

# Professional Master's Degree

## Gynecoesthetics





## Professional Master's Degree Gynecoesthetics

- » Modality: online
- » Duration: 12 months
- » Certificate: TECH Technological University
- » Dedicated 8h/week
- » Schedule: at your own pace
- » Exams: online

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

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# 01

# Introduction

Nowadays, gynecological aesthetics cannot be restricted to the field of beauty alone. It is a comprehensive specialty, as it does not only address problems of appearance, but goes much further and covers issues such as urinary incontinence and prolapse that may appear after childbirth. This drives specialists in the area to seek an update according to the most rigorous clinical practice, which has led TECH to create this Professional Master's Degree, in which laser techniques and the use of hyaluronic acid, botulinum toxin, among others, are reviewed. Enriched with high quality audiovisual material, this is the academic option par excellence to get up to date in Gynecoesthetics in a 100% online way.





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*With this Professional Master's Degree you will be able to update all your knowledge and skills in vaginal surgical treatments and the latest techniques in vaginal and vulvar rejuvenation"*

Understand the current Gynecoesthetics as a specialty focused purely on female intimate aesthetics would be a serious mistake. Nothing could be further from the truth, as more and more women are coming to the Aesthetic Gynecology office for questions of functionality rather than appearance. The specialist in this field must be prepared to deal with prostheses ranging from vaginal hyperhidrosis to others such as lichen sclerosus or genitourinary fistulas.

Therefore, it is essential to maintain a high level of updating, not only because of the demands of an incipient and expanding sub specialty, but also because of the discoveries and developments that have taken place in the field of gynecological aesthetics in recent years.

Modern surgical practice is, therefore, facing a favorable field of action for specialists who want to deepen their knowledge of Gynecological Aesthetics. At the same time, the complexity of this scenario makes it difficult to find an adequate update. This is precisely the reason that has led TECH to create this Professional Master's Degree, offering specialists an update focused on the most rigorous practice, supported by a teaching staff made up of renowned experts in the field.

Thus, throughout the syllabus, the program delves into sexual health conditions, self-esteem and psychology related to gyneco-aesthetic problems. Each module exhaustively analyzes the most relevant fields, highlighting the vaginal and vulva rejuvenation with tensor threads, the use of hyaluronic acid and Platelet Rich Plasma in the genital area. It also includes valuable content dedicated to deepen in the aparatology that is currently providing the best results.

Therefore, this is a unique academic opportunity to get up to date in the most relevant areas for specialists in Gynecoesthetics. The didactic material is supported by extensive practical examples and detailed videos, delving even in situations where the result is not as expected and in the appropriate approaches for each case. All this is taught in a 100% online format, free of face-to-face classes or preset schedules, so that the specialist has total control to decide when, where and how to assume the hours of study.

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

- ◆ The development of practical cases presented by experts in Aesthetic and Regenerative Gynecology
- ◆ 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



*Review the most urgent novelties in areas such as sexual desire, arousal or orgasm disorders and their influence on Gynecoesthetics"*

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*You will have access to a Virtual Campus enriched with high quality multimedia material, created by the teachers themselves to delve into the most important Gynecoesthetic problems"*

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.

This program is designed around Problem-Based Learning, whereby students must try to solve the different professional practice situations that arise throughout the program. For this purpose, students will be assisted by an innovative, interactive video system created by renowned and experienced experts.

*Delve into the latest scientific postulates on vulvovaginal carboxytherapy, ozone therapy in the genital area and bioidentical hormones.*

*Get up to date on the uses of botulinum toxin in vulvodynia, urinary incontinence and painful episiotomy.*



# 02 Objectives

Being a new field, in full expansion and with numerous developments in the last decade, the primary objective of this Professional Master's Degree could not be other than to offer an accurate and comprehensive compilation of the most rigorous current events in Gynecoesthetics. It is not just a mere theoretical review of surgical intervention techniques or clinical approaches in the area, as the focus is on clinical practice and specific work methodology through numerous real examples and detailed and exhaustive analysis.





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*You will achieve your most ambitious professional goals thanks to the meticulously with which all the Topics of this program have been elaborated"*



## General Objectives

- ◆ 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



*Lean on the best experts and professionals in Gynecoesthetic to learn more about the use of lasers in Gynecology, its benefits, results and possible side effects"*



## Specific Objectives

### Module 1. Genital Aging in Gynecoesthetics

- ◆ 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

### Module 2. Female Sexual Dysfunction

- ◆ Have an in-depth understanding of female sexual dysfunction
- ◆ Comprehensively examine risk factors, diagnosis and its main causes
- ◆ Delve into sexual desire disorder, arousal disorder, orgasm disorder, vaginismus and the types of sexual dysfunction according to the DSME-5 and ICD-10
- ◆ Expand competencies on sexual dysfunction in older women and women with cancer

### Module 3. Vaginal and Vulvar Rejuvenation with Thread Tightening

- ◆ Distinguish the different types of threads used in vaginal rejuvenation interventions
- ◆ Know the professional procedure in different cases, such as vaginal and vulvar rejuvenation, the use of threads for urinary incontinence, to treat discomfort in sexual intercourse and for dryness and vascular atrophy, among others
- ◆ Study Dr. Ozgur Leylek's surgical approaches and minimally invasive techniques

