

# Postgraduate Diploma

## 360 Aesthetic Medicine



## Postgraduate Diploma 360 Aesthetic Medicine

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

Website: [www.techtitute.com/us/medicine/postgraduate-diploma/360-aesthetic-medicine](http://www.techtitute.com/us/medicine/postgraduate-diploma/360-aesthetic-medicine)

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# 01

# Introduction

With today's advances and technology, Aesthetic Medicine cannot focus on a single area of the body or a single condition. The modern and contemporary vision of this discipline implies that a 360-degree approach to the patient must be taken, assuming a comprehensive advice that covers issues such as obesity, facial harmonization, types of diets or the most effective fillers. This program was created with the aim of updating the specialist in this field, properly deepening techniques such as *foxy eyes*, non-surgical lifting, facial *skin booster* or full jaw marking, among others. A 100% online academic opportunity to get up to date in an agile and comfortable way, without face-to-face classes or fixed schedules.





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*Get up to date in the most modern filler techniques, including polylactic acid, calcium hydroxyapatite and hyaluronic acid"*

Aesthetic Medicine has evolved so much in recent years that it is no longer a field that is limited to mere appearance or beauty problems that the patient may perceive. New materials such as hyaluronic acid and increasingly less invasive treatments with fewer after-effects have allowed an unprecedented expansion of this discipline.

The best specialists in the area no longer understand Aesthetic Medicine as a merely aesthetic approach, but take into account a 360-degree vision of all the circumstances surrounding the patient. This implies not only a superficial analysis, but also a focus on areas such as obesity and even psychological problems that may arise from body aesthetics.

Given this situation, it is more necessary than ever that specialists in the area are updated in the most urgent fields of Aesthetic Medicine. Therefore, this TECH program was created, written by real experts and referents in different areas of aesthetics that have compiled the most current issues in this field. The specialist who decides to enroll in this Postgraduate Diploma will be able to examine the most relevant developments in the field of botulinum toxin, advanced uses of hyaluronic acid, techniques such as *foxy eyes* or *skin booster* and many more issues of special interest.

All this, in addition, with the convenience of facing a 100% online Postgraduate Diploma. With no in person classes or fixed schedules, the specialist themselves will be the one who sets the pace of the study at all times. The content of the Virtual Campus is available for downloading in its entirety, and can be consulted from any device with an Internet connection.

This **Postgraduate Diploma in 360 Aesthetic Medicine** contains the most complete and updated educational program on the market. Its most outstanding features are:

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



*Get up to date on the latest treatments in 360 Aesthetic Medicine, including non-surgical lifting and complete rejuvenation of the upper third"*

“

*Incorporate into your practice the necessary psychological approach to modern Aesthetic Medicine, updating you in Body Dysmorphic Disorder or Eating Disorders”*

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

Its multimedia content, developed with the latest educational technology, will allow the professional a situated and contextual learning, that is, a simulated environment that will provide an immersive training programmed to train in real situations.

The design of this program focuses on Problem-Based Learning, in which the professional will have to try to solve the different professional practice situations that will arise throughout the academic course. This will be done with the help of an innovative system of interactive videos made by renowned experts.

*You will learn more about hyaluronic acid and its multiple uses today, including real examples of rhinomodeling and eye and lip fillers.*

*Download all the contents so you can consult them whenever you want from your tablet, smartphone or computer of choice.*



# 02 Objectives

Given the multitude of fields covered by this Postgraduate Diploma, its ultimate goal is to offer a 360° vision of everything that currently surrounds Aesthetic Medicine. Therefore, the specialist will be able to perfect their own critical thinking and decision making in aesthetic interventions of all kinds, adapting to the current demand of the patient in the aesthetic clinic.







