



FELLOWSHIP CERTIFICATION IN AESTHETIC MEDICINE (FAM)

The hands-on Fellowship with an applied clinical program to master the art of facial and body aesthetic procedures



THEORY TRAINING **ONLINE**
HANDS-ON CLINICAL TRAINING **DUBAI**

The
Aesthetic
AntiAging Fellowship

5 REASONS TO JOIN THE FELLOWSHIP IN AESTHETIC MEDICINE



HANDS ON

50% of the program is taught in a clinic to provide the candidate with the ideal setting to observe, understand and demonstrate the clinical skills required for the administration of aesthetic procedures.



ONLINE

50% of the program is accessible online with the support of educational materials and audio-visual lectures. All materials are accessible 24/7 in order to give the candidate maximum flexibility.



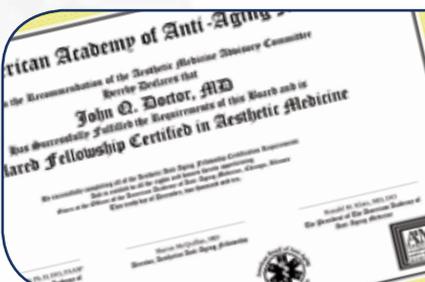
MEDICAL

The Fellowship training was developed specifically for medical doctors and practitioners who wish to understand the science, research and skills underlying the aesthetic medical specialty.



EXPERT LED

Each lecturer and tutor has been carefully selected for his or her expertise in the field of non invasive aesthetic procedures. Our programs combine tutorials from both American and overseas physicians to give the participant an accurate overview of the industry.



CREDIBLE

The backing up of the American Academy of Anti-Aging Medicine is not only an assurance that all procedures discussed are safe, efficient and ethical but also that the final certification obtained has a real value for the participant's professional career.

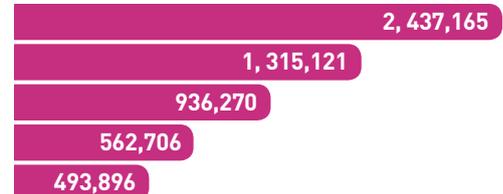
Minimally invasive aesthetic procedures for maximum success in your practice

AESTHETIC MEDICINE

Aesthetic medicine is a developing branch of medicine based on the use of minimally invasive cosmetic treatments to enhance patients' satisfaction with their physical appearance. This specialty is primarily focused on the pathophysiology of aging skin and adheres to scientific based procedures.

2010 TOP 5 NONSURGICAL PROCEDURES

BOTULINUM TOXIN TYPE A
HYALURONIC ACID
LASER HAIR REMOVAL
LASER SKIN RESURFACING
CHEMICAL PEEL



Source: American Society for Aesthetic Plastic Surgery

ADDING AESTHETIC PROCEDURES TO YOUR PRACTICE

Aesthetic procedures are no longer limited to the fields of Dermatology and Plastic Surgery as many specialties are now offering non invasive procedures in order to better accommodate their patients aesthetic needs. Dermatologists and plastic surgeons are now also looking to acquire new techniques as patients' demand for the latest, safest and least invasive procedures are considerably growing.

The Anti-Aging Aesthetic Fellowship was instituted in 2007 by the American Academy of Anti-Aging Medicine (A4M) to help professionals from all medical specialties add new services to their practice.

“ I recommend this program to everyone from starters to more advanced experts who seek practical techniques to further their anti-aging practice successfully. ”

- DR NAJIA NEK, MD, GERMANY

Course and Fellowship Definition

A UNIQUE FUSION OF SCIENTIFIC DATA, METHODOLOGICAL CLINICAL TUTORIALS AND BUSINESS INSIGHT

The Fellowship in Aesthetic Medicine is a postgraduate training program which combines online audiovisual lectures and hands-on tutorials in a clinical setting. The course provides medical practitioners with a maximum exposure to the scientific, clinical and industry information necessary to introduce non-invasive aesthetic procedures in their practice.

A fellowship is a highly regarded credential and a great way to prepare a practitioner for a private aesthetic practice. After completing a fellowship in the relevant sub-specialty of aesthetic medicine, the physician is able to practice without direct supervision by other physicians in that sub-specialty and the physician is known as a **fellow** in that sub-specialty.

