

# Postgraduate Certificate

## Aesthetic and Regenerative Gynecology





## Postgraduate Certificate Aesthetic and Regenerative Gynecology

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

Website: [www.techtute.com/us/medicine/postgraduate-certificate/aesthetic-regenerative-gynecology](http://www.techtute.com/us/medicine/postgraduate-certificate/aesthetic-regenerative-gynecology)

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# 01

# Introduction

Aesthetic and Regenerative Gynecology is of vital importance to improve the quality of life of women, especially in the field of sexuality, given that childbirth, cancer treatments or even menopause can bring associated side effects that come to affect not only physically, but also psychologically.



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*The current importance of image and aesthetics makes this course an essential training for professionals in the sector”*

Aesthetic, Regenerative and Functional Gynecology is a booming specialty from the point of view of demand. Women are no longer resigned to suffer in silence the symptoms secondary to the pathology derived from the different physical and psychological states and processes they go through throughout their lives, for example in the postpartum period after menopause or after an oncological process.

Training in this discipline is therefore essential to know how to manage and advise on this type of requirements that the patient of the 21st century will ask us more and more frequently in the consultation room.

The Postgraduate Certificate in Aesthetic and Regenerative Gynecology is a training program designed to provide physicians with the necessary knowledge to implement the specialization in their professional life. It brings an added balance to working life and opens a door to a growing demand for healthcare.

This **Postgraduate Certificate in Aesthetic and Regenerative Gynecology** is the most complete and up-to-date educational program on the market. The most important features of the program include:

- The development of practical cases presented by experts in Aesthetic and Regenerative Gynecology.
- The graphic, schematic, and eminently practical contents with which they are created provide scientific and practical information on the disciplines that are essential for professional practice.
- The latest developments in Aesthetic and Regenerative Gynecology.
- Practical exercises where the self-assessment process can be carried out to improve learning.
- Special emphasis on innovative methodologies in Aesthetic and Regenerative Gynecology.
- Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments.
- Content that is accessible from any fixed or portable device with an Internet connection.



*Expand your knowledge through this course in Aesthetic and Regenerative Gynecology, which will allow you to specialize until you achieve excellence in this field"*

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*This course is the best investment you can make in the selection of a refresher program for two reasons: in addition to updating your knowledge in Aesthetic and Regenerative Gynecology, you will obtain a Postgraduate Certificate certificate from TECH Technological University”*

The teaching staff includes professionals from the field of Aesthetic Medicine, who bring their experience to this training 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 training programmed to train in real situations.

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

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

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



02

# Objectives

The course in Aesthetic and Regenerative Gynecology is oriented to facilitate the performance of the professional dedicated to teaching with the latest advances and newest treatments in the sector.







