

# Professional Master's Degree

## Aesthetic Medicine





## Professional Master's Degree Aesthetic Medicine

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtute.com/pk/medicine/professional-master-degree/master-aesthetic-medicine](http://www.techtute.com/pk/medicine/professional-master-degree/master-aesthetic-medicine)

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# 01

# Introduction

Aesthetic Medicine is one of the most booming sectors in recent years. More and more patients are turning to a specialist to solve their aesthetic problems, combat aging, and improve their quality of life. The growing social demand has led to great advances in technologies, materials, and treatments, increasing the possibilities that can be offered from the medical approach to a population that is increasingly interested in the most cutting-edge techniques.

This Professional Master's Degree is the most complete and effective academic program on the educational market.

A highly specialized program that will allow you to become one of the most up-to-date professionals in the sector.







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*Nowadays, image has become so important that this Professional Master's Degree is a safe bet, with a market that is continuously growing and is full of possibilities"*

The aging process represents a combination of intrinsic factors, such as tissue atrophy, and extrinsic factors, such as solar radiation or gravity.

Understanding the biology of aging is crucial to understanding the approach to all the processes involved in Aesthetic, Regenerative, and Anti-Aging Medicine. Identifying these biological changes of aging, analyzing genes and the functions of diagnostic methods contribute to the immersion across disciplines and areas of expertise.

The Professional Master's Degree in Aesthetic Medicine is a postgraduate course designed for students to acquire new scientific skills and to provide physicians with the knowledge required to implement specialization in their professional life. It brings an added balance to working life and opens a door to a growing demand for healthcare.

Unlike other programs, it offers 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, as well as prolonging patients' lives, improving their quality of life, and controlling, delaying, and even preventing the loss of physical and mental functions. And, consequently, prevent the development of diseases related to aging, loss of youth, and vitality by applying the new concepts of Aesthetic Medicine. All this for a better prescription and optimization of results of anti-aging treatments, applying knowledge from the different related specialties.

It also includes an approach to business communication, an indispensable tool in today's working life.

This Professional Master's Degree offers an intensive program, designed to learn about the technologies, materials, and treatments used in this discipline and to include a complete perspective of Aesthetic Medicine that will allow you to specialize in an ethical and responsible way. With this postgraduate course you will obtain highly specialized training, which strives for excellence, and is based on a scientific method to obtain accreditation as an aesthetic practitioner.

This **Professional Master's Degree in Aesthetic Medicine** contains the most complete and up-to-date scientific program on the market. The most important features include:

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



*You will obtain a comprehensive and focused knowledge of each fundamental area of Aesthetic Medicine"*

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*This Professional Master's Degree will be your best investment when selecting a refresher program: in addition to updating your knowledge in Aesthetic Medicine, you will obtain a qualification endorsed by TECH Technological University"*

The teaching staff includes professionals from the field of Aesthetic Medicine, who bring their experience to this program, as well as renowned specialists from leading 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 education programmed to learn 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 throughout the program. For this purpose, the professor will be assisted by an innovative interactive video system created by renowned and experienced experts in the field of Aesthetic Medicine.

*You will obtain comprehensive and focused knowledge of each fundamental area of Aesthetic and Anti-Aging Medicine.*

*100% online methodology that will allow you to balance your studies and your professional life, supported by the best teaching material and virtual classes.*



# 02 Objectives

The Professional Master's Degree in Aesthetic Medicine is aimed at facilitating the professional's performance with the latest advances and most innovative treatments in the sector.







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*It ensures thorough management of the aesthetic patient, making an accurate diagnosis and applying the most appropriate treatment, always with the latest techniques on the market"*



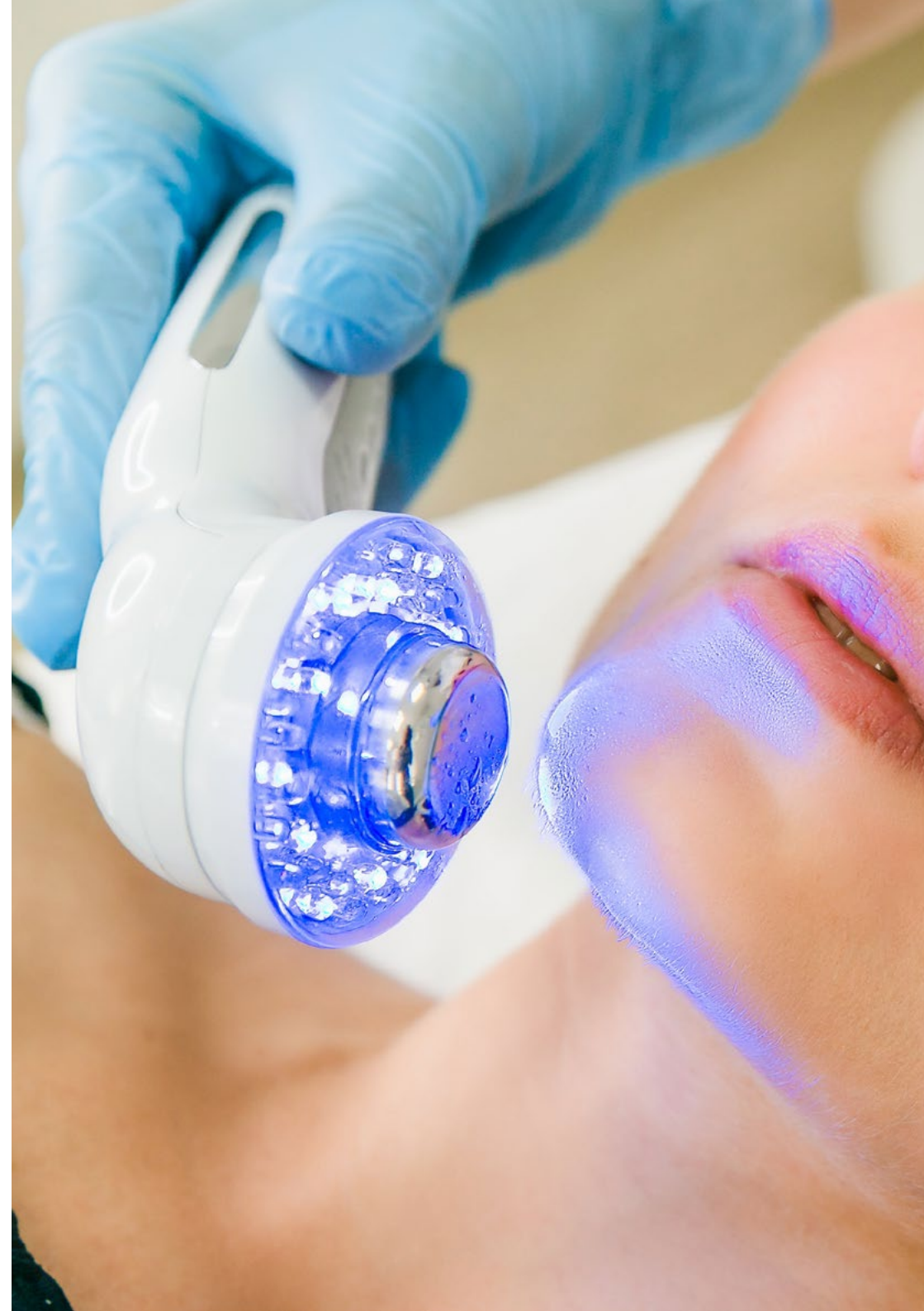
## General objectives

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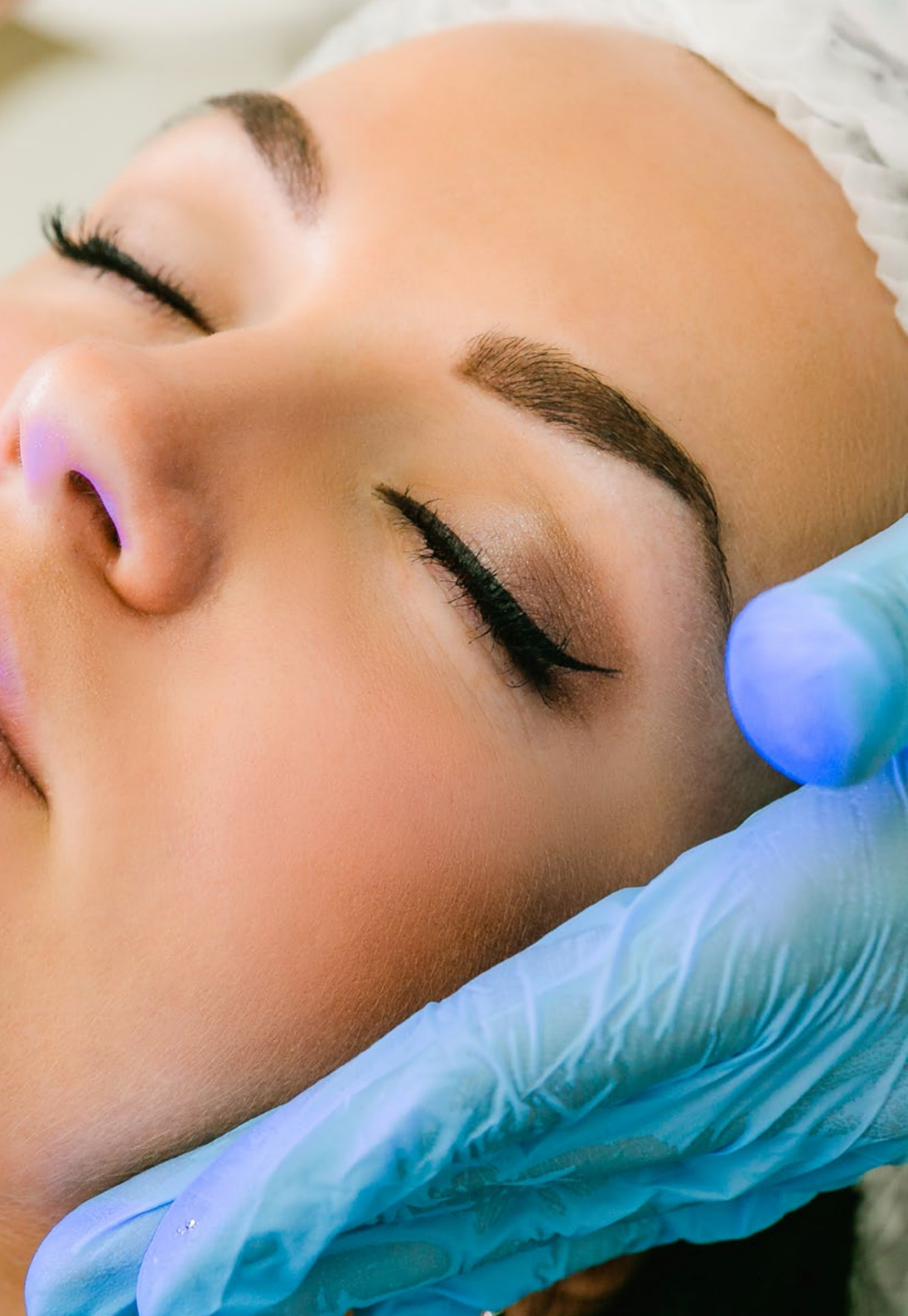
- Acquire the fundamental knowledge of all anti-aging modalities and aesthetic treatments, incorporating the necessary tools to perform this specialty in daily practice
- Comprehensively manage the aesthetic patient, being able to make an accurate diagnosis and apply the most appropriate treatment