ALL LECTURES AND TUTORIALS WILL INCLUDE:

- ▶ Live Demonstrations
- ▶ Diagnostic Tools
- ▶ Mechanisms of action
- ▶ Adverse Effects
- ▶ Guidelines for conducting an aesthetic consultation
- ▶ Pharmacology
- ▶ Guidelines for conducting an aesthetic treatment plan
- ▶ Ethnic skin vs white skin
- ▶ Results to be expected
- ▶ Commercial availability of products in various countries
- ▶ Complication Management
- ▶ Clinical Studies
- ▶ Patient Understanding
- ▶ Tips for a successful practice
- ▶ Pathophysiology



Course at a glance

	Comprehensive theoretical review of all aesthetic medicine procedures		
PART I	MODULE I:	MODULE II:	MODULE III:
Online Audiovisual Lectures and Educational Materials	Advanced Facial Sculpting & Contouring with Botulinum Toxin A & Facial Fillers	Aesthetic Treatments Utilizing Laser & Intense Pulsed Light, Chemical Resurfacing & Cosmeceutical Actives	Aesthetic Venous Treatments & Body Contouring Techniques
	Discussions, live demonstrations, clinical tutorials and opportunities for hands-on activities		
PART II	MODULE IV:	MODULE V:	MODULE VI:
Hands-On Clinical Training at Aesthetica Clinic, Dubai, UAE	Botulinum Toxin, Fillers & PRP	Lasers & Energy Based Devices	Body Contouring Techniques & Chemical Peeling agents
	Predominant focus on practical knowledge and skills as well as sound knowledge of anatomy and physiology		
PART III	EXAMINATION	CASE STUDY SUBMISSION	CERTIFICATION
Examination, Case Study Submission & Certification	In person 3 hour examination consisting of: <ul style="list-style-type: none"> ▶ 150 multiple choice questions. ▶ 25 essay questions involving evaluation of photographs and the development of a treatment plan 	All participants will be required to submit case studies in aesthetic medicine . Which will be reviewed by the aesthetic advisory committee at the American Academy for Anti-AgingMedicine	All participants who complete the Online and Hands-On part and pass the written examination will be awarded a Fellowship Certificate in Aesthetic Medicine Participants wishing to attend only the hands-on series will be awarded a certificate of training in aestheticmedicine

{ Fellowship faculty will remain available after completion of modules for on-going advice and support }

Online Training

A FLEXIBLE, MODERN AND RESOURCEFUL E-LEARNING PLATFORM

- ▶ Easy to use online videos
- ▶ Study from home or the office
- ▶ Printable educational materials
- ▶ No travel expenses
- ▶ Same experts as in the classroom modules



Hands-On Training

COMBINES ALL THE BENEFITS OF A PRECEPTORSHIP TOPPED WITH A BUSINESS INSIGHT AND INDIVIDUALIZED TUTORIALS

Participants will have the opportunity to receive individualized hands-on training in minimally invasive aesthetic procedures.

- ▶ Botulinum Toxin A Injections
- ▶ Facial Filler Injections
- ▶ Aesthetic Laser and Light Treatments
- ▶ Body Contouring Techniques
- ▶ Chemical and Mechanical Resurfacing
- ▶ Cosmeceuticals



All hands-on training
modules will be held at
Aesthetica Clinic in Dubai

Requirements for obtaining a Fellowship Certificate

- ▶ Membership in the American Academy of Anti-Aging Medicine (A4M)*
- ▶ Attendance at two or more A4M-approved /sponsored events*
- ▶ An MD, DO, or MBBS degree from an accredited medical school*
- ▶ An active medical license*
- ▶ 5 years of clinical practice experience*
- ▶ Completion of all 6 modules*

*Requirements must be submitted prior to exam

WHO IS THE COURSE FOR?

Aesthetic Medicine is no longer limited to the fields of plastic surgery & dermatology as many specialties are now offering aesthetic procedures in order to better accommodate their patients' aesthetic needs.

- ▶ Dermatologists
- ▶ Plastic Surgeons
- ▶ Medical Doctors of any specialty wishing to add aesthetic procedures to their practice
- ▶ Practitioners, Nurses interested to learn about new procedures
- ▶ Clinic Managers

“ We always need to learn more and this program was a great concentration of expertise under one roof and was professionally conducted. ”

- DR HELEN AZARYAN, MD, KUWAIT

Course Provider



A4M: THE WORLD'S LARGEST MEDICAL ORGANISATION REPRESENTING 24,000 PHYSICIANS AND SCIENTISTS FROM 110 COUNTRIES

The American Academy of Anti-Aging Medicine, Inc. ("A4M") is a not-for-profit medical society founded in 1992 and dedicated to the advancement of technology to detect, prevent, and treat aging related disease and to promote research into methods to retard and optimize the human aging process. A4M is also dedicated to educating physicians, scientists, and members of the public on anti-aging issues.

Obtain your CME Accredited Fellowship in Aesthetic Medicine from the world's premier medical society dedicated to optimising the aging process.