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*Incorporate into your daily practice the most advanced approaches in facial harmonization, also taking into account the possible complications or side effects that may occur"*



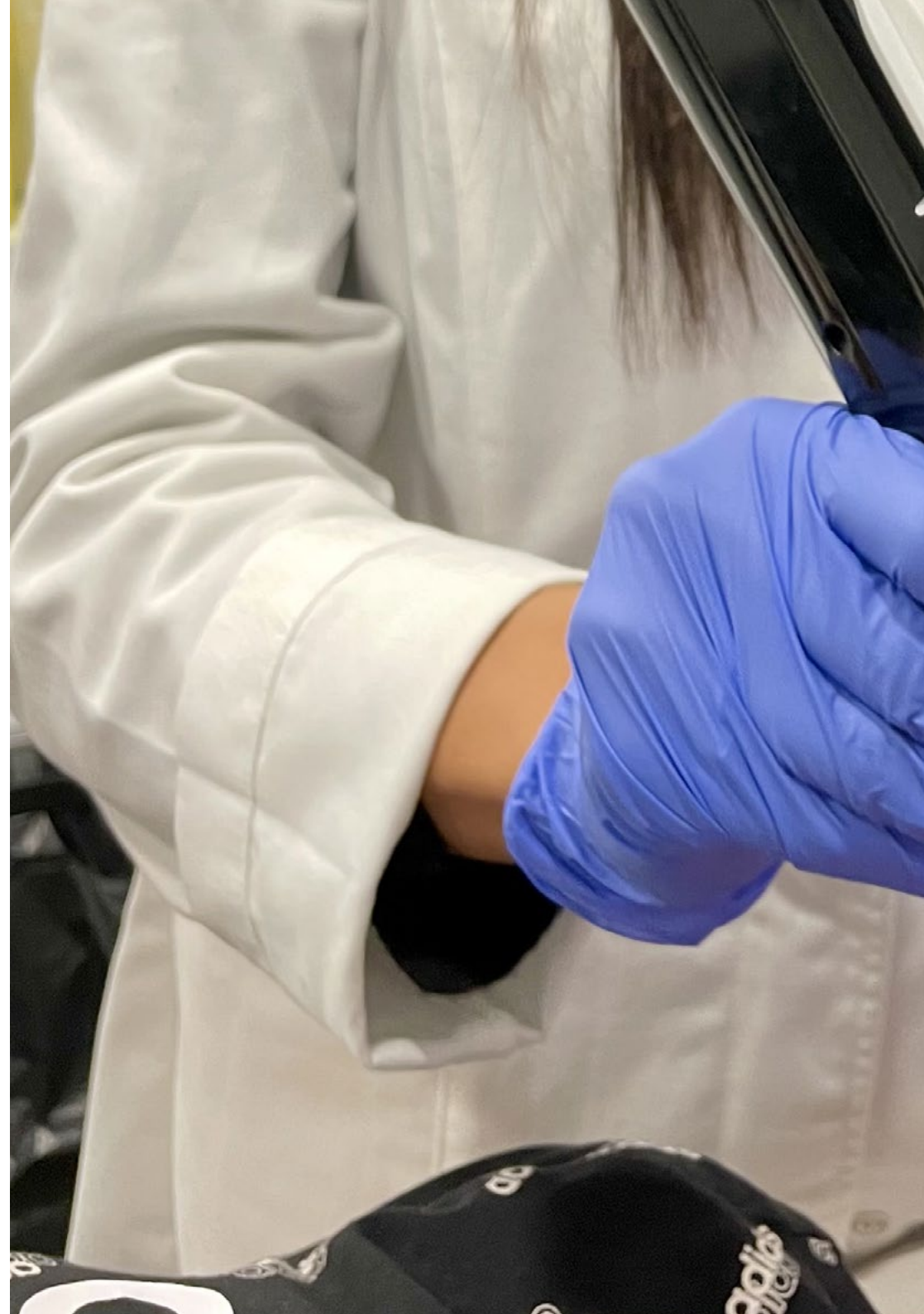
## General Objectives

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- ♦ Update the professional's knowledge in order to be a professional of the current Aesthetic Medicine, knowledgeable of the best and newest treatments and to know how to apply them in an adequate and individualized way for each one of his patients
- ♦ Focus on the establishment of the most innovative guidelines for an exquisite doctor-patient relationship
- ♦ Get updated on the most important *tips* regarding risk prevention, complications and emergency situations
- ♦ Delve into the innovations of Aesthetic Medicine, its treatments and techniques in a way that is not purely theoretical, but through dynamic and practical material