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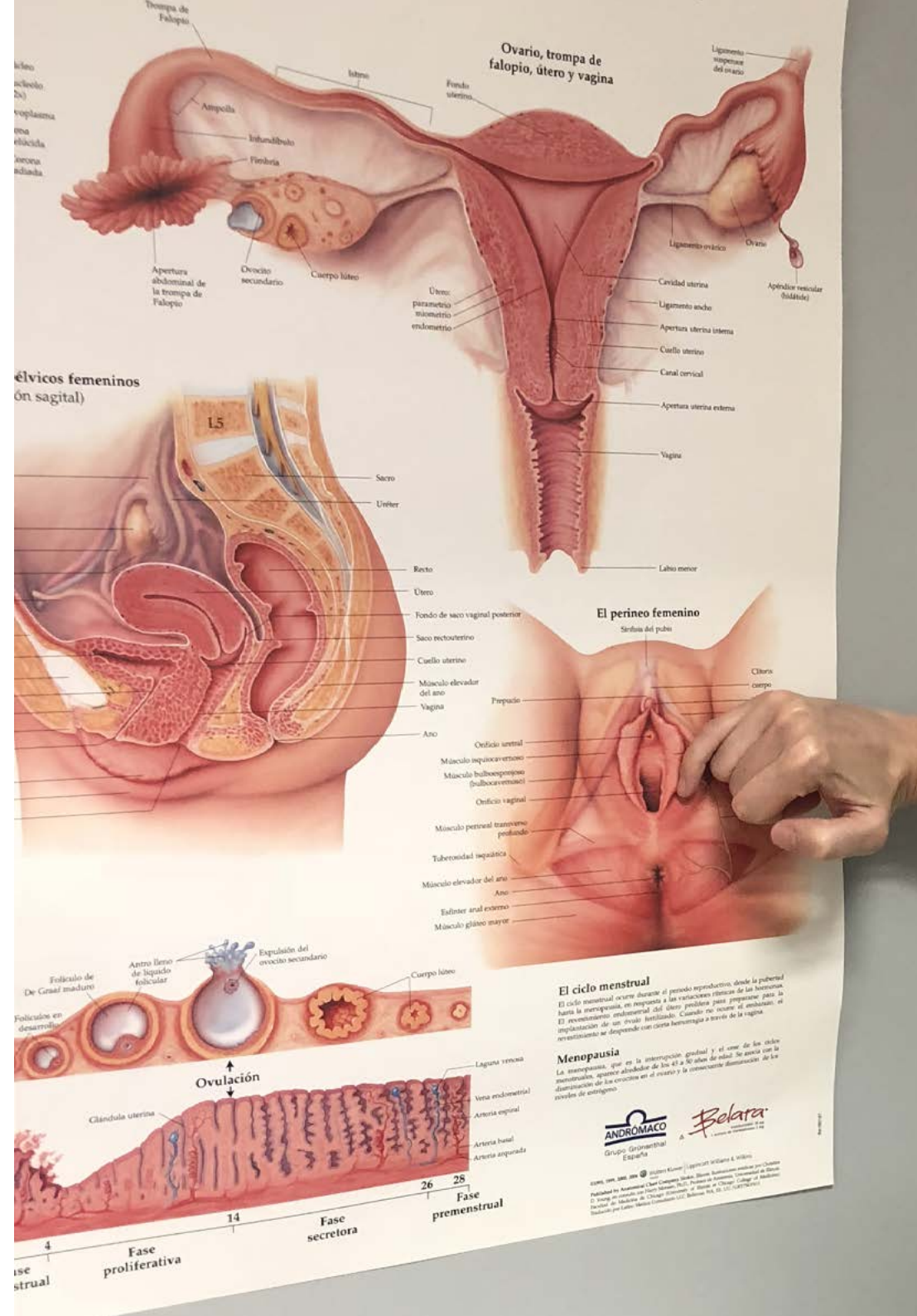
*Thanks to this course, you will be able to specialize in Aesthetic and Regenerative Gynecology, and learn about the latest advances in the field"*



General Objective

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

*A complete program that will help you keep up to date with the latest developments in Aesthetic and Regenerative Gynecology.*





## Specific Objectives

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- ◆ Know the female anatomy in order to learn how to manage physical alterations after childbirth, menopause, or oncological procedures, for example.
- ◆ Address sexual dysfunctions.
- ◆ Learn how to perform genital regenerative treatments.

03

# Course Management

The program includes in its teaching staff reference experts in Aesthetic Medicine, who pour into this training the experience of their work. Additionally, other recognized experts have participated in its design and preparation, complementing 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 Comprehensive Aesthetic Medicine area. C&M Clinic. Rivas. Madrid
- Specialist Physician in the Preventive Medicine Unit of the Alcorcón Foundation University Hospital
- Specialist in Aesthetic and Anti-Aging Medicine