### Module 4. Hyaluronic Acid in Gynecoesthetics

- ◆ Examine everything related to hyaluronic acid in gynecoesthetics, from the types of acids and indications to its properties and benefits
- ◆ Delve into the indications of hyaluronic acid in vaginal atrophy and vaginal dryness, in recurrent urinary tract infections and menopausal urogenital syndrome and in scar pain
- ◆ Extend its use to other parts of the female body, such as the buttocks and breasts

**Module 5. Use of Botulinum Toxin in Genital Area**

- ◆ Analyze the different types of toxins, how to reconstitute and preserve them
- ◆ Know the main indications of Botox, especially in cases of vaginismus, painful episiotomy, vulvodynia, urinary incontinence and vaginal hyperhidrosis
- ◆ Know in depth the complications of the toxin, post-treatment recommendations and the durability of the toxin

**Module 6. Platelet Rich Plasma in genital area**

- ◆ Update the knowledge on Platelet Rich Plasma at genital level, incorporating the latest scientific postulates
- ◆ Study in detail what PRP is, how it is obtained, how to centrifuge it and how to and how to activate it
- ◆ Know its applications in female sexual dysfunction, flaccidity, vaginal atrophy and dryness, lichen sclerosus and non-specific vulvitis, episiorrhaphy pain and genitourinary fistulas
- ◆ Expand the use of Platelet Rich Plasma as a pre- and post-surgical adjuvant, in prevention and treatment of stretch marks, in wounds and ulcers of difficult healing and in other uses not so closely related to aesthetics

**Module 7. Laser in Gynecoesthetic**

- ◆ Delve into the principles of laser and its clinical use  
Study its use in situations of genitourinary syndrome of menopause, urinary incontinence and vaginal hyperlaxity
- ◆ Study its use in situations of genitourinary syndrome of menopause, urinary incontinence and vaginal hyperlaxity
- ◆ Approach the use of laser in the treatment of vulvar lesions, treatment of pigmented lesions and of pigmented lesions and, of course, in vulvar and vaginal aesthetics

**Module 8. Other Techniques and Equipment**

- ◆ Examine the latest equipment in gynecoesthetics
- ◆ Know perfectly everything related to ozone therapy, carboxitherapy, radiofrequency, bioidentical hormones, mesotherapy and ultrasound
- ◆ Observe techniques and equipment related to neuromuscular electrostimulation and Biofeedbacks, biolipoplasty, acupuncture, homeopathy and phytotherapy, among other areas of special interest nowadays

**Module 9. Vaginal Surgical Treatment**

- ◆ Analyze the vaginal surgical treatments of greater impact, such as labiaplasty, clitoral surgery, vaginoplasty, lipotransfer or hymen reconstructions
- ◆ Delve into the treatment and approach to genital prolapse, obstetric perineal tear scars or sequelae of episiotomies
- ◆ Know the latest developments in urinary incontinence surgery, genital *lifting* and 360 surgery or female genital rejuvenation

**Module 10. Integral or 360° female reshaping**

- ◆ Acquire a comprehensive vision of how to treat certain areas of the female genitalia, such as the mons pubis, labia majora, clitoris, vagina and labia minora
- ◆ Delve into techniques such as the Mommy Makeover, breast augmentation and reduction, tummy tuck, liposuction, liposculpture and buttock lifts
- ◆ Examine other cosmetic body surgeries of special interest

# 03 Skills

The skills to be developed in the area of Gynecoesthetics are broad, since not only image issues are addressed, but also problems related to sexual health or prostheses such as hypertrophy of the labia minora, atrophies and vulvar whitening. Therefore, throughout the Professional Master's Degree, emphasis is placed on the practice and methodology of real work that the specialist will use in their daily work, even serving as a reference guide and consultation after completing the degree.



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*Perfect your skills in a wide range of gynecoesthetic treatments and approaches, bringing your practice to the highest current scientific rigor"*



## General Skills

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- ◆ Establish an exquisite doctor-patient relationship, meeting the current demands and expectations of Gynecological Aesthetics
- ◆ Apply, in an adequate and individualized way, the latest treatments in Gynecoesthetics adapted to each of the patients
- ◆ Deal with different situations or gynecological prostheses, attending not only to a practical approach but also to an aesthetic one
- ◆ Face critical or emergency situations with solvency, applying the most effective surgical techniques

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*Incorporate into your daily practice the latest trends in the application of hyaluronic acid to address discomfort, pain and recurrent urinary tract infections”*





## Specific Skills

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- ◆ Assessing sexual health and self-esteem in gynecoesthetic interventions
- ◆ Approach female sexual dysfunction from a gynecoesthetic point of view
- ◆ Master the minimally invasive techniques of Dr. Ozgur Leylek
- ◆ Incorporate hyaluronic acid in approaches to the discomfort caused by excessive labia minora and labia majora atrophy, in the desire to improve vaginal sensations during intercourse and for treatment of lichen and other dermatoses
- ◆ Develop advanced criteria for the use of botulinum toxin in the genital area
- ◆ Provide up-to-date and comprehensive management of Platelet Rich Plasma in the genital area
- ◆ Use the latest laser technology in the most common vulvar approaches, especially those related to Gynecoesthetics
- ◆ Develop the skills and handling of the most innovative gyneco-aesthetic equipment, extending to other areas such as carboxytherapy or mesotherapy
- ◆ Addressing prostheses such as obstetric perineal tear scars or genital prolapses with the latest surgical techniques
- ◆ Treat the different areas of the female genitalia with a comprehensive and modern perspective

# 04

# Course Management

Develop all the contents of this Professional Master's Degree, TECH has chosen a group of leading experts in the area of Gynecology and Aesthetic Medicine, with special emphasis on specialists in Regenerative Gynecology and Minimally Invasive Surgery. Thus, the syllabus is created by referents in Gynecoesthetics, who have first-hand knowledge of the needs of specialists in the area as well as of the most successful approaches and intervention techniques, providing a plus of quality to all the modules.