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







## Specific objectives

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### Module 1. Basic Principles of Aesthetic Medicine

- ◆ Know how to identify the biological changes in aging, the analysis of genes and the functions of diagnostic methods
- ◆ Learn how to manage the mechanisms of action of topical treatments, peeling, the annotation of cosmetic assessments and various measurement methods
- ◆ Define and analyze in a global way the structures and functions of each area and open opportunities for new treatments
- ◆ Study the physics of ultrasound, since it is a dependent medical procedure where the specialist will have to manipulate the ultrasound equipment to determine the ultrasound characteristics of the lesion
- ◆ Study the classification of the different lesions that can be identified
- ◆ Analyze changes in monitoring the evolution of diseases, as well as tissue involvement, localization, size, characterization and differentiation between benign and malignant lesions
- ◆ Identify the possible complications from filler materials

### Module 2. Peelings Dermocosmetics

- ◆ Learn to use the different types of peeling in the treatment of rejuvenation and certain skin disorders in an effective way, highlighting the knowledge of the most used active ingredients and their mechanisms of action
- ◆ Appropriate selection of the patient, prior preparation of the skin, as well as correct follow-up and prescription of post-peeling treatment, adapted to the usual evolution after the use of each chemical agent or combination thereof selected
- ◆ Understand the possible adverse effects of peeling and their treatments

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

- ♦ Learn how to use temporary filler materials
- ♦ Gain insight into the correction of volume defects associated with tissue atrophy secondary to aging
- ♦ Gain up-to-date knowledge on filler materials to create a comprehensive rejuvenation protocol that works with absolute guarantees of safety by knowing their components and short- and long-term side effects

**Module 4. Facial Implants in Aesthetics**

- ♦ In-depth knowledge of facial anatomy
- ♦ Update on the most current techniques and procedures in facial implantology
- ♦ Acquire techniques to harmonize facial contours through the use of facial implants

**Module 5. Aesthetic and Regenerative Gynecology**

- ♦ Address sexual dysfunctions
- ♦ Learn how to perform genital regenerative treatments
- ♦ Understand the female anatomy to understand how to manage physical alterations after childbirth, menopause or an oncological process, for example

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

- ♦ Provide students with the appropriate knowledge to use the different types of lasers and light sources in rejuvenation treatment and skin disorders in an effective way, highlighting the knowledge of the basic principles of physics on which their use is based without forgetting to include knowledge concerning the safety guidelines for their use





- ♦ Provide up-to-date information on the use of lasers for pigmented lesions, rejuvenation, vascular lesions and hair removal, with emphasis on the appropriate selection of the technology that enables us to adapt to the needs of each patient, highlighting a comprehensive overview of treatment strategies, indications, contraindications and possible adverse effects
- ♦ Get up to date on the types of authorized botulinum toxin, the precise knowledge of the action mechanisms of each one and the detailed instructions for each anatomical area
- ♦ Know the therapeutic application of the factors that intervene in biological processes
- ♦ Study tissue regeneration by growth factors

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

- ♦ 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 being 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, including the main surgical and non-surgical treatments for body contouring
- ♦ Understand 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 identify situations involving a health risk from esthetic alterations

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

- ♦ Understand the medical treatments for different types of alopecia, antiandrogen injections, PRP, immunotherapy and surgical treatments for alopecia with their different techniques (strip technique, FUE technique, SAFER automated device)
- ♦ Learn how to perform an effective clinical diagnosis with the support of the latest technologies

### **Module 9. Communication**

- ♦ Understand the importance of communication in the health sector
- ♦ Learn how to design a business communication strategy in the healthcare field and manage the online presence of the organization
- ♦ Know how to carry out marketing campaigns, SEO and SEM
- ♦ Acquire the appropriate knowledge to manage the company's social media

### **Module 10. Genetics and Epigenetics of Systemic and Skin Anti-Aging. Therapeutic Implications**

- ♦ Learn more about skin aging and anti-aging treatments
- ♦ Understand the genetic aspects of skin aging
- ♦ Discover the nutritional aspects related to Aesthetic Medicine treatments

# 03 Skills

After passing the assessments of the Professional Master's Degree in Aesthetic Medicine, the professional will have acquired the skills required for quality and up-to-date practice based on the most innovative teaching methodology.





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*Learn the most commonly used skin rejuvenation techniques in the Aesthetic Medicine sector”*





## General Skills

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- ♦ Apply the latest anti-aging techniques, as well as the most demanded aesthetic treatments
- ♦ Prevent, delay, and control aging processes in patients

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*A unique specialization program that will enable you to acquire superior training for development in this field"*







## Specific Skills

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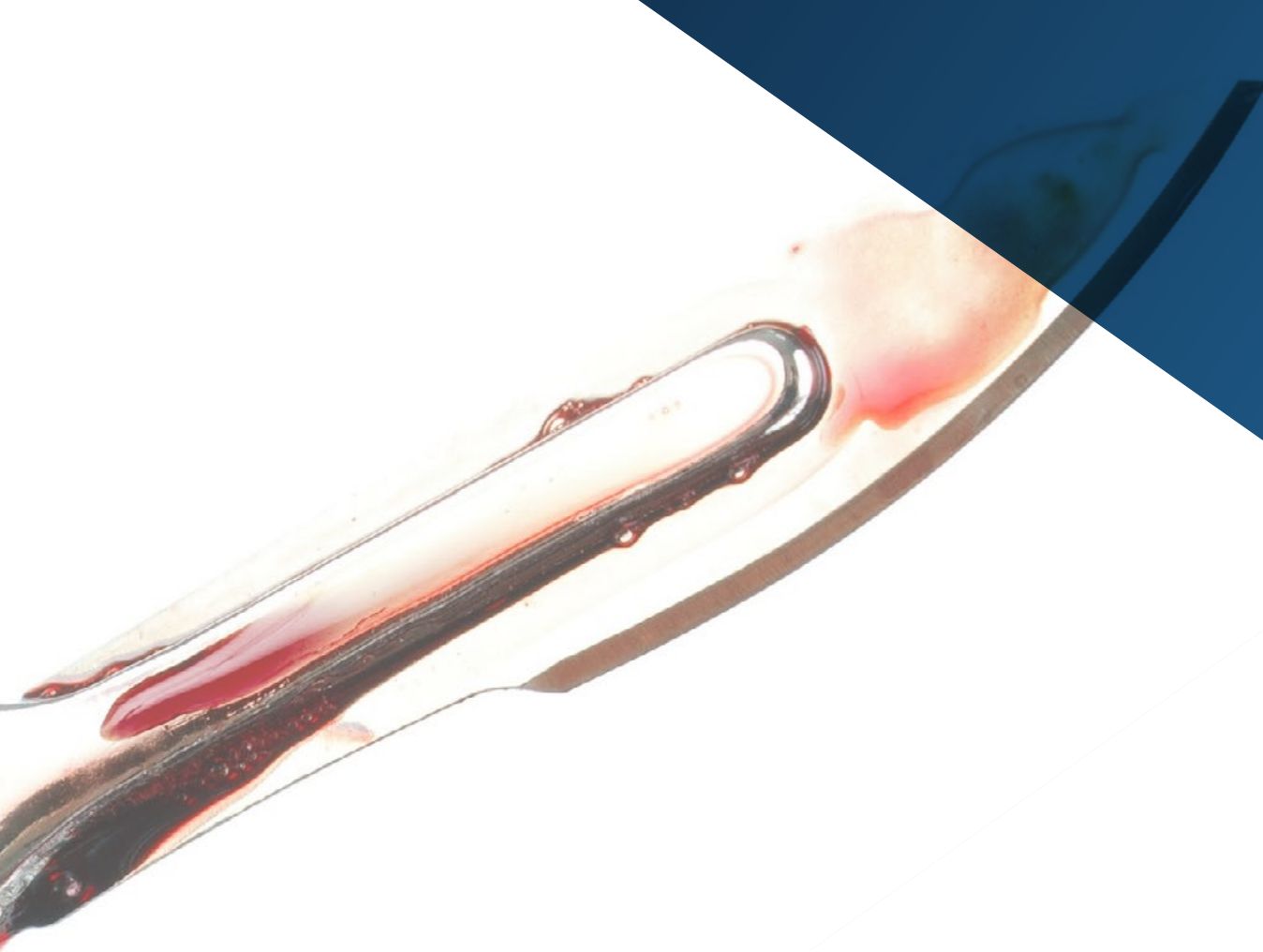
- ♦ Identify the biological changes of aging in order to be able to use the necessary treatments for its prevention
- ♦ Use of ultrasound in the field of aesthetic-medical treatments
- ♦ Correctly use the different types of *peels* in the treatment of rejuvenation and certain skin disorders in an effective manner
- ♦ Know the possible adverse effects of *peeling* and their treatment, communicate them to patients and be prepared for any possible setbacks
- ♦ Apply the different types of lasers and light sources in the treatment of skin rejuvenation and skin disorders in an effective way
- ♦ Be able to correctly apply the authorized botulinum toxin
- ♦ Know and understand the process of tissue regeneration by means of growth factors
- ♦ Apply the most appropriate skin filler materials in every case in order to encourage rejuvenation in patients
- ♦ Treat physical changes in women after childbirth, menopause or an oncological process for example
- ♦ Perform appropriate diagnostics on hair loss using the most advanced technologies in this field
- ♦ Help to prevent and treat alopecia
- ♦ Be able to diagnose the main clinical presentations such as cellulitis, lipodystrophies or lipedema, among others
- ♦ Identify the main characteristics of adipose tissue and its variations depending on each patient
- ♦ Know how to manage communication in an Aesthetic Medicine company, as well as the social networks and all the company's communication channels
- ♦ Be able to implement marketing campaigns appropriate to the sector that help to improve profitability
- ♦ Be able to identify skin aging and apply appropriate treatments to prevent and delay it