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

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

## Professors

### Dr. Martínez Morón, Victoria

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







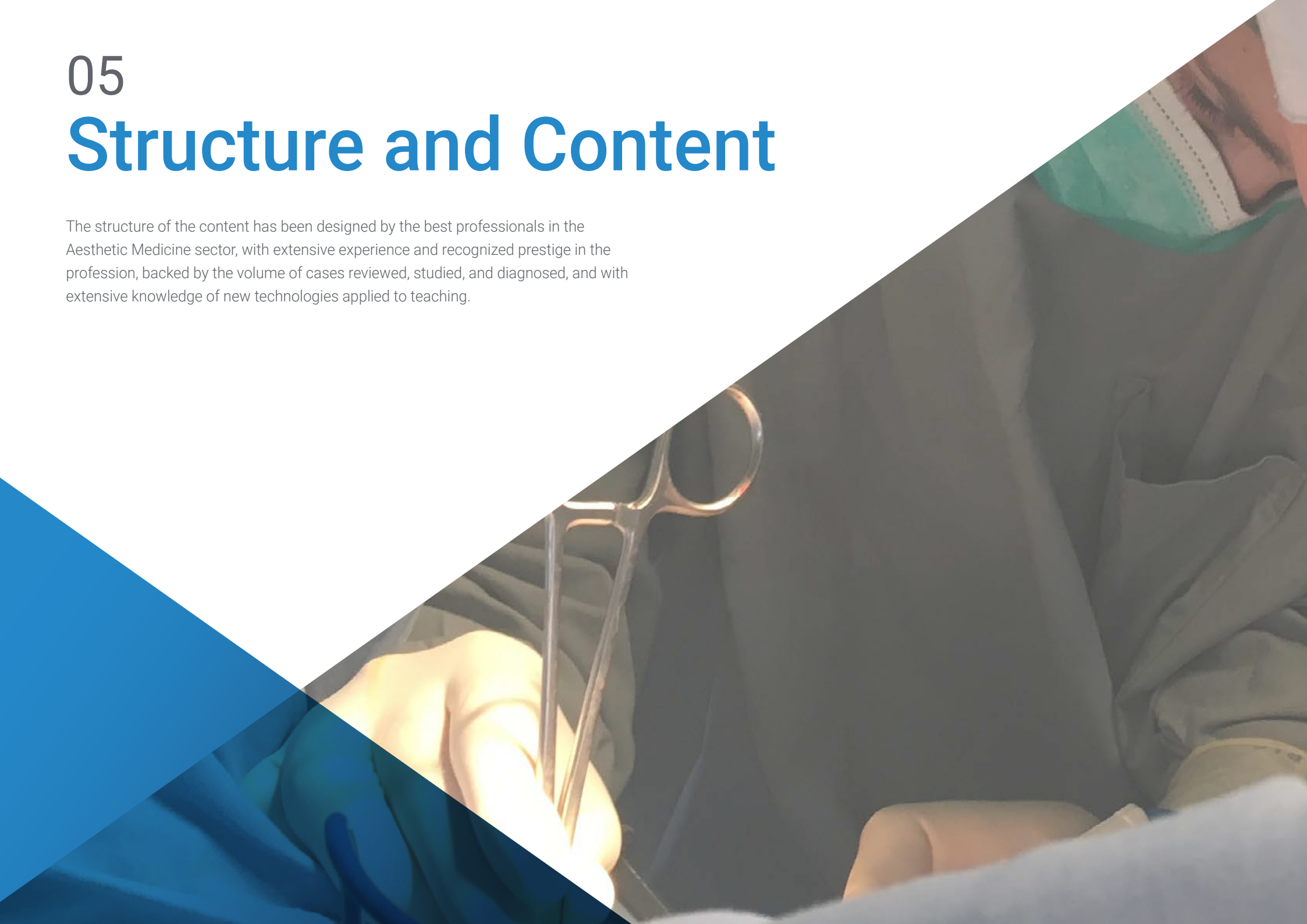
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*Our teaching team will provide you with all their knowledge so that you are up to date with the most up-to-date information on the subject”*

05

# Structure and Content

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





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*This Course in Aesthetic and Regenerative Gynecology is the most complete and up-to-date scientific program on the market”*

## Module 1. Esthetic and Regenerative Gynecology

- 1.1. Anatomy.
  - 1.1.1. Vulva. Histology, Anatomy, and Relations.
  - 1.1.2. Vagina. Histology, Anatomy, and Relations.
  - 1.1.3. Anatomy of the Female Pelvic Floor.
    - 1.1.3.1. Muscle Structures.
    - 1.1.3.2. Urogenital Diaphragm.
    - 1.1.3.3. Superficial and Deep Perineum.
    - 1.1.3.4. Vasculonervous Relations of the Lesser Pelvis.
    - 1.1.3.5. Anatomy of the Clitoris.
- 1.2. Management of Anatomical Alterations.
  - 1.2.1. Mons Pubis. Mons Pubis Reduction: Liposuction, Laser Lipolysis. Enlargement of the Mons Pubis: Fillers (Fat, Fillers).
  - 1.2.2. Labia Minora. Classification of Anatomical Defects. Types of Labiaplasty. Pre- and Post-Operative Recommendations.
  - 1.2.3. Labia Majora. Classification of Anatomical Defects. Surgical Defects.
  - 1.2.4. Vaginal Introitus and Hymen. Classification and Etiology of Introitus Pathology. Hymen Pathology (Rigid Hymen, Imperforate Hymen). Surgical Management.
  - 1.2.5. Vaginal Introitus. Pathology Due to Stenosis. Amplitude of the Introitus.
  - 1.2.6. Superficial Perineum and Anal Musculature. Perineal Obstetric Tears. Obstetric Tears of the Anal Sphincter.
  - 1.2.7. Female Genital Ablations. Social and Cultural Management. Surgical Management. Psychological Management.
- 1.3. Management of Vaginal Hyperlaxity Syndrome.
  - 1.3.1. Definition and Aetiology.
  - 1.3.3. Signs and Symptoms.
  - 1.3.4. Management and Treatments.
- 1.4. Management of Genitourinary Menopausal Syndrome.
  - 1.4.1. Definition and Prevalence.
  - 1.4.2. Signs and Symptoms.
  - 1.4.3. Treatment Alternatives.



