

Hybrid Master's Degree

Anti-Aging



Hybrid Master's Degree Anti-Aging

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Global University

Recognition: 60 + 5 ECTS Credits

Teaching Hours: 1,620 h.

Website: www.techtitude.com/us/medicine/hybrid-master-degree/hybrid-master-degree-anti-aging

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01

Introduction

The ideal state of people is in complete health and stability of their whole organism. However, there is an aspect of the life cycle of every human being that cannot be avoided, and that is aging, which brings about important changes in the entire organism. For this reason, a specialized discipline has recently emerged which, through advanced therapeutic and diagnostic methods, manages to improve the patient's overall health. TECH in its interest to offer an up-to-date and quality education to today's professionals has developed this semi-attendance program that combines the 100% online study system under the Relearning methodology and a practical stage in a reference clinical center that will allow health specialists to get up to date with the most modern procedures, legal terms, equipment, and therapies in Anti-Aging Medicine.





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Update your professional profile with this course in Anti-Aging Medicine with the most avant-garde content, configured by experienced teachers"

Improving memory, sexual activity, skin quality, normalizing the levels of sugar, cholesterol, cortisol, blood pressure and somehow, hormonal behavior to stop the signs of premature aging in the body are some of the advantages of applying Anti-Aging Medicine to people. Health professionals have been implementing it in an interdisciplinary way and because of that, it is necessary to update and train each of the professionals who wish to apply it.

With this Hybrid Master's Degree, TECH aims to update specialists in Anti-Aging Medicine and Aesthetic Medicine, with knowledge regarding the practical aspects of clinical consultation and the global approach to the patient. It will delve into the psychological concepts of aging at a sexual level, in the appliances and lasers applied to Anti-Aging medicine.

Different therapies will be addressed from the latest scientific evidence, such as: the application of Botulinum Toxin, Volumetry, Biostimulation, infiltrated treatments, Dermocosmetics, among other increasingly less invasive procedures and in order to reduce the tendency towards surgical intervention, which can complicate the patient's health.

In this way, the professional will be in charge of a very complete academic program, which combines two teaching models: from the theoretical 100% online to the practical in a clinical center of reference. In this way, you will complete an experience with expert teachers who will show you the multiple advantages of this type of treatment so that you can finally incorporate them into your daily practice.

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

- ♦ More than 100 clinical cases presented by professional the health experts in Anti-Aging 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 practice
- ♦ Knowledge of everything involved in the assessment process, in order to carry out the most effective and specialized intervention possible
- ♦ Development of practical activities on the most advanced and up-to-date diagnostic and therapeutic techniques
- ♦ An algorithm-based interactive learning system for decision-making in the clinical situations presented throughout the course
- ♦ Clinical practice guidelines on the application of various therapies
- ♦ Special attention to evidence-based medicine and research methodologies in Anti-Aging and Aesthetic Medicine
- ♦ All of this will be complemented by 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
- ♦ Furthermore, you will be able to carry out a clinical internship in one of the best Clinical Analysis centers

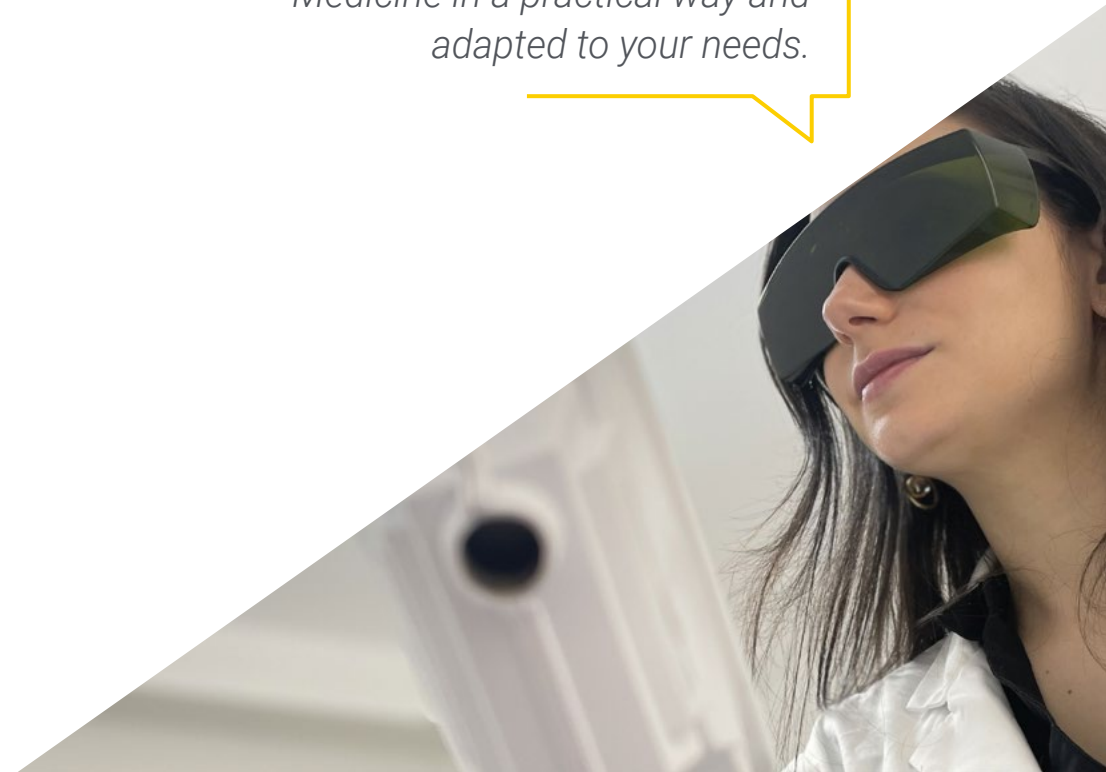
“ *You will enjoy an intensive 3-week internship in a prestigious center and complete a new experience that will allow you to grow personally and professionally”*

In this proposal for a Master's Degree, of a professionalizing nature and hybrid learning modality, the program is aimed at updating health professionals who develop their functions in Anti-Aging Medicine, and who require a high level of qualification. The content is based on the latest scientific evidence and is organized in a didactic way to integrate theoretical knowledge into nursing practice. The theoretical-practical elements allow professionals to update their knowledge and help them to make the right decisions in patient care.

Thanks to the multimedia content, developed with the latest educational technology, Medicine professionals will benefit from contextual learning, i.e., a simulated environment that will provide immersive learning programmed to train in real situations. This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the students will be assisted by an innovative interactive video system created by renowned and experienced experts.

This program has a very complete syllabus that you will develop in an Internship Program at the end of 3 weeks in a modern scenario and from the hand of the most versed experts.

Expand your knowledge through the Hybrid Master's Degree in Anti-Aging Medicine in a practical way and adapted to your needs.



02

Why Study this Hybrid Master's Degree?

Practical training and theoretical updating come together in this Hybrid Master that the graduate will be able to develop 100% online from their digital device and at the end of the 1500 hours of study and their evaluations, advance to the practical part. An innovative teaching method that only TECH makes possible with the quality and experience that today's professional demands.

This way, you will be able to incorporate to your daily performance more specificity, innovation, rigor and show an ideal professional profile for the patient who needs to take care of their health in a comprehensive manner with the implementation of the most updated therapies in terms of Anti-Aging Medicine.





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Are you interested in updating your knowledge in the world of Dermocosmetics, the new techniques of Genital Anti-Aging and the most innovative laser devices? This program offers you this and much more"

1. Updating from the Latest Technology Available

The advances in Aesthetic and Anti-Aging Medicine have been multiple in recent years. It is not only a matter of equipment, which also stands out, but also the continuous discovery of Dermocosmetic formulas that directly address the root of the problem and are increasingly less invasive therapies. This program condenses them all, and the specialist will benefit from the most complete material in order to intervene in a more effective way in each of the cases that arise.

2. Gaining In-depth Knowledge from the Experience of Top Specialists

This program offers the professional a first class teaching staff with extensive experience and recognition in Aesthetic and Anti-Aging Medicine. From the design of the syllabus and all the study material to the practical part where you will be accompanied by an assigned tutor to carry out your activities during 3 weeks.

3. Entering First-Class Clinical Environments

The specialist will have guaranteed access to a prestigious clinical environment in the field of Aesthetic and Anti-Aging Medicine. In this way, you will be able to see the day-to-day work of a demanding, rigorous and exhaustive sector, always applying the latest theses and scientific postulates in its work methodology. This will be for 3 weeks and next to an assigned tutor who will guide you at all times.





4. Combining the Best Theory with State-of-the-Art Practice

This program is unique for the methodology it offers. The professional will be able to combine their agenda with the new academic challenge without inconveniences because it is a 100% online study plan and the practical part in a center of their choice according to their learning needs, located in different parts of the world.

5. Expanding the Boundaries of Knowledge

By taking this program, TECH opens the doors of internationalization to its graduates with a program that includes both a medical staff of excellence and clinical centers where they can practice without borders. This, thanks to the fact that it has established agreements in different parts of the world with the most prepared scenarios to develop all their knowledge.

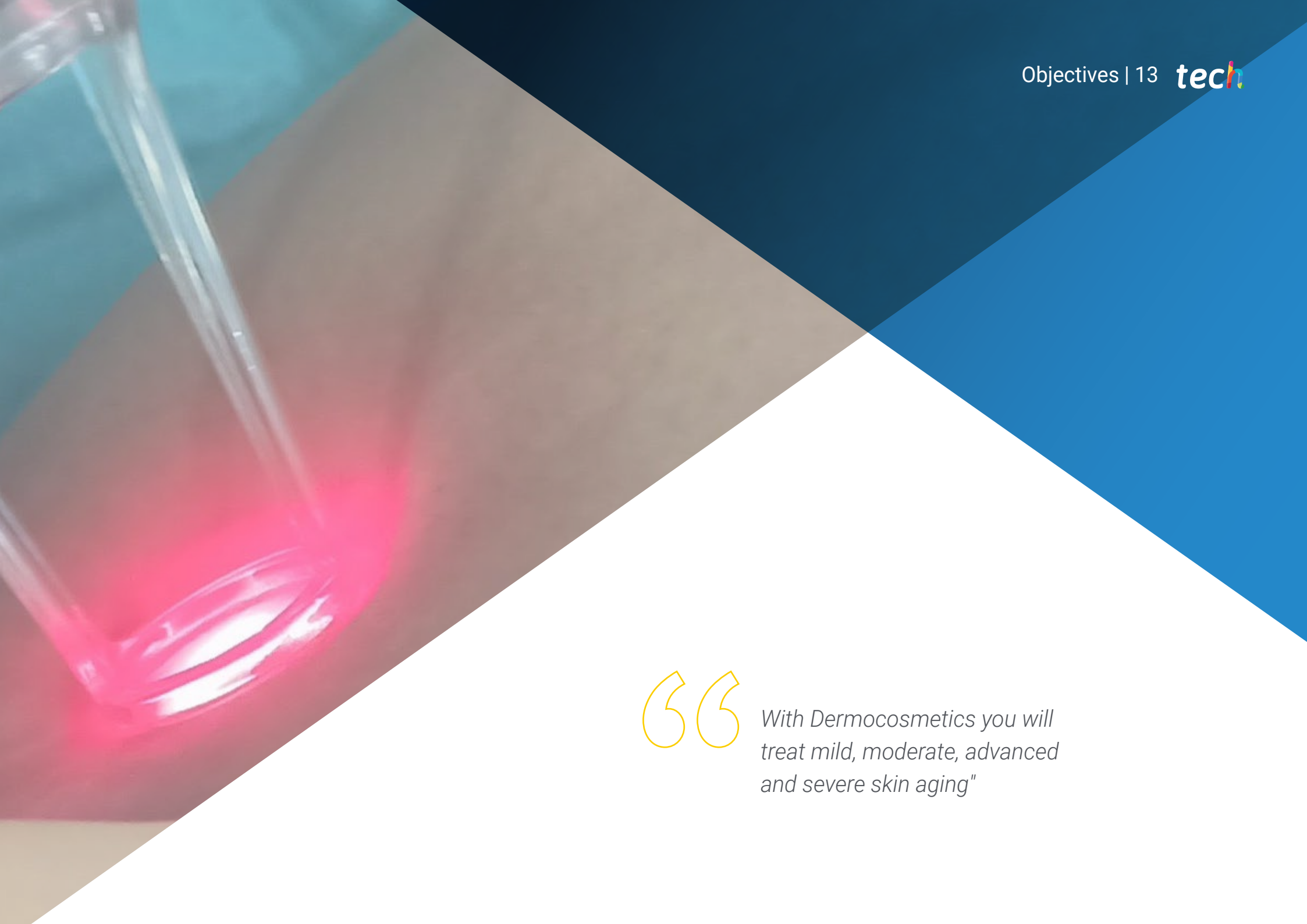
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*You will have full practical immersion
at the center of your choice"*

03 Objectives

Through this program, the professional will be able to incorporate the most advanced procedures into their daily practice, as well as develop applications in prevention and treatment of skin aging and other tissues. From the integral study of the patient, with the nutritional state and physical condition in general, to design personalized and adjusted protocols according to their own characteristics that will allow them to provide effective and efficient solutions.