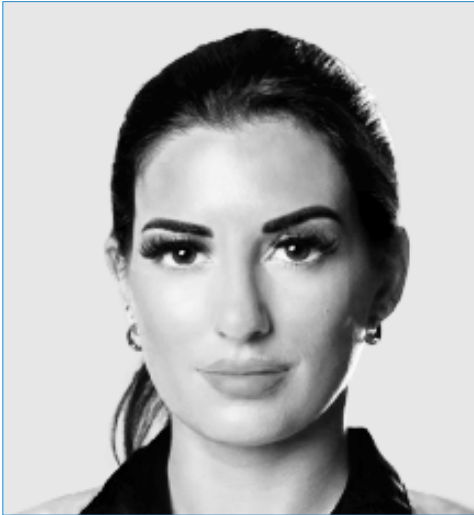




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*Have access to the advice and practical tips from a team of specialists versed in all types of gynecoesthetic interventions"*

## 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. Ortega, Marta

- ♦ Specialist Associate Physician in Obstetrics and gynaecology, Villalba General University Hospital
- ♦ University professor from the Alfonso X el Sabio University (UAX)
- ♦ Sub-investigator in the OASIS 3 international multicenter clinical trial
- ♦ Professional Master's Degree in Human Reproduction, Complutense University of Madrid(UCM)
- ♦ Residence in the Obstetrics and gynaecology Specialities, 12 de Octubre University Hospital, Madrid

### Dr. Pérez-Jaraiz, Lola

- ♦ Specialist in obstetrics and gynecology
- ♦ Professional Master's Degree in Sexology and Couple Therapy. Sexological Society of Madrid
- ♦ Master in Regenerative and Functional Aesthetic Gynecology. RJC Madrid University
- ♦ Professional Master's Degree in Laser Udimá
- ♦ Hormones and Wellness Professional Master's Degree. Atlantic International University
- ♦ Postgraduate Diploma in Cellular Therapies



#### **Dr. Costas Rodríguez, Tatiana**

- ◆ Specialist in Gynecology and Obstetrics at the Salamanca Health Care Complex
- ◆ Area Specialist in Gynecology and Obstetrics of the Complejo Asistencial de Salamanca
- ◆ Associate Professor at the University of Salamanca
- ◆ PhD by the University of Salamanca
- ◆ Grade in Medicine and in, Faculty of Medicine, University of Navarra
- ◆ Specialty obtainment through the MIR system in the Complejo Asistencial Universitario de Salamanca
- ◆ PROAGO Master IL3. University of Barcelona
- ◆ Professional Master's Degree in Breast Surgery. Francisco de Vitoria University
- ◆ Advanced course on intrapartum fetal monitoring. Francisco de Vitoria University
- ◆ Advanced course in SEC contraception. Francisco de Vitoria University
- ◆ National Menopause Course. AEEM

#### **Dr. Montoro Ferrer, Elena**

- ◆ Area Specialist Physician in the Castilla-La Mancha Health Service
- ◆ Residency in the specialty of Obstetrics and Gynecology in the Hospital Clínico San Carlos of Madrid
- ◆ Postgraduate Certificate of Specialization in Senology and Breast Prosthesis by the UCM
- ◆ Expert in Menopause by the Postgraduate Diploma in Menopause Annual Training Program of the AEEM
- ◆ Professional Master's Degree in Advanced Surgery of Urinary Incontinence and Pelvic Floor by the UCM
- ◆ Professional Master's Degree in Human Reproduction by the URJC
- ◆ Professional Master's Degree in Minimally Invasive Surgery in Gynecology by Tech Technological University

### Dr. Sanz, Jaime

- ◆ Obstetrics and Gynecology Assistant Specialist. GINE4 Equipment Pelvic Floor Unit Hospitales Madrid, Madrid. Spain
- ◆ Specialized health training. Specialized MIR in Obstetrics and Gynecology. 12 de Octubre University Hospital, Madrid. Spain
- ◆ Collaborating physician in practical teaching: gynecological and obstetric simulation. Complutense University of Madrid, Hospital 12 de Octubre, Madrid. Spain
- ◆ Master's Degree in Pelvic Floor Medical-Surgical Pathology. Thiel cadaver practice (60 ECTS). Miguel Hernández University, Alicante. Spain
- ◆ Master in Gynecologic Oncology (60 ECTS). European School of Oncology. San Pablo University CEU, Madrid Spain
- ◆ External rotation in Urogynaecology (Dr. WG. Davila). Holy Cross Hospital. Florida USA
- ◆ Reviewer of the International Journal of Urogynecology (IUJ)
- ◆ Member of "Special Interest Groups (SIG). Obstetric injuries of the pelvic floor and anal region". Chairman: Abdul Sultan. International urogynecological association (IUGA)
- ◆ Member of: Spanish Society of Aesthetic, Regenerative and Functional Gynecology (SEGERF), International Urogynecological Association (IUGA), International Continence Society (ICS), European Society of Aesthetic Gynecology (ESAG)