*This Postgraduate Diploma will allow you to approach obesity and its causes from the point of view of Aesthetic Medicine, attending to successful diets and physical exercise models"*





## Specific Objectives

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### Module 1. 360° Facial Harmonization: a Global Vision

- ◆ Update the physician's knowledge of the 360° method in Aesthetic Medicine
- ◆ Treat the pathology of young skin (acne) based on the most innovative treatments
- ◆ Get updated on rejuvenation techniques: upper 1/3, eye, oral and perioral area
- ◆ Know in depth how to approach the treatment of the "double chin" in a new way
- ◆ Know how to approach neck and neckline rejuvenation and hand rejuvenation with the new techniques of Aesthetic Medicine
- ◆ Know how to perform a non-surgical facelift, foxy eyes and the skin booster following the latest advances in clinical aesthetics

### Module 2. Filler Materials and Hyaluronic Acid

- ◆ Get up to date in the use of filler materials: delve into the concept and its use, know the types of fillers and..
- ◆ Update the graduate's knowledge in the use of hyaluronic acid
- ◆ Identify, correctly and based on their types, the main indications and treatments (dark circles under the eyes, lips, furrows and expression lines)

### Module 3. Aesthetic Body Medicine. Obesity

- ◆ Have an updated knowledge of body composition analysis and body semiology
- ◆ Get updated on eating disorders
- ◆ Delve, in depth, into the main types of diets
- ◆ Get updated on the importance of physical exercise (importance, adequate amount...)

# 03

## Course Management

In order to provide a higher level of quality to all the topics covered, TECH has selected an outstanding teaching staff in the field of Aesthetic Medicine. Composed of renowned figures in different clinical fields, including surgery, human nutrition and regenerative medicine, the didactic content of the program itself benefits from the experience of its teachers. Therefore, the specialist will find a multitude of real examples and analysis of simulated cases to adequately contextualize all the contents.

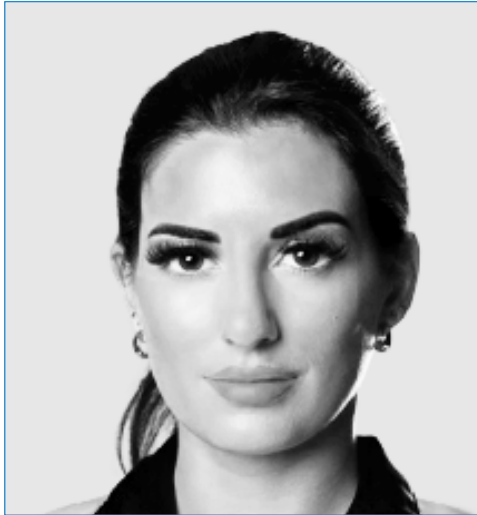




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*Rely on a teaching team with first-hand knowledge of the most demanding reality in 360 Aesthetic Medicine"*

## Management



### Dr. Ruiz Allende, Alba María

- ♦ Medical Director of Aesthetic Medicine of the London Clinic Group
- ♦ Director of the Department of Aesthetic Medicine at IMEMA Clinic
- ♦ Trainer of Aesthetic Medicine workshops
- ♦ University Professor at the CEU and UCAM
- ♦ Professor of MIR preparation at CTO
- ♦ Clinical Researcher and Editor of the Emergency Live Magazine
- ♦ Residency in the Specialty of Family, Community and Emergency Medicine at the San Carlos Clinical Hospital
- ♦ Master's Degree in Aesthetic Medicine and Nutrition at the San Antonio of Murcia Catholic University
- ♦ Master's Degree in Business Management at the San Antonio of Murcia Catholic University
- ♦ Master's Degree in Clinical Bioethics from UIMP