“

*With Dermocosmetics you will
treat mild, moderate, advanced
and severe skin aging”*



General Objective

- Among the objectives of this Hybrid Master's Degree are a series of skills and new knowledge that will improve the specialist's daily medical practice. The physician will deal with cases of mild to severe aging, as well as the different casuistry of each of the patients who come to the office. They will understand from the most updated terminology to the least invasive appliances and therapies, always seeking excellence and according to the most advanced and latest scientific studies in Aesthetic and Anti-Aging Medicine



This update program will show you the most current applications in Regenerative Medicine and possible complications"





Specific Objectives

Module 1. Anti-Aging Medicine

- ♦ Present the historical background to anti-aging medicine
- ♦ Define and become familiar with the most frequently used concepts in anti-aging medicine
- ♦ Examine the most accepted theories of aging and interrelate them with each other
- ♦ Understand the aging mechanisms associated with mitochondria
- ♦ Define telomere-related aging processes
- ♦ Establish the relationship between immunosenescence, aging and disease onset
- ♦ Analyze the importance of circadian rhythms in aging and acquire the skills to treat their alterations in an appropriate manner
- ♦ Evaluate the importance of the exposome in aging and generate channels to adapt it to the needs and expectations of the individual

Module 2. Hormones and Their Relationship to Aging. Hormone Therapy

- ♦ Addressing the complex endocrinological system of the human being
- ♦ Describe the role of stress and related hormones in relation to aging
- ♦ Developing the close interrelationship between neurodegeneration and melatonin deficiency
- ♦ Determine the important role played by GH in the different stages of human life
- ♦ Analyze the hormonal aspects involved in menopause as an accelerated example of aging in women
- ♦ Determine the difference between synthetic and bioidentical hormones and understand their usefulness in anti-aging medicine
- ♦ Achieve the capabilities to initiate hormone therapy prescribing

Module 3. Physical Activity. Sedentary Lifestyle. Obesity

- ♦ Examine the metabolic response during physical exercise
- ♦ Determine the different techniques for the physiological assessment of the patient
- ♦ Analyze the basic principles of sports training to develop an adapted physical activity plan
- ♦ Know the importance of physical activity on certain pathologies such as cancer, musculoskeletal, cardiovascular and respiratory pathologies
- ♦ Analyze trends for recovery and re-adaptation to effort
- ♦ Establish how obesity and sedentary lifestyles contribute to accelerated aging
- ♦ Determine the guidelines and indications for pharmacological treatment of obesity

Module 4. Nutrition

- ♦ Establish the contribution of micronutrients to normal nutritional status
- ♦ Identify diseases developed by nutritional deficiencies and how to avoid them
- ♦ Present the different types of functional foods, nutraceuticals, as well as the differences between the two
- ♦ Examining the health contribution of prebiotics and probiotics
- ♦ Analyze the theory of aging associated with cellular oxidation and the role of antioxidants present in foods
- ♦ Identify the different food additives and their functions in foods
- ♦ Present specific types of diets and their contribution to improving the body's functions

Module 5. Neurological and Psychological Aspects of Anti-Aging Medicine

- ♦ Examine the psychological and neurological aspects of aging
- ♦ Addressing both stress and ways to manage, control and combat it
- ♦ Complement, from a psychological point of view, the aspects related to chronobiology
- ♦ Analyze the applications of mindfulness to anti-aging therapy
- ♦ Study the main aspects of Scener therapies
- ♦ Developing neural therapy and its applications
- ♦ Analyze the relationship between the perception of self and the aging process

Module 6. Minimally Invasive Therapies

- ♦ Understand the fundamentals and applications of regenerative medicine
- ♦ Compile the therapeutic alternatives available in Anti-Aging medicine consultations
- ♦ Examine the mechanisms of action of the different therapies presented in the block
- ♦ Analyze the advantages and disadvantages of the therapies presented
- ♦ learning the indications and contraindications of the proposed treatments
- ♦ Establish a therapeutic plan consistent with the patient's needs at all times
- ♦ Eliminate taboos regarding therapies related to hematic derivatives

Module 7. Alliances Between Esthetic Medicine and Anti-Aging

- ♦ Analyze and learn about facial structures and their temporal evolution
- ♦ Diagnose facial aging in relation to the subunits that compose its structure
- ♦ Plan strategies for preventive action against facial aging
- ♦ Propose treatment plans for signs of aging established on the face and other photo-exposed body structures
- ♦ Evaluate the degree of skin aging and be able to develop a cosmetic treatment plan accordingly in consultation
- ♦ Identify cosmetic home treatment needs based on diagnosis

Module 8. Appliances and Lasers Applied to Anti-Aging Medicine

- ♦ Address the physical principles of light sources
- ♦ Differentiate between the main types of lasers and the technologies that make them unique
- ♦ Develop applications in the prevention and treatment of skin aging and other tissues
- ♦ Analyze the mechanisms of action of other complementary technologies such as cryolipolysis, plasmalasers and radiofrequency
- ♦ Apply available knowledge to the development of treatment protocols
- ♦ Combine the different types of apparatus
- ♦ Identify the side effects that can occur with each piece of equipment



Module 9. Genital Anti-Aging Medicine

- ♦ Analyze the importance of psychological processes associated with age-related sexual dysfunction
- ♦ Review the anatomy and histology of the male and female sex organs
- ♦ Diagnose the main problems associated with female genital aging, whether or not associated with menopause
- ♦ Determine the applicability of different female genital rejuvenation techniques and be able to combine them with each other
- ♦ Study male sexual dysfunctions associated with aging
- ♦ Identify non-age-related male sexual dysfunctions that may impair the individual's sexual health
- ♦ Assimilate the different techniques available in male genital rejuvenation

Module 10. The Anti-Aging Medicine Clinic. Practical Aspects. Overall Approach to the Patient

- ♦ Determine the essential legal aspects of an Anti-Aging medicine consultation
- ♦ Apply an appropriate marketing strategy in the practice and when recruiting patients
- ♦ Establish basic aspects of the patient's medical history
- ♦ Define a comprehensive approach to the Anti-Aging medicine patient when dealing with them in the consultation room
- ♦ List the main laboratory tests necessary for a complete Anti-Aging medicine consultation, as well as to be able to expand to more advanced studies
- ♦ Plan an integrative and adequate treatment
- ♦ Evaluate results and schedule follow-up, as well as interdisciplinary relationships if necessary

04 Skills

At the end of this Hybrid Master's Degree the specialist will be up to date in all procedures and interventions of Anti-Aging Medicine. They will be able to provide specialized care with the latest scientific evidence to patients who come to their office. In addition, they will master the contents, resources, equipment, appliances and the most advanced therapies of Aesthetic and Anti-Aging Medicine.





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You will address the neurological and psychological aspects of Anti-Aging Medicine, Nutrition and physical activity, among others, after completing this program"

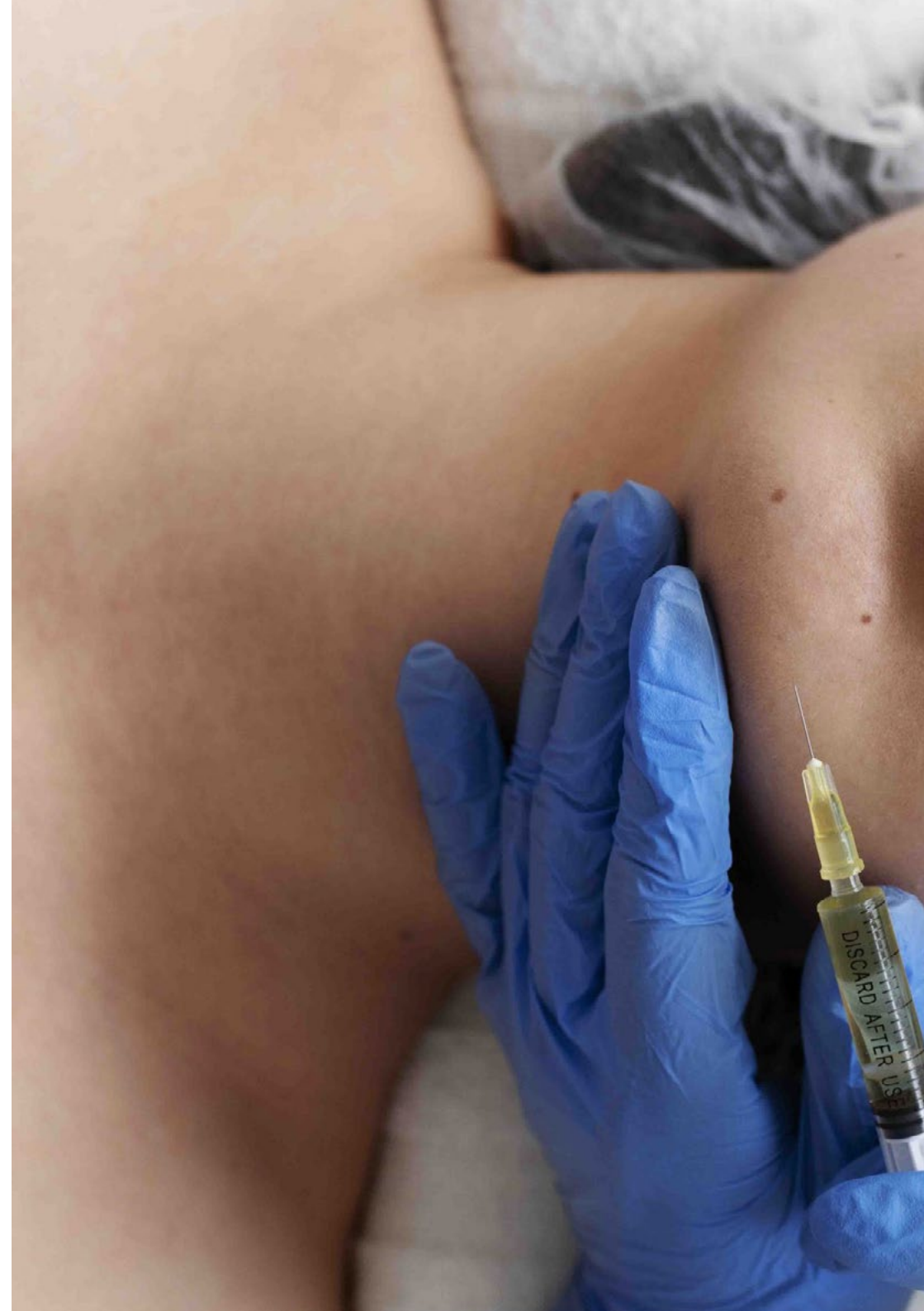


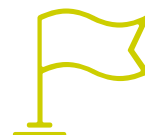
General Skills

- Have a comprehensive view of their patients and a broad understanding of the processes that affect patient aging
- Address the multiple facets that affect the health of your patients
- Improve the quality of life of patients, improving health from a holistic point of view
- Assimilate the terminology and basic concepts in anti-aging medicine
- Understand the importance of sexual health in the aging process



You will incorporate new, less invasive methods of Aesthetic Medicine to care for patients in a comprehensive manner"





Specific Skills

- ♦ Apply the main anti-aging techniques to patients
- ♦ Gain an in-depth understanding of the relationship between the endocrine system and aging
- ♦ Prescribe appropriate exercise for each patient to prevent aging and obesity
- ♦ Prescribe different types of diets according to the patient's needs
- ♦ Know how the aging process can affect the patient psychologically
- ♦ Apply the most appropriate therapeutic plan for each patient
- ♦ Undertake facial rejuvenation strategies
- ♦ Have a thorough knowledge of the different mechanisms and tools that can be applied in each type of treatment
- ♦ Take into account the pathologies related to genital aging and apply anti-aging techniques
- ♦ Perform a comprehensive anti-aging treatment to achieve major benefits for patients

05

Course Management

This program has been designed under the lens of professional experts in the area of Anti-Aging and Aesthetic Medicine with different specializations and extensive experience in their field of action. These teachers have developed a study material adapted to the needs of today's professional and society, which is increasingly aware of the importance of taking care of their health in a comprehensive manner. Therefore, the student will enjoy a high quality and current content that will give them the security they need in their daily clinical practice.