### Dr. Santos González, Marina

- ◆ Physician in Medical Prevention Clinic
- ◆ Gynecology and Obstetrics Resident Internist Hospital Universitario de Fuenlabrada
- ◆ Professional Master's Degree in Basic Fundamentals of Gynecology and Obstetrics by the Editorial Médica Panamericana
- ◆ Member of the Spanish Society of Gynecology and Obstetrics

### Dr. González Segura, Gisselle

- ◆ Specialist in Gynecology and Obstetrics at Nuestra Señora de Sonsoles Hospital (Ávila, Spain)
- ◆ Medical specialist in Gynecology and Obstetrics by the MIR system at the University Hospital of Guadalajara
- ◆ Professional Master's Degree in Contraception and Sexual and Reproductive Health. Alcalá de Henares University
- ◆ Magister's Degree in Human Reproduction. Complutense University of Madrid
- ◆ Professional Master's Degree in Pelvic Floor Dysfunctions. Miguel Hernández University
- ◆ Professional Master's Degree in Updating for Obstetricians and Gynecologists. Barcelona University
- ◆ Professional Master's Degree in Esthetic Medicine, human nutrition and AntiAging. Distance Learning University of Madrid

### Dr. Manero Hernando, Irene Alexandra

- ◆ Resident intern in Gynecology and Obstetrics at the Hospital Arnau Vilanova
- ◆ Graduate of Medicine and Surgery from the University of Zaragoza
- ◆ Member of the Spanish Society of Gynecology and Obstetrics
- ◆ Contraception Expert

### Dr. Pereiro, Pilar

- ◆ Gynecology and Obstetrics Resident at General: Segovia Hospital
- ◆ Hospital internship at HM Hospitals
- ◆ Associate Researcher in Clinical Trial at HM Hospitals
- ◆ Poster presentation awarded congress annual meeting Gynecology and Obstetrics of Castilla y León

**Dr. Carrillo Sánchez, María**

- ◆ Gynecologist of the University Hospital of Burgos
- ◆ Member of the section of Gynecology and human reproduction of the University Hospital of Burgos
- ◆ Gynecologist at WM clinics working together as a gynecologist at EVA Clinics and aesthetic medicine at Dorsia Clinics
- ◆ Professional Master's Degree in Aesthetic Medicine, nutrition and anti-aging by UDIMA and AMIR academy
- ◆ Professional Master's Degree in Human Reproduction by IVI RMA Global Education
- ◆ Professional Master's Degree in Oncological Gynecology by CEU Cardenal Herrera University and TECH
- ◆ Postgraduate Diploma in differential diagnosis in ovarian tumors by Ultrasound from the University of Navarra
- ◆ Professional Master's Degree Official Professional Updating Program for Obstetricians and Gynecologists from the University of Barcelona
- ◆ Postgraduate Diploma in Contraception from the University of Alcalá

**Dr. Sánchez-Arévalo, Claudia**

- ◆ Resident Medical Intern, 12 de Octubre Gynecology and Obstetrics Gynecology Hospital Madrid
- ◆ Researcher in clinical trials at national and international level
- ◆ Collaborating physician in practical teaching, Universidad Complutense de Madrid
- ◆ Degree in Medicine from University of Navarra
- ◆ Training in menopause through Expert Course in Vulvovaginal Atrophy (SEGO and AEEM)
- ◆ Research activity in the field of Gynecology and Obstetrics and attendance to national and international congresses (posters and oral communications)

**Dr. Asensio Herrero, Miguel**

- ◆ Gynecology and Obstetrics Resident intern at the Hospital Maternal and Child,
- ◆ Graduate in Medicine and Surgery from the University of Salamanca
- ◆ Member of the Spanish Society of Gynecology and Obstetrics

**Dr. Ciller Martínez, Cristina**

- ◆ Gynecology and Obstetrics specialist at IMED Valencia Hospital and Policlínica SERMESA
- ◆ Medical specialist in Gynecology and Obstetrics by the MIR system at the University Hospital of Guadalajara
- ◆ Clinical Professor at the Faculty of Medicine at the University of Alcalá de Henares
- ◆ In charge of the area of Regenerative and Functional Gynecology at Policlínica SERMESA
- ◆ Professional Master in Professional Updating for Gynecologists and Obstetricians by the University of Barcelona
- ◆ XVII Master in Human Reproduction by the Complutense University of Madrid
- ◆ Master's Degree in Aesthetic Medicine, Nutrition and Anti-Aging by the Distance University of Madrid



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

05

# Structure and Content

A pedagogical methodology that distinguishes TECH, Relearning, of which it is a pioneer. Through this learning technique, the specialist will obtain a more natural and effective academic experience, reiterating the most important concepts in Gynecoesthetics throughout the entire Professional Master's Degree. In this way not only a more effective assimilation of the syllabus is achieved, but also considerable savings in the hours of study necessary to pass the program.





