

Fellowship in Anti-Aging and Aesthetic Medicine

■ What is Aesthetic Medicine?

Aesthetic Medicine is a developing clinical subspecialty and field in scientific research aimed at the use of minimally invasive cosmetic treatments to enhance patients' satisfaction with their physical appearance. This subspecialty is no longer limited to the fields of plastic surgery and dermatology, as many specialties are offering aesthetic medical procedures in order to better accommodate their patients' aesthetic needs. A growing trend among baby boomers is that aesthetic treatments are part of a normal health routine with the goal of maintaining a natural and healthy appearance.

■ Why Add Aesthetics to Your Practice?

- There were nearly 11.7 million surgical and nonsurgical cosmetic procedures performed in 2007. Nonsurgical procedures represented 82% of the total
- Since 1997, there has been an increase in nonsurgical cosmetic procedures of 754%
- The top five nonsurgical cosmetic procedures in 2007 were:
 1. Botulinum Toxin A Injections
 2. Hyaluronic Acid Injections
 3. Laser Hair Removal
 4. Microdermabrasion
 5. Laser Resurfacing

Procedure	1997	2007	1997 vs 2007
Botulinum Toxin A	65,157	2,775,176	+4159.2%
Chemical Peel	481,227	575,080	+19.5%
Laser Resurfacing	154,151	509,901	+230.8%
Total Nonsurgical	1,126,177	9,621,999	+754.4%

- Core physicians (plastic surgery, dermatology) account for 60.1% of the aesthetic procedures performed in 2006; whereas non-core physicians (family practice, internal medicine, etc.) accounted for 33.3%. Through 2011, non-core physicians will gain 35.2% compound annual growth in aesthetic procedure volume.

Statistics courtesy of the American Society of Aesthetic Plastic Surgery 2007 Cosmetic Surgery National Data Bank and Medical Insight Inc. Primary Care and Medispa Expand Aesthetic Market Report.

■ What is the Aesthetic Anti-Aging Fellowship?

The Aesthetic Anti-Aging Fellowship was created in recognition of the need to establish best practice standards in Aesthetic Medicine. The fellowship enables medical professionals to learn aesthetic medicine theory and receive individualized hands-on training in aesthetic procedures.

Aesthetic Anti-Aging Fellowship Learning Objectives

■ Module I: Advanced Facial Sculpting And Contouring With Botulinum Toxin A And Facial Fillers

Upon completion of this module, the participants will:

- Discuss concepts of beauty and ideal facial features
- Learn procedure for conducting aesthetic consultation
- Discuss history of Botulinum Toxin and currently available products
- Understand mechanism of action of Botulinum Toxin
- Discuss patient selection, pre and post procedural treatment precautions, patient education, informed consent, and treatment alternative s for Botulinum Toxin A and Facial filler injections
- Describe indications, risks, benefits, and injection technique for Botulinum Toxin A treatment for: glabella, frontalis, brow depressors, orbicularis oculi, nasalis, orbicularis oris, depressor anguli oris, mentalis, platysma
- Understand how to prevent and manage Botulinum Toxin and Facial filler injection complications
- Discuss indications, contraindications, and properties of the following filling agents: fat, bovine collagen, bioengineered human collagen, cadaver based products, hyaluronic acid, calcium hydroxylapatite, poly-L-lactic acid, liquid injectable silicone, and polymethylmethacrylate
- Discuss how to choose the appropriate filling agent based on correction desired
- Describe indications, risks, benefits, and injection techniques for facial filler treatment for: nasolabial and melomental folds, wrinkles, facial contours, lip augmentation

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

Upon completion of this module, the participants will:

- Understand laser physics and light based tissue interactions
- Explain selective photothermolysis
- Understand Fitzpatrick skin typing
- Explain electromagnetic spectrum
- Review laser wavelengths and mediums: KTP, Pulsed dye laser, Ruby, Alexandrite, Diode, Nd:YAG, Er:YAG, CO2, Intense Pulsed Light, Photodynamic Therapy, LED photomodulation, Fractional photothermolysis
- Discuss the following factors in designing an appropriate laser treatment protocol for hair reduction, vascular lesions, nonablative treatments, intense pulsed light, and acne: Safety considerations, Choice of device/wavelength, Fitzpatrick scale, Contraindications, Pre treatment instructions, Spot tests, Treatment considerations, Post treatment instructions, Complications and their management, Patient information, selection, and informed consent, Consultation and assessment
- Explain beam and non-beam laser hazards
- Understand laser classification system
- Describe safety precautions that should be taken during treatment
- Understand proper use and labeling of safety eyewear
- Review cosmetic dermatology and skin physiology
- Discuss cosmeceutical additives: Retinols, Antioxidants, Peptides, Chirality, Toxicities
- Understand the importance of UV protection
- Review of skin type and aging classifications: Fitzpatrick skin typing, Glogau classification, Rubin classification, Monheit-Fulton numerical score of photoaging

Fellowship (Aesthetics)

Module Overview

Module II Objectives Continued

- Discuss the indications, applications, contraindications, and mechanism of action of various chemical peeling agents: Retinoic acid, Enzyme peels, Alpha hydroxy acid, Beta hydroxy acid, Jessner's solution, Trichloroacetic acid, Phenol
- Discuss clinical protocols to obtain optimal results for the following chemical peeling agents: Retinoic acid, Enzyme peels, Alpha hydroxy acid, Beta hydroxy acid, Jessner's solution, Trichloroacetic acid, Phenol
- Review chemical peel classifications: Very superficial, Superficial, Medium, Deep
- Discuss patient selection, pre and post treatment precautions, complication and treatment alternatives

■ **Module III: Aesthetic Venous Treatments And Body Contouring Techniques**

Upon completion of this module, the participants will:

- Review the history and prevalence of chronic venous insufficiency
- Discuss the theoretical causes and differential diagnoses of varicose veins
- Review and discuss anatomy of the superficial and deep venous system
- Review various sclerosants and their effectiveness including detergents, hypertonic, and ionic solutions
- Discuss aspiration, puncture-fee, air bolus, and empty vein Sclerotherapy technique and their appropriateness
- Understand physical evaluation techniques of venous system: Duplex-ultrasound, Vein light, Doppler
- Review of endovenous closure procedure
- Discuss patient selection, diagnosis, treatment plan, pre and post treatment precautions, and treatment alternatives for venous and body contouring treatments
- Understand how to prevent and manage Sclerotherapy and body contouring complications
- Review statistical data regarding obesity
- Discuss appropriate treatments for obesity: Diet, Exercise, Regulation of endocrine disorders
- Discuss history of body contouring injection techniques
- Understand medical applications of injection lipolysis as well as its indications, contraindications, and procedural protocol
- Review mechanism of action of phosphatidylcholine
- Describe various body contouring devices and their medical applications, indications, contraindications, and procedural technique: Laser lipolysis, Focused ultrasound, Radiofrequency with infrared red, Diode rhythmic massage, Broad band light, Diode rhythmic massage, Electrophoresis, No Needle Mesotherapy, Subcision

■ **Module IV: Intensive Hands-On Procedural Training**

DAY ONE: BOTULINUM TOXIN A INJECTIONS

THE COSMETIC USE OF BOTLULINUM TOXIN A

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

Module IV Objectives Continued

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 course, the primary care provider should be able to:

- Discuss concepts of beauty and ideal facial features
- Conduct an aesthetic consultation
- Analyze mechanism of action of Botulinum Toxin A
- Interpret the safety profile and immunogenicity of Botulinum Toxin A
- Identify muscles of facial expression
- Discuss indications, contraindications, patient selection, pre and post treatment instructions, and treatment alternatives for Botulinum Toxin A injections
- Prevent and manage Botulinum Toxin A treatment complications
- Demonstrate ability to successfully diagnose, evaluate, and perform Botulinum Toxin A injections in the following areas: glabellar complex, frontalis, brow depressors, orbicularis oculi, nasalis, orbicularis oris, depressor anguli oris, mentalis, and platysma