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Experts in the field of Anti-Aging and Aesthetic Medicine have joined forces in this Hybrid Master's Degree to offer an academic experience of the highest level"

Management



Dr. Morante Tolbaños, María Cristina

- Hair Surgeon at the Medical Laser Institute
- Medical Director of the Hair Surgery Unit of the MAN. Clinic Madrid
- Professor of the Master of Hair Transplant at the Catholic University of Murcia
- Professor of the Master of Medicine and Hair Transplant at the University of Alcalá
- Doctorate in Legal and Forensic Medicine from the Complutense University of Madrid
- Specialist in Bodily Injury by the University of A Coruña
- Master's Degree in Capillary Medicine and Transplant from the University of Alcalá
- Professional Master's Degree in Esthetic and Anti-Aging Medicine at the Complutense University of Madrid
- Master's Degree in Emergency Medicine from the Complutense La University of Madrid
- Master's Degree in Health and Social Action Center Management at Complutense University of Madrid

Professors

Ms. Villacampa Crespo, Beatriz

- Primary Care Pharmacist, General Hospital university of Elche Spain
- Assistant pharmacist in pharmacy La office in Vinaroz
- Pharmacist in the REFAR program (Review of chronic polymedicated from patients) in the department of Vinaroz
- Degree in Pharmacy from the University of Valencia
- Postgraduate Certificate in Human Nutrition and Dietetics from the University of Valencia

Ms. Vera López, Inés

- Specialist in Sports Nutrition
- Dietitian and nutritionist at Dorsia Clinics
- Dietitian and nutritionist at IVRE Clinics
- Graduate in Human Nutrition and Dietetics from the University of Valencia
- Master's Degree in Nutrition and Health, Open University of Catalunya (UOC)
- Master's Degree in Nutrition in Physical Activity and Sport, Open University of Catalunya (UOC)

Dr. Valle Rodríguez, María Mercedes

- ♦ Specialist in Aesthetic Medicine in several private clinics
- ♦ Data Collector at IMS Health
- ♦ General Medicine Specialist at the Urgencias Médicas Clinical Center
- ♦ Collaboration with internships for students from the Master's Degree in Aesthetic Medicine from various universities in clinics in Madrid
- ♦ Specialist in Medical-Surgical Dermatology at the University Hospital Arnau of Vilanova
- ♦ Master's Degree in Clinical Nutrition at CEU Cardenal Herrera University
- ♦ Professional Master's Degree in Aesthetic and Anti-Aging Medicine at the Complutense University of Madrid

Dr. Gómez Arnáiz, Karen

- ♦ Founder of SIRCAM S.A. de C.V. Cellular Regeneration Systems, Applied to Medicine
- ♦ Creator of the SAHS (Healthy Shortcuts to Health) brand
- ♦ Co-founder of Rejuvenecer *NUR*/ Regenerative Laser Clinic
- ♦ Assistant Physician of medical offices specialized in Cellular Regeneration Techniques, Mexico
- ♦ Specialized in Orthomolecular Medicine by the Mexican University of Orthomolecular Medicine and Nutrition
- ♦ Diploma in Anti-Aging Medicine and Diploma in Improvement in Anti-Aging Techniques by the Mexican Institute of Longevity Studies
- ♦ Certified in Aesthetic Medicine by IMEL and institutions affiliated to the International College of Advanced Longevity Medicine ICALM
- ♦ Degree in Medicine from the Autonomous University of Mexico
- ♦ Lecturer in medical forums such as the National Medical Center

Dr. García Medina, Noemí

- ♦ Aesthetic Physician at Dorsia Clinics
- ♦ Emergency Physician and Family Medicine Specialist
- ♦ Medical Aesthetician at Benicarló Health Center
- ♦ Aesthetic Doctor at Art Clinic
- ♦ Lecturer at the International University of Catalonia. Private Foundation
- ♦ Degree in Medicine and General Surgery at the Complutense University of Madrid
- ♦ MIR in the Emergency Department and Family and Community Medicine Service of the Regional Hospital of Vinarós
- ♦ Master's Degree in Aesthetic Medicine at the University of Valencia

Dr. Burgos Ferrer, María del Mar

- ♦ Specialist in Esthetic Medicine at the KER Medical Center
- ♦ Aesthetic Physician at Doctor López Cano Hospital
- ♦ Aesthetic Physician at Dorsia Clinics
- ♦ Aesthetic Physician at Noval Clinics
- ♦ Aesthetic Doctor in Hedonai Medical Centers
- ♦ Aesthetic Physician at Vivanta Clinics
- ♦ Degree in Medicine from the University of Cadiz
- ♦ Master in Aesthetic Medicine at the Distance University of Madrid

Ms. Rodrigo Algaba, Verónica

- ♦ Clinical Psychotherapist of the Central Nervous System
- ♦ Psychologist and counselor at "Plena Inclusión"

- ♦ Psychologist at Casta Salud
- ♦ Therapist at Proyecto Hombre in Valencia
- ♦ Educational psychologist at Torrent City Council
- ♦ Degree in Psychology from the University of Valencia
- ♦ Master's Degree in Health, Integration and Disability, Complutense University of Madrid

Dr. Soriano Micó, María

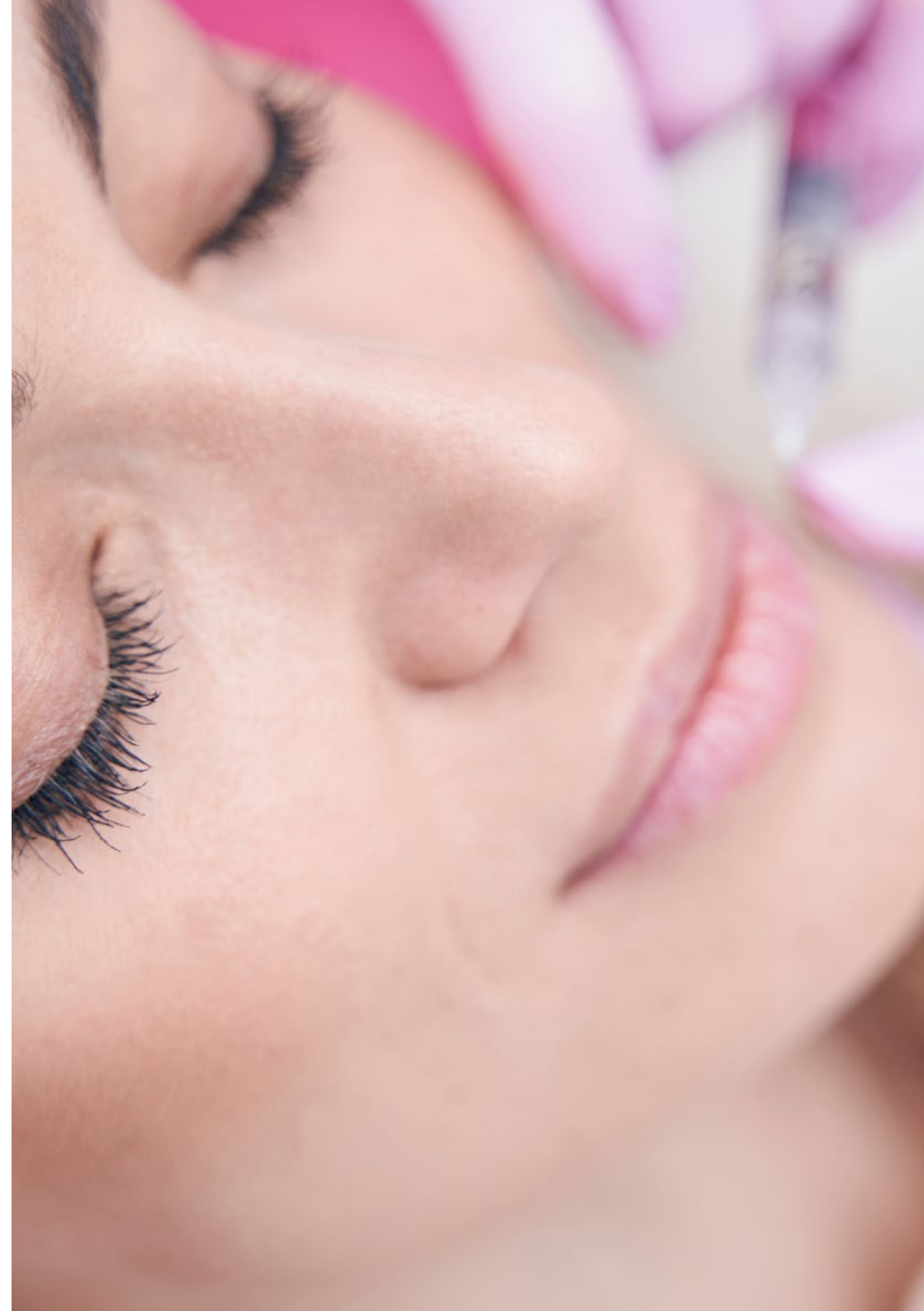
- ♦ Head of the Brain Injury Unit at the Mislata Chronic Hospital
- ♦ Assistant Physician of the Rehabilitation Service, Hospital of Manises
- ♦ Degree in Medicine from the University of Miguel Hernández de Elche
- ♦ MIR in Physical Medicine and Rehabilitation, University Hospital Doctor Peset
- ♦ Master in in Manual Medicine at the San Carlos Clinical Hospital
- ♦ Master in in Medicine Manual at the Complutense University of Madrid
- ♦ Master in Musculoskeletal Ultrasound and Ultrasound-Guided Interventionism

Dr. Calvache Castillo, Sergio

- ♦ Sports Doctor at Valencia Basket Club
- ♦ Specialist in Pneumology at the Hospital Universitario Doctor Peset
- ♦ Degree in Medicine from the University of Granada
- ♦ Degree in Physical Activity and Sports Science
- ♦ Master in Severe Respiratory Pathology by SEPAR/ALAT
- ♦ Master in Sports Medicine by the Clinical and Health Sciences School
- ♦ Master's Degree in Clinical Medicine from the Camilo José Cela University

Dr. Rodríguez Cobos, Elvira

- ♦ Responsible for the specialized consultation of movement disorders at Hospital Quirón Marbella



- Aesthetic doctor at Medical Imbrain and Clavero Clinic Alhaurín de la Torre
- Graduate in Medicine and Surgery, University of Malaga
- Specialty in Neurology at the Puerta de Hierro University Hospital
- Professional Master's Degree in Esthetic and Anti-Aging Medicine at the Complutense University of Madrid

Dr. Blanco Ramos, Indira

- Medical Director at "Institut de Salut PB Clinical SLP In Barcelona
- Collaborating associate physician in the ALLERCEN drug allergy unit in Barcelona
- Collaborating associate physician at the Dermatological Institute Dr. Pablo Umbert in Barcelona
- Degree in Medicine from the National University Francisco de Miranda
- Master's Degree in Aesthetic Medicine at the University of the Balearic Islands
- Master's Degree in Clinical Dermatology at the CEU-Cardenal Herrera University

Dr. Moscatiello, Pietro

- Urology Head at Rey Juan Carlos Hospital in Mostoles
- Doctor in Medicine and Surgery by the Rey Juan Carlos University
- Degree in Medicine and Surgery by the University of Nápoles Federico II
- Course in Female Urinary Sphincter Robotic Implantation, Paris
- Certificate of Completion by Da Vinci Technology Training
- International Course on Urethral Reconstructive Surgery. Fundación Alcorcón University Hospital. Alcorcón, Madrid
- Teacher of programs in the service of his specialty

Dr. Gennaro Della Rossa, María Natalia

- Head of the Department of Aesthetic Genital Surgery at Dorsia Clínicas

- CEO and Medical Director at Club Anti-Aging Forever Young
- CEO and director of the private clinic Dra. Natalia Gennaro
- Head of the Gynecological Surgery Department at Ruber Juan Bravo Hospital
- Degree in Medicine from the University of Córdoba, Argentina
- specialist in Gynecology and Obstetrics from the University of Argentina
- Master in Anti-Aging and Hormones by the American Anti-Aging Academy
- Master's Degree in Clinical Management, Medical and Healthcare Management from the CEU
- Master's Degree in Advanced Gynecological Laparoscopy Surgery, University of Valencia
- Advanced Anti-Aging Certification por el Dr. Hertoghe Medical School



Experienced teachers have been involved in the design and development of this curriculum, which gives the content a seal of quality and timeliness"

06

Educational Plan

TECH has designed this Hybrid Master's Degree with the help of great professionals who have been involved in the design of this curriculum. It is integrated by 10 extended modules that develop each of the most requested and less invasive anti-aging therapies. The specialist will be updated easily from your favorite device with internet connection because it is 100% online and the virtual platform is open 24 hours a day for consultation or download.