*Download detailed videos, clinical case analyses, interactive summaries and other interesting supplementary material"*

## 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 gyneco-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 gyneco-aesthetic problems affect women?
    - 1.10.2. Psychological sphere of self-esteem and other mental problems related to image
    - 1.10.3. Patient profile

## Module 2. Female Sexual Dysfunction

- 2.1. Female Sexual Dysfunction
  - 2.1.1. Signs and Symptoms
  - 2.1.2. Risk Factors
  - 2.1.3. Classification of Causes
  - 2.1.4. Prevalence
- 2.2. Diagnostic
  - 2.2.1. Medical and Sexual Background
  - 2.2.2. Questionnaires
  - 2.2.3. Vaginal touch
  - 2.2.4. Blood test
- 2.3. Causes of sexual dysfunction
  - 2.3.1. Organic
  - 2.3.2. Psychological Techniques/Tactics
  - 2.3.3. Environmental
  - 2.3.4. Medication-related
  - 2.3.5. Others





- 2.4. Sexual Desire Disorder
  - 2.4.1. Causes
  - 2.4.2. Types
  - 2.4.3. Non- Medical treatment and Doctor
- 2.5. Excitation Disorder
  - 2.5.1. Causes
  - 2.5.2. Types
  - 2.5.3. Non- Medical treatment and Doctor
- 2.6. Orgasm Disorder
  - 2.6.1. Causes
  - 2.6.2. Types
  - 2.6.3. Non- Medical treatment and Doctor
- 2.7. Vaginismus
  - 2.7.1. Causes
  - 2.7.2. Types
  - 2.7.3. Non- Medical treatment and Doctor
- 2.8. Types of sexual dysfunctions according to DSME-5 AND ICD-10
  - 2.8.1. Disorders of sexual interest/sexual arousal in women
  - 2.8.2. Female orgasmic disorders
  - 2.8.3. Genito-pelvic pain disorders on penetration
  - 2.8.4. Absence or loss of sexual desire
  - 2.8.5. Refusal or absence of sexual pleasure
  - 2.8.6. Failure of genital response
  - 2.8.7. Orgasmic dysfunction
  - 2.8.8. Non-organic vaginismus
  - 2.8.9. Non-organic dyspareunia
  - 2.8.10. Excessive sexual drive
- 2.9. Age and health: sexual dysfunction in older women
  - 2.9.1. Main Causes
  - 2.9.2. Physiology and consequences of reduced estrogen production
  - 2.9.3. Treatment

- 2.10. Cancer and sexual dysfunction: sexual dysfunction in women who have had cancer
  - 2.10.1. Main Causes of dysfunction
  - 2.10.2. How to cope with the new physical change (in breast cancer, vulvar cancer...)?
  - 2.10.3. Treatment

### Module 3. Vaginal and Vulvar Rejuvenation with Thread Tightening

- 3.1. Tightening threads in gynecoaesthetic medicine
  - 3.1.1. What are the tensor threads used in gynecoaesthetic medicine?
  - 3.1.2. How they act?
  - 3.1.3. Results achieved
- 3.2. Types of vaginal tightening threads
  - 3.2.1. PDO (polydioxanone) threads
  - 3.2.2. Poly Lactic acid threads (PLL)
  - 3.2.3. Monofilament threads
  - 3.2.4. Tornado (screw) threads
  - 3.2.5. Spiculated tensor threads
  - 3.2.6. APTOS Threads
- 3.3. Vaginal and Vulvar Rejuvenation with Thread Tightening
  - 3.3.1. Technique
  - 3.3.2. Benefits
  - 3.3.3. Results and possible side effects
- 3.4. Urinary Incontinence Thread
  - 3.4.1. Technique
  - 3.4.2. Benefits
  - 3.4.3. Results and possible side effects
- 3.5. Threads for postpartum sequelae
  - 3.5.1. Technique
  - 3.5.2. Benefits
  - 3.5.3. Results and possible side effects
- 3.6. Threads for genitourinary syndrome of menopause
  - 3.6.1. Technique
  - 3.6.2. Benefits
  - 3.6.3. Results and possible side effects

- 3.7. Threads for discomfort during sexual intercourse
  - 3.7.1. Technique
  - 3.7.2. Benefits
  - 3.7.3. Results and possible side effects
- 3.8. Threads for vaginal dryness and atrophy
  - 3.8.1. Technique
  - 3.8.2. Benefits
  - 3.8.3. Results and possible side effects
- 3.9. minimally invasive techniques of Dr. Ozgur Leyelek
  - 3.9.1. PUTL (Peri Urethral Thread Lifting) TM
  - 3.9.2. VTT-L (Vaginal Thread Tightening Longitudinal) TM
  - 3.9.3. VTT-C (Vaginal Thread Tightening Circular) TM
- 3.10. Other uses of thread tightening in female body aesthetics
  - 3.10.1. Brachioplasty with threads
  - 3.10.2. Thread tightening to rejuvenate the legs and thighs
  - 3.10.3. Thread tightening in neck and jowls

### Module 4. Hyaluronic Acid in Gynecoesthetics

- 4.1. What is Hyaluronic Acid?
  - 4.1.1. What is Hyaluronic Acid?
  - 4.1.2. Types of Hyaluronic Acid
  - 4.1.3. Principal indications in Aesthetics
  - 4.1.4. Properties and benefits
- 4.2. Hyaluronic acid in vaginal atrophy and vaginal dryness (associated with vaginal atrophy or not) and vaginal and vulvar itching
  - 4.2.1. Technique
  - 4.2.2. Benefits
  - 4.2.3. Results and possible side effects
- 4.3. Hyaluronic acid in recurrent urinary tract infections and menopausal urogenital syndrome
  - 4.3.1. Technique
  - 4.3.2. Benefits
  - 4.3.3. Results and possible side effects