DAY TWO: THE USE OF FILLERS FOR FACIAL ENHANCEMENT

With aging, the combined effects of photodamage, fat atrophy, and facial muscle imbalance cause both wrinkling and volume loss in the face. This creates a challenging aesthetic problem, which has eluded traditional surgical remedies such as rhytidectomy and mid-facelift. Newer approaches for aesthetic enhancement in the face combine the use of Botulinum Toxin A to rebalance the muscles of facial expression with the use of soft tissue augmentation to restore youthful contour to the face.

Facial fillers are an important adjunct to Botulinum Toxin A therapy and an integral part of an aesthetic practice and can be used to treat nasolabial folds, melomental folds, wrinkles, and augmentation of the lips and facial contours. 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.

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Upon completion of this course, the primary care provider should be able to:

- Discuss indications, contraindications, patient selection, pre and post treatment instructions, and treatment alternatives for non-permanent, semi-permanent, and permanent facial fillers
- Choose the appropriate filler devices based on correction required
- Analyze the anatomy of appropriate areas for facial filler enhancement
- Use techniques for filler injections to correct nasolabial folds, melomental folds, wrinkles, facial contours, and lip augmentation
- Describe role of topical agents and regional blocks for pain management
- Prevent and manage facial filler injection complications
- Successfully diagnose, evaluate, and perform facial filler injections in the following areas: nasolabial folds, melomental folds, wrinkles, facial contours, and lip augmentation

Fellowship (Aesthetics)

Module Overview

■ Module V: Aesthetic Laser and Light Treatments

THE USE OF LASERS AND LIGHT IN AESTHETIC MEDICINE

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 will grow to an estimated 95 million treatments annually.

The appeal of today's laser treatments lay 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 down time.

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 primary care provider will be able to:

- Describe skin function and physiology
- Recognize suspicious lesions and the need for specialist referral
- Analyze laser physics and light-tissue interactions
- Review laser wavelengths and mediums
- Discuss indications, contraindications, patient selection, pre and post treatment instructions, and treatment alternatives for aesthetic light based treatments
- Prevent and manage aesthetic laser complications
- Develop a laser safety program for practice
- Successfully diagnose, evaluate, and perform the following aesthetic laser procedures: hair reduction, vascular lesions, ablative treatments, non-ablative treatments, intense pulsed light, fractional photothermolysis, and acne treatments

■ Module VI: Intensive Hands-On Procedural Training

SCLEROTHERAPY

Sclerotherapy is a procedure used to eliminate unsightly varicose veins and spider veins primarily in the lower extremities. Sclerotherapy involves injecting small amounts of a special solution in the affected veins, closing them off so that the body can absorb them.

According to the American College of Phlebology, chronic venous disease affects an estimated 25-30% of the population and is more common in women (1:5) than men (1:10). Chronic venous disease accounts for considerable loss of time from work at an estimated 2 million workdays per year.

Module VI Objectives Continued

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.

Upon completion of this module, the primary care provider will be able to:

- Discuss the anatomy of the venous system
- Identify various sclerosants and their effectiveness
- Analyze the theoretical causes and differential diagnoses of varicose veins
- Utilize evaluation techniques of the venous system
- Review endovenous closure procedure
- Discuss patient selection, diagnosis, treatment plan, pre and post treatment precautions, and treatment alternatives for sclerotherapy
- Prevent and manage sclerotherapy complications
- Demonstrate ability to successfully diagnose, evaluate, and perform sclerotherapy treatments

THE USE OF CHEMICAL PEELING AGENTS

Aesthetic resurfacing with various acids has been practiced throughout history. 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.