This is how in only 1,500 hours of educational experience you will complete this theoretical part of the Hybrid Master's Degree in Anti-Aging.



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Update your professional profile with this 100% online curriculum that includes 10 specialized modules in Anti-Aging Medicine"

Module 1. Anti-Aging Medicine

- 1.1. Anti-Aging Medicine
 - 1.1.1. Empirical Knowledge
 - 1.1.2. Scientific Knowledge
 - 1.1.3. Looking to the Future. Immortality
- 1.2. Theories of aging. Pathophysiology
 - 1.2.1. Evolutionary and Genetic Theories
 - 1.2.2. Physiological Theories
 - 1.2.3. Theories of Fatigue
 - 1.2.4. Conclusions
- 1.3. Species and Longevity
 - 1.3.1. Concept of Longevity
 - 1.3.2. Animal, Plant and Organic Longevity
 - 1.3.3. Human Longevity
- 1.4. Mechanisms of Cellular Aging
 - 1.4.1. The Weissman and Minot Concept
 - 1.4.2. Free Radical Theories
 - 1.4.3. Integrative Theory of Aging
- 1.5. Mitochondrias
 - 1.5.1. The Mitochondrion as an Organelle. Prokaryotic Origin
 - 1.5.2. Mitochondrial Structure
 - 1.5.3. Generating Energy
 - 1.5.4. Oxidative Processes
- 1.6. Chronobiology 1. Suprachiasmatic Pineal Nucleus. Circadian Rhythm
 - 1.6.1. Structure of the Pineal Gland
 - 1.6.2. Physiology of the Pineal Gland
 - 1.6.3. Circadian Rhythms
 - 1.6.4. Other Biological Rhythms
- 1.7. Chronobiology 2. Sleep and Sleeplessness
 - 1.7.1. Sleep Phases
 - 1.7.2. Neuroendocrine Activity According to Sleep Phases
 - 1.7.3. Jet Lag

- 1.8. Immunity. Immunosenescence
 - 1.8.1. Humoral Immunity
 - 1.8.2. Cellular Immunity
 - 1.8.3. Immunomodulation. AM3
- 1.9. Telomeres and Telomerase
 - 1.9.1. Genome Structure and Tolomers
 - 1.9.2. Role of Telomerases
 - 1.9.3. Telomeric Diseases
- 1.10. Exposoma and Aging
 - 1.10.1. Concept of Exposoma
 - 1.10.2. Classification of the Factors Involved
 - 1.10.3. Actions to Control the Effect of the Exposome on Aging

Module 2. Hormones and Their Relationship to Aging. Hormone Therapy

- 2.1. Endocrinology and Anti-Aging
 - 2.1.1. Hormone Synthesis
 - 2.1.2. Hormone Transport
 - 2.1.3. Degradation of Hormones
- 2.2. Neuroimmunoendocrine Axis
 - 2.2.1. Hypothalamus/Pituitary/Thyroid Axis
 - 2.2.2. Hypothalamus/Pituitary/Liver Axis
 - 2.2.3. Hypothalamus/Pituitary/Pituitary/Adrenal Axis
- 2.3. Stress and Premature Aging
 - 2.3.1. Oxidative stress
 - 2.3.2. Inflammation
 - 2.3.3. Neurodegeneration
- 2.4. Thyroid + Adrenal Cortex
 - 2.4.1. Thyroid Hormone
 - 2.4.2. Alteration of the Thyroid Gland

- 2.4.3. Cortisol, Aldosterone and Steroid Hormones Synthesized in the Adrenal Cortex
 - 2.4.3.1. Synthesis
 - 2.4.3.2. Neuroendocrine Regulation
 - 2.4.3.3. Pathologies Derived from the Alteration of Hormone Secretion
 - 2.4.3.3.1. Pathologies Related to the Secretion of Cortisol
 - 2.4.3.3.2. Pathologies Related to Aldosterone Secretion
 - 2.4.3.3.3. Pathologies Related to Sex Hormone Synthesis
- 2.5. Melatonin and Neurodegeneration
 - 2.5.1. Melatonin, Neuroendocrine Synthesis and Regulation
 - 2.5.2. Functions of Melatonin and its Role in Neurodegeneration
 - 2.5.3. Clinical Uses of Melatonin
- 2.6. Growth Hormone
 - 2.6.1. Synthesis
 - 2.6.2. Neuroendocrine Regulation
 - 2.6.3. Functions
- 2.7. Growth and Anti-Aging Hormone
 - 2.7.1. Clinical Applications
 - 2.7.2. Side Effects
 - 2.7.3. Treatment
- 2.8. Menopause
 - 2.8.1. Hormonal Changes in Menopause
 - 2.8.2. Clinical Manifestations
 - 2.8.3. Treatment
- 2.9. Implications for Aging Due to Menopause
 - 2.9.1. Osteoporosis. Types
 - 2.9.2. Pathogenic Factors
 - 2.9.3. Diagnosis
 - 2.9.4. Treatment
- 2.10. Synthetic and Bioidentical Hormones. Hormone Therapy
 - 2.10.1. Basic Concepts
 - 2.10.2. Advantages and Disadvantages of Bioidentical Hormones
 - 2.10.3. Hormone Therapy
 - 2.10.4. Hormone Therapy

Module 3. Physical Activity. Sedentary Lifestyle. Obesity

- 3.1. Physiology of Physical Activity
 - 3.1.1. Nervous and Muscular Control of Movement
 - 3.1.2. Metabolism in Exercise
 - 3.1.3. Adaptive Responses to Physical Exercise
 - 3.1.3.1. Hematology
 - 3.1.3.2. Cardiovascular
 - 3.1.3.3. Pulmonary
 - 3.1.3.4. Muscular
- 3.2. Physiological Evaluation and Interpretation I
 - 3.2.1. Anthropometry
 - 3.2.2. Aerobic and Anaerobic Functional Capacity
 - 3.2.3. Laboratory Tests
 - 3.2.4. Field Tests
- 3.3. Physiological Evaluation and Interpretation II
 - 3.3.1. Stress Tests
 - 3.3.2. Stress Test Interpretation
 - 3.3.3. Clinical Cases
- 3.4. Personalized Prescription of Physical Activity in Young Adults
 - 3.4.1. Fundamentals of Strength Training
 - 3.4.2. Fundamentals of Endurance Training
 - 3.4.3. Injury Prevention
 - 3.4.3.1. Sensory-motor Training
 - 3.4.3.2. Flexibility Training
- 3.5. Personalized Prescription of Physical Activity for the Elderly
 - 3.5.1. Fundamentals of Cardiovascular Training and its Differences in Young Adults
 - 3.5.2. Fundamentals of Strength and Endurance Training
 - 3.5.3. Prevention from Falls

- 3.6. Physical Activity, Longevity and Quality of Life
 - 3.6.1. Cardiovascular Diseases
 - 3.6.2. Pulmonary Diseases
 - 3.6.3. Neuromuscular Diseases
 - 3.6.4. Musculoskeletal Disorders
 - 3.6.5. Special Populations
 - 3.6.5.1. Pregnancy
 - 3.6.5.2. Advanced Age
- 3.7. Strategies for Rehabilitation and Recovery from Exertion
 - 3.7.1. Recovery Techniques
 - 3.7.1.1. Physical Measurements
 - 3.7.1.2. Nutrition (Hydration, Diet)
 - 3.7.2. Hypoxic Preconditioning
- 3.8. Sedentary Lifestyles and Obesity
 - 3.8.1. Current Situation of Obesity Worldwide and in Spain
 - 3.8.2. Obesity as a Metabolic Disease
 - 3.8.3. Obesity Prevention Strategies and Sedentary Lifestyles
- 3.9. Pharmacological Treatment of Obesity. GLP1 – Liraglutide
 - 3.9.1. Pharmacological Mechanism of Action
 - 3.9.2. Indications and Contraindications
 - 3.9.3. Usefulness in Clinical Practice and its Applications
- 3.10. Dietary Supplementation
 - 3.10.1. Vitamins
 - 3.10.2. Antioxidants
 - 3.10.3. Coenzyme Q10
 - 3.10.4. Calcium
 - 3.10.5. Chondroprotectors
 - 3.10.6. Nutricosmetics

Module 4. Nutrition

- 4.1. Micronutrition
 - 4.1.1. Micronutrient Concept
 - 4.1.2. Vitamins
 - 4.1.3. Minerals
 - 4.1.4. Trace Elements
 - 4.1.5. Other Micronutrients
- 4.2. Orthomolecular Nutrition
 - 4.2.1. Orthomolecular Nutrition Concept
 - 4.2.2. Nutraceuticals
 - 4.2.3. Orthomolecular Nutrition Benefits
- 4.3. Supplementation
 - 4.3.1. Concept of Nutritional Supplements
 - 4.3.2. Types of Nutritional Supplements
 - 4.3.3. Usefulness of Nutritional Supplements in Anti-Aging Medicine
- 4.4. Nutrigenetics. Nutrigenomics
 - 4.4.1. Nutrigenetics Concept
 - 4.4.2. Nutrigenomics Concept
 - 4.4.3. Applications of Nutrigenetics and Nutrigenomics
- 4.5. Vitamins and Disease Prevention
 - 4.5.1. Types of Vitamins
 - 4.5.2. Hypovitaminosis and Hypervitaminosis
 - 4.5.3. Hypovitaminosis Treatment and Prevention
- 4.6. Food Additives
 - 4.6.1. Food Additive Concept
 - 4.6.2. Functions of Food Additives
 - 4.6.3. Classification and Identification of Foodstuffs
- 4.7. Integrated Nutrition and Feeding
 - 4.7.1. Concept and foundations of Integrative Nutrition
 - 4.7.2. Anti-inflammatory Foods
 - 4.7.3. Integrative Nutrition and the Future

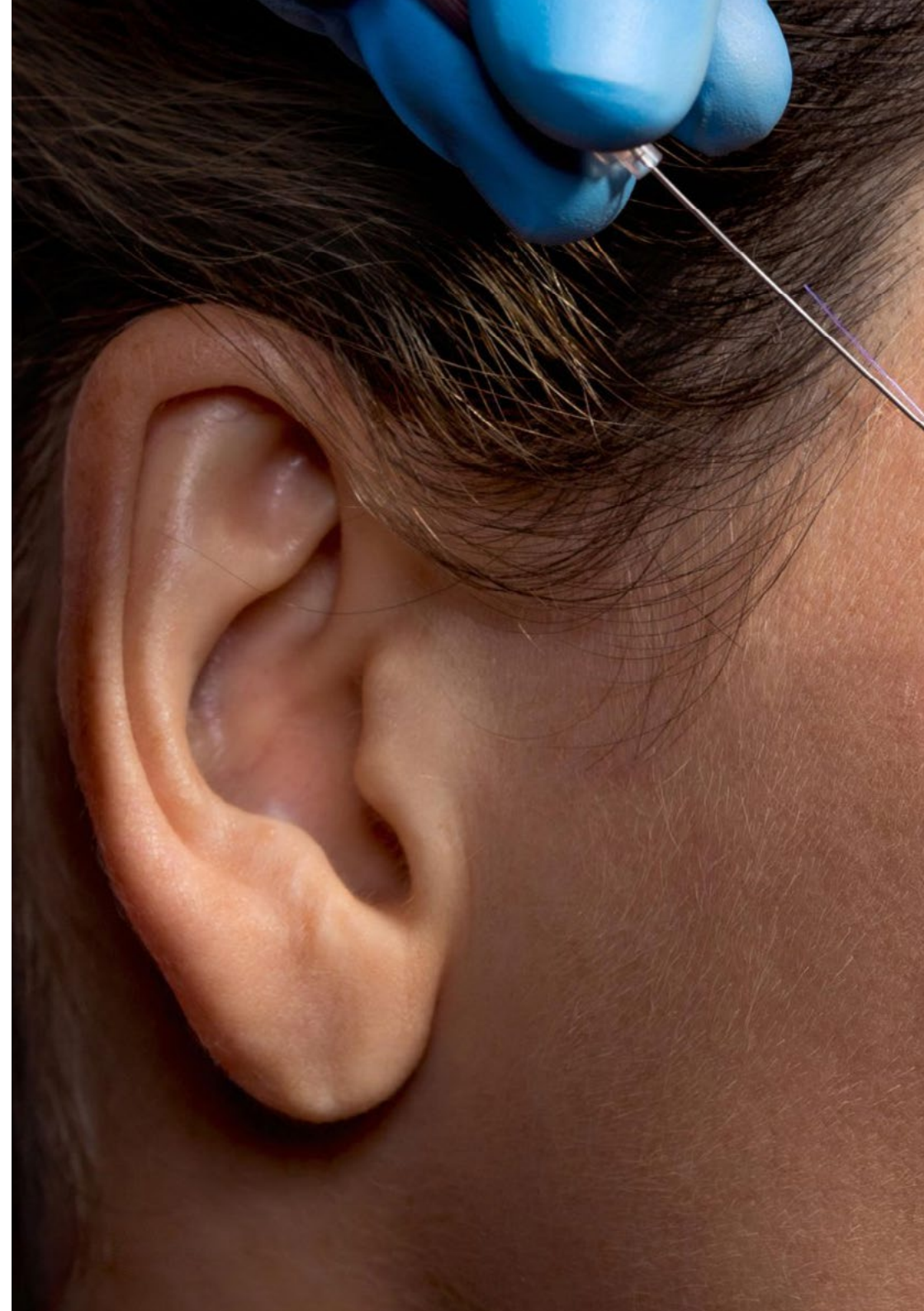
- 4.8. Nutraceuticals
 - 4.8.1. Nutraceuticals
 - 4.8.2. Differences Between Nutraceuticals and Food Supplements
 - 4.8.3. Most Representative Nutraceuticals
- 4.9. Prebiotics and Probiotics
 - 4.9.1. Concept of Prebiotic. Benefits of Prebiotics
 - 4.9.2. Probiotic Concept. Benefit of Probiotics
 - 4.9.3. Symbiotic Concept. Benefits of Symbiotic
- 4.10. Free Radicals and Antioxidants
 - 4.10.1. Concept of Free Radicals and their Role in Cellular Aging
 - 4.10.2. Function and Types of Antioxidants
 - 4.10.3. Role of Antioxidants in the Prevention of Aging