- 4.4. Hyaluronic acid in pain in scars (episiotomy)
  - 4.4.1. Technique
  - 4.4.2. Benefits
  - 4.4.3. Results and possible side effects
- 4.5. Hyaluronic acid in the discomfort caused by oversized labia minora and atrophy of labia majora Aesthetic desire for greater volume in labia majora
  - 4.5.1. Technique
  - 4.5.2. Benefits
  - 4.5.3. Results and possible side effects
- 4.6. Hyaluronic acid in the aesthetic desire to elevate giving volume to invaginated scars, painful or not
  - 4.6.1. Technique
  - 4.6.2. Benefits
  - 4.6.3. Results and possible side effects
- 4.7. Hyaluronic acid in the desire to improve vaginal sensations during coitus
  - 4.7.1. Projection of the controversial G-spot
  - 4.7.2. Increasing the volume of the vaginal
  - 4.7.3. Results and possible side effects
- 4.8. Hyaluronic acid for treatment of lichen and other dermatoses
  - 4.8.1. Technique
  - 4.8.2. Benefits
  - 4.8.3. Results and possible side effects
- 4.9. Hyaluronic Acid in other parts of the female body, buttocks buttocks and breasts
  - 4.9.1. Technique
  - 4.9.2. Benefits
  - 4.9.3. Results and possible side effects
- 4.10. Post-treatment care
  - 4.10.1. Number of sessions
  - 4.10.2. Limitations and contraindications
  - 4.10.3. Durability
  - 4.10.4. Can sensitivity be lost?

## Module 5. Use of Botulinum Toxin in Genital Area

- 5.1. What is Botulinum Toxin?
  - 5.1.1. What is Botulinum Toxin?
  - 5.1.2. What are the existing types of toxin?
  - 5.1.3. What is their mechanism of action?
  - 5.1.4. What brands are used in gynecocoesthetics?
- 5.2. Toxin reconstitution (preparation) and preservation of toxin
  - 5.2.1. Do all toxins require refrigeration?
  - 5.2.2. Do all toxins need to be reconstituted?
  - 5.2.3. Toxin dilution according to the treatment to be performed
- 5.3. Vaginismus and botulinum toxin
  - 5.3.1. Technique
  - 5.3.2. Benefits
  - 5.3.3. Results and possible side effects
- 5.4. Painful episiotomy and botulinum toxin
  - 5.4.1. Technique
  - 5.4.2. Benefits
  - 5.4.3. Results and possible side effects
- 5.5. Vulvodynia and botulinum toxin
  - 5.5.1. Technique
  - 5.5.2. Benefits
  - 5.5.3. Results and possible side effects
- 5.6. Urinary incontinence and botulinum toxin
  - 5.6.1. Technique
  - 5.6.2. Benefits
  - 5.6.3. Results and possible side effects
- 5.7. Vaginal hyperhidrosis and botulinum toxin
  - 5.7.1. Technique
  - 5.7.2. Benefits
  - 5.7.3. Results and possible side effects

- 5.8. Complications from Botulinum Toxin Application
  - 5.8.1. What are the most frequent unwanted effects of Botulinum Toxin??
  - 5.8.2. What solutions are available to reverse the undesired effect (electrostimulation)??
  - 5.8.3. How to try to prevent these undesired effects?
- 5.9. Post-treatment recommendations
  - 5.9.1. General recommendations to our patients after Botulinum Toxin treatment
  - 5.9.2. Botulinum toxin and heat
  - 5.9.3. Botulinum Toxin and Physical Exercise
- 5.10. Durability of Botulinum Toxin
  - 5.10.1. All toxins (brands) have the same effect and duration.?
  - 5.10.2. Factors Influencing the duration of Botulinum Toxin
  - 5.10.3. Patients resistant to toxin treatment. Antibody theory

## Module 6. Platelet Rich Plasma in genital area

- 6.1. What is PRP?
  - 6.1.1. Concept
  - 6.1.2. Main current indications in medicine
  - 6.1.3. Main indications in Aesthetic Medicine
  - 6.1.4. What does PRP treatment consist of? Step-by-Step Explanation
- 6.2. Obtaining PRP. Open and closed technique
  - 6.2.1. What do They Consist of?
  - 6.2.2. Risk
  - 6.2.3. Biosecurity
- 6.3. How to centrifuge PRP and its activation
  - 6.3.1. Centrifuge
  - 6.3.2. Choosing the right speed and centrifugation time
  - 6.3.3. Platelet activation
- 6.4. Results of PRP use
  - 6.4.1. PRP application risks
  - 6.4.2. Contraindications for PRP application
  - 6.4.3. Possible Adverse Effects



