

# Postgraduate Certificate

## Genital Aging in Gynecoesthetics





## Postgraduate Certificate Genital Aging in Gynecoesthetics

- » 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/genital-aging-gynecoesthetics](http://www.techtute.com/us/medicine/postgraduate-certificate/genital-aging-gynecoesthetics)

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# 01

# Introduction

Loss of tone and flaccidity in the vaginal area can negatively affect the quality of life and self-esteem of women. Consequently, the field of Gynecoaesthetics aimed at the treatment of genital aging is increasingly demanded by middle-aged women, with the idea of recovering their firmness and feeling good about themselves. Thus, doctors with extensive and up-to-date knowledge in this area are increasingly required by gyneco-aesthetic centers. For this reason, TECH has created this degree, which will allow the specialist to delve into the anatomical and physiological changes or external factors involved in vaginal aging according to the latest scientific evidence, 100% online and from home.



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*Learn about the latest advances in Genital Aging in Gynecoesthetics through this very complete degree"*

Gynecoaesthetics has gained great importance in recent years due to the growing demand of women seeking to improve the appearance of their genital area and alleviate the symptoms of aging to increase their emotional well-being. As a result, cutting-edge techniques and technologies have been developed that make this type of treatment safer, more effective and more accessible to a greater number of patients. For this reason, specialists must keep up to date in this field in order to respond effectively to the challenges presented by this specific sector.

In view of this situation, TECH has created this degree, through which the student will obtain the most avant-garde knowledge in Genital Aging in Gynecological Aesthetics. Throughout the course, the professional will delve into the anatomical and physiological changes that occur in the genital physiological changes that occur in the female genital apparatus, as well as the impact of postpartum and menopause on the aesthetics of women. It will also delve into the relationship between sexual health and self-esteem.

Thanks to the fact that this Postgraduate Certificate is developed completely online, students will enjoy the academic content at any time and place, allowing them to organize it according to their own needs. Its Relearning pedagogical methodology focuses on problem-solving learning, using audiovisual resources and practical activities for professionals to professionals can apply the knowledge acquired.

This **Postgraduate Certificate in Genital Aging in Gynecological Aesthetics** contains the most complete and up-to-date scientific program on the market. The most important features include:

- ◆ Practical case studies are presented by experts in Gynecoesthetics
- ◆ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional practice
- ◆ Practical exercises where self-assessment can be used to improve learning
- ◆ Its special emphasis on innovative methodologies
- ◆ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ◆ Content that is accessible from any fixed or portable device with an Internet connection



*Learn more about the anatomical and physiological changes that occur in the female genital tract during different processes thanks to this Postgraduate Certificate"*

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*Enjoy a curriculum designed by renowned specialists in Gynecoaesthetics and position yourself at the forefront of this field"*

The program's teaching staff includes professionals from sector who contribute their work experience to this educational program, as well as renowned specialists from leading societies and prestigious universities.

Its multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide an immersive education programmed to learn in real situations.

The design of this program focuses on Problem-Based Learning, by means of which the professional must try to solve the different professional practice situations that are presented throughout the academic course. For this purpose, the student will be assisted by an innovative interactive video system created by renowned experts.

*Delve into the relationship between sexual health and self-esteem and be able to perfect your daily practice in the field of Gynecoaesthetics.*

*The Relearning system of this degree allows you to learn at your own pace without time constraints.*



# 02

# Objectives

TECH has designed the Postgraduate Certificate in Genital Aging in Gynecoesthetics with the aim of providing the specialist with the most advanced knowledge in this medical field. Through this academic experience, the student will be updated regarding the physiological and anatomical changes that occur during this phase. All this, following general and specific objectives that guarantee the fulfillment of the learning expectations.