Module 5. Neurological and Psychological Aspects of Anti-Aging Medicine

- 5.1. Psychological Aspects of Aging
 - 5.1.1. Psychological Aspects of Aging. What are they?
 - 5.1.2. Psychosocial States of Aging
 - 5.1.3. Psychological Changes in Aging (Attention, Memory, Intelligence, Creativity)
- 5.2. Neurological Aspects of Aging
 - 5.2.1. Neurological Aspects of Aging. What are they?
 - 5.2.2. Neurological Changes Associated with Aging
 - 5.2.3. Neurobiological Foundations of Neuronal Aging
 - 5.2.4. Proteins
- 5.3. Neuroimmunoendocrine Axis
 - 5.3.1. Neuroimmunoendocrine System
 - 5.3.2. Neuroimmunoendocrinology of the Nervous System
 - 5.3.3. Neuroendocrine Regulation of the Immune System
- 5.4. Stress Management
 - 5.4.1. Definition of Stress
 - 5.4.2. How Does Stress Affect Aging?
 - 5.4.3. Treatment of Stress in Adulthood
- 5.5. Mindfulness (Meditation and Neurological Rejuvenation)
 - 5.5.1. What is Mindfulness?
 - 5.5.2. How to Practice Mindfulness? Exercises
 - 5.5.3. Neurological Changes with the Practice of Mindfulness
- 5.6. Scenar Therapy
 - 5.6.1. Introduction to Scenar Therapy
 - 5.6.2. Benefits of Scenar therapy
 - 5.6.3. Scenar Devices
- 5.7. Neural Therapy
 - 5.7.1. What is Neural therapy and What Is It For?
 - 5.7.2. How Does Neural Therapy Work?
 - 5.7.3. Main Indications for Neural Therapy
 - 5.7.4. Treatment
- 5.8. Functional Changes and Aging
 - 5.8.1. Functional Aging
 - 5.8.2. Physiological Changes Associated with Aging
 - 5.8.3. Cognitive Changes Associated with Aging
 - 5.8.4. Strategies to Slow Aging
- 5.9. Importance of Circadian Rhythms (Chronobiology)
 - 5.9.1. Circadian Rhythms in Humans
 - 5.9.2. Circadian Rhythms and Sleep
 - 5.9.3. Circadian Rhythms and Jet Lag
 - 5.9.4. Chronobiology of Aging
- 5.10. Self-Concept of the Aging Process
 - 5.10.1. Definition of Self-Concept
 - 5.10.2. Chronological age:
 - 5.10.3. Biological Age:
 - 5.10.4. Functional Age

Module 6. Minimally Invasive Therapies

- 6.1. Regenerative Medicine
 - 6.1.1. General Introduction
 - 6.1.2. Concept
 - 6.1.3. Types of Fabrics
 - 6.1.3.1. Cell Types
 - 6.1.4. Advantages and Disadvantages
 - 6.1.5. Medical Application
- 6.2. Regenerative Medicine Treatments
 - 6.2.1. Types of Treatment
 - 6.2.2. The Choice of Treatment
 - 6.2.3. Results
- 6.3. Ozone Therapy
 - 6.3.1. Theoretical Basis
 - 6.3.2. Indications and Counterindications in Medicine
 - 6.3.3. Applicability and Treatment
- 6.4. Hyperbaric Medicine
 - 6.4.1. Theoretical Basis
 - 6.4.2. Indications and Counterindications in Medicine
 - 6.4.3. Applicability and Treatment
- 6.5. Carboxytherapy
 - 6.5.1. Theoretical Basis
 - 6.5.2. Indications and Counterindications in Medicine
 - 6.5.3. Applicability and Treatment
- 6.6. Oxidermotherapy
 - 6.6.1. Theoretical Basis
 - 6.6.2. Indications and Counterindications in Medicine
 - 6.6.3. Applicability and Treatment
- 6.7. Stem Cell Therapy
 - 6.7.1. Fundamentals and Theoretical Foundations
 - 6.7.2. Stem Cell Therapy in the Aging Process
 - 6.7.3. Stem Cell Research and Other Applications





- 6.8. Autohemotherapy
 - 6.8.1. Fundamentals and Theoretical Foundations
 - 6.8.2. Autohemotherapy Applicable to Regenerative Medicine
 - 6.8.3. Applications in Classical Medicine
- 6.9. Plasma Which Is Rich in Growth Factors
 - 6.9.1. Theoretical Background, Biochemical Basis and History
 - 6.9.2. Applications in Regenerative Medicine
 - 6.9.2.1. Other Applications
 - 6.9.3. Procedure and Tissue Effects
- 6.10. Intraparenteral Supplementation
 - 6.10.1. Theoretical Foundations of Parenteral Nutrition and Supplementation
 - 6.10.2. Types of Nutrients
 - 6.10.3. Applications in Regenerative Medicine and Complications

Module 7. Alliances Between Esthetic Medicine and Anti-Aging

- 7.1. Facial Anatomy
 - 7.1.1. Skeletal Structure
 - 7.1.2. Fat Structure
 - 7.1.3. SMAS
 - 7.1.4. Skin and Skin Appendages
- 7.2. Botulinum Toxin. Facial Upper Third
 - 7.2.1. Mechanism of Action
 - 7.2.2. Most Common Muscle Patterns
 - 7.2.3. Application Techniques
 - 7.2.4. Adverse Effects
- 7.3. Volumetrics Facial Upper Third
 - 7.3.1. Orbit
 - 7.3.2. Temporal Fossa
 - 7.3.3. Fillers and Other Techniques Used
- 7.4. Volumetrics Midface
 - 7.4.1. Cheekbone
 - 7.4.2. Eye
 - 7.4.3. Nose

- 7.5. Volumetrics Lower Third of the Face
 - 7.5.1. Lips and Perioral Region
 - 7.5.2. Chin
 - 7.5.3. Jaw
- 7.6. Biostimulation
 - 7.6.1. Sutures
 - 7.6.2. Liquid Biostimulation
- 7.7. Neck, Neckline, Hands
 - 7.7.1. Common Features
 - 7.7.2. Neck
 - 7.7.3. Neckline
 - 7.7.4. Hands
- 7.8. Skin. Infiltrative Treatments
 - 7.8.1. The Mesotherapeutic Technique
 - 7.8.2. Homeopathic Mesotherapy
 - 7.8.3. Allopathic Mesotherapy
 - 7.8.4. Hydrobalance Mesotherapy
- 7.9. Skin. Dermocosmetics 1
 - 7.9.1. Classification of Skin Aging
 - 7.9.2. Superficial Medical Peels
 - 7.9.3. Medium Medical Peels
- 7.10. Skin. Dermocosmetics 2 Home Anti-Aging Protocols
 - 7.10.1. Mild Skin Aging
 - 7.10.2. Moderate Skin Aging
 - 7.10.3. Advanced Skin Aging
 - 7.10.4. Severe Skin Aging

Module 8. Appliances and Lasers Applied to Anti-Aging Medicine

- 8.1. Physical Principles of Light Sources
 - 8.1.1. Laser Definition
 - 8.1.2. Properties
 - 8.1.3. Laser Types
- 8.2. Intense Pulsed Light (IPL)
 - 8.2.1. Mechanism of Action
 - 8.2.2. Indications
 - 8.2.3. Protocol
 - 8.2.4. Side Effects and Contraindications
- 8.3. Q-Switched Laser
 - 8.3.1. Mechanism of Action
 - 8.3.2. Indications
 - 8.3.3. Protocol
 - 8.3.4. Side Effects and Contraindications
- 8.4. Erbium Laser
 - 8.4.1. Mechanism of Action
 - 8.4.2. Indications
 - 8.4.3. Protocol
 - 8.4.4. Side Effects and Contraindications
- 8.5. NEODIMIO-yAG Laser
 - 8.5.1. Mechanism of Action
 - 8.5.2. Indications
 - 8.5.3. Protocol
 - 8.5.4. Side Effects and Contraindications
- 8.6. Fractional CO2 Laser
 - 8.6.1. Mechanism of Action
 - 8.6.2. Indications
 - 8.6.3. Protocol
 - 8.6.4. Side Effects and Contraindications

- 8.7. Plasmalaser
 - 8.7.1. Mechanism of Action
 - 8.7.2. Indications
 - 8.7.3. Protocol
 - 8.7.4. Side Effects and Contraindications
- 8.8. Radiofrequency
 - 8.8.1. Mechanism of Action
 - 8.8.2. Indications
 - 8.8.3. Protocol
 - 8.8.4. Side Effects and Contraindications
- 8.9. Anti-Aging Biostimulators
 - 8.9.1. Mechanism of Action
 - 8.9.2. Indications
 - 8.9.3. Protocol
 - 8.9.4. Side Effects and Contraindications
- 8.10. Cryolipolysis
 - 8.10.1. Mechanism of Action
 - 8.10.2. Indications
 - 8.10.3. Protocol
 - 8.10.4. Side Effects and Contraindications

Module 9. Genital Anti-Aging Medicine

- 9.1. Psychological Aspects of Aging at the Sexual Level
 - 9.1.1. Sexuality and Aging
 - 9.1.2. Sexual Dysfunctions. Medical and Psychological Aspects
 - 9.1.3. Treatment
- 9.2. Anatomical and Histological Reminder of the Female Sex Organs
 - 9.2.1. External Genitalia
 - 9.2.2. Internal Genitals
 - 9.2.3. Cosmetic and Functional Female Intimate Pathology
- 9.3. Platelet-rich Plasma in Female Genital Anti-Aging Medicine
 - 9.3.1. Explanation of the Technique
 - 9.3.2. Benefits
 - 9.3.3. Contraindications
- 9.4. Carboxytherapy and Radiofrequency in Anti-Aging Medicine for Female Genitalia
 - 9.4.1. Carboxytherapy
 - 9.4.1.1. Beneficial Effects
 - 9.4.1.2. Contraindications
 - 9.4.2. Radiofrequency
 - 9.4.2.1. Types of Radiofrequency
 - 9.4.2.2. Beneficial Effects
 - 9.4.2.3. Contraindications
- 9.5. Laser and LED light in Female Genital Anti-Aging Medicine
 - 9.5.1. Laser
 - 9.5.1.1. Explanation of the Technique
 - 9.5.1.2. Benefits
 - 9.5.1.3. Contraindications
 - 9.5.2. LED Light
 - 9.5.2.1. Explanation of the Technique
 - 9.5.2.2. Benefits
 - 9.5.2.3. Contraindications
- 9.6. Hyaluronic Acid Fillers in Female Genital Anti-Aging Medicine
 - 9.6.1. External Genitalia
 - 9.6.1.1. Explanation of the Technique
 - 9.6.1.2. Benefits
 - 9.6.1.3. Contraindications
 - 9.6.2. Internal Genitals
 - 9.6.2.1. Explanation of Available Techniques
 - 9.6.2.2. Benefits
 - 9.6.2.3. Contraindications
- 9.7. Anatomical and Histological Reminder of the Male Sex Organs
 - 9.7.1. External Genitalia
 - 9.7.2. Internal Genitals
 - 9.7.3. Cosmetic and Functional Male Intimate Pathology
- 9.8. Platelet-rich Plasma in Male Genital Anti-Aging Medicine
 - 9.8.1. Explanation of the Technique
 - 9.8.2. Benefits
 - 9.8.3. Contraindications