The A4M's Aesthetic Anti-Aging Fellowship was instituted in 2007 in the USA and is part of the A4M's large educational portfolio which not only includes Fellowships in stem cell medicine, in cancer therapies, in anti-aging medicine but also regular seminars and congresses gathering up to 4,000 physicians at a time.

Besides the Fellowships, the A4M disseminates information via:

- ▶ Annual Conferences
- ▶ Printed Publications
- ▶ E-Newsletters

All participants completing the online modules and Hands-On Clinical Training (Modules I-VI) will receive a certificate of attendance validated by the A4M.



HEALTHCARE CITY:

All Hands-on modules of the Aesthetic Fellowship in Dubai are CME accredited and approved by Dubai Healthcare City.



Course Partner & Venue

AESTHETICA CLINIC (DUBAI HEALTHCARE CITY, UAE) THE ONLY A4M AFFILIATED CLINIC OUTSIDE THE USA

Aesthetica Clinic has been carefully selected as an A4M Affiliated training centre in order to teach the hands-on clinical part of the Fellowship in Aesthetic Medicine.

The venue is located in Dubai Healthcare City (DHCC), in the heart of Dubai and is widely acknowledged as the leading aesthetic clinic in Dubai.

Aesthetica clinic's procedures are not limited to restoration but rather the prevention of ageing and the optimization of physical beauty. All of the techniques and procedures adhered to at Aesthetica are safe and natural. Aesthetica offers a full spectrum of minimally invasive procedures and care in one facility including:

- ▶ **Lasers**
- ▶ **Mesotherapy**
- ▶ **Cell Therapy**
- ▶ **Botox and Filler injections**
- ▶ **Peels**
- ▶ **Carbon Dioxide Therapy for Fat Reduction and Skin Tightening Lasers**
- ▶ **Laser Lipolysis for alternative to Liposuction**
- ▶ **Ultrasound Treatments for Fat Reduction**



Course Director



DR MARIA ANGELO KHATTAR: A practitioner with cutting-edge standards

Dr Khattar and her team of experienced dermatologists are responsible for carrying out the clinical training and live demonstrations aimed at teaching participants how to confidently and safely practice aesthetic medicine.

Like all healthcare professionals at Dubai Healthcare City, Dr Angelo Khattar meets rigorous, international quality standards. Dr Khattar's profile combines the appeal of an Internationally trained practitioner (London University) with the required understanding of Middle-Eastern patient needs.

A research scientist with an academic background as a professor at the Faculty of Medicine, Kuwait University and a regular lecturer at worldwide congresses, Dr Khattar's profile combines the appeal of an Internationally trained practitioner (London University) with the unparalleled expertise and understanding of the Middle-Eastern aesthetic market.

As the managing Director and Founder of Aesthetica Clinic, Dr Khattar also brings a valuable business insight into the skills and knowledge required to run a successful aesthetic practice.



Faculty

AN INTERNATIONAL PANEL OF EXPERTS FOR A MAXIMUM RANGE OF TECHNIQUES

The cooperation between the world's leading anti-aging medical organisation with Dubai-based and internationally trained expert, Dr. Maria Angelo Khattar, not only validates the international character of this Fellowship Certification, but also offers an integrative approach to different skin types and patients needs that the future aesthetic practitioner will encounter in their career.



DR. MARIA ANGELO-KHATTAR (UAE)

Clinical Training Director & Chief Lecturer (Dubai Program)

Dr. Maria Angelo-Khattar's International background combined with her expert's knowledge of the aesthetic industry makes her the ideal physician for supervising the Hands-On Aesthetic training recently introduced in Dubai. Dr. Angelo-Khattar is not only a renowned worldwide lecturer on the topic of minimally invasive aesthetic procedures but also a leading aesthetic practitioner in Dubai.



DR. SHARON MCQUILLAN (USA)

Director of the Aesthetic Anti-Aging Fellowship

Dr. McQuillan instituted The Aesthetic Anti-Aging Fellowship in conjunction with The American Academy of Anti-Aging Medicine in 2007. She is one of the main lecturers in the theory part of the Aesthetic Fellowship (Online Modules 1-3) and also provides hands-on training for American practitioners at her clinic in the USA (Ageless Aesthetic Centre, Florida)



DR. QASSIM AHLI (UAE)

Contributing lecturer for hands-on modules

Dr. Ahli is a Board-Certified Plastic Surgeon who brings his experience of combining plastic surgery procedures with minimally invasive procedures such as face fillers. Dr. Ahli lectures in Module IV.



DR. ALI SINGEL (UAE)

Contributing lecturer for hands-on modules

Dr. Singel is a consultant Dermatologist who brings more than 15 years of medical experience to the Aesthetic Fellowship. Dr. Singel is a board-certified medical doctor who is highly-qualified and experienced in dermatology, laser and phototherapy to treat skin disease.