04

# Course Management

The program's teaching staff includes leading experts in Aesthetic Medicine who contribute their work experience. 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 Aesthetic Medicine  
have joined forces to share with you all  
their knowledge in this field"*

## Management



### **Dr. Mosquera González, Margarita**

- Medical Director of the Integral Aesthetic Medicine Department. C&M Clinic. Rivas. Madrid
- Specialist in the Preventive Medicine Unit at the Alcorcón Foundation University Hospital
- Specialist in Aesthetic and Antiaging Medicine





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

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

## Professors

### 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
- ♦ Primary Care Medical Director
- ♦ Evaluator in the European Union Project of Rare Disease Units for the "European Reference Networks for Rare and Low Prevalence Complex Diseases"
- ♦ Management Development Program. Talentia 360

### Dr. Chicón García, Jesús

- ♦ Medical Director Chez Jolie Clinic
- ♦ Medical Director JEISAMED Clinics
- ♦ Medical Director Salutae
- ♦ Master's Degree in Aesthetic Medicine and Hospital Nutrition
- ♦ European Expert in Quality Management. Spanish Quality Agency
- ♦ European Expert in Research, Development, and Innovation. Spanish Quality Agency

### Dr. Zetina Toache, Luis Miguel

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

### Dr. Gayoso Blanco, Macarena

- ♦ Responsible of PR at Newmonday Agency
- ♦ Communications Manager at ALIA Architecture
- ♦ Master's Degree in Event Organization, Protocol, and Institutional Relations

### Dr. Alonso García, Marcos

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

### Dr. Arnaiz Urrez, Celia

- ♦ Psychologist in charge of HR in HUFA
- ♦ Psychologist in the Human Resources Department at Alcorcón Foundation University Hospital Madrid
- ♦ Clinical Simulation Instructor. Center for Medical Simulation of Harvard-MIT
- ♦ HR Director at TCP
- ♦ Head of the Training and Recruitment Unit of the Alcorcón University Hospital Foundation
- ♦ Specialization in Clinical Psychology and Work Psychology. International Coach Federation
- ♦ Development of emotional competencies in periods of health crises due to Ebola and Covid
- ♦ Participatory strategies for optimizing team leader selection
- ♦ Impact of Soft Skills Competency Training
- ♦ The ROI of Soft Skills Training
- ♦ Development of a dictionary of competencies for healthcare organizations
- ♦ Development of new roles, or how to promote a new paradigm in chronic care with professionals as the driving force for change
- ♦ Validity of the welcoming processes in the integration of the new employee 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. Esteban Herrero, Margarita**

- ♦ Medical Director of the Aesthetic Medical Center Clinic Dra. Esteban
- ♦ 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 Aesthetics Medicine (SEME)

**Dr. De Toledo Heras, María**

- ♦ Specialist in Neurology. Neurology Department, La Princesa University Hospital
- ♦ Head of the Epilepsy Unit. Neurology Department, La Princesa University Hospital Madrid
- ♦ Specialist in Neurology. Doce de Octubre University Hospital
- ♦ Specialty in cognitive disorders and dementias
- ♦ PhD in Neurosciences

**Dr. Ugarte López, Nuria**

- ♦ Director of the Aesthetic Medical Center Dra. Nuria Ugarte
- ♦ Expert in quality of life and medical-aesthetic care of the oncology patient
- ♦ Member of the Board of Directors of the Group of Experts in Aesthetic Medicine in Oncology Patients (GEMEON)
- ♦ Member of the Spanish Society of Aesthetic Medicine (SEME) and Riojan Society of Aesthetic Medicine (SRME)

**Dr. Ibáñez Castresana, Ricardo**

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

**Dr. Rodríguez Scheid, Salvador**

- ♦ Physician and Manager at Variclinic Aesthetic Clinics
- ♦ It belongs to the Aesthetic Medicine Association of Castilla La Mancha (AMECLM), the Spanish Society of Aesthetic Medicine (SEME) and the Spanish Society of Angiology and Vascular Surgery - Chapter of Phlebology (SEACV-CF)
- ♦ Member of the Spanish Society of Cardiology. SMC
- ♦ Member of the Spanish Society of Ultrasound. SEECO
- ♦ Member of the Spanish Society of Cardiology. SEC
- ♦ Full member of the Spanish Society of Aesthetic Medicine SEME
- ♦ Member of the Spanish Society of Cosmetic Medicine and Surgery. SEMCC
- ♦ Member of the Aesthetic Medicine and Cosmetic Surgery Association of Murcia. AMMECC
- ♦ Member of Soc. Esp. Angiology and Vascular Surgery. Chapter of Phlebology. CF-SEACV
- ♦ Member of the French Society of Phlebology. SFP



**Dr. Martínez Morón, Victoria**

- ♦ Pelvic Floor Unit Coordinator. Fundación Alcorcón 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 Madrid
- ♦ Responsible for the Regenerative and Functional Gynecology Unit at Mediesthetic Clinics
- ♦ Responsible for the Gynecological Laser and Intimate Health Unit at the Palacios Institute

**Ms. Díaz Martín, María Margarita**

- ♦ Nurse of the Preventive Medicine Unit, 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 a Principal Tutor of Clinical Internships with Undergraduate Nursing Students

**Dr. Arredondo Provecho, Ana Belén**

- ♦ Nurse Assistant at the HUFA Preventive Medicine Unit
- ♦ Doctor in Health Sciences
- ♦ Coordinator and teacher of several continuing education courses in specialized care

**Dr. Vicente Sánchez, Gemma**

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

**Dr. Del Cura Rodríguez, José Luis**

- ♦ Head of the Radiodiagnosis the Department of the Donostia University Hospital
- ♦ Head of Section of the Radiodiagnosis Department, Hospital de Basurto Vizcaya
- ♦ Head of Radiology Department Donostia University Hospital - OSI Donostialdea
- ♦ President of the Spanish Ultrasound Society (SEUS)
- ♦ Former President of the Spanish Ultrasound Society SERAM

**Dr. Del Cura Allende, Gorka**

- ♦ Medical Specialist in Radiology. Radiodiagnosis Service at Galdakao-Usansolo Hospital
- ♦ Simple radiology studies, abdominal, thyroid and cervical, testicular, musculoskeletal/soft tissue ultrasound
- ♦ Breast diagnostics (mammography and breast and axillary ultrasound)

**Dr. Carlos Iriarte, Esperanza**

- ♦ Head of Physical Medicine and Rehabilitation Department at Doce de Octubre University
- ♦ European Board of Physical Medicine and Rehabilitation. Paris
- ♦ Excellence program for exchange regarding botulinum toxin
- ♦ Teacher and organizer of courses on infiltration with Neurotoxin A

**Dr. Arroyo Romo, César**

- ♦ Head Physician of the Medical Regenerative and Aesthetic Laser Unit of the Montepíncipe Medical Hospital in Madrid
- ♦ President of the Spanish Society of Esthetic, Regenerative, and Functional Gynecology
- ♦ Former International Director of the Iberoamerican Academy of Medical Lasers AILMED

- ♦ International teacher of Aesthetic Medicine, Aesthetic and Laser Techniques
- ♦ Member of numerous prestigious Societies, North American Society of Surgical Medical Laser ASLMS, Spanish Society of Surgical Medical Laser SELMQ Portuguese Society of Aesthetic Medicine (SPME), Scientific Committee of the International Association of Aesthetic Gynecology and Sexual Wellbeing IAAGSWS, International Society of Aesthetic Gynecology ISAGSS

#### **Dr. Ordiz García, Ignacio**

- ♦ Director of the Aesthetic Medicine Area, El Fontán Clinic
- ♦ President of the Iberoamerican Mesotherapeutic Medicine Association since its foundation
- ♦ Member of prestigious associations, Founding member and speaker of the Asturian Society of Cosmetic and Aesthetic Medicine, Honorary Member of the Spanish Association of Manual Lymph Drainage Vodder, Spanish Society of Aesthetic Medicine, French Society of Mesotherapy, Italian Society of Mesotherapy, Spanish Society of Homeopathic Medicine