## Professors

### Dr. Muñoz Puig, Ana

- ♦ Aesthetic doctor specialized in facial design and skin care
- ♦ Specialist in Aesthetic and restorative medicine at the Hospital Vithas Valencia 9 de Octubre
- ♦ Teaching collaborator of the Master's Degree of Advanced Techniques in Aesthetic and Laser Medicine at the Cardenal Herrera CEU University
- ♦ PhD in Medicine from the University of Valencia
- ♦ Master's Degree in Advanced Techniques in Aesthetic and Laser Medicine by Cardenal Herrera CEU University

### Dr. Maan Di Campli, Claudia Marina

- ♦ Aesthetic Doctor at Novoclinic
- ♦ Surgeon from University Of Oriente (Núcleo Anzoátegui, Venezuela)
- ♦ Member of ICOMEM
- ♦ Diploma in Aesthetic, Facial and Body Medicine from the University of Carabobo
- ♦ Master's Degree in Aesthetic, Regenerative and Anti-Aging Medicine from the Complutense University of Madrid
- ♦ Member of: AMEM (Association of Aesthetic Medicine of Madrid)

**Dr. Córdoba Canella, Estefanía**

- ♦ Family and Community Medicine Specialist of Physician in San Carlos Clinical Hospital
- ♦ Degree in Medicine and Surgery from the Autonomous University of Madrid
- ♦ Degree in Nursing, CEU San Pablo University

**Dr. González San Narciso, Estrella**

- ♦ Specialist in the area of Family and Community Medicine
- ♦ Graduate in Medicine

**Dr. Cova Medina, Ana**

- ♦ Medical specialist in Metabolic Syndrome and Obesity
- ♦ Intern in the area of Occupational Medicine, San Cecilio de Granada University Clinical Hospital
- ♦ Graduate in Medicine, University of Oriente, Anzoátegui, Venezuela
- ♦ Expert in Metabolic Syndrome and Obesity, CTO Academy
- ♦ Ambassador, CTO Latin America Academy
- ♦ MIR Preparation Course, CTO Academy
- ♦ SVI/ACLS Provider, Immediate Cardiovascular Support, European Resuscitation Council
- ♦ Physician, Depilife, Buenos Aires, Argentina
- ♦ General Practitioner, Argentine Hebrew Maccabi Organization, Buenos Aires, Argentina
- ♦ Emergency Physician, Puerto La Cruz Polyclinic, Anzoátegui, Venezuela

**Ms. Plaza Narvaiza, Mónica**

- ♦ Dietitian specialized in Clinical and Oncological Nutrition
- ♦ Graduate in Human Nutrition and Dietetics from the University of Navarra
- ♦ Master Health Coach and Holistic Nutrition by the Institute of Integrative Nutrition
- ♦ Postgraduate in Oncological Nutrition by the University of Barcelona
- ♦ Advanced Clinical Nutrition Course by the Institute of Nutrition and Health Sciences

**Dr. Lander Lobariñas, Luis Eduardo**

- ♦ Expert doctor in Thyroid and Obesity
- ♦ Expert doctor in Endocrinology and Nutrition at the Severo Ochoa University Hospital
- ♦ Emergency Physician at the Hospital Sanitas La Moraleja
- ♦ Clinical researcher in the area of Thyroid and Obesity



*A unique, key, and decisive educational experience to boost your professional development”*

# 04

## Structure and Content

By relying on *Relearning* for the elaboration of all contents, TECH ensures that the specialist does not have to invest long hours of study to pass the program. Moreover, all the most relevant concepts in 360 Aesthetic Medicine are given progressively throughout the Postgraduate Diploma, resulting in a much more enjoyable and effective learning. The large amount of audiovisual material available is also a plus to continue deepening in the topics of greatest interest.