- 1.5. Menopause.
  - 1.5.1. Definition of Menopause.
  - 1.5.2. Definition of Climacteric Syndrome.
  - 1.5.3. Symptoms, Risks, and Pathologies Associated with Climacteric Syndrome.
  - 1.5.4. Management and Advice.
    - 1.5.4.1. Lifestyle Recommendations.
    - 1.5.4.2. Hormone Replacement Therapy (Indications and Contraindications) and Introduction to Bioidentical Hormones.
  - 1.5.5. Sexuality in Menopausia.
- 1.6. Regenerative and Functional Gynecologic Pathology.
  - 1.6.1. Vulvar Lichen Sclerosus.
    - 1.6.1.1. Definition and Symptoms.
    - 1.6.1.2. Medical Treatment and Regenerative Treatment.
  - 1.6.2. Urinary Incontinence.
    - 1.6.2.1. Definition, Etiology and Classification.
    - 1.6.2.2. Medical Treatment.
    - 1.6.2.3. Physiotherapy Treatment.
    - 1.6.2.4. Surgical Treatment (Indications, Contraindications, and Complications).
- 1.7. Energy-Based Devices.
  - 1.7.1. Laser Technology.
    - 1.7.1.1. Physical and Therapeutic Principles.
    - 1.7.1.2. Biological Effects of Thermotherapy.
    - 1.7.1.3. Types of Lasers and Uses.
    - 1.7.1.4. Indications and Contraindications.
    - 1.7.1.5. Available Evidence.
    - 1.7.1.6. Procedure.
  - 1.7.2. Radiofrequency Technology.
    - 1.7.2.1. Radiofrequency Technology.
    - 1.7.2.2. Physical and Therapeutic Principles.
    - 1.7.2.3. Biological Effects of Radiofrequency.
    - 1.7.2.4. Indications and Contraindications.
    - 1.7.2.5. Procedure.
    - 1.7.2.6. Available Evidence.
- 1.8. Sexual Dysfunctions.
  - 1.8.1. Hypoactive Desire Dysfunction (Definition).
    - 1.8.1.1. Sexological Approach.
    - 1.8.1.2. Medical Treatment.
  - 1.8.2. Stimulation and Orgasm Dysfunctions (Definition).
    - 1.8.2.1. Sexological Approach.
    - 1.8.2.2. Medical Treatment.
  - 1.8.3. Pain Dysfunctions (Definition).
    - 1.8.3.1. Vaginismus. Definition and Classification.
    - 1.8.3.2. Dyspareunia. Definition and Classification.
    - 1.8.3.3. Vulvodynia. Definition and Classification.
  - 1.8.4. Therapeutic Approach.
    - 1.8.3.1. Sexological Approach.
    - 1.8.3.2. Medical Treatment: Analgesia: Antidepressant Effects of Botulinum Toxin.
  - 1.8.5. Sexual Evaluation Questionnaires.
- 1.9. Genital Regenerative Treatments (Alternatives).
  - 1.9.1. Platelet-Rich Plasma.
  - 1.9.2. Application of Hyaluronic Acid in Female Genitalia.
    - 1.9.2.1. Medical and Aesthetic Indications.
    - 1.9.2.2. Medical and Functional Indications.
    - 1.9.2.3. Complications.
  - 1.9.3. Vulvo-Vaginal Carboxytherapy.
  - 1.9.4. Possibilities of the Use of Stem Cells in Regenerative Gynecology.
- 1.10. Local and Locoregional Anesthesia and Sedation in Esthetic Genital Surgery.
  - 1.10.1. Anesthetic Techniques in Gynecological Esthetics.
  - 1.10.2. Sedation.
  - 1.10.3. Pudendal Nerve Block.
  - 1.10.4. Local Anaesthesia of Cutaneous Nerves.
  - 1.10.5. General Anesthesia.

05

# Methodology

This training program offers a different way of learning. Our methodology follows a cyclical process: ***Re-learning***.

This teaching system is used in the most prestigious medical schools in the world and has been considered one of the most effective by major publications such as ***the New England Journal of Medicine***.





