in the desire to improve vaginal sensations during coitus
 - 1.7.1. Projection of the controversial G-spot
 - 1.7.2. Increasing the volume of the vaginal
 - 1.7.3. Results and possible side effects
- 1.8. Hyaluronic acid for treatment of lichen and other dermatoses
 - 1.8.1. Technique
 - 1.8.2. Benefits
 - 1.8.3. Results and possible side effects
- 1.9. Hyaluronic Acid in other parts of the female body, buttocks buttocks and breasts
 - 1.9.1. Technique
 - 1.9.2. Benefits
 - 1.9.3. Results and possible side effects
- 1.10. Post-treatment care
 - 1.10.1. Number of sessions
 - 1.10.2. Limitations and contraindications
 - 1.10.3. Durability
 - 1.10.4. Can sensitivity be lost?

Module 2. Use of Botulinum Toxin in Genital Area

- 2.1. What is Botulinum Toxin?
 - 2.1.1. What is Botulinum Toxin?
 - 2.1.2. What are the existing types of toxin
 - 2.1.3. What is their mechanism of action?
 - 2.1.4. What brands are used in gynecosthetics?
- 2.2. Reconstitution (Preparation) of the Toxin and Conservation
 - 2.2.1. Do all Toxins Require Refrigeration?
 - 2.2.2. Do all Toxins Need to be Reconstituted?
 - 2.2.3. Dilution of the Toxin According to the treatment to be Performed
- 2.3. Vaginismus and botulinum toxin
 - 2.3.1. Technique
 - 2.3.2. Benefits
 - 2.3.3. Results and possible side effects

- 2.4. Painful episiotomy and botulinum toxin
 - 2.4.1. Technique
 - 2.4.2. Benefits
 - 2.4.3. Results and possible side effects
- 2.5. Vulvodynia and botulinum toxin
 - 2.5.1. Technique
 - 2.5.2. Benefits
 - 2.5.3. Results and possible side effects
- 2.6. Urinary incontinence and botulinum toxin
 - 2.6.1. Technique
 - 2.6.2. Benefits
 - 2.6.3. Results and possible side effects
- 2.7. Vaginal hyperhidrosis and botulinum toxin
 - 2.7.1. Technique
 - 2.7.2. Benefits
 - 2.7.3. Results and possible side effects
- 2.8. Complications from Botulinum Toxin Application
 - 2.8.1. What are the Most Frequent Unwanted Effects of Botulinum Toxin?
 - 2.8.2. Which Solutions are Available to Reverse the unwanted Effect (Electrostimulation)
 - 2.8.3. How to try to Prevent These Unwanted Effects
- 2.9. Post-treatment recommendations
 - 2.9.1. General recommendations to The patients after Botulinum Toxin treatment
 - 2.9.2. Botulinum Toxin and Heat
 - 2.9.3. Botulinum Toxin and Physical Exercise
- 2.10. Durability of Botulinum Toxin
 - 2.10.1. All toxins (brands) have the same effect and duration.?
 - 2.10.2. Factors that influence the Durability of Botulinum Toxin
 - 2.10.3. Patients Resistant to Toxin Treatment Antibody theory

Module 3. Platelet Rich Plasma in genital area

- 3.1. What is PRP
 - 3.1.1. Concept
 - 3.1.2. Main current indications in medicine
 - 3.1.3. Main indications in Aesthetic Medicine
 - 3.1.4. What does PRP treatment consist of? Step-by-Step Explanation
- 3.2. Obtaining the PRP Open and closed technique
 - 3.2.1. What do They Consist of?
 - 3.2.2. Risk
 - 3.2.3. Biosecurity
- 3.3. How to centrifuge PRP and its activation
 - 3.3.1. Centrifuge
 - 3.3.2. Choosing the right speed and centrifugation time
 - 3.3.3. Platelet activation
- 3.4. Results of PRP use
 - 3.4.1. PRP application risks
 - 3.4.2. Contraindications for PRP application
 - 3.4.3. Possible Adverse Effects
- 3.5. PRP in Female Sexual Dysfunction
 - 3.5.1. Technique
 - 3.5.2. Benefits
 - 3.5.3. Results and possible side effects
- 3.6. PRP for flaccidity, atrophy and genital dryness
 - 3.6.1. Technique
 - 3.6.2. Benefits
 - 3.6.3. Results and possible side effects
- 3.7. PRP for lichen sclerosus and nonspecific vulvitis
 - 3.7.1. Technique
 - 3.7.2. Benefits
 - 3.7.3. Results and possible side effects



- 3.8. Episiorrhaphy pain and genitourinary fistulas and as a pre- and Post-surgical-surgical adjuvant
 - 3.8.1. Technique
 - 3.8.2. Benefits
 - 3.8.3. Results and possible side effects
- 3.9. PRP in prevention and treatment of stretch marks and difficult-to-heal wounds and ulcers
 - 3.9.1. Technique
 - 3.9.2. Benefits
 - 3.9.3. Results and possible side effects
- 3.10. PRP other uses not so closely related to aesthetics
 - 3.10.1. PRP in prolapse
 - 3.10.2. PRP in urinary incontinence
 - 3.10.3. PRP in breast reconstruction
 - 3.10.4. PRP in Reproductive Medicine

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This program combines updated contents, an advanced and flexible didactic methodology and a teaching staff composed of highly reputed specialists in the area of female genital rejuvenation”

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 Nombre del Programa guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.





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

This **Postgraduate Diploma in Latest Techniques in Female Genital Rejuvenation** contains the most complete and up-to-date scientific on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Diploma** issued by **TECH Technological University** via tracked delivery*.

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

Title: **Postgraduate Diploma in Latest Techniques in Female Genital Rejuvenation**

Official N° of Hours: **450 h.**



*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.



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- » Modality: online
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- » Dedication: 16h/week
- » Schedule: at your own pace
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Postgraduate Diploma

Latest Techniques in Female Genital Rejuvenation

