

IIIrd International Meeting

Advanced Skin Care
17th/18th of September 2011



Work & Play

Advances in Medical Aesthetics

Work

Saturday, 17th September. CCC Caldas da Rainha

3rd Golf Cup Advanced Skin Care

Play

Sunday, 18th September. Golden Eagle (Rio Maior)



Guest lectures CV resumes

Last update
August, 25th



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Guest lectures

Dr. Alberto Pereira, Plastic Surgeon, Portugal

Dr Ayham Al-Ayoubi, Facial Plastic Surgeon, United Kingdom

Dr. Carla Aquino, Biologist, Portugal

Dr. Daniel Sister, Asthetic Medicine, United Kingdom

Dr. Francisco Melo, Plastic Surgeon, Portugal

Dr. Garrick Georgeu, Plastic Surgeon, United Kingdom

Dr. Gerardo Milan, Plastic Surgeon, Portugal

Dr. Jeroen Stevens, Plastic Surgeon, the Netherlands

Dr. Kostas Gkritzalas, Dermatologist, Greece

Dr. Maarten Fechner, Plastic Surgeon, the Netherlands

Dr. Philippe Deprez, Aesthetic Medicine, Spain

Prof. Pasquale Motolese, Aesthetic Surgery, Italy

Dr. Robert Boonen, Cosmetic Surgery, the Netherlands

Dr. Vítor Figueiredo, Aesthetic Medicine, Portugal



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Program

Advances in Medical Aesthetic Meeting room 1

Cultural Congress Centre of Caldas da Rainha
17th September

- 09.00 Registration**
- 09.15 Welcome**
Mr. Henk J. W. Soeters, Ambassador of Netherlands in Portugal
- 09.45 Food intolerance and the skin in the XXI Century**
Dra. Carla Aquino, Biologist, Portugal
- 10.15 Intralipotherapy with Aqualix: rational, histological and clinical evidences in the non surgical treatment of localized adiposity**
Prof. Dr. Pasquale Motolese, Aesthetic Medicine, Italy
- 10.45 MELT Therapy in intralipotherapy**
Dr. Daniel Sister, Aesthetic Medicine, United Kingdom
- 11.15 Coffee- break**
- 11.45 Anti ageing combined tritherapy by association of "transdermal skin relaxation" + "injectable lift" class III + "Dermo-epidermal rebuilding"**
Dr. Philippe Deprez, Aesthetic Medicine, Spain
- 12.15 The use of Stemcells in Cosmetic procedures**
Dr. Konstantinos Gkritzalas , Dermatologist, Greece
- 12.45 Dracula Therapy in Anti- Ageing treatment**
Dr. Daniel Sister, Aesthetic Medicine, United Kingdom
- 13.15 Lunch**
- 14.30 Easy Phen - A phenol light peeling**
Dr. Philippe Deprez, Aesthetic Medicine, Spain
- 15.00 Full face phenol peel: personal considerations**
Dr. Vitor Figueiredo, Aesthetic Medicine, Portugal
- 15.30 DCTE, Dimple Creation Technique using Ellansé**
Dr. Ayaham Al-Ayoubi, Facial Plastic Surgeon, United Kingdom
- 16.00 Tea- Break**
- 16.30 Hair transplant, FUE technique with Omnigraft**
Dr. Konstantinos Gkritzalas , Dermatologist, Greece
- 17.00 Soft tissue restauration of the third central of the face**
Prof. Dr. Pasquale Motolese, Aesthetic Medicine, Italy
- 17.30 Rejuvenation of the hand: experiences and early Clinicalresult with Ellansé**
Dr. Vitor Figueiredo, Aesthetic Medicine, Portugal
- 18.00 The use of Nerve Blocks and the role of the Microcanulaes**
Dr. Francisco Melo, Plastic Surgeon, Portugal
- 18.30 Closing the meeting**
- 20.00 Farewell dinner**



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Program

Advances in Medical Aesthetic Meeting room 2

Cultural Congress Centre of Caldas da Rainha
17th September

- 09.00 Registration
- 09.15 Welcome
Mr. Henk J. W. Soeters, Ambassador of Netherlands, in Portugal
- 09.30 **Ambulatory abdominoplasty in local tumescent anaesthesia**
Dr. Robert Boonen, Cosmetic Surgery, the Netherlands.
- 10.00 **Breast reduction- optimized inferior pedicle technique. (full video surgery)**
Dr. Alberto Pereira, Plastic Surgeon, Portugal
- 10.45 **Lipofilling in breast reconstruction: a learning curve**
Dr. Gerardo Millan, Plastic Surgeon, Portugal.
- 11.15 **Coffee- break**
- 11.45 **Regenerative surgery for true rejuvenation of the face: PRP & micro fat grafting (= Organic Cosmetic Surgery) and the 1.2.3.D concept. Part I - The concept**
Dr. Jeroen Stevens, Plastic Surgeon, the Netherlands.
- 12.15 **Facial reconstruction with distraction - restituo ad integrum**
Dr. Alberto Pereira, Plastic Surgeon, Portugal
- 12.45 **Simultaneous soft tissue reduction in open rhinoplasty**
Dr. Maarten Fechner, Plastic Surgeon, the Netherlands.
- 13.15 **Lunch**
- 14.30 **Regenerative surgery for true rejuvenation of the face: PRP & micro fat grafting (= Organic Cosmetic Surgery) and the 1.2.3.D concept. Part II - The technique and results**
Dr. Jeroen Stevens, Plastic Surgeon, the Netherlands.
- 15.00 **How to improve your results in Endoscopic Brow Lifting, personal experience in 900 cases**
Dr. Maarten Fechner, Plastic Surgeon, the Netherlands.
- 15.30 **Minimally Invasive Rejuvenation of the neck using Light- Guide Technology**
Dr. Garrick Georgeu, Plastic Surgeon, United Kingdom
- 16.00 **Tea- Break**
- 16.30 **DCTE, Dimple Creation Technique using Ellansé**
Dr. Ayaham Al-Ayoubi, Facial Plastic Surgeon, United Kingdom
- 17.00 **Tumescent Liposuction in Lipo-edema or Lympho-edema**
Dr. Robert Boonen, Cosmetic Surgery, the Netherlands.
- 17.30 **Latest developments in Laser Assisted liposuction and body contouring**