“*Incorporate into your daily practice the latest advances on Genital Aging in Gynecoesthetics*”



## General Objectives

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- ◆ To be updated in the newest areas of current Gynecoesthetic Medicine, knowing the best and most effective treatments
- ◆ Memorize and never forget the most important tips regarding risk prevention, complications and emergency situations
- ◆ Learn not only theoretical concepts, but also the most urgent practice in Gynecological Aesthetics through audiovisual and practical material





## Specific Objectives

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- ◆ Know what gynecological esthetics is all about
- ◆ Deepen in the physiological and anatomical changes that occur during aging and the external factors involved in vaginal aging
- ◆ Know how pregnancy, postpartum and menopause affect the vagina



*Grow in the field of Gynecological Aesthetics through an excellent update of only 150 hours of duration"*

# 03

# Course Management

TECH has carefully selected the teaching team of the Postgraduate Certificate in Genital Aging in Gynecological Aesthetics, composed of highly qualified specialists in the area of Gynecological Aesthetics. These professionals will be responsible for directing and teaching this degree, being in charge of elaborating its didactic contents, with the objective of guaranteeing that the knowledge acquired is useful in daily medical practice and that it enjoys an excellent update.





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*In order to offer you the most updated knowledge in Genital Aging in Gynecoesthetics, this Postgraduate Certificate is taught by active specialists in this area"*

## Management



### Dr. Ruiz Allende, Alba María

- Medical Director of Aesthetic Medicine of the Clínica Londres Group
- Director of the Department of Aesthetic Medicine in the IMEMA Clinic
- Aesthetic medicine workshops trainer
- University professor at the CEU and UCAM
- Professor of MIR preparation at CTO
- Clinical researcher and editor of the magazine Emergency Live
- Residency in the specialty of Family, Community and Emergency Medicine at the Hospital Clínico San Carlos
- Master in Aesthetic Medicine and Nutrition at the Catholic University San Antonio of Murcia
- Master's Degree in Business Management from the Catholic University San Antonio of Murcia
- Master's Degree in Clinical Bioethics from UIMP



## Professors

### Dr. Izquierdo De la Fuente, Joana

- ◆ Specialist in Obstetrics and Gynecology at the Hospital Universitario 12 de Octubre
- ◆ Collaborating physician in practical teaching at the Obstetrics and Gynecology Department of the Hospital Universitario 12 de Octubre
- ◆ Sub-investigator in international multicenter clinical trials at Hospital Universitario 12 de Octubre
- ◆ Development of research activity in the field of Obstetrics and Gynecology with participation in national congresses in poster and oral communication format
- ◆ Degree in Medicine from the University of the Basque Country
- ◆ Specialized Health Training in Obstetrics and Gynecology at the Hospital Universitario 12 de Octubre
- ◆ Course in the Management of Vulvovaginal Atrophy in the context of menopausal women endorsed by the Spanish Society of Gynecology and Obstetrics (SEGO) and the Spanish Association for the Study of Menopause (AEEM)

# 04

## Structure and Content

The Postgraduate Certificate in Genital Aging in Gynecological Aesthetics syllabus has been meticulously designed to provide specialists with up-to-date information on the latest trends in this specialty. The degree includes a wide variety of didactic resources in different formats, such as videos, reading materials and interactive summaries, so students can choose the one that best suits their needs. In addition, the program's online mode allows professionals to adapt their study schedule to their personal and professional schedules.





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*The online methodology of this Postgraduate Certificate program enables you to study enables you to study without having to travel to a study center"*