#### **Dr. Saco Mera, Edmundo**

- ♦ Medical Director at D'Láser Clinic
- ♦ National and International Speaker of Laser and Photoluminescent Platforms for some of the most important laser equipment commercial manufacturers
- ♦ Speaker at national and international congresses and courses on aesthetic medicine and medical laser
- ♦ Collaborator of the Editorial Committee of the Scientific Journal of the Faculty of Medicine, Ricardo Palma University

#### **Dr. 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)

#### **Dr. Fortes Madrigal, Antonio**

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

#### **Dr. Del Diego Salas, Jorge**

- ♦ Assistant General 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 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
- ♦ WHO International Consultant for the Ebola outbreak in West Africa
- ♦ PAHO/WHO International Consultant in the regional Dengue program for the Americas
- ♦ Member of the ECDC EPIET program
- ♦ Head of the vaccine network and member of the Board of Directors of the Spanish Society of Preventive Medicine, Public Health and Hygiene

**Dr. Rubio Lombraña, Marta**

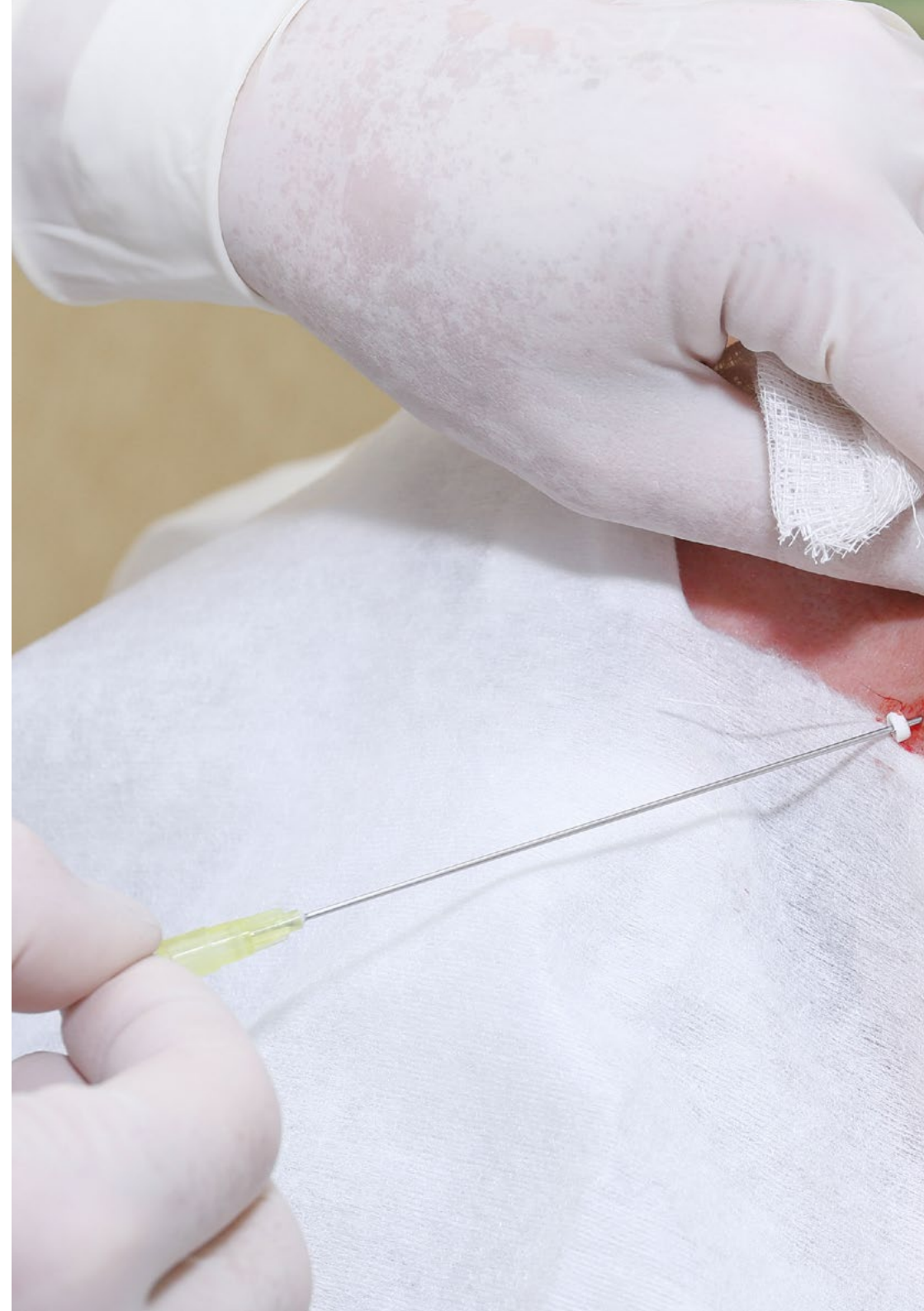
- ◆ Degree in Trichology and Hair Transplant
- ◆ Director TricoNorte. Euskalduna Clinic of Bilbao
- ◆ Dermatologist at Urduliz Alfredo Espinosa Hospital, Vizcaya, Member of the Spanish Academy of Dermatology and Venereology

**Dr. Ramos Trujillo, María**

- ◆ Medical Aesthetician expert in Quality of Life and Medical-Aesthetic Care
- ◆ Responsible for the Clinical Coding, Archive and Documentation Management
- ◆ President of the Medical Records and Mortality Committee of the General University Hospital of Castellón
- ◆ Spokesperson of the Patient Safety Committee of the General University Hospital of Castellón
- ◆ Member of the Ethics Committee for Research with Medicines (CEIM) of the Hospital

**Dr. Aldana López, Guillermo**

- ◆ Director of Aldana Laser Miami and Aldana Laser Center Venezuela
- ◆ Responsible for the study of Light Technology Applications in Facial Rejuvenation Treatment
- ◆ Best Communication Award at the XXIX Congress of the Spanish Society of Medical Surgical Laser, Photoepilation with Alexandrite Laser on skin grafts after facial reconstructive surgeryMember of several societies, American Society of Medical Laser, American Society of Aesthetic Medicine, American Society of Aesthetic MedicineDr. Rocés Menéndez, Ana
- ◆ Medical Director of Merz Pharma for Spain and Portugal







- ◆ Medical Director of the pharmaceutical laboratory Merz Pharma for Spain and Portugal
- ◆ Medical Director of the pharmaceutical laboratory Merz Pharma for Spain and Portugal
- ◆ Medical Director of Merz Center of Excellence Aesthetic Medicine Clinic
- ◆ Specialist in Aesthetic, Cosmetic and Antiaging Medicine
- ◆ Master's Degree in Pharmaceutical Marketing

**Dr. Sans Durán, Cristina**

- ◆ Emergency Physician in the 112 Emergency Department
- ◆ Aesthetic and Cosmetic Physician
- ◆ PhD on Nutrition and Obesity

**Dr. Iglesias, Emma**

- ◆ Medical Direction Svenson International Aesthetic Clinics
- ◆ Capillary Surgeon
- ◆ Cosmetic Surgeon specializing in oral and maxillofacial surgery at Sanitas and HM Hospitals

05

# Structure and Content

The structure of the content has been designed by leading 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 Professional Master's Degree in 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: Aging
  - 1.2.1. Ageing, 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 ageing
- 1.4. Cosmetic Assessment
  - 1.4.1. Aging Assessment Scales
  - 1.4.2. Clinical Visual 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
  - 1.6.2. Structure Recognition
  - 1.6.3. Artefacts
  - 1.6.4. Dermis and Epidermis
  - 1.6.5. Subcutaneous Tissue: Vessels and Other Structures

- 1.6.6. Facial Anatomical Structures
    - 1.6.6.1. Ultrasound of the Periocular Area
    - 1.6.6.2. Ultrasound of the Nasal Region
    - 1.6.6.3. Ultrasound of the Lips
    - 1.6.6.4. Scalp Ultrasound
  - 1.6.7. Skin Aging: Identification of Solar Elastosis
- 1.7. Psychological Assessment of the Patient in Aesthetic Medicine
  - 1.7.1. Psychological Disorders Related to Body Image
  - 1.7.2. Psychological Approach to the Patient in Aesthetic Medicine
  - 1.7.3. Therapeutic Approach
- 1.8. Preventing Infection When Practicing Aesthetic Medicine
  - 1.8.1. Use of Antiseptics in Aesthetic Medicine Consultations
  - 1.8.2. Hand Hygiene
  - 1.8.3. Use of Disinfectants in Aesthetic Medicine Consultations
  - 1.8.4. Sanitary Waste Management
- 1.9. Quality Management in the Practice of Aesthetic Medicine
  - 1.9.1. Quality Improvement Cycle
  - 1.9.2. What is a Quality Management System?
  - 1.9.3. ISO 9001:2015 Quality Management System. How to Accredite an Aesthetic Medicine Clinic?