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

## At TECH we use the Case Method

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

*With TECH you can experience a of learning that is shaking the foundations of traditional universities around the world.*



According to Dr. Gérvas, the clinical case is the annotated presentation of a patient, or group of patients, which becomes a "case", an example or model that illustrates some peculiar clinical component, either because of its teaching potential or because of its uniqueness or rarity. It is essential that the case is based on current professional life, trying to recreate the real conditions in professional medical practice.



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

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

1. Students who follow this method not only grasp concepts, but also develop their mental capacity by evaluating real situations and applying their knowledge.
2. The learning process has a clear focus on practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Re-Learning Methodology

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

Our University is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, which represent a real revolution with respect to simply studying and analyzing cases.

*The physician will learn through real cases and by solving complex situations in simulated learning environments. These simulations are developed using state-of-the-art software to facilitate immersive learning.*



At the forefront of world teaching, the Re-learning method has managed to improve the overall satisfaction levels of professionals who complete their studies, with respect to the quality indicators of the best Spanish-speaking online university (Columbia University).

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

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

In our program, learning is not a linear process, but rather a spiral (we learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

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



In this program you will have access to the best educational material, prepared with you in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

This content is then adapted in an audiovisual format that will create our way of working online, with the latest techniques that allow us to offer you high quality in all of the material that we provide you with.



#### Latest Techniques and Procedures on Video

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



#### Interactive Summaries

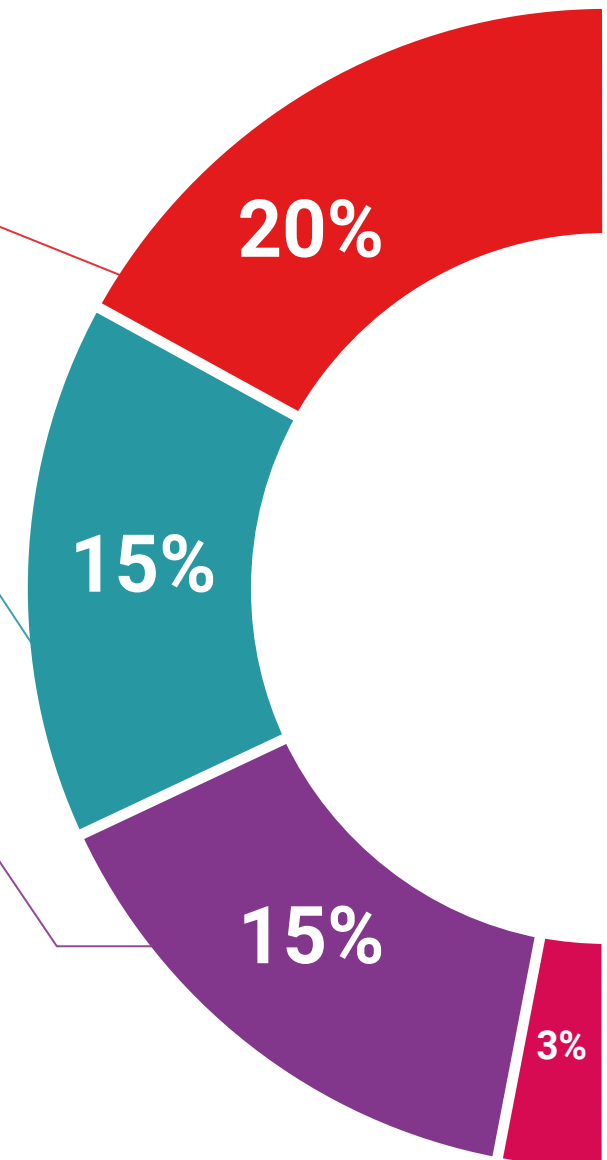
We present the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This unique multimedia content presentation training system was awarded by Microsoft as a "European Success Story".



#### Additional Reading

Recent articles, consensus documents, international guides. in our virtual library you will have access to everything you need to complete your training.





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

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



#### Testing & Re-testing

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



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an expert strengthens knowledge and memory, and generates confidence in our future difficult decisions.



#### Quick Action Guides

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



# 06 Certificate

The **Postgraduate Certificate in Aesthetic and Regenerative Gynecology** guarantees you, in addition to the most rigorous and up-to-date training, access to a Postgraduate Certificate qualification issued by **TECH Technological University**.





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

This **Postgraduate Certificate in Aesthetic and Regenerative Gynecology** contains the most complete and up-to-date scientific program on the market.

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

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

Title: **Postgraduate Certificate in Aesthetic and Regenerative Gynecology**

Nº Hours: **150**



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



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



**Postgraduate Certificate**  
Aesthetic and Regenerative  
Gynecology

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

## Aesthetic and Regenerative Gynecology