DR. HERVE RASPALDO (FRANCE)

Faculty member and contributing lecturer

Dr Herve Raspaldo is a Consultant Facial Plastic Surgeon in France who brings an expert's knowledge of contouring and volumising the face with facial fillers. He is an expert on the subject of the anatomy of the face and neck and contributes to the Fellowship by giving demonstrations on the use of Botulinum Toxin A.



DR MARIO A. TRELLES (SPAIN)

Faculty Member

Dr. Mario Trelles is widely recognised as an international authority on lasers through his numerous roles as an author, professor, editor and practicing physician in the field of laser applications.

Learning Objectives

Our mission is to base all our teachings on evidence-based applications, safe practices and methodical guidelines to ensure an ethical and accurate representation of the aesthetic medical specialty.

ONLINE THEORY LECTURES: MODULES 1 - 3

MODULE I: Advanced Facial Sculpting and Contouring with Botulinum Toxin A and Facial Fillers

The cosmetic use of Botulinum Toxin A has rapidly become one of the most popular procedures worldwide because of its affordability, simplicity, and efficacy. According to the 2006 American Society of Aesthetic Plastic Surgery (ASAPS) Cosmetic Surgery National Data Bank Statistics, Botulinum Toxin A injections were the #1 non-surgical cosmetic procedure and the #1 cosmetic procedure overall for the fifth year in a row.

- ▶ Women accounted for 91% of Botulinum Toxin A procedures
- ▶ Men accounted for 9% of Botulinum Toxin A procedures
- ▶ Botulinum Toxin A was the #1 non-surgical procedure in patients aged 35-50, 51-64, and 65 and over
- ▶ Fellowship (Aesthetics)

UPON COMPLETION OF THIS MODULE, THE PARTICIPANTS WILL:

- ▶ Have a thorough understanding of facial anatomy
- ▶ Develop an understanding of ideal facial features including the proportions and dimensions that create beauty
- ▶ Discuss the aging facial changes in both female and male patients of all cultures
- ▶ Develop understanding of the pharmacology of the various Botulinum Toxins
- ▶ Analyze the “best practice” standards for injection techniques for the treatment of frown lines, brow furrows, brow elevation, crow’s feet, bunny lines, lip lines, nasolabial folds, marionette folds, aging jawline, and aging neck
- ▶ Participate in an interactive session with leading experts performing live botulinum toxin injections for aesthetic enhancement demonstrating all of the known applications
- ▶ Understand the incidence, prevalence, and pathophysiology of hyperhidrosis
- ▶ Understand the treatment of hyperhidrosis with botulinum toxin
- ▶ Understand facial revolumizing to achieve a natural and youthful appearance
- ▶ Understand the properties of the various facial fillers including autologous fat, cell augmented fat, the various collagens (Zyderm, Zyplast, Cosmoderm, Cosmoplast, Evolence), the various hyaluronans (Restylane, Perlane, Juvederm, Prevelle, Hydrelle), poly-L-Lactic acid (Sculptra), calcium hydroxyl phosphate (Radiesse), and silicone.
- ▶ Learn how to choose the appropriate filler for individual aesthetic corrections
- ▶ Learn the “best practice” injection techniques, products, and volumes for the aesthetic correction of global volume loss, temporal hollows, brows, tear troughs, cheeks, nasolabial folds, lips, jowls, prejowl depressions, jaw lines, and nasal deformities
- ▶ Participate in an interactive session with leading experts performing live facial filler for facial aesthetic enhancements
- ▶ Review the potential adverse events with the aesthetic use of both botulinum toxins and facial fillers and effective methods to avoid and treat these complications
- ▶ Learn how to develop a successful aesthetic practice with pricing strategies, marketing strategies, scheduling and staffing
- ▶ Be equipped with superior aesthetic knowledge which when combined with Module IV, will enable the attendee to provide procedural excellence to their patients

MODULE II: Aesthetic Treatments Utilizing Laser and Intense Pulsed Light Applications/Chemical Resurfacing and Cosmeceutical Additives

Cosmetic laser therapy is one of the fastest growing aesthetic treatments available. In 2006, over 36 million light-based aesthetic treatments were performed. By 2011, this has grown to an estimated 95 million treatments a year. The appeal of today's laser treatments lies in the safety, minimal invasiveness, and minimal downtime associated with treatment. Lasers are safely used for a wide variety of cosmetic treatments. Today's aesthetic practitioner has the ability to offer a wide array of state-of-the-art laser technology capable of diminishing acne, removing skin pigmentation, eliminating unwanted veins, removing unwanted hair, and resurfacing the skin with minimal to no downtime.