## Module 2. Peelings. Dermocosmetics

- 2.1. General Aspects
  - 2.1.1. History. Definition
  - 2.1.2. Skin Structure
  - 2.1.3. Types of Peeling and Common Indications and Other Indications
  - 2.1.4. Patient Selection: The Importance of the Medical History
  - 2.1.5. Correct Diagnosis: Wood's Light and Dermatoscope
  - 2.1.6. Informed Consent Form



- 2.2. Advance Preparation
  - 2.2.1. Skin Preparation: General Skin Care and Home Treatment
  - 2.2.2. Antiherpetic Prophylaxis
  - 2.2.3. Preanesthetic Assessment Indications
- 2.3. Superficial Peeling
  - 2.3.1. Types of Very Superficial and Superficial Peels
  - 2.3.2. Mechanism of Action
  - 2.3.3. Indications for Superficial Peeling
  - 2.3.4. Contraindications
  - 2.3.5. Procedure
- 2.4. Medium Peeling
  - 2.4.1. Types of Medium Peeling
  - 2.4.2. Mechanism of Action
  - 2.4.3. Indications for Medium Peeling
  - 2.4.4. Contraindications
  - 2.4.5. Procedure
- 2.5. Deep Peeling
  - 2.5.1. Introduction to Deep Peeling
  - 2.5.2. Deep Peeling Patient Selection
  - 2.5.3. Deep Phenol Peeling
  - 2.5.4. Outpatient Phenol Peeling
  - 2.5.5. Procedure
- 2.6. Post-Peeling Care. Adverse Effects and their Treatment
  - 2.6.1. General Recommendations and Specific Post Peeling Care
  - 2.6.2. Adverse Effects and their Treatment
- 2.7. Introduction to Dermocosmetics
  - 2.7.1. Skin Types
  - 2.7.2. What is a Cosmetic?
  - 2.7.3. Ingredients in a Cosmetic Product
  - 2.7.4. Cosmetic Forms
  - 2.7.5. Mechanisms of Absorption of Cosmetics

- 2.8. General Cosmetic Skin Care
  - 2.8.1. Hygiene
  - 2.8.2. Hydration
  - 2.8.3. Depigmenting Agents
  - 2.8.4. Photoprotection
- 2.9. Specific Cosmetic Care
  - 2.9.1. Aging
  - 2.9.2. Acne
  - 2.9.3. Other Alterations: Rosacea
- 2.10. Magistral Formulation in Cosmetics

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

- 3.1. Types of Botulinum Toxin
  - 3.1.1. What is Botulinum Toxin?
  - 3.1.2. Characteristics and Types of Botulinum Toxin
  - 3.1.3. Mechanism of Action
- 3.2. Botulinum Toxins Authorized for Aesthetic Use
  - 3.2.1. Trade Names of Botulinum Toxins Type A
  - 3.2.2. Toxins Authorized for Aesthetic Use
  - 3.2.3. Toxins Authorized for Other Conditions. Botulinum Toxin Type B
  - 3.2.4. Toxin Reconstitution. Conservation
  - 3.2.5. Injection Technique
  - 3.2.6. Post-Treatment Recommendations
- 3.3. Indications for Treatment of Expression Wrinkles
  - 3.3.1. Indications for Treatment on Forehead Wrinkles
  - 3.3.2. Indications for Treatment on Glabellar Lines
  - 3.3.3. Indications for Treatment on Periocular Wrinkles
  - 3.3.4. Indications for the Treatment of Eyebrows
  - 3.3.5. Indications for Treatment of the Suborbital Region and Nose
  - 3.3.6. Indications Treatment of Vertical Upper Lip Wrinkles
  - 3.3.7. Indications for Treatment of the Corners of the Mouth
  - 3.3.8. Indications for Treatment of the Chin
  - 3.3.9. Indications for Treatment of the Neck

- 3.4. Treatment of the Upper Third: Anatomy of Facial Marks
  - 3.4.1. Frontal Muscles: Treatment of Horizontal Forehead Wrinkles
  - 3.4.2. Glabellar Muscles. Treatment of Frown Lines and Vertical Forehead Wrinkles
  - 3.4.3. Periorbital Region Muscles: Crow's Feet Treatment
  - 3.4.4. Eyebrow Muscles Eyebrow Lifting Lateral Brow Lift
  - 3.4.5. Infraorbital and Nasal Muscles Treatment of Lower Eyelid Wrinkles Nasal Wrinkles
- 3.5. Treatment of the Middle and Lower Third Neck. Anatomy of Facial Marks
  - 3.5.1. Perioral Muscles Treatment of Vertical Upper Lip Wrinkles
  - 3.5.2. Perioral Muscles Marionette Lines Lifting of the Corner of the Mouth
  - 3.5.3. Chin Muscles Treatment of Chin Wrinkles
  - 3.5.4. Masseter Muscles Treatment of Masseter Hypertrophy Bruxism
  - 3.5.5. Neck Muscles Treatment of Platysma
- 3.6. Treatment of Hyperhidrosis with Botulinum Toxin
  - 3.6.1. Types of Hyperhidrosis: Axillary and Palmar
  - 3.6.2. Technique of Botulinum Toxin Infiltration in Hyperhidrosis
  - 3.6.3. Truncal Anesthesia in Palmar Hyperhidrosis
  - 3.6.4. Results and Duration
- 3.7. Complications from Botulinum Toxin Application
- 3.8. Introduction to Regenerative Medicine
  - 3.8.1. Regenerative Medicine Concept
  - 3.8.2. Growth Factors
- 3.9. Applications of Regenerative Medicine in Dermatology and Aesthetics. Other Medical Applications
  - 3.9.1. Application in Rejuvenation
  - 3.9.2. Other Conditions Burns, Scars, Keloids and Stretch Marks
- 3.10. Practical Considerations and Injection Techniques
  - 3.10.1. Obtaining Growth Factors
  - 3.10.2. Skin Infiltration for Rejuvenation
  - 3.10.3. Other Aesthetic Applications

## Module 4. Facial Implants in Aesthetics

- 4.1 Introduction to Filler Materials
  - 4.1.1. The Concept of Filler Material
  - 4.1.2. Tissue Response to Filler Materials
  - 4.1.3. History of the Use of Fillers and Facial Support Threads
  - 4.1.4. Facial Exploration Aimed at the Use of Filler Materials. Risk Zones
- 4.2. Filler Materials
  - 4.2.1. Classification of Filler Materials
  - 4.2.2. Autologous Materials: Autologous Fat, Plasmigel
  - 4.2.3. Resorbable Filler Materials
  - 4.2.4. Hyaluronic Acid
  - 4.2.5. Calcium Hydroxyapatite
  - 4.2.6. Collagen
  - 4.2.7. Polylactic Acid
  - 4.2.8. Carboxymethyl Cellulose
- 4.3. Non-Resorbable or Permanent Filler Materials
  - 4.3.1. Legal Situation
  - 4.3.2. Polymethylmethacrylate Microspheres
  - 4.3.3. Silicone
  - 4.3.4. Polyalkylimide or Alkylimide Hydrogel
  - 4.3.5. Polyacrylamide Hydrogel
  - 4.3.6. Iatrogenic Allogenosis
- 4.4. Indications for the Use of Filler Materials
  - 4.4.1. Facial Diagnosis. Objective to Treat
  - 4.4.2. Injection Technique
  - 4.4.3. Approach to Treatment of the Upper Third
  - 4.4.4. Approach to Treatment of the Middle Third
  - 4.4.5. Approach to Treatment of the Lower Third
  - 4.4.6. Skin Revitalization Techniques
  - 4.4.7. Alert Areas



- 4.5. Rhinomodeling
  - 4.5.1. Indications and Contraindications for Rhinomodeling
  - 4.5.2. Specific Anatomy. Nasal Proportions
  - 4.5.3. Materials Used for Rhinomodeling
  - 4.5.4. Rhino-Modeling Technique
  - 4.5.5. Secondary Rhinomodeling
  - 4.5.6. Complications and Adverse Effects
- 4.6. Lip Implants
  - 4.6.1. Anatomy and Proportions of the Lips
  - 4.6.2. Materials Used for the Lips
  - 4.6.3. Features of Male and Female Lips
  - 4.6.4. Lip Contouring
  - 4.6.5. Lip Volume Enhancement
  - 4.6.6. Rejuvenation of Lips and Peribuccal Area
  - 4.6.7. Lip Moisturizing Technique
  - 4.6.8. Complications and Adverse Effects
- 4.7. Identifying Filler Materials Using Ultrasound
  - 4.7.1. Resorbable Fillers
  - 4.7.2. Semi-Permanent Fillers
  - 4.7.3. Permanent Fillers
  - 4.7.4. Ultrasound in the Management of Complications of Filler Substances
- 4.8. Facial Support Threads
  - 4.8.1. Sutures Features and Mechanism of Action
  - 4.8.2. Indications
  - 4.8.3. Insertion Plan and Insertion Patterns
  - 4.8.4. Insertion Procedure
  - 4.8.5. Types of PDO Threads
  - 4.8.6. Suitable Threads
  - 4.8.7. Coned Threads, Double Needle
  - 4.8.8. Treatment Plan
  - 4.8.9. Addressing Complications and AE
  - 4.8.10. Combination with Other Tightening Treatments

- 4.9. Adverse Effects and Complications of Filler Materials
  - 4.9.1. Early General Complications, Prevention, and Treatment
  - 4.9.2. Late General Complications, Prevention, and Treatment
  - 4.9.3. Complications Associated with Hyaluronic Acid Injections
  - 4.9.4. Complications Associated with Calcium Hydroxyapatite Injections
  - 4.9.5. Complications Associated with Deep Sutures and PDO Threads
  - 4.9.6. Complications Associated with the Use of Permanent Materials
  - 4.9.7. Hyaluronidase
- 4.10. Suture and Implant Approach to the Male Patient
  - 4.10.1. Aging Process in Male Patients
  - 4.10.2. General Considerations for Filler Treatment in Male Patients
  - 4.10.3. Volume Restoration in the Middle Third
  - 4.10.4. Volume Restoration in the Lower Third
  - 4.10.5. Facial Masculinization