- 9.9. Carboxytherapy and Shock Wave Therapy in Male Genital Anti-Aging Medicine
 - 9.9.1. Carboxytherapy
 - 9.9.1.1. Explanation of the Technique
 - 9.9.1.2. Expected Benefits
 - 9.9.2. Shock Waves
 - 9.9.2.1. Explanation of the Technique
 - 9.9.2.2. Expected Benefits
- 9.10. Hyaluronic Acid Fillers in Male Genital Anti-Aging Medicine
 - 9.10.1. Indications
 - 9.10.2. Benefits
 - 9.10.3. Contraindications

Module 10. The Anti-Aging Medicine Practice. Practical Aspects. Overall Approach to the Patient

- 10.1. Essential Legal Aspects. Needs of an Anti-Aging Clinic
 - 10.1.1. Introduction to Health Law
 - 10.1.2. Civil Liability
 - 10.1.3. The Lex Artis ad hoc
 - 10.1.4. Medical Negligence
- 10.2. Marketing. Social Media. Ethical Aspects. Medicine and Advertising
 - 10.2.1. Marketing Plan
 - 10.2.1.1. Situation Analysis (PESTEL, SWOT)
 - 10.2.1.2. Plan of Objectives
 - 10.2.1.3. Action Plan
 - 10.2.2. Digital Communication
 - 10.2.2.1. Social Media Plan
 - 10.2.2.2. Social Networks
 - 10.2.3. New Technologies



- 10.3. Medical History and Informed Consent
 - 10.3.1. Types of Medical Records
 - 10.3.2. Content of a Clinical History
 - 10.3.2.1. Informed Consent
 - 10.3.3. Legal Aspects of the Medical Record
- 10.4. General Approach to the Patient in the Anti-Aging Clinic
 - 10.4.1. Psychology of Patient Approach
 - 10.4.2. Coaching Adapted to the Consultation
 - 10.4.3. Identification of Patient Problems and Demands
- 10.5. Biological Age Assessment
 - 10.5.1. Definition of Concepts
 - 10.5.2. Evaluation Methods
 - 10.5.3. Other Calculators
- 10.6. Basic Laboratory Analysis
 - 10.6.1. Hemogram and Basic Biochemistry
 - 10.6.2. Vitamins
 - 10.6.3. Early Detection of Diabetes Mellitus and Dyslipidemia
 - 10.6.4. Thyroid Profile
- 10.7. Specific Laboratory Analyses
 - 10.7.1. Free Radicals Study
 - 10.7.2. Telomeric Length Test
 - 10.7.3. Pathology Screening
 - 10.7.3.1. Colorectal Cancer
 - 10.7.3.2. Breast Cancer
 - 10.7.3.3. Neurodegenerative Diseases
- 10.8. Evaluation of Results and Integrated Prescription
 - 10.8.1. Detailed study of results
 - 10.8.2. Definition of Objectives
 - 10.8.3. Integrative Treatment

- 10.9. Monitoring
 - 10.9.1. Consultation Planning
 - 10.9.2. Need for Complementary Tests
 - 10.9.3. Resetting of Objectives and Motivational Consultation
- 10.10. Complementary Specialties and the Need for Referral
 - 10.10.1. Need for Collaboration
 - 10.10.2. Diagnosis of Incidental Disease
 - 10.10.3. Related Specialties
 - 10.10.3.1. Family and Community Medicine
 - 10.10.3.2. Endocrinology and Nutrition
 - 10.10.3.3. Plastic and Reconstructive Surgery
 - 10.10.3.4. Psychiatry/Psychology



This program gives you the opportunity to test your knowledge in a modern environment equipped with the most sophisticated technical and human resources"

07

Clinical Internship

Once the 100% online academic itinerary is completed, the professional will advance to the Practical Training in a prestigious clinical center, where they will be able to apply everything they have learned about Anti-Aging Medicine, using the most updated and innovative techniques and resources in the sector. This will be possible thanks to the different agreements established with health companies worldwide.



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*A qualification that gives you the opportunity
to carry out your clinical practice in one of the
best Anti-Aging Medicine centers in the world"*

Thanks to this internship, professionals will train their skills in advanced laser equipment, specific treatments of Carboxitherapy, Dermocosmetics, Nutrition, Physical Activity and all the protocols to follow in order to interrelate their practice with that of other specialists if necessary.

This Internship Program consists of a 3-week period, from Monday to Friday with 8 consecutive hours of Practical Training with an attending specialist. This internship will allow you to see real patients alongside a team of professionals of reference in the area of Aesthetic and Anti-Aging Medicine, as well as other specialties that make up the multidisciplinary team that will accompany you in the center.

The practical part will be carried out with the active participation of the student performing the activities and procedures of each area of competence (learning to learn and learning to do), with the accompaniment and guidance of teachers and other fellow trainees who facilitate teamwork and multidisciplinary integration as transversal competencies for the practice of medicine Anti-Aging (learning to be and learning to relate).

The procedures described below will form the basis of the practical part of the internship, and their implementation is subject to both the suitability of the patients and the availability of the center and its workload, with the proposed activities being as follows:





Module	Practical Activity
Clinical Consultation in Anti-Aging Medicine	Indicate the main laboratory tests necessary for a complete Anti-Aging medicine consultation, as well as to be able to expand to more advanced studies taking into account the patient's nutritional and physical activity status
	Evaluate results and schedule follow-up, as well as interdisciplinary relationships if necessary
	Design personalized treatment protocols, where pharmacological treatment of obesity may be indicated. GLP1-Liraglutide or dietary supplementation according to the case
	Prescribe personalized physical activity
	Design a marketing plan to promote the services of the practice and attract ideal clients
Neurological and Psychological Aspects of Anti-Aging Medicine	Indicate meditation for neurological rejuvenation
	Indicate Scenar therapy for treatment of chronic pain patients
	Applying neural therapy to treat neuropathic pain
	Evaluate circadian rhythms and jet lag in patients to improve quality of life
Minimally Invasive Therapies	Use Autohemotherapy Applicable to Regenerative Medicine
	Apply Ozone Therapy to improve the patient's overall health status
	Working with Stem Cell Therapy in the Aging Process
	Indicate Autohemotherapy, Carboxitherapy, Oxidermotherapy or Hyperbaric Medicine according to each patient's need
	Apply plasma rich in growth factors for tissue regeneration and repair
Appliances and Lasers Applied to Anti-Aging Medicine	Apply treatments for the prevention of skin aging, as well as other tissues with Intense Pulsed Light, Q-switched Laser, Erbium Laser, NEODIMIO-YAG Laser, Fractional CO2 Laser, Plasmalaser, Radiofrequency or Cryolipolysis
	Evaluate the degree of skin aging and be able to develop a cosmetic treatment plan accordingly in consultation
	Plan strategies for preventive action against facial aging
	Use of laser devices to reduce fine lines, scars and age spots
Genital Anti-Aging Medicine	Apply the various techniques available in male genital rejuvenation
	Diagnose the main problems associated with female genital aging, whether or not associated with menopause
	Apply the different female genital rejuvenation techniques and combine them with each other, such as platelet-rich plasma or carboxytherapy and radiofrequency
	Use Hyaluronic Acid Fillers in Male Genital Anti-Aging Medicine and women

Civil Liability Insurance

This institution's main concern is to guarantee the safety of the trainees and other collaborating agents involved in the internship process at the company. Among the measures dedicated to achieve this is the response to any incident that may occur during the entire teaching-learning process.

To this end, this entity commits to purchasing a civil liability insurance policy to cover any eventuality that may arise during the course of the internship at the center.

This liability policy for interns will have broad coverage and will be taken out prior to the start of the practical training period. That way professionals will not have to worry in case of having to face an unexpected situation and will be covered until the end of the internship program at the center.



General Conditions of the Internship Program

The general terms and conditions of the internship program agreement shall be as follows:

1. TUTOR: During the Hybrid Master's Degree, students will be assigned with two tutors who will accompany them throughout the process, answering any doubts and questions that may arise. On the one hand, there will be a professional tutor belonging to the internship center who will have the purpose of guiding and supporting the student at all times. On the other hand, they will also be assigned with an academic tutor whose mission will be to coordinate and help the students during the whole process, solving doubts and facilitating everything they may need. In this way, the student will be accompanied and will be able to discuss any doubts that may arise, both clinical and academic.

2. DURATION: The internship program will have a duration of three continuous weeks, in 8-hour days, 5 days a week. The days of attendance and the schedule will be the responsibility of the center and the professional will be informed well in advance so that they can make the appropriate arrangements.

3. ABSENCE: If the students does not show up on the start date of the Hybrid Master's Degree, they will lose the right to it, without the possibility of reimbursement or change of dates. Absence for more than two days from the internship, without justification or a medical reason, will result in the professional's withdrawal from the internship, therefore, automatic termination of the internship. Any problems that may arise during the course of the internship must be urgently reported to the academic tutor.

4. CERTIFICATION: Professionals who pass the Hybrid Master's Degree will receive a certificate accrediting their stay at the center.

5. EMPLOYMENT RELATIONSHIP: The Hybrid Master's Degree shall not constitute an employment relationship of any kind.

6. PRIOR EDUCATION: Some centers may require a certificate of prior education for the Hybrid Master's Degree. In these cases, it will be necessary to submit it to the TECH internship department so that the assignment of the chosen center can be confirmed.

7. DOES NOT INCLUDE: The Hybrid Master's Degree will not include any element not described in the present conditions. Therefore, it does not include accommodation, transportation to the city where the internship takes place, visas or any other items not listed.

However, students may consult with their academic tutor for any questions or recommendations in this regard. The academic tutor will provide the student with all the necessary information to facilitate the procedures in any case.

08

Where Can I Do the Clinical Internship?

This Hybrid Master's Degree includes in its itinerary a practical internship in a prestigious clinical center where students will put into practice everything they have learned in the field of Anti-Aging Medicine. In this sense, and in order to bring this qualification closer to more professionals, TECH offers the specialist the opportunity to take it in different health centers around the national and international geography. In this way, this institution strengthens its commitment to quality and affordable education for all.

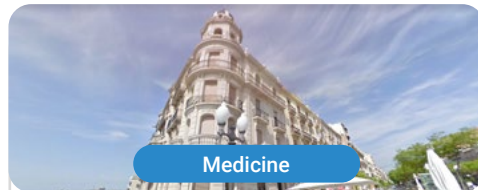




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This innovative academic model will allow you to combine scientific studies with the most up-to-date practice in a leading clinical center”

The student will be able to complete the practical part of this Hybrid Master's Degree at the following centers:



Medicine

Clínica Odita

Country	City
Spain	Tarragona

Address: Rambla Nova, 2, 1ª, 43004 Tarragona

Advanced aesthetic and anti-aging clinic

Related internship programs:

- Anti-Aging
- Aesthetic Medicine



Medicine

Unidad Medicina Estética Hospital Viamed Novo Sancti Petri

Country	City
Spain	Cádiz

Address: Av. Octavio Augusto, s/n, 11139 Chiclana de la Frontera, Cádiz

Clinic for advanced non-surgical skin treatments

Related internship programs:

- Anti-Aging
- Aesthetic Medicine



Medicine

Dermaes

Country	City
Spain	Madrid

Address: C. del Marqués de la Valdavia, 107, 28100 Alcobendas, Madrid

Aesthetic medicine center specializing in facial rejuvenation

Related internship programs:

- Esthetic Nursing



Medicine

Ferraro Clínica Medicina Estética

Country	City
Spain	Madrid

Address: Calle de Serrano, 61, 28006, Madrid

We are a medical aesthetic clinic that was created with the aim of making people feel more beautiful and better about themselves, taking care of them through aesthetic medicine

Related internship programs:

- Aesthetic Medicine
- Anti-Aging



Medicine

Adelgar

Country	City
Spain	Madrid

Address: Calle de Francisco Silvela, 71, 1ª (28028) Madrid

Clinical Center specialized in slimming treatments

Related internship programs:

- Anti-Aging
- Aesthetic Medicine



Medicine

Clínica Famed Coslada

Country	City
Spain	Madrid

Address: Calle de los almendros, 3, 28821, Coslada, Madrid

Center specialized in Aesthetic Medicine, Dentistry, Physiotherapy and Podiatry.