This course requires home study utilizing a syllabus, pre and post tests, demonstration of chemical peel procedures, 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 primary care provider should be able to:

- Identify skin type and aging classifications
- Discuss indications, applications, contraindications, and mechanism of action of chemical peeling agents
- Learn clinical protocols for the following chemical peeling agents to obtain optimal results: retinoic acid, enzyme peels, alpha hydroxy acid, beta hydroxy acid, Jessner's solution, and trichloroacetic acid
- Identify chemical peel classifications in terms of peel depth
- Discuss patient selection, pre and post treatment precautions, and treatment alternatives for chemical peels
- Prevent and manage chemical peel complications
- Demonstrate ability to successfully diagnose, evaluate, and perform chemical peel procedures

Fellowship (Aesthetics)

Module Overview

Module VI Objectives Continued

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. It is predicted that body contour procedure volume will increase 52.2% annually to more than 7.4 million procedures by 2010. (Global Body Shaping Market Analysis, Michael Moretti. Nov. 2007)

Body contouring treatment modalities include mesotherapy, non-invasive laser and light devices, laser lipolysis, and liposculpture. This course will explore many of the current treatments available to contour the body, reduce inches, and reduce cellulite.

Module VI Objectives Continued

Upon completion of this course, the primary care provider should be able to:

- Discuss the history of mesotherapy and lipodissolve as well as its medical applications, indications, contraindications, and procedural protocol
- Describe the various body contouring devices and their medical applications, indications, contraindications, and procedural technique
- Demonstrate proficiency and ease in the use of various mesotherapy injection techniques, as well as the use of body contouring devices for successful outcomes

■ Fellowship Certification in Aesthetic Medicine

Following completion six module series, attendees will take 2 written exams and undergo case study submission in order to become fellowship certified in Aesthetic Medicine.

Testimonial



Sharon McQuillan, M.D. is a Board certified physician who specializes in both Aesthetic and Anti-Aging Medicine.

She received her undergraduate degree with a combined major in Biology and Chemistry from Kent State University. Dr. McQuillan attended The Ohio State University College of Medicine where she graduated with honors and was elected to the Alpha Omega Alpha Medical Honor Society. She did her postdoctoral training at Riverside Methodist Hospital in Columbus, Ohio and became Board Certified in Family Practice. She has studied under many of the world's leading specialists in aesthetic medicine, including Drs. Jean and Alastair Carruthers, who pioneered Cosmetic Botox.

In 1997 Dr. McQuillan became a Diplomate of the American Academy of Anti-Aging Medicine and serves on the aesthetic advisory committee for this academy. Dr. McQuillan lectures internationally on Aesthetic Medicine for many organizations including the American Academy of Anti-Aging Medicine, American Academy of Aesthetic Medicine, the National Procedures Institute, and the American Society for Bariatric Physicians. She is also a nationally certified trainer and lecturer for Sciton, Allergan, Medicis, and Bioform Medical.

In 2007 Dr. McQuillan instituted The Aesthetic Anti-Aging Fellowship in conjunction with The American Academy of Anti-Aging Medicine. The Fellowship is a

six part lecture and hands-on clinical experience medical education program in aesthetic procedures, offering certification via written and case study examination for its attendees.

Dr. McQuillan formed The Ageless Aesthetic Institute, the only level 4 ACCME accredited aesthetic training program for medical professionals in order to standardize and elevate the practice of Aesthetic Medicine. She currently practices Aesthetic and Anti-Aging medicine at The Ageless Aesthetic Center in Weston, FL. Dr. McQuillan has been featured in *Dermatology Times*, *Vogue*, *Medical Spa Report*, *Elevate*, *MedEsthetic*, *Healthy Aging*, and *Skin Inc.* magazine.

Become a Fellow in Aesthetic Medicine

Call (800) 558-1267
info@worldhealth.net