## Module 5. Aesthetic and Regenerative Gynecology

- 5.1. Anatomy
  - 5.1.1. Vulva. Histology, Anatomy and Relationships
  - 5.1.2. Vagina. Histology, Anatomy and Relationships
  - 5.1.3. Female Pelvic Floor Anatomy
    - 5.1.3.1. Muscular Structures
    - 5.1.3.2. Urogenital Diaphragm
    - 5.1.3.3. Superficial and Deep Perineum
    - 5.1.3.4. Vasculonervous Relations of the Lesser Pelvis
    - 5.1.3.5. Anatomy of the Clitoris
- 5.2. Treatment of Anatomical Alterations
  - 5.2.1. Mons Pubis. Mons Pubis Reduction: Liposuction, Laser Lipolysis. Enlargement of the Mons Pubis: Fillers (Fat, Fillers)
  - 5.2.2. Labia Minora. Classification of Anatomical Defects. Types of Labiaplasty. Pre and Postoperative Recommendations
  - 5.2.3. Labia Majora. Classification of Anatomical Defects. Surgical Techniques
  - 5.2.4. Vaginal Introitus and Hymen. Classification and Etiology of Introitus Pathology. Hymen Pathology (Rigid Hymen, Imperforate Hymen). Surgical Treatment
- 5.2.5. Vaginal Introitus. Pathology Due to Stenosis. Amplitude of the Introitus
- 5.2.6. Superficial Perineum and Anal Musculature. Perineal Obstetric Tears. Obstetric Tears of the Anal Sphincter
- 5.2.7. Female Genital Ablations. Social and Cultural Management. Surgical Management. Psychological Handling
- 5.3. Treatment of Vaginal Hyperlaxity Syndrome
  - 5.3.1. Definition and Etiology
  - 5.3.3. Symptoms and Signs
  - 5.3.4. Management and Treatments
- 5.4. Management of the Genitourinary Syndrome of Menopause
  - 5.4.1. Definition and Prevalence
  - 5.4.2. Symptoms and Signs
  - 5.4.3. Alternative Treatments
- 5.5. Menopause
  - 5.5.1. Definition of Menopause
  - 5.5.2. Definition of Climacteric Syndrome
  - 5.5.3. Symptoms, Risks and Pathologies Associated with Climacteric Syndrome
  - 5.5.4. Management and Advice
    - 5.5.4.1. Lifestyle Recommendations
    - 5.5.4.2. Hormone Replacement Therapy (Indications and Contraindications) and Introduction to Bioidentical Hormones
  - 5.5.5. Sexuality in Menopause
- 5.6. Regenerative and Functional Gynecologic Pathology
  - 5.6.1. Vulvar Lichen Sclerosus
    - 5.6.1.1. Definition and Symptoms
    - 5.6.1.2. Medical Treatment and Regenerative Treatments
  - 5.6.2. Urinary Incontinence
    - 5.6.2.1. Definition, Etiology and Classification
    - 5.6.2.2. Medical Treatment
    - 5.6.2.3. Physiotherapy Treatment
    - 5.6.2.4. Surgical Treatment (Indications, Contraindications, and Complications)



- 5.7. Energy-Based Devices
    - 5.7.1. Laser Technology
      - 5.7.1.1. Physical and Therapeutic Foundations
      - 5.7.1.2. Biological Effects of Thermotherapy
      - 5.7.1.3. Types of Lasers and Uses
      - 5.7.1.4. Indications and Contraindications
      - 5.7.1.5. Available Evidence
      - 5.7.1.6. Procedure
    - 5.7.2. Radiofrequency Technology
      - 5.7.2.1. Radiofrequency Technology
      - 5.7.2.2. Physical and Therapeutic Foundations
      - 5.7.2.3. Biological Effects of Radiofrequency
      - 5.7.2.4. Indications and Contraindications
      - 5.7.2.5. Procedure
      - 5.7.2.6. Available Evidence
  - 5.8. Sexual Dysfunctions
    - 5.8.1. Hypoactive Desire Dysfunction (definition)
      - 5.8.1.1. Sexological Approach
      - 5.8.1.2. Medical Treatment
    - 5.8.2. Stimulation and Orgasm Dysfunctions (Definition)
      - 5.8.2.1. Sexological Approach
      - 5.8.2.2. Medical Treatment
    - 5.8.3. Pain Dysfunctions (Definition)
      - 5.8.3.1. Vaginismus. Definition and Classification
      - 5.8.3.2. Dyspareunia. Definition and Classification
      - 5.8.3.3. Vulvodynia. Definition and Classification
    - 5.8.4. Therapeutic Approach
      - 5.8.4.1. Sexological Approach
      - 5.8.4.2. Medical Treatment: Analgesia. Antidepressant Effects of Botulinum Toxin
    - 5.8.5. Sexual Assessment Questionnaires
  - 5.9. Genital Regenerative Treatments (Alternatives)
    - 5.9.1. Platelet-Rich Plasma
    - 5.9.2. Hyaluronic Acid Application in Female Genitalia
      - 5.9.2.1. Aesthetic Medical Indications
      - 5.9.2.2. Functional Medical Indications
      - 5.9.2.3. Complications
    - 5.9.3. Vulvo-Vaginal Carboxytherapy
    - 5.9.4. Possibilities for the Use of Stem Cells in Regenerative Gynecology
  - 5.10. Local Anesthesia, Locoregional Anesthesia and Sedation in Cosmetic Genital Surgery
    - 5.10.1. Anesthetic Techniques in Gyneco-Aesthetics
    - 5.10.2. Sedation
    - 5.10.3. Pudendal Nerve Block
    - 5.10.4. Local Anesthesia of Cutaneous Nerves
    - 5.10.5. General Anesthesia
- Module 6. Laser and Light Sources in Aesthetic Medicine**
- 6.1. History of the Use of Light Sources. Current Indications
    - 6.1.1. History of the Use of Light Sources
    - 6.1.2. What is Light? What is Wavelength? What is a Chromophore?
    - 6.1.3. Fabric Optics
    - 6.1.4. Interaction of Light and Tissue: Biological Effects
    - 6.1.5. Therapeutic Effects: Theories of Action
    - 6.1.6. Light Emission Systems: Laser, Intense Pulsed Light and LEDs
  - 6.2. Treatment of Vascular Lesions
    - 6.2.1. Main Indications: Most Commonly Used Laser Types and Light Sources
    - 6.2.2. Contraindications
    - 6.2.3. Side Effects
  - 6.3. Treatment of Pigmented Lesions and Tattoos
    - 6.3.1. Differential Diagnosis of Pigmented Lesions. Importance of the Use of Wood's Light and Dermatoscope
    - 6.3.2. Laser and Light Source Treatment of Pigmented Lesions
    - 6.3.3. Laser Treatment of Tattoos
    - 6.3.4. Contraindications
    - 6.3.5. Side Effects

- 6.4. Laser Photoepilation and Light Sources
  - 6.4.1. Patient Selection and Types of Treatment
  - 6.4.2. Treatment of Particular Cases
  - 6.4.3. Contraindications
  - 6.4.4. Side Effects
- 6.5. Treatment of Acne, Scars, and Stretch Marks with Lasers and Light Sources
  - 6.5.1. Acne: Laser Treatment and Light Sources, Contraindications and Side Effects
  - 6.5.2. Scars: Qualification, Treatment Types, Contraindications and Side Effects
  - 6.5.3. Stretch Marks: Types of Treatment, Contraindications and Side Effects
- 6.6. Rejuvenation
  - 6.6.1. Ablative
  - 6.6.2. Non-Ablative
  - 6.6.3. Fractional Treatment
  - 6.6.4. Combination of Treatments
  - 6.6.5. Contraindications
  - 6.6.6. Side Effects
- 6.7. Localized Fat Treatment
  - 6.7.1. Laser Lipolysis
  - 6.7.2. LLLT
- 6.8. Photobiomodulation
  - 6.8.1. What is Photobiomodulation?
  - 6.8.2. Indications
  - 6.8.3. Contraindications
  - 6.8.4. Side Effects
- 6.9. Photodynamic Therapy
  - 6.9.1. Definition
  - 6.9.2. Indications
  - 6.9.3. Contraindications
  - 6.9.4. Side Effects
- 6.10. Safety of Use of Light Sources
  - 6.10.1. Eye Protection
  - 6.10.2. Occupational Hazards





## Module 7. Phlebology and Lymphatic Disorders Bodily Aesthetics

- 7.1. Anatomy, Physiology, and Pathophysiology of the Venous System. Diagnosis and Treatment of Chronic Venous Disease
  - 7.1.1. Anatomy and Physiology of the Venous System
  - 7.1.2. Pathophysiology of the Venous System. Varices. Venous Hypertension
  - 7.1.3. Etiopathogenesis of Varicose Veins. Aggravating Factors
  - 7.1.4. Clinical and Instrumental Diagnostics. CEAP Classification
  - 7.1.5. Treatment of Chronic Venous Disease
- 7.2. Anatomy, Physiology, Pathophysiology of the Lymphatic System. Diagnosis and Treatment of Lymphedema
  - 7.2.1. Anatomy and Physiology of the Lymphatic System
  - 7.2.2. Pathophysiology of the Lymphatic System and Edema
  - 7.2.3. Diagnosis and Classification of Lymphedema
  - 7.2.4. Conservative Treatment of Lymphedema
  - 7.2.5. Surgical Treatment of Lymphedema
- 7.3. Embryology, Anatomy, Physiology and Pathophysiology of Adipose Tissue
  - 7.3.1. Embryology of White Adipose Tissue and Brown Adipose Tissue
  - 7.3.2. Anatomy of Adipose Tissue
  - 7.3.3. Adipose Tissue as an Endocrine Organ
  - 7.3.4. Adipose Tissue Physiology. Lipogenesis and Lipolysis
  - 7.3.5. General Overview of Overweightness and Obesity. Epidemiology
- 7.4. Diagnostic Methods in Body Contouring Disorders
  - 7.4.1. Medical History
  - 7.4.2. Anthropometry
  - 7.4.3. Bioimpedance
  - 7.4.4. Imaging Techniques Applied to the Study of Body Contouring
  - 7.4.5. Analytical and Complementary Techniques
- 7.5. Definition, Etiopathogenesis and Diagnosis of Body Contouring Disorders
  - 7.5.1. Cellulite
  - 7.5.2. Localized Adiposities
  - 7.5.3. Lipedema
  - 7.5.4. Flaccidity
  - 7.5.5. Body Changes Related to Aging