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*This entire program will be of benefit even after you finish it, as the materials gathered will be a reference guide in the field of 360° Aesthetic Medicine"*

## Module 1. 360° Facial Harmonization: a Global Vision

- 1.1. What Does 360° Facial Harmonization Consist Of?
  - 1.1.1. What Is It?
  - 1.1.2. Indications and Treatments Involved
  - 1.1.3. Results
- 1.2. Complete Rejuvenation of the Upper 1/3
  - 1.2.1. What Is It?
  - 1.2.2. Materials Used
  - 1.2.3. Results
- 1.3. Rejuvenation of Oral and Perioral Area
  - 1.3.1. What Is It?
  - 1.3.2. Materials Used
  - 1.3.3. Results
- 1.4. Neck and Décolleté Rejuvenation
  - 1.4.1. What Is It?
  - 1.4.2. Materials Used
  - 1.4.3. Results
- 1.5. Hand Rejuvenation
  - 1.5.1. What Is It?
  - 1.5.2. Materials Used
  - 1.5.3. Results
- 1.6. Facial Masculinization
  - 1.6.1. What Is It?
  - 1.6.2. Materials Used
  - 1.6.3. Results
- 1.7. Foxy Eyes
  - 1.7.1. What Is It?
  - 1.7.2. Materials Used
  - 1.7.3. Results and Complications





- 1.8. Non-Surgical Facelift
  - 1.8.1. What Is It?
  - 1.8.2. Materials Used
  - 1.8.3. Results
- 1.9. Double Chin Treatment
  - 1.9.1. What Is It?
  - 1.9.2. Materials Used
  - 1.9.3. Results
- 1.10. *Skinbooster* Facial
  - 1.10.1. What Is It?
  - 1.10.2. Materials Used
  - 1.10.3. Results

## Module 2. Filler Materials and Hyaluronic Acid

- 2.1. Filler Materials
  - 2.1.1. Classification of Filler Materials
  - 2.1.2. Autologous Filler Materials: Autologous Fat, Plasmigel, etc
  - 2.1.3. Resorbable and Non-Resorbable Filler Materials
- 2.2. Calcium Hydroxyapatite (Radiesse)
  - 2.2.1. Indications
  - 2.2.2. Way of Action
  - 2.2.3. Application Techniques
  - 2.2.4. Results and Durability
- 2.3. Polylactic Acid (Ellanse, Sculptra)
  - 2.3.1. Indications
  - 2.3.2. Way of Action
  - 2.3.3. Application Techniques
  - 2.3.4. Results and Durability

- 2.4. Hyaluronic Acid
  - 2.4.1. Indications
  - 2.4.2. Types
  - 2.4.3. Way of Action
  - 2.4.4. Application Techniques
  - 2.4.5. Results and Durability
- 2.5. Rhino-Modeling
  - 2.5.1. Indications for Rhino-Modeling
  - 2.5.2. Most Commonly Used Materials for Rhinomodeling (Hyaluronic Acid, Threads, etc.)
  - 2.5.3. Rhino-Modeling Techniques
  - 2.5.4. Complications and adverse effects
  - 2.5.5. Post-Treatment Recommendations
- 2.6. Lip Filler
  - 2.6.1. Indications for Lip Filler
  - 2.6.2. Most Commonly Used Materials for Lip Filler
  - 2.6.3. Lip Filler Techniques
  - 2.6.4. Complications and Adverse Effects
  - 2.6.5. Post-Treatment Recommendations
- 2.7. Eye Filler
  - 2.7.1. Indications for the Eye Filler
  - 2.7.2. Most Commonly Used Materials for the Eye Filler
  - 2.7.3. Eye Filler Techniques
  - 2.7.4. Complications and adverse effects
  - 2.7.5. Post-Treatment Recommendations
- 2.8. Cheekbone Filler
  - 2.8.1. Indications for Cheek Filler
  - 2.8.2. Most Used Materials
  - 2.8.3. Cheek Filler Techniques
  - 2.8.4. Complications and adverse effects
  - 2.8.5. Post-Treatment Recommendations