Related internship programs:

- Advanced Integrative Medicine and Health
- Aesthetic Medicine



Medicine

Varicentro-Jerez de la Frontera

Country	City
Spain	Cádiz

Address: Plaza Madre de Dios, Edificio Sherry 11401 Jerez de la Frontera

Varicentro is a specialized medical group with 23 clinics in the Spanish territory

Related internship programs:

- Obesity
- Aesthetic Medicine



Medicine

Varicentro-Huelva

Country City
Spain Barcelona

Address: Calle Puerto, 8-10 21001 Huelva

Varicentro is a specialized medical group
with 23 clinics in the Spanish territory

Related internship programs:

Esthetic Nursing
Obesity



Medicine

Varicentro-Sevilla-Nervión

Country City
Spain Seville

Address: Avda. Kansas City, 32 41007 Sevilla

Varicentro is a specialized medical group
with 23 clinics in the Spanish territory

Related internship programs:

- Clinical Nutrition for Nursing
Esthetic Nursing



Medicine

Varicentro-Madrid centro

Country City
Spain Madrid

Address: Calle Don Ramón de la Cruz, 79,
local 4 (esq. Calle Conde Peñalver)
28001 Madrid

Varicentro is a specialized medical group
with 23 clinics in the Spanish territory

Related internship programs:

- Clinical Nutrition for Nursing
- Aesthetic Medicine



Medicine

Clínica Integra

Country City
Spain Granada

Address: Calle Torre de Comares,
2, 18007 Granada

INTÉGRIA, clinic with more than 20 years of experience
of experience in Aesthetic Medicine, General Medicine,
Capillary Surgery and Aesthetic Surgery

Related internship programs:

Clinical Analysis
- Aesthetic Plastic Surgery



Medicine

Sebell Clinic

Country City
Spain Barcelona

Address: C/ del Consell de Cent,
325, 08007 Barcelona

Sebell Clinic are Experts in Aesthetic Medicine and Facial
Surgery in Barcelona

Related internship programs:

- Aesthetic Medicine
- Advanced Esthetic Medicine



Medicine

Clínica Londres Rosselló

Country City
Spain Barcelona

Address: C/ del Rosselló, 231, 08008 Barcelona

Specialists in Aesthetic Medicine
and Plastic-Reparative Surgery

Related internship programs:

Esthetic Nursing
Anti-Aging



Medicine

Clínica Londres Lagasca

Country City
Spain Madrid

Address: Calle de Lagasca, 95, 28006 Madrid

Specialists in Aesthetic Medicine
and Plastic-Reparative Surgery

Related internship programs:

- Aesthetic Plastic Surgery
-Gynecoesthetics



Clínica Londres d'Entença

Country: Barcelona
Spain
City

Address: C/ d'Entença, 321, 08029 Barcelona

Specialists in Aesthetic Medicine
and Plastic-Reparative Surgery

Related internship programs:

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Clínica Londres Málaga

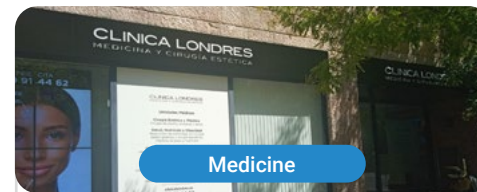
Country: Málaga
Spain
City

Address: Paseo Reding, 51, 29016 Málaga

Specialists in Aesthetic Medicine
and Plastic-Reparative Surgery

Related internship programs:

- Aesthetic Medicine
- Anti-Aging



Clínica Londres Diego de León

Country: Madrid
Spain
City

Address: Calle de Diego de León,
21, 28006 Madrid

Specialists in Aesthetic Medicine
and Plastic-Reparative Surgery

Related internship programs:

- Aesthetic Plastic Surgery
- Gynecoesthetics



Clínica Londres Murcia

Country: Murcia
Spain
City

Address: Av. Juan Carlos I, 21, 30008 Murcia

Specialists in Aesthetic Medicine
and Plastic-Reparative Surgery

Related internship programs:

- Aesthetic Plastic Surgery
- Esthetic Nursing



Clínica Londres Plaza Francesc Macià

Country: Barcelona
Spain
City

Address: Plaza de Francesc Macià,
3, 1r porta 1, 08021 Barcelona

Specialists in Aesthetic Medicine
and Plastic-Reparative Surgery

Related internship programs:

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Clínica Londres A Coruña

Country: A Coruña
Spain
City

Address: Avenida Finisterre, 30,
15004 A Coruña

Specialists in Aesthetic Medicine
and Plastic-Reparative Surgery

Related internship programs:

- Aesthetic Plastic Surgery
- Reconstructive Plastic Surgery



Clínica Londres Bilbao-Guggenheim

Country: Vizcaya
Spain
City

Address: Mazarredo Zumarkalea,
67, 48009 Bilbao, Vizcaya

Specialists in Aesthetic Medicine
and Plastic-Reparative Surgery

Related internship programs:

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Clínica Londres Palma de Mallorca

Country: Balearic Islands
Spain
City

Address: C/ Barón de Pinopar
9, 07012 Palma, Balears

Specialists in Aesthetic Medicine
and Plastic-Reparative Surgery

Related internship programs:

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine

Clínica Londres Tarragona

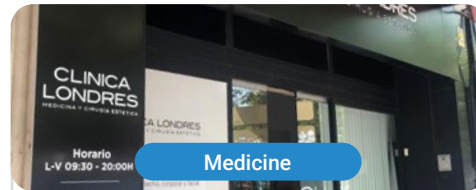
Country City
Spain Tarragona

Address: Calle Enric d'Ossó, 2, 43005 Tarragona

Specialists in Aesthetic Medicine
and Plastic-Reparative Surgery

Related internship programs:

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine

Clínica Londres Valencia

Country City
Spain Valencia

Address: Gran Vía de Ramón y Cajal,
41, 46007 Valencia

Specialists in Aesthetic Medicine
and Plastic-Reparative Surgery

Related internship programs:

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine

Clínica Londres Zaragoza

Country City
Spain Zaragoza

Address: P.º de Sagasta, 4, 2º Izquierda,
50006 Zaragoza

Specialists in Aesthetic Medicine
and Plastic-Reparative Surgery

Related internship programs:

- Aesthetic Plastic Surgery
- Aesthetic Medicine



Medicine

Clínica Londres Sabadell

Country City
Spain Barcelona

Address: Plaza Lluís Casassas, 6,
08202 Sabadell, Barcelona

Specialists in Aesthetic Medicine
and Plastic-Reparative Surgery

Related internship programs:

- Aesthetic Medicine
- Anti-Aging



Medicine

Clínica Londres Bilbao-Ajuriaguerra

Country City
Spain Vizcaya

Address: Calle Juan Ajuriaguerra Kalea,
21, Bajo, 48009 Bilbao, Vizcaya

Specialists in Aesthetic Medicine
and Plastic-Reparative Surgery

Related internship programs:

- Aesthetic Medicine
- Anti-Aging



Medicine

Clínica Londres Getafe

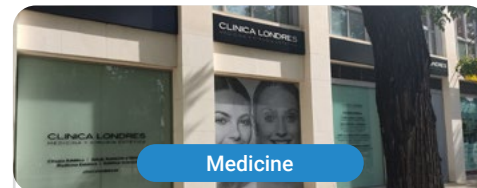
Country City
Spain Madrid

Address: C. Jardines, 21, 28901 Getafe, Madrid

Specialists in Aesthetic Medicine
and Plastic-Reparative Surgery

Related internship programs:

- Aesthetic Medicine
- Anti-Aging



Medicine

Clínica Londres Sevilla-Nervión

Country City
Spain Seville

Address: Av. Eduardo Dato, 29, 41018 Sevilla

Specialists in Aesthetic Medicine
and Plastic-Reparative Surgery

Related internship programs:

- Aesthetic Medicine
- Anti-Aging



Medicine

Clínica Londres Sevilla-Los Remedios

Country City
Spain Seville

Address: Av. Pdte. Adolfo Suárez, 20,
Local Bajo, 41011 Sevilla

Specialists in Aesthetic Medicine
and Plastic-Reparative Surgery

Related internship programs:

- Aesthetic Medicine
- Anti-Aging



Medicine

Clínica Londres Ciudad Real

Country City
Spain Ciudad Real.

Address: C. Prado, 6, 13001 Ciudad Real

Specialists in Aesthetic Medicine
and Plastic-Reparative Surgery

Related internship programs:
- Advanced Esthetic Medicine
Anti-Aging



Medicine

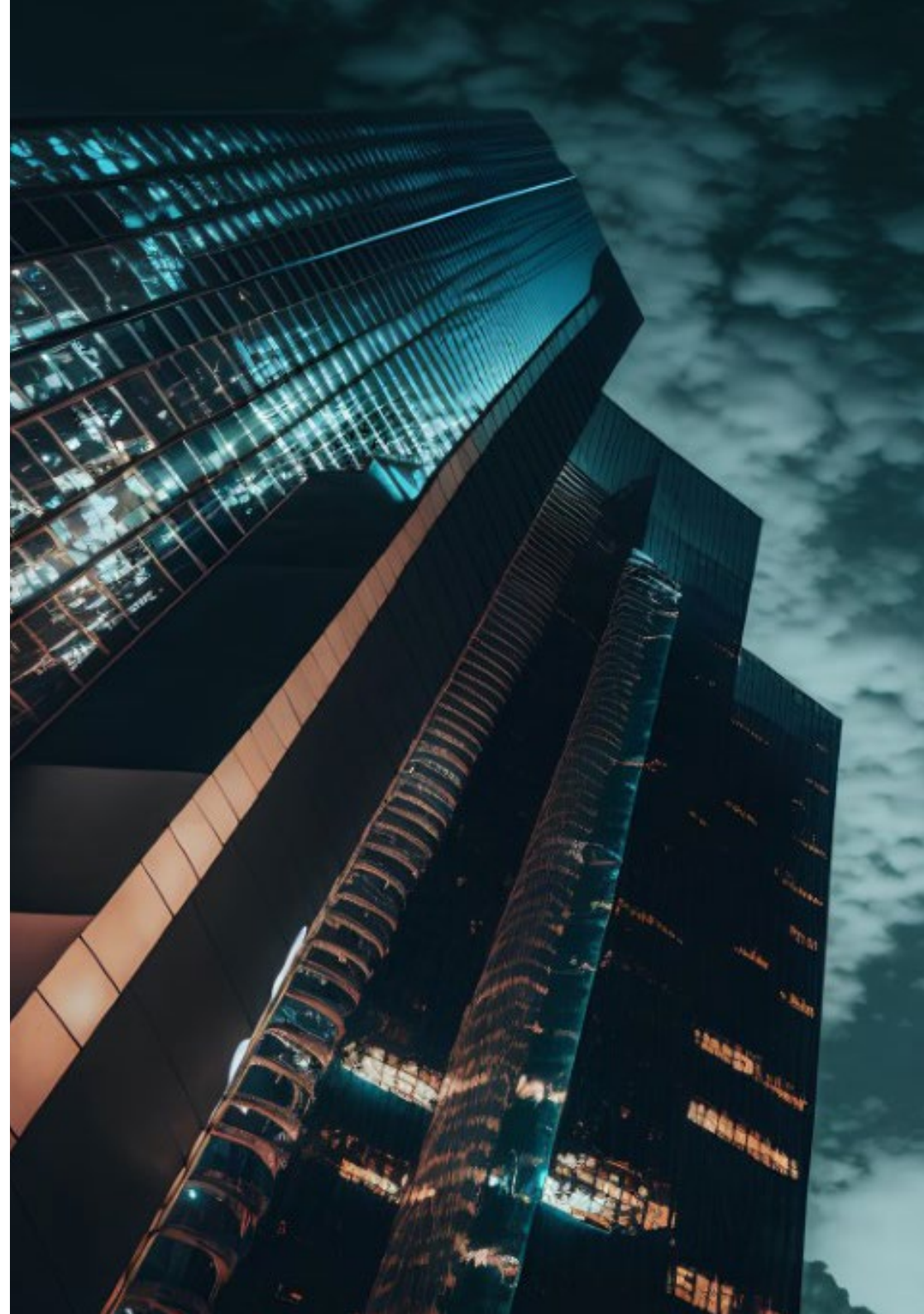
Clínica Londres San Bernardo

Country City
Spain Madrid

Address: C. de San Bernardo,
113, 28015 Madrid

Specialists in Aesthetic Medicine
and Plastic-Reparative Surgery

Related internship programs:
- Advanced Esthetic Medicine
Anti-Aging





Medicine

Clínica Londres Pamplona

Country	City
Spain	Navarra

Address: C. de Iñigo Arista, 7, 31007
Pamplona, Navarra

Specialists in Aesthetic Medicine
and Plastic-Reparative Surgery

Related internship programs:

- Advanced Esthetic Medicine
- Anti-Aging



*Delve into the most relevant theory
in this field, subsequently applying
it in a real work environment"*

09

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.