- 7.6. Non-Surgical Techniques for the Treatment of Body Contouring Alterations
  - 7.6.1. Home Treatment
  - 7.6.2. Physical Techniques to Treat Body Contouring: Electrotherapy, Ultrasound, Radiofrequency, Pressotherapy, etc
  - 7.6.3. Infiltration Techniques in the Treatment of Body Contouring Mesotherapy/Intradermotherapy. Hydrolipoclasia
  - 7.6.4. Carboxytherapy
  - 7.6.5. Treatment Protocols
- 7.7. Surgical Techniques for the Treatment of Body Contouring Alterations
  - 7.7.1. Surgical management of Venous Refluxes
  - 7.7.2. Liposuction and Assisted Liposuction Techniques
  - 7.7.3. Plasties
  - 7.7.4. Surgical and Minimally Invasive Techniques for the Treatment of Excess Weight and Obesity (Gastric Balloon, Bariatric Surgery)
  - 7.7.5. Pre and Postoperative Protocols in Lipedema
- 7.8. Lipedema and Lipodystrophies
  - 7.8.1. Epidemiology and Etiopathogenesis of Lipedema
  - 7.8.2. Clinical and Instrumental Diagnosis of Lipedema
  - 7.8.3. Conservative Treatment of Lipedema
  - 7.8.4. Surgical Treatment of Lipedema
  - 7.8.5. Congenital and Acquired Lipodystrophies
- 7.9. Cellulite
  - 7.9.1. Diagnosis and Classification
  - 7.9.2. Treatment Protocol
  - 7.9.3. Medical-Aesthetic and Surgical Treatments
  - 7.9.4. Home Treatment
  - 7.9.5. Recommendations for the Control of Aggravating Factors
- 7.10. Treatment Protocols for Body Contouring Alterations
  - 7.10.1. In Overweight and Obesity
  - 7.10.2. In Localized Adiposity
  - 7.10.3. In Body Flaccidity
  - 7.10.4. In Chronic Venous Disease
  - 7.10.5. In Lymphatic Pathology of the Limbs

## Module 8. Trichology and Hair Transplantation

- 8.1. Anatomy and Physiology of the Scalp Skin and Hair Follicle
  - 8.1.1. Anatomical Structure and Function of the Skin Entity
  - 8.1.2. Anatomy of the Hair Follicle
  - 8.1.3. Hair Growth Cycle
  - 8.1.4. Physiology of the Pilosebaceous Follicle
  - 8.1.5. Factors Influencing Follicle Growth
  - 8.1.6. Physical Properties of Hair
  - 8.1.7. Variations by Age, Gender and Race
- 8.2. Medical History Diagnostic Techniques and Capillary Analysis
  - 8.2.1. Clinical History in Trichology
  - 8.2.2. Non-Invasive Diagnostic Methods: Physical Examination; Photography; Trichoscopy. Confocal Microscopy and Scanning Electron Microscopy
  - 8.2.3. Methods of Semi Invasive Diagnosis: Trichogram and Trichoscan
  - 8.2.4. Invasive Methods: Skin Biopsy
  - 8.2.5. Complementary Examinations and Analytical Protocols
- 8.3. Main Pathologies of the Scalp
  - 8.3.1. Seborrheic Dermatitis and Pityriasis Capitis
  - 8.3.2. Atopic Dermatitis and Scalp Psoriasis
  - 8.3.3. Contact Dermatitis and Sensitive Scalp
  - 8.3.4. Benign Skin Tumors
  - 8.3.5. Skin Cancer and Precancer
  - 8.3.6. Scalp Infections and Infestations
- 8.4. Alopecia: Concepts and Classification. Effluvia. Alopecia Areata
  - 8.4.1. Concept and Classification of Alopecia
  - 8.4.2. Acute and Chronic Telogen Effluvium
  - 8.4.3. Anagenic Effluvium
  - 8.4.4. Alopecia Areata
- 8.5. Male and Female Androgenetic Alopecia
  - 8.5.1. Concept and Classification of Androgenetic Alopecia
  - 8.5.2. Hormonal Metabolism in Androgenetic Alopecia
  - 8.5.3. Female Alopecia (FAGA)
  - 8.5.4. Therapeutic Protocols



- 8.6. Hypertrichosis and Hirsutism
  - 8.6.1. Differences Between Hypertrichosis and Hirsutism
  - 8.6.2. Approach to Hirsutism. SAHA Syndrome
- 8.7. Medical Treatment of Alopecia. Active Therapeutic Principles Used in Trichology
  - 8.7.1. Minoxidil
  - 8.7.2. 5alpha-reductase Inhibitors and Other Antiandrogens
  - 8.7.3. Prostaglandin Analogs
  - 8.7.4. Corticosteroids and Other Anti-Inflammatory Drugs
  - 8.7.5. Immunosuppressive Drugs
  - 8.7.6. Keratolytic and Antimicrobial Agents
- 8.8. Capillary Mesotherapy and its Utility in Aesthetic Medicine Consultations
  - 8.8.1. Manual and Assisted Hair Mesotherapy Techniques. Microneedling Techniques. Use of Roller and Capillary Multifunction Devices
  - 8.8.2. Allopathic Hair Mesotherapy: Indications, Drugs, and Medical Devices
  - 8.8.3. Homeopathic Capillary Mesotherapy, Update
  - 8.8.4. Complications and Adverse Effects of Hair Mesotherapy
- 8.9. Cosmetic Treatments in Trichology
  - 8.9.1. Hair Care and Hair Cosmetic Products
    - 8.9.1.1. Cosmetic Shampoos and Therapeutic Shampoos
    - 8.9.1.2. Conditioners and Finishing/Styling Products
  - 8.9.2. Coloring and Bleaching Dyes
  - 8.9.3. Curling or Permanent Waving of Hair; Straightening of Hair
  - 8.9.4. Hair Nutricosmetics
  - 8.9.5. Micropigmentation and Microblading
  - 8.9.6. Hair Integration Systems and Keratin Microfibers
  - 8.9.7. Hair Removal Methods
- 8.10. Hair Transplant, Techniques, Indications, Stages and Postoperative Care
  - 8.10.1. Types and Techniques Strip and FUE Type Transplant Assisted FUE
  - 8.10.2. Indications and Patient Selection Design
  - 8.10.3. Material and Phases of the Hair Transplant Technique
  - 8.10.4. Postoperative Care and Complications

## Module 9. Communication

- 9.1. Introduction to Business Communication: Importance in the Health Sector
  - 9.1.1. A New Communication Paradigm
  - 9.1.2. The New Consumer
  - 9.1.3. Marketing 3.0
  - 9.1.4. The Evolution of the Health Sector
- 9.2. Communication Plan Design
  - 9.2.1. The Importance of History
  - 9.2.2. PESTEL Analysis
  - 9.2.3. SWOT Analysis
  - 9.2.4. From the Strategic Plan to the Tactical Plan
  - 9.2.5. The Definition of Target
  - 9.2.6. Action Plan
- 9.3. Online Reputation and Crisis Management. The Importance of Being Prepared
  - 9.3.1. What is a Crisis and How Can I Detect It?
  - 9.3.2. Difference Between Brand Crisis and Brand Reputation
  - 9.3.3. How to Build Brand Reputation on Social Media
  - 9.3.4. Brand Reputation Management
  - 9.3.5. Crisis Prevention
  - 9.3.6. Crisis Management
- 9.4. INBOUND MARKETING and the Importance of a Content-Marketing Strategy
  - 9.4.1. What is Inbound Marketing?
  - 9.4.2. Difference with Traditional Marketing
  - 9.4.3. Attract. Convert. Close. Delight
- 9.5. Organic Positioning (SEO) and Paid Positioning (SEM)
  - 9.5.1. What is SEO?
  - 9.5.2. SEO Objectives
  - 9.5.3. SEO Process
  - 9.5.4. Popularity and Link Building
  - 9.5.5. SEO vs. SEM

- 9.5.6. The Google Network
  - 9.5.6.1. Search Network
  - 9.5.6.2. Display Network
- 9.6. Social Media and Community Management
  - 9.6.1. Social Media and its Evolution in the Recent Years
  - 9.6.2. Should a Brand be on Social Media?
  - 9.6.3. The User of Social Networks: Profiles and Types
  - 9.6.4. Main Social Channels and their Characteristics
- 9.7. Digital Strategy Fundamentals
  - 9.7.1. Paid, Owned and Earned Resources
  - 9.7.2. The Conversion Cycle
  - 9.7.3. The Definition of Objectives
  - 9.7.4. A/B Experiments
- 9.8. Main Marketing Strategies
  - 9.8.1. E-mail Marketing
  - 9.8.2. Affiliate Marketing
  - 9.8.3. Loyalty Marketing
  - 9.8.4. Relationship Marketing
- 9.9. Social Media Marketing and Communication
  - 9.9.1. Social Media Communication. What Does it Involve?
  - 9.9.2. Definition of Brand Objectives
  - 9.9.3. The Brand's Mission in Social Networks
  - 9.9.4. Definition of the Target in Social Media: Social Persona
  - 9.9.5. Social Media Campaigns
- 9.10. Social Media Reporting and Optimization. Monitoring and Measuring Results
  - 9.10.1. Measurement and Reporting
  - 9.10.2. Basic Concepts
  - 9.10.3. Measurement Tools
  - 9.10.4. Native Tools
  - 9.10.5. Third-Party Tools
  - 9.10.6. Methodology