## Module 1. Genital Aging in Gynecoesthetics

- 1.1. What is Gynecoesthetics?
  - 1.1.1. Concept
  - 1.1.2. History
  - 1.1.3. Fields covered
- 1.2. Physiological changes in the aging of the female genital tract
  - 1.2.1. Physiology of aging
  - 1.2.2. Hormonal changes
  - 1.2.3. Consequences
- 1.3. Anatomical changes that occur during aging in the female reproductive tract
  - 1.3.1. Changes in the vagina
  - 1.3.2. Changes in the cervix
  - 1.3.3. Other changes in the uterus
- 1.4. Other anatomical changes that occur during aging in the female body anatomy
  - 1.4.1. Breast Changes
  - 1.4.2. Changes in the reproductive system
  - 1.4.3. Changes in body composition (fat, muscle and bone)
- 1.5. External factors involved in vaginal aging
  - 1.5.1. Sun damage
  - 1.5.2. Tobacco Use
  - 1.5.3. Dietary habits
  - 1.5.4. Physical exercise
  - 1.5.5. How to prevent them?
- 1.6. How does pregnancy affect the aesthetic problems of the female genitalia?
  - 1.6.1. Physiological changes that occur in pregnancy
  - 1.6.2. Consequences of these changes
  - 1.6.3. Possible Solutions
- 1.7. How does the postpartum period affect the woman physically and psychologically in terms of her esthetics?
  - 1.7.1. Physical and hormonal changes that occur in the postpartum period
  - 1.7.2. Psychological changes and problems of the postpartum period
  - 1.7.3. Main aesthetic problems of postpartum





- 1.8. How does menopause affect the aesthetic problems of the female genitalia?
  - 1.8.1. Physiological changes that occur in menopause
  - 1.8.2. Consequences of these changes
  - 1.8.3. Possible Solutions
- 1.9. Most important gynecological-aesthetic problems for women
  - 1.9.1. Most important problems
  - 1.9.2. Prevalence
  - 1.9.3. Patient profile
- 1.10. Sexual health and self-esteem
  - 1.10.1. How do gynecological-aesthetic problems affect women?
  - 1.10.2. Psychological sphere of self-esteem and other mental problems related to image
  - 1.10.3. Patient profile

“*Enjoy a first class academic experience, choosing those multimedia and textual didactic formats that best suit your educational requirements”*

05

# Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.



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

## At TECH we use the Case Method

What should a professional do in a given situation? Throughout the program, students will face multiple simulated clinical cases, based on real patients, in which they will have to do research, establish hypotheses, and ultimately resolve the situation. There is an abundance of scientific evidence on the effectiveness of the method. Specialists learn better, faster, and more sustainably over time.

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



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

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

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

1. Students who follow this method not only achieve the assimilation of concepts, but also a development of their mental capacity, through exercises that evaluate real situations and the application of knowledge.
2. Learning is solidly translated into practical skills that allow the student to better integrate into the real world.
3. Ideas and concepts are understood more efficiently, given that the example situations are based on real-life.
4. Students like to feel that the effort they put into their studies is worthwhile. This then translates into a greater interest in learning and more time dedicated to working on the course.



## Relearning Methodology

At TECH we enhance the case method with the best 100% online teaching methodology available: Relearning.

This university is the first in the world to combine the study of clinical cases with a 100% online learning system based on repetition, combining a minimum of 8 different elements in each lesson, a real revolution with respect to the mere study and analysis of cases.

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



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

With this methodology, more than 250,000 physicians have been trained with unprecedented success in all clinical specialties regardless of surgical load. Our pedagogical methodology is developed in a highly competitive environment, with a university student body with a strong socioeconomic profile and an average age of 43.5 years old.

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

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

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



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

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

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Surgical Techniques and Procedures on Video

TECH introduces students to the latest techniques, the latest educational advances and to the forefront of current medical techniques. All of this in direct contact with students and explained in detail so as to aid their assimilation and understanding. And best of all, you can watch the videos as many times as you like.



#### Interactive Summaries

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

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



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





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

Effective learning ought to be contextual. Therefore, TECH presents real cases in which the expert will guide students, focusing on and solving the different situations: a clear and direct way to achieve the highest degree of understanding.



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



#### Classes

There is scientific evidence on the usefulness of learning by observing experts. The system known as Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Quick Action Guides

TECH offers the most relevant contents of the course in the form of worksheets or quick action guides. A synthetic, practical, and effective way to help students progress in their learning.



# 06 Certificate

The Postgraduate Certificate in Genital Aging in of Gynecoesthetics guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.



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

This **Postgraduate Certificate in Genital Aging in Gynecological Aesthetics** contains the most complete and up-to-date scientific program on the market.

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

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 Genital Aging in Gynecoesthetics**

Official N° of Hours: **150 h.**



\*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.



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