- 2.9. Complete Mandibular Marking
  - 2.9.1. Indications for Mandibular Marking
  - 2.9.2. Most Commonly Used Materials for Mandibular Marking
  - 2.9.3. Mandibular Marking Techniques
  - 2.9.4. Complications and adverse effects
  - 2.9.5. Post-Treatment Recommendations
- 2.10. Complications of Filler Materials
  - 2.10.1. Complications Associated with Hyaluronic Acid Injections
  - 2.10.2. Complications Associated with Calcium Hydroxyapatite Injections
  - 2.10.3. Antidotes Available for Different Filler Materials

## Module 3. Aesthetic Body Medicine. Obesity

- 3.1. Body Composition Analysis: Fat Tissue Structure
  - 3.1.1. Adipose Tissue
  - 3.1.2. Types of Adipose Tissue
  - 3.1.3. Body Distribution of Adipose Tissue
- 3.2. Body Semiology: Anthropometric Analysis, Bioimpedance. BMI
  - 3.2.1. Anthropometric Analysis of our Patients
  - 3.2.2. Bioimpedance
  - 3.2.3. BMI
- 3.3. Obesity
  - 3.3.1. Degrees of Obesity
  - 3.3.2. Types of Obesity
  - 3.3.3. Epidemiology
  - 3.3.4. Causes of Obesity
  - 3.3.5. Main Complications of Obesity
- 3.4. Other Aesthetic Body Pathologies and Their Most Common Treatment
  - 3.4.1. Edemofibrosclerotic Panniculopathy/Cellulitis
  - 3.4.2. Localized Adiposity
  - 3.4.3. Lipedema
  - 3.4.4. Body Flaccidity



- 3.5. Eating Behavior Disorders (ED)
  - 3.5.1. What are Eating Disorders?
  - 3.5.2. What Types of Eating Disorders Are There?
  - 3.5.3. How Can They be Prevented?
- 3.6. Body Dysmorphic Disorder
  - 3.6.1. What Is It?
  - 3.6.2. Causes and Risk Factors
  - 3.6.3. Symptoms and Signs
  - 3.6.4. Treatment
- 3.7. Types of Diets
  - 3.7.1. What is a Diet
  - 3.7.2. Current Fad Diets (Benefits and Harms)
  - 3.7.3. Intermittent Fasting (Benefits and Detriments)
- 3.8. Physical exercise
  - 3.8.1. Benefits of Physical Exercise
  - 3.8.2. Types of Physical Exercise (Aerobic and Anaerobic) and the Benefits Thereof
  - 3.8.3. Recommended Amount
- 3.9. Pharmacological Treatment of Obesity. Drugs Approved in Spain
  - 3.9.1. Orlistat
  - 3.9.2. Bupropion/Naltrexone (BN)
  - 3.9.3. Liraglutide
- 3.10. Surgical Treatment of Obesity
  - 3.10.1. What is Bariatric Surgery
  - 3.10.2. Which Patients Can Undergo this Surgery
  - 3.10.3. Surgical Techniques for Obesity
    - 3.10.3.1. Restrictive
    - 3.10.3.2. Malabsorptive
    - 3.10.3.3. Mixed

05

# Methodology

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

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





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

## At TECH we use the Case Method

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

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



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



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

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

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



## Relearning Methodology

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

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

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



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

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

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

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

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



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



#### Study Material

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

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



#### Surgical Techniques and Procedures on Video

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



#### Interactive Summaries

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

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



#### Additional Reading

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





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

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



#### Testing & Retesting

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



#### Classes

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



#### Quick Action Guides

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



# 06 Certificate

The Postgraduate Diploma in 360 Aesthetic Medicine guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Diploma issued by TECH Technological University.





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

This **Postgraduate Diploma in 360 Aesthetic Medicine** contains the most complete and up-to-date scientific on the market.

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

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

Title: **Postgraduate Diploma in 360 Aesthetic Medicine**

Official N° of Hours: **450 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.



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



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