## Module 10. Genetics and Epigenetics of Systemic and Skin Anti-Aging. Therapeutic Implications

- 10.1. Introduction to the Concept of Systemic Anti-Aging, a Necessary Complement to Aesthetic Medicine
  - 10.1.1. Man is a Mortal Being and Aging is an Inevitable Law of Nature. From Philosophy to Science
  - 10.1.2. Life Expectancy, Longevity, and Cardiovascular Mortality
  - 10.1.3. Chronological Age and Biological Age
  - 10.1.4. Theories of Aging
  - 10.1.5. Rationale for a Specific Medicine of Aging. Common Features of aging. Slowing Down the Process and Improving Quality of Life as a Challenge of Modern Medicine
  - 10.1.6. AA Medicine as a Complement to Aesthetic Medicine
  - 10.1.7. Origins of Anti-Aging Medicine
    - 10.1.7.1. Birth of a New Medicine, Not Just a Term
    - 10.1.7.2. Historical Perspective
    - 10.1.7.3. The Precursors of Anti-Aging
    - 10.1.7.4. Present and Future Perspectives
- 10.2. Importance of the Medical History and a Good Initial Assessment for Our Anti-Aging Program to Be Truly Effective
  - 10.2.1. The Location of the Medical History
  - 10.2.2. Analytical Evaluation beyond the Conventional
  - 10.2.3. Basic Functional and Imaging Tests
  - 10.2.4. Basics of Genetics
  - 10.2.5. Biomarkers
  - 10.2.6. The Preference Given to Cardiorespiratory Fitness in the Initial Assessment as the Main Marker of Overall Mortality, Not Just CV
  - 10.2.7. Other Tests

- 10.3. Genetic Aspects of Aging Skin Aging
  - 10.3.1. Genetics of Aging: General Aspects
  - 10.3.2. Basic Gene Regulation
  - 10.3.3. Genetics of Oxidative Stress and Antioxidant Battery
    - 10.3.3.1. Gene Regulation of ROS Production
    - 10.3.3.2. Gene Regulation of Intracellular Antioxidant Battery
    - 10.3.3.3. Peripheral Antioxidant Battery Regulation and the Prominent Role of Haptoglobin
  - 10.3.4. Genetics of Sirtuin Enzymes Antioxidants of our DNA
  - 10.3.5. The Skin as a Multicellular and Multifunctional Tissue
  - 10.3.6. The Exciting World of Ceramides in the Skin and Outside the Skin
  - 10.3.7. Gene-Environment Interaction in Skin aging
- 10.4. Genetics of Longevity and Epigenetics
  - 10.4.1. Introduction
  - 10.4.2. Paola Sebastiani and Elizabeth Blackburn's Major Contributions to the Field of Longevity
  - 10.4.3. The Role of the Telomere in Anti-Aging
    - 10.4.3.1. General Aspects
    - 10.4.3.2. To What Extent Does the Percentage of Short Telomeres Contribute to the Initial Assessment and Monitoring of Successful Anti-Aging?
  - 10.4.4. Introduction to Epigenetics and its Types
  - 10.4.5. Epigenetic Mechanisms
    - 10.4.5.1. DNA Methylation
    - 10.4.5.2. Histone Modifications
    - 10.4.5.3. Chromatin Remodeling
    - 10.4.5.4. MicroRNA or Transcriptional Epigenetics
- 10.5. Nutritional Aspects in Medical-Aesthetic Treatments
  - 10.5.1. Introduction
  - 10.5.2. Types of Diets
  - 10.5.3. Protein Diet. Assessment according to Causality and Intervention
  - 10.5.4. Intermittent Fasting





- 10.6. Nutritional Chronobiology
  - 10.6.1. Basis of Chronobiology
  - 10.6.2. Biological Rhythms and Central Clock
  - 10.6.3. Cerebral (Monoamines) and Peripheral (Hormones) Daily Rhythmicity
  - 10.6.4. Circadian Rhythms and Food Intake
  - 10.6.5. Micronutrition
- 10.7. The Secrets of Good Anti-Aging Supplementation with the Added Value of Skin Rejuvenation
  - 10.7.1. Introduction
  - 10.7.2. Skin Rejuvenation
  - 10.7.3. Antioxidant Treatment
  - 10.7.4. Phytonutrients and Probiotics
  - 10.7.5. Retinoids and their Link to Epigenetics
- 10.8. "Comprehensive" Lifestyle Management as a Key Element in the Patients Epigenetic Approach
  - 10.8.1. Why We Should Not Leave Everything to Supplementation?
  - 10.8.2. "Comprehensive" Lifestyle Management as a Key Element in the Patients Epigenetic Approach
  - 10.8.3. Improve your Patients Compliance with Lifestyle Measures
- 10.9. Chronic Stress as a Dynamic Element of the Aging Process. Modulation Strategies
  - 10.9.1. Chronic Stress as a Dynamic Element of the Aging Process
  - 10.9.2. Interaction Between Chronic Psychological Stress, Oxidative Stress, and Reticulum Stress
  - 10.9.3. Chronic Stress Response Systems
  - 10.9.4. Reserve Depletion, Metabolic Inflexibility, and Dysfunctionality
  - 10.9.5. Modifiable Stress-Associated Categories of the HPA (Hypothalamic-Pituitary-Adrenal) Axis
  - 10.9.6. Glycemic Dysregulation and HPA Axis Dysfunction
  - 10.9.7. Breaking the Cycle of Stress, Cortisol, Insulin, Adiposity, and Inflammation
  - 10.9.8. Modulation Strategies. General Aspects
  - 10.9.9. Therapeutic Approaches to Improving the Functionality of the HPA Axis
  - 10.9.10. Supportive Nutraceuticals
- 10.10. Aesthetic Medicine in Oncology Patients
  - 10.10.1. Oncology Patients. What is Cancer?
  - 10.10.2. Oncology Patient Quality of Life and Aesthetic Medicine: The Healing Power of Image
  - 10.10.3. Tests Before Procedures in Cancer Patients
  - 10.10.4. Intervention of the Aesthetic Practitioner Before, During, and After Oncological Treatment
  - 10.10.5. Oncology Patient Nutrition



*Update your professional profile with the most advanced techniques in one of the most in-demand medical fields"*

06

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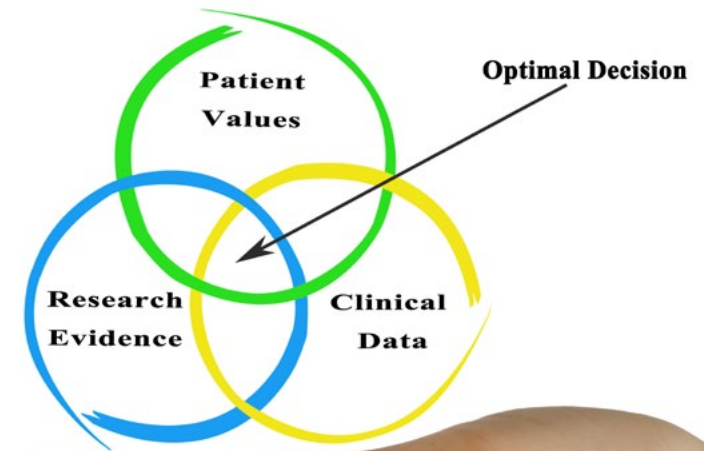
*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*



## 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.

“

*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.





07

# Certificate

The Professional Master's Degree in Aesthetic Medicine guarantees you, in addition to the most rigorous and updated training, access to a Professional Master's Degree issued by TECH Technological University.



“

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

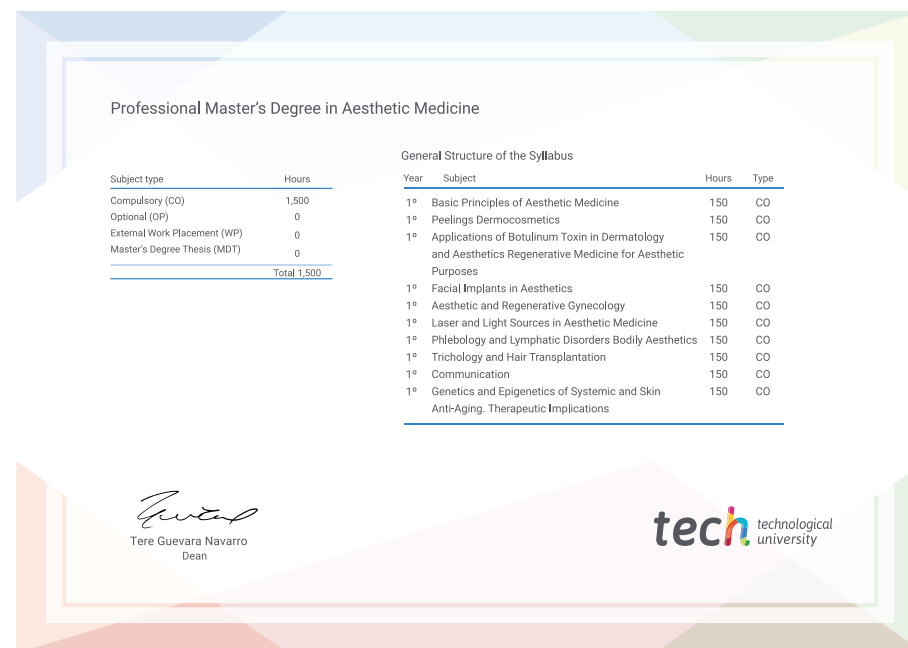
This **Professional Master's Degree in Aesthetic Medicine** contains the most complete and up-to-date scientific program on the market.

After the student has passed the assessments, they will receive their corresponding **Professional Master's Degree** issued by **TECH Technological University** via tracked delivery\*.

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

Title: **Professional Master's Degree in Aesthetic Medicine**

Official N° of hours: **1,500 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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education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present quality  
development language  
virtual classroom

**tech** technological  
university

**Professional Master's  
Degree**  
Aesthetic Medicine

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

# Professional Master's Degree

## Aesthetic Medicine