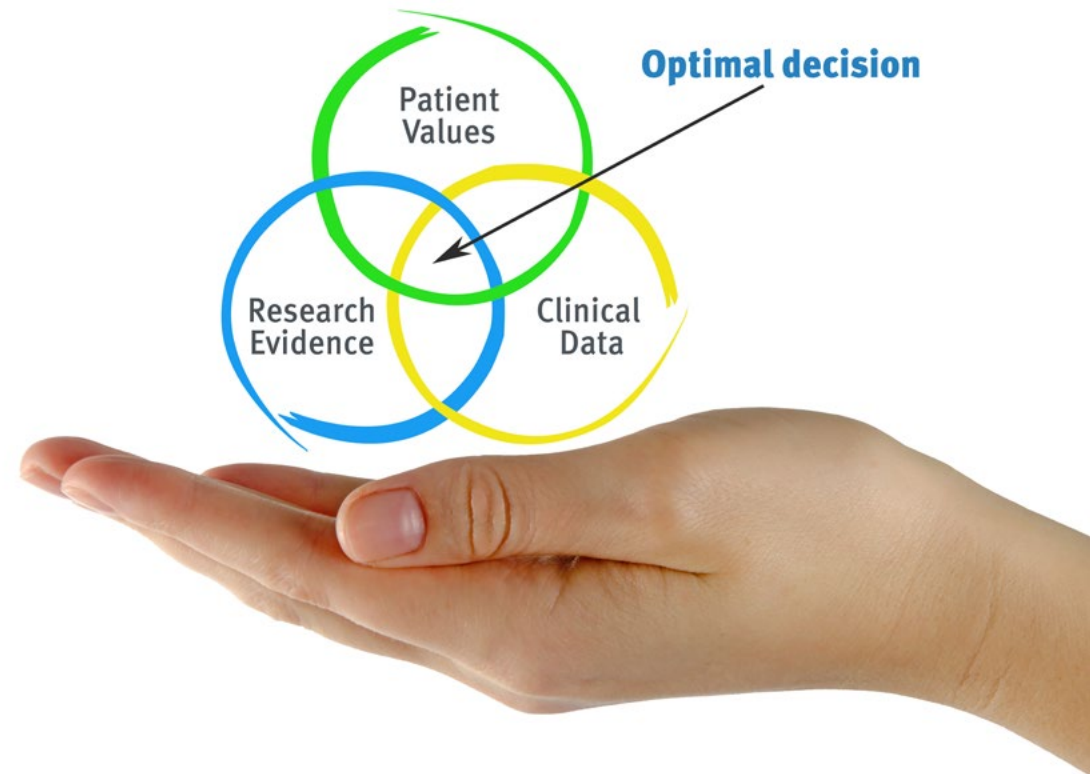
“

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. Gérvás, 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.

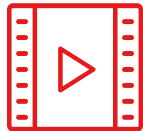
Relearning will allow you to learn with less effort and better performance, involving you more in your specialization, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation to success.

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

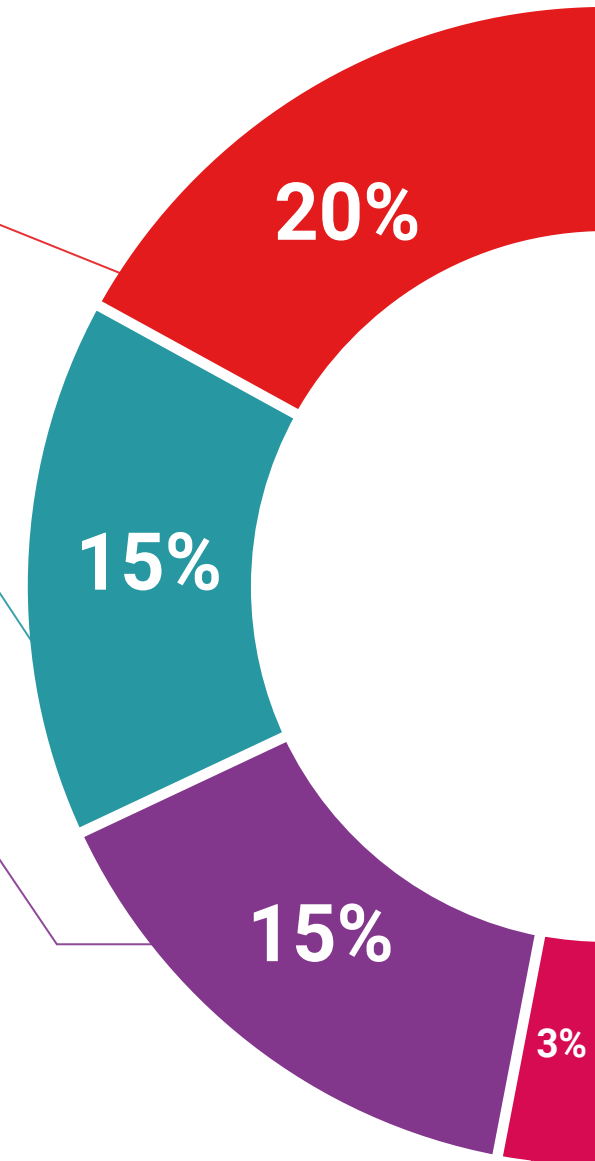
The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

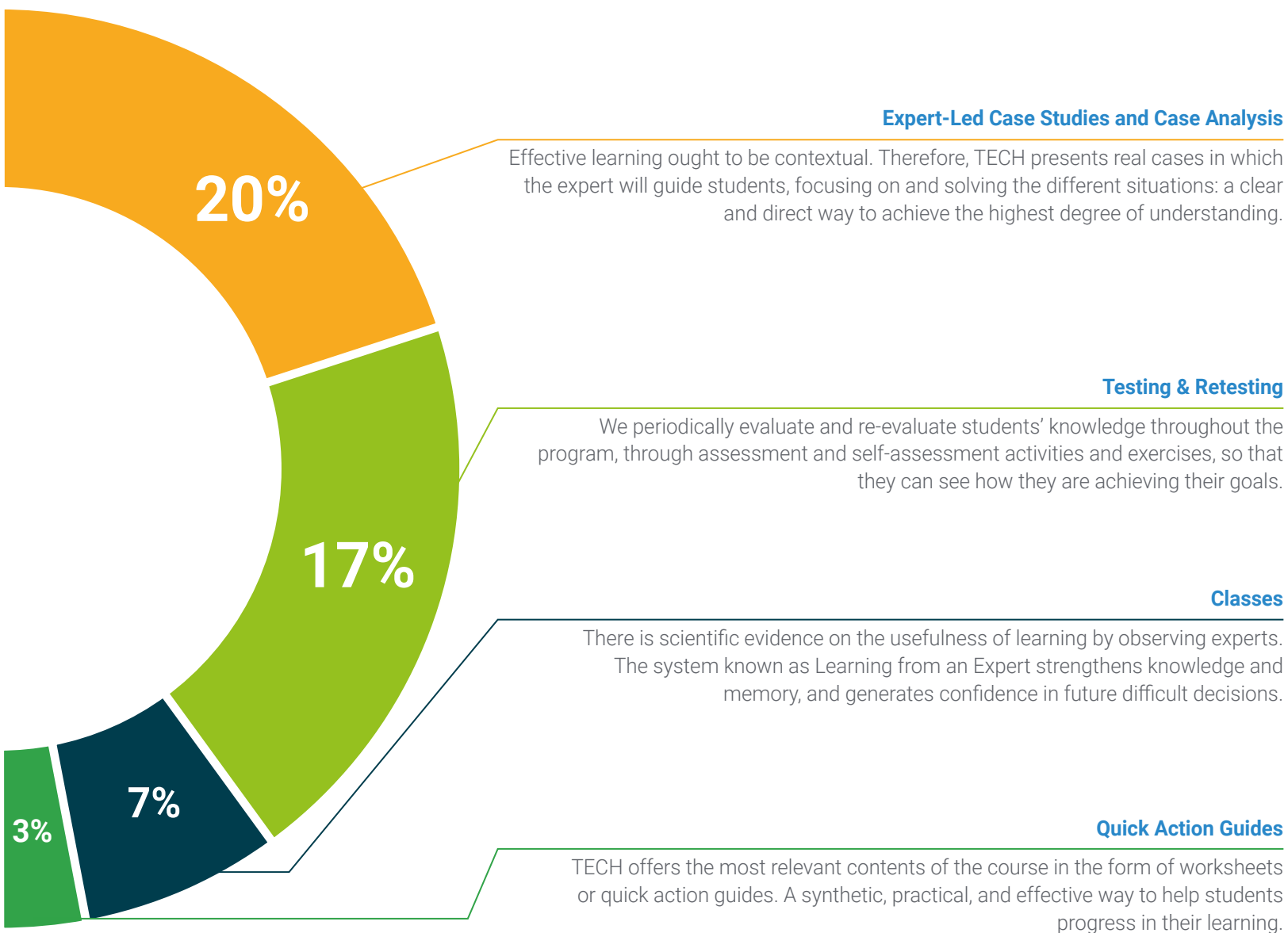
This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



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.





10 Certificate

This Hybrid Master's Degree in Anti-Aging guarantees students, in addition to the most rigorous and up-to-date education, access to a Hybrid Master's Degree diploma issued by TECH Technological University.



“

*Successfully complete this program and
receive your university qualification without
having to travel or fill out laborious paperwork"*

This program will allow you to obtain your **Hybrid Master's Degree diploma Anti-Aging** endorsed by **TECH Global University**, the world's largest online university.

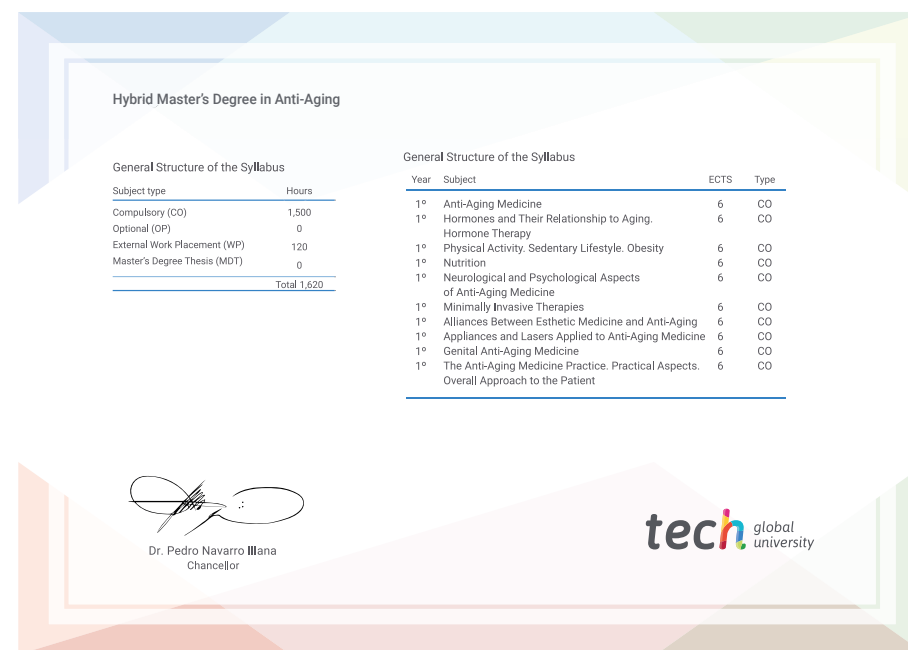
TECH Global University is an official European University publicly recognized by the Government of Andorra ([official bulletin](#)). Andorra is part of the European Higher Education Area (EHEA) since 2003. The EHEA is an initiative promoted by the European Union that aims to organize the international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

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

Title: **Hybrid Master's Degree in Anti-Aging**

ECTS: **65**

Official N° of Hours: **1,620 h.**



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



Hybrid Master's Degree Anti-Aging

Modality: Hybrid (Online + Clinical Internship)

Duration: 12 months

Certificate: TECH Global University

Recognition: 60 + 5 ECTS Credits

Teaching Hours: 1,620 h.

Hybrid Master's Degree

Anti-Aging