UPON COMPLETION OF THIS MODULE, THE PARTICIPANTS WILL:

- ▶ Review basic dermatology and the dermatologic conditions requiring aesthetic enhancement including lentigenes (brown spots), telangiectasias (redspots), wrinkles, elastosis (skin laxity), melasma, cellulite, acne, dysplasia, unwanted hair and unwanted veins
- ▶ Understand Fitzpatrick Skin Typing to effectively predict individual patient's reaction to both chemical and light based aesthetic treatments
- ▶ Understand laser physics and the principles of laser and light tissue interactions. This includes a review of selective photothermolysis, ablative skin resurfacing, non-ablative skin resurfacing, fractional skin resurfacing, photodynamic therapy and photomodulation
- ▶ Be conversant in all of the light based aesthetic devices including lasers (KTP, Ruby, Pulsed Dye, Diode, Nd:YAG, Er:YAG, YSGG, CO₂), Intense Pulsed Light, and Light Emitting Diodes and the important features in selecting these devices and the appropriate use for each device
- ▶ Understand the best practice standards for the light based treatment of dermatologic conditions requiring aesthetic enhancement including patient selection, patient education, treatment planning, treatment applications, and pre and post procedural care. These conditions include hyperpigmentation, telangiectasias, wrinkles, skin laxity, unwanted hair, unwanted veins, acne, dysplasia and cellulite
- ▶ Review the important safety precautions for aesthetic use of lasers and light for the patient and the aesthetic provider
- ▶ Discuss the potential adverse events when using lasers and light and how to avoid and treat these complications
- ▶ Participate in an interactive session with prominent luminaries performing state-of-the-art laser and light based treatments on live patients demonstrating appropriate aesthetic enhancements and treatment planning
- ▶ Review the Rubin skin classification system to determine the dermal depth of cosmetic defects requiring correction and understand how to achieve this depth with the various chemical peeling agents
- ▶ Analyze the mechanism of action of the peeling agents used in aesthetic chemical resurfacing including retinols, enzymes, alpha hydroxy acids, beta hydroxy acids, Jessner solution, TCA, phenol, and combination peels
- ▶ Develop effective treatment plans and protocols for dermatologic conditions using aesthetic chemical peeling including patient selection, choosing the ideal peeling agent, patient education, and pre and post peel care
- ▶ Understand best practice standards for the use of chemical peels in aesthetic medicine.
- ▶ Participate in an interactive session with leading aesthetic experts performing chemical peels on live patients for the treatment of aging skin, hyperpigmentation, melasma, and acne
- ▶ Understand the potential adverse events with the aesthetic use of chemical peeling agents and how to avoid and manage these complications
- ▶ Understand the licensure requirements and the central role of an aesthetician in an aesthetic practice
- ▶ Understand the appropriate prescription of daily skin care products to promote optimal skin health in your patients and to ensure excellent results with your aesthetic procedures
- ▶ Develop an in-depth working knowledge of the ingredients in cosmeceutical products including the various retinols, growth factors, peptides, antioxidants, lightening agents, metals, botanicals, vitamins, SPF agents, and their mechanism of action in promoting skin health
- ▶ Identify the toxic ingredients contained in many over-the-counter products
- ▶ Learn how to develop a successful aesthetic practice with the use of light based devices, chemical peels, and cosmeceutical agents with proven technology, products, protocols, pricing strategies and marketing strategies

MODULE III: Aesthetic Venous Treatments and Body Contouring Techniques

UPON COMPLETION OF THIS MODULE, THE PARTICIPANTS WILL:

Venous Treatments:

- ▶ Comprehend the incidence, prevalence, and morbidity associated with chronic venous insufficiency
- ▶ Understand the risk factors of venous disease including heredity, hormonal influences, lifestyle, and congenital abnormalities
- ▶ Perform differential diagnosis of venous disease symptomatology
- ▶ Review venous anatomy, physiology and pathophysiology
- ▶ Participate in an interactive session with leading experts performing physical examination of patients presenting with venous pathology ranging from telangiectasias to deep venous system abnormalities
- ▶ Learn to use diagnostic tools for the evaluation of venous insufficiency including transillumination (vein light), photoplethysmography (PPG), continuous wave Doppler, and duplex ultrasound and their value in differential diagnosis and view live demonstrations of these devices
- ▶ Review mechanisms of action of the sclerosants used in sclerotherapy including hypertonic saline, polidocanol, sotradecol, polyiodinated iodine, and glycerin and the risks and benefits associated with each
- ▶ Review the risks and benefits of lasers and radiofrequency devices utilized in energy-based closure of the saphenous system including radiofrequency, diode, and infrared devices
- ▶ Understand office-based technique of ambulatory phlebectomy in the treatment of varicosities
- ▶ Develop treatment plans and best practice standards for the treatment of venous disease from the deep system to spider veins including patient selection, patient education, pre and post procedural care, and techniques for treatment
- ▶ Understand the role of compression therapy in the treatment of venous disease
- ▶ Review the potential adverse events in the treatment of venous disease and how to avoid and manage complications
- ▶ Participate in an interactive session and treatment of live patients with venous pathology including deep venous system, superficial venous system, reticulars, varicosities, and telangiectasias
- ▶ Discuss the pros and cons of insurance billing for the treatment of venous disease
- ▶ Review strategies for developing a successful vein practice including proven choices in technology and products along with marketing strategies