- 6.5. PRP in Female Sexual Dysfunction
  - 6.5.1. Technique
  - 6.5.2. Benefits
  - 6.5.3. Results and possible side effects
- 6.6. PRP for flaccidity, atrophy and genital dryness
  - 6.6.1. Technique
  - 6.6.2. Benefits
  - 6.6.3. Results and possible side effects
- 6.7. PRP for lichen sclerosus and nonspecific vulvitis
  - 6.7.1. Technique
  - 6.7.2. Benefits
  - 6.7.3. Results and possible side effects
- 6.8. PRP in episiorrhaphy pain and genitourinary fistulas and as a pre- and post-surgical adjuvant
  - 6.8.1. Technique
  - 6.8.2. Benefits
  - 6.8.3. Results and possible side effects
- 6.9. PRP in prevention and treatment of stretch marks and difficult-to-heal wounds and ulcers
  - 6.9.1. Technique
  - 6.9.2. Benefits
  - 6.9.3. Results and possible side effects
- 6.10. PRP other uses not so closely related to aesthetics
  - 6.10.1. PRP in prolapse
  - 6.10.2. PRP in urinary incontinence
  - 6.10.3. PRP in breast reconstruction
  - 6.10.4. PRP in Reproductive Medicine

## Module 7. Laser in Gynecoesthetic

- 7.1. Laser principles
  - 7.1.1. Mechanisms of action
  - 7.1.2. Principal indications
  - 7.1.3. Results
- 7.2. Laser Types
  - 7.2.1. Classification
  - 7.2.2. Indications for each of them
  - 7.2.3. Its main uses
- 7.3. Laser in gynecology
  - 7.3.1. What is the gynecological vaginal laser?
  - 7.3.2. Why gynecological laser?
  - 7.3.3. What are its main applications?
  - 7.3.4. How is the treatment?
  - 7.3.5. When do improvements start to be perceived?
- 7.4. Laser in genitourinary syndrome of menopause
  - 7.4.1. Technique
  - 7.4.2. Benefits
  - 7.4.3. Results and possible side effects
- 7.5. Laser in urinary incontinence
  - 7.5.1. Technique
  - 7.5.2. Benefits
  - 7.5.3. Results and possible side effects
- 7.6. Laser in vaginal hyperlaxity
  - 7.6.1. Technique
  - 7.6.2. Benefits
  - 7.6.3. Results and possible side effects
- 7.7. Laser treatment of vulvar lesions
  - 7.7.1. Technique
  - 7.7.2. Benefits
  - 7.7.3. Results and possible side effects
- 7.8. Laser in the Treatment of pigmented lesions
  - 7.8.1. Technique
  - 7.8.2. Benefits
  - 7.8.3. Results and possible side effects
- 7.9. Laser in vulvar and vaginal aesthetics
  - 7.9.1. Technique
  - 7.9.2. Benefits
  - 7.9.3. Results and possible side effects
- 7.10. Other uses of lasers
  - 7.10.1. Technique
  - 7.10.2. Benefits
  - 7.10.3. Results and possible side effects

## Module 8. Other Techniques and Equipment

- 8.1. Ozone therapy in the genital area
  - 8.1.1. Technique
  - 8.1.2. Benefits
  - 8.1.3. Results and possible side effects
- 8.2. Vulvovaginal carboxytherapy
  - 8.2.1. Technique
  - 8.2.2. Benefits
  - 8.2.3. Results and possible side effects
- 8.3. Genital area radiofrequency
  - 8.3.1. Technique
  - 8.3.2. Benefits
  - 8.3.3. Results and possible side effects
- 8.4. Bioidentical hormones
  - 8.4.1. Technique
  - 8.4.2. Benefits
  - 8.4.3. Results and possible side effects
- 8.5. Mesotherapy
  - 8.5.1. Technique
  - 8.5.2. Benefits
  - 8.5.3. Results and possible side effects
- 8.6. Plasma generator laser (JEET Plasma)
  - 8.6.1. Technique
  - 8.6.2. Benefits
  - 8.6.3. Results and possible side effects
- 8.7. Ultrasound
  - 8.7.1. Technique
  - 8.7.2. Benefits
  - 8.7.3. Results and possible side effects
- 8.8. Neuromuscular electrostimulation and Biofeedbacks
  - 8.8.1. Technique
  - 8.8.2. Benefits
  - 8.8.3. Results and possible side effects

- 8.9. Biolipoplasty
  - 8.9.1. Technique
  - 8.9.2. Benefits
  - 8.9.3. Results and possible side effects
- 8.10. Acupuncture, homeopathy and phytotherapy
  - 8.10.1. Technique
  - 8.10.2. Benefits
  - 8.10.3. Results and possible side effects

## Module 9. Vaginal Surgical Treatment

- 9.1. Labiaplasty
  - 9.1.1. Technique
  - 9.1.2. Benefits
  - 9.1.3. Results and possible side effects
- 9.2. Clitoral surgery
  - 9.2.1. Technique
  - 9.2.2. Benefits
  - 9.2.3. Results and possible side effects
- 9.3. Vaginoplasties
  - 9.3.1. Technique
  - 9.3.2. Benefits
  - 9.3.3. Results and possible side effects
- 9.4. Lipotransfer
  - 9.4.1. Technique
  - 9.4.2. Benefits
  - 9.4.3. Results and possible side effects
- 9.5. Hymen reconstructions
  - 9.5.1. Technique
  - 9.5.2. Benefits
  - 9.5.3. Results and possible side effects
- 9.6. Genital prolapse
  - 9.6.1. Technique
  - 9.6.2. Benefits
  - 9.6.3. Results and possible side effects

- 9.7. Scarring of obstetric perineal tears or episiotomy sequelae
  - 9.7.1. Technique
  - 9.7.2. Benefits
  - 9.7.3. Results and possible side effects
- 9.8. Urinary incontinence surgery
  - 9.8.1. Technique
  - 9.8.2. Benefits
  - 9.8.3. Results and possible side effects
- 9.9. Genital lift
  - 9.9.1. Technique
  - 9.9.2. Benefits
  - 9.9.3. Results and possible side effects
- 9.10. 360 or female genital rejuvenation surgery
  - 9.10.1. Technique
  - 9.10.2. Benefits
  - 9.10.3. Results and possible side effects

## Module 10. Integral or 360° female reshaping

- 10.1. Mons Pubis
  - 10.1.1. Lipolaser
  - 10.1.2. Liposuction
  - 10.1.3. Dermolipectomy
  - 10.1.4. Radiofrequency
- 10.2. Labia Majora
  - 10.2.1. Lipotransfer
  - 10.2.2. Hyaluronic acid filler
  - 10.2.3. Platelet Rich Plasma Application
  - 10.2.4. Radiofrequency
- 10.3. Clitoris
  - 10.3.1. Reduction with surgery
  - 10.3.2. The G Spot
  - 10.3.3. Others

- 10.4. Vagina
  - 10.4.1. Radiofrequency
  - 10.4.2. Atrophy, prolapse, hyperelasticity and urinary incontinence laser
  - 10.4.3. Hyaluronic acid for filler or hydration
  - 10.4.4. Ozone Therapy
- 10.5. Labia Minora
  - 10.5.1. Surgery: labiaplasty
  - 10.5.2. Indications and benefits
  - 10.5.3. Risk
- 10.6. *Mommy Makeover*
  - 10.6.1. Concept
  - 10.6.2. Indications
  - 10.6.3. Implicated Treatments
- 10.7. Breast Augmentation, Breast Lift and Breast Reduction Surgery
  - 10.7.1. Technique
  - 10.7.2. Benefits
  - 10.7.3. Results and possible side effects
- 10.8. Abdominoplasty, liposuction and liposculpture
  - 10.8.1. Technique
  - 10.8.2. Benefits
  - 10.8.3. Results and possible side effects
- 10.9. Buttock lift (belt lipectomy)
  - 10.9.1. Technique
  - 10.9.2. Benefits
  - 10.9.3. Results and possible side effects
- 10.10. Other aesthetic body surgeries in women
  - 10.10.1. Arm stretching (brachioplasty)
  - 10.10.2. Circumferential dermolipectomy
  - 10.10.3. Thigh lift or inner thigh lift
  - 10.10.4. Calf implants
  - 10.10.5. Treatment of vaginal agenesis and re adaptation of ambiguous genitalia

06

# Methodology

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

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







“

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

## At TECH we use the Case Method

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

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



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

“

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

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

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



## Relearning Methodology

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

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

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



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

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

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

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

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



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



#### Study Material

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

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



#### Surgical Techniques and Procedures on Video

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



#### Interactive Summaries

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

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



#### Additional Reading

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





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

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



#### Testing & Retesting

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



#### Classes

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



#### Quick Action Guides

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



07

# Certificate

The Professional Master's Degree in Gynecoesthetics guarantees students, in addition to the most rigorous and up-to-date education, access to a Professional Master's Degree 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"*

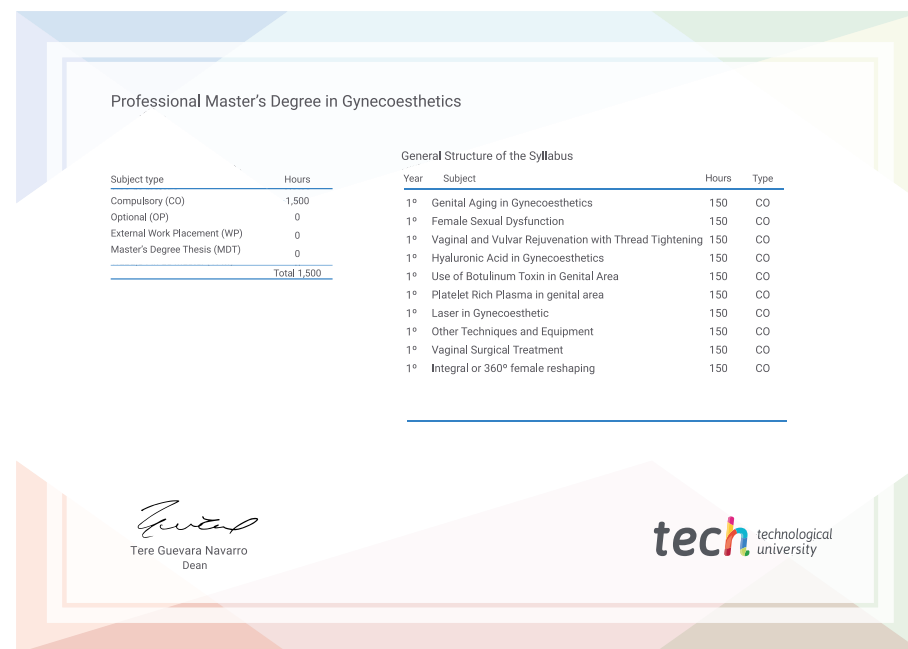
This **Professional Master's Degree in Gynecoesthetics** contains the most complete and up-to-date scientific on the market.

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

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

Title: **Professional Master's Degree in Gynecoesthetics**

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

**tech** technological  
university

## Professional Master's Degree

### Gynecoesthetics

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

# Professional Master's Degree Gynecoesthetics