Body Contouring:

- ▶ Review the incidence, prevalence, morbidity, and comorbidity of obesity worldwide
- ▶ Review the statistics for the weight loss market and body contouring market demonstrating the need for effective therapies for the treatment of obesity and localized adiposity optimal health and self-image
- ▶ Analyze proven strategies for weight loss including organic whole food treatment planning, prescriptive exercise, hormone balancing, food allergies and detoxification strategies
- ▶ Discuss the incidence and prevalence of cellulite as an inflammatory disease of the deep dermis
- ▶ Understand the pathophysiology of cellulite and the diagnostic criteria
- ▶ Review the anatomy of the lymphatic system and its importance in maintaining optimal health
- ▶ Review the role of hormone imbalance, venous, and lymphatic congestion in the pathophysiology of cellulite
- ▶ Understand the factors leading to localized adiposity including genetics, gender, lifestyle, and hormone imbalance
- ▶ Review the technique of mesotherapy with the mechanism of action of the active ingredients including phosphatidylcholine, deoxycholate, aminophylline, pentoxifylline, L-carnitine, procaine, and yohimbine
- ▶ Learn the best practice standards for formulations and injection techniques for mesotherapy treatments of cellulite, skin laxity, mesoglow, and Lipodissolve
- ▶ Discuss the medical and legal ramifications surrounding mesotherapy worldwide
- ▶ Understand the energy-based devices used to treat obesity, localized adiposity, cellulite, and skin laxity including vacuum massage, infrared light, light emitting diodes (LED), radiofrequency, and acoustic wave technology with their appropriate indications and expected clinical outcomes
- ▶ Participate in an interactive session with leading experts performing live mesotherapy and lipodissolve treatments, as well as live demonstrations of energy-based devices to treat adiposity, cellulite, and skin laxity

MODULES IV- VI: INTENSIVE HANDS-ON PROCEDURAL TRAINING AT AETHETICA CLINIC, DUBAI, UAE

MODULE IV: The use of Botulinum Toxin A, Fillers and PRP

This course requires home study utilizing a syllabus, pre and post tests, demonstration of injection techniques, case study submission, and opportunity for a one-on-one supervised clinical practice during which the participant practices the technique and demonstrates proficiency to the faculty.

DAY ONE:

UPON COMPLETION OF THIS MODULE, THE PARTICIPANTS WILL:

- ▶ Be proficient in conducting an aesthetic consultation for patients considering Botulinum Toxin. This includes understanding patient expectations, predicting clinical outcomes, and effectively communicating this to patients. It also includes proven strategies for conducting successful consultations where patients are comfortable with Botulinum Toxin treatments and the risks and benefits.
- ▶ Identify dynamic facial muscle anatomy and function on live patients and understand how to treat these muscle groups to achieve a youthful facial muscle balance. This includes the frontalis, glabellar complex, orbicularis oculi, nasalis, levator labii alaeque nasi, depressor anguli oris, orbicularis oris, platysmal muscles and Masseter for jawline slimming
- ▶ Be familiar with the availability of toxins in the UAE
- ▶ Be familiar with the currently MOH approved toxins in the UAE
- ▶ Demonstrate correct injection and dosage technique for all of the facial muscles with Botulinum Toxin for aesthetic enhancement
- ▶ Understand the best practice standards for the use Botulinum Toxin for facial aesthetic enhancement including available products, dosing, indications, contraindications, injection technique, and complication avoidance and management
- ▶ Participate in interactive demonstrations of Botulinum Toxin treatments on live models done by aesthetic experts, including the treatment of frown lines, crows feet, forehead lines, brow position, bunny lines, gummy smile, marionette lines and platysmal banding
- ▶ Perform Botulinum Toxin treatments on live models with an aesthetic expert instructor to achieve competency in best practices for aesthetic consultations, treatment planning, botulinum toxin injection techniques for all indications, and post procedural care

DAY TWO:

UPON COMPLETION OF THIS MODULE, THE PARTICIPANTS WILL:

- ▶ Understand the volumetric changes that occur with facial aging including skeletal changes, muscular changes, dermal changes, and subcutaneous tissue changes and how these changes contribute the appearance of facial aging for all cultures and both genders
- ▶ Understand ideal facial proportions for all cultures, genders and ages and understand how to achieve these ideal proportions in aesthetic patients with the use of facial fillers
- ▶ Be proficient in conducting an aesthetic consultation with patients considering facial filler by accurately identifying individual facial volume deficiency, predicting the accurate volumes and products necessary for aesthetic correction, and effectively communicating this to aesthetic patients
- ▶ Demonstrate a working knowledge of the properties of the various facial fillers available for aesthetic enhancement, including the various hyaluronans (Restylane, Perlane, Juvederm, Uma Jeunesse), poly-L-Lactic acid (Sculptra), calcium hydroxylapatite (Radiesse) and Poly Caprolactone (Ellanse)
- ▶ Learn how to choose the appropriate filler for individual aesthetic corrections
- ▶ Be proficient in providing anesthesia in the form of regional blocks
- ▶ Understand how to select the appropriate anesthetic technique for aesthetic patients based on their individual pain tolerance and their facial filler indications
- ▶ Provide live facial filler treatments including aesthetic consultations, treatment planning, patient education, delivery of effective anesthesia
- ▶ Learn how to use PRP treatments, treat acne scars and psoriasis to restore skin health

MODULE V: The Use of Lasers and Light in Aesthetic Medicine

This course requires home study utilizing a syllabus, pre and post tests, demonstration of laser techniques, case study submission, and a one-on-one supervised clinical practice during which the participant practices the technique and demonstrates proficiency to the faculty.

UPON COMPLETION OF THIS MODULE, THE PARTICIPANTS WILL:

- ▶ Demonstrate the ability to accurately diagnose dermatologic conditions requiring energy based aesthetic treatments including lentigenes (brown spots), atypical lesions, dysplastic lesions (cancers), telangiectasias (redspots), wrinkles, elastosis (skin laxity), melasma, cellulite, acne, dysplasia, unwanted hair, veins, and tattoos
- ▶ Be confident in choosing wavelengths appropriate for darker skin types found in the UAE and GCC region
- ▶ Demonstrate a working knowledge of aesthetic energy based devices including Lasers (Q switched laser, Diode, Nd:YAG, ErYAG, CO2, Alexandrite), Intense Pulsed Light, Radiofrequency, Ultrasound, and Light Emitting Diodes and the important features in selecting each device and their appropriate aesthetic applications
- ▶ Recognize abnormal skin conditions requiring biopsy prior to light based treatments and effective treatment protocols
- ▶ Review the technical considerations of energy based devices with expert luminaries and understand what these mean in clinical practice
- ▶ Gain experience in conducting aesthetic consultations with patients desiring correction of dermatologic conditions or aesthetic defects with aesthetic devices including diagnosis and treatment planning
- ▶ Gain experience in Fitzpatrick skin typing to accurately prescribe the correct modality and treatment parameters for optimal results and avoidance of complications
- ▶ Understand how to adjust the parameters of fluence, pulse width, cooling, and treatment times on aesthetic devices to provide safe and effective treatments
- ▶ Recognize the desired clinical endpoints and tissue interactions for the treatment of lentigenes (brown spots), atypical lesions, dysplastic lesions (cancers), telangiectasias (redspots), wrinkles, elastosis (skin laxity), melasma, cellulite, acne, dysplasia, unwanted hair, veins and tatoos
- ▶ Review the treatment protocol used in photodynamic therapy and it's clinical application in skin rejuvenation, acne, actinic keratosis and skin cancer.
- ▶ Participate in an interactive session with aesthetic experts demonstrations offering energy based aesthetic treatments for all indications according to "best practice" standards on live models.
- ▶ Provide energy based treatments for all aesthetic indications on live patients including the aesthetic consultations, treatment planning , pre and post care, choosing the appropriate device and treatment parameters and delivering the treatment. These treatments will be done in a clinical setting with expert luminaries to ensure safety and efficacy



MODULE VI: The Use of Chemical Peeling Agents and Body Contouring Techniques

This course requires home study utilizing a syllabus, pre and post tests, demonstration of sclerotherapy techniques, case study submission, and a one-on-one supervised clinical practice during which the participant practices the technique and demonstrates proficiency to the faculty.

DAY ONE: The Use Of Chemical Peeling Agents

Chemical peeling involves the application of a chemical agent to the skin to create an injury to a specific depth that promotes the growth of new skin with improved surface characteristics. Chemical peels are an important adjunct to the aesthetic practice and can be used to treat melasma, dyschromias, photodamage, acne scarring, and superficial wrinkles.

UPON COMPLETION OF THIS MODULE, THE PARTICIPANTS WILL:

- ▶ Successfully diagnose dermatologic conditions that are appropriately treated with chemical peels and identify the depth of chemical peel necessary to achieve full correction
- ▶ Demonstrate a working knowledge of the chemical peeling agents including retinols, enzymes, alpha hydroxy acids, beta hydroxy acids, Jessner solution, TCA and combination peels. Understand how the concentration, PH, exposure time, and number of applications of these agents affect the depth of the chemical peel
- ▶ Know how to prescribe proven regimens for pre and post peel care which optimize the safety and clinical outcomes of chemical peels
- ▶ Learn how to prescribe combinations of chemical peels and products
- ▶ Demonstrate correct techniques for aesthetic facial cleansing, lymphatic drainage, massage, steam activation, and mask application
- ▶ Be familiar with aesthetic equipment, supplies procedures, staffing and pricing and pricing as well as standard incentive programs for employees
- ▶ Conduct aesthetic consultations with patients desiring chemical peels including accurate diagnosis; treatment planning, pre peel preparation and post peel care. All forms, protocols, patient education materials, and resources will be made available
- ▶ Participate in an interactive demonstration session with aesthetic experts performing chemical peels on live models in a clinical setting
- ▶ Deliver chemical peels using “best practice” standards including consultations, diagnosis, choosing the appropriate peel agent, concentration, exposure time, and number of passes, delivering the peel, and prescribing pre and post peel care communicating this to aesthetic patients

DAY TWO: Body Contouring Techniques

The market for body shaping procedures has experienced tremendous growth as patients desire youthful body contours to match their youthful facial enhancements. Body contouring treatment modalities include mesotherapy, non-invasive laser and light devices, laser lipolysis, and liposculpture.

UPON COMPLETION OF THIS MODULE, THE PARTICIPANTS WILL:

- ▶ Have a working knowledge of the prevalence, etiology, and pathophysiology of the conditions addressed in Body Contouring including obesity, localized adiposity, and cellulite
- ▶ Understand the importance of body image in treating aesthetic patients and the ideal proportions for both male and female forms
- ▶ Perform body mass index measurements, anthropomorphic measurements, and medical photography to document clinical presentation and results
- ▶ Prescribe organic whole foods, low glycemic diet along with appropriate detoxification, hormone balancing, and treatment of food allergy for optimal BMI
- ▶ Prescribe exercise plans for individual clients based on age, gender, physical health, BMI, and current activity level to help achieve optimal body contour
- ▶ Diagnose the different forms of cellulite in individual patients in order to prescribe appropriate treatments.
- ▶ Understand the co-morbid conditions of lymphedema, lipedema, and venous stasis
- ▶ Develop a working knowledge of aesthetic devices and energies used in body contouring including Radiofrequency, Acoustic wave, Infrared energy, a novel chilling device, and lymphatic massage.
- ▶ Develop a working knowledge of the active ingredients use in mesotherapy for the treatment of cellulite including procaine, aminophylline, phosphatidyl choline, deoxycholate, mellilotus, and platelet rich plasma
- ▶ Demonstrate knowledge and skill in the use of lipodissolve for the treatment of localized adiposity
- ▶ Conduct aesthetic consultations with patients including medical history, life style, patient concerns, patient education regarding the available technology and practices and effectively communicate expected results.
- ▶ Participate in an interactive session with experts performing bodycontouring treatments
- ▶ Perform bodycontouring treatments on patients including consultations, diagnosis, dietary prescription, exercise prescriptions, choice of appropriate device or modality, delivery of the treatment and patient education. These will be done with the guidance of an aesthetic expert

Dubai, United Arab Emirates

A UNIQUE DESTINATION THAT IS BOTH A DYNAMIC HEALTHCARE CENTER AND A TOURIST PARADISE

The A4M's global reach has enabled the establishment of the Fellowship program in a region which is quickly becoming an educational, healthcare and tourism hub demonstrating the highest quality standards.

Dubai is quickly establishing itself as the centre of excellence for medical services by becoming at the forefront of healthcare in the region and internationally. Dubai's medical community gathers some of the world's top experts and medical venues. More recently, the growing demand for non-invasive aesthetic procedures by the local and expat patient community has positioned Dubai as one of the most cutting-edge venues for medical Aesthetic procedures hereby making it the venue of choice for the A4M Aesthetic Fellowship program.



The emirate embraces a wide variety of scenery in a very small area. In a single day, the participant can experience everything from mountains and sand dunes to sandy beaches and ultra-modern shopping malls. Participants can combine their educational journey with an unforgettable break in one of the world's top tourist destination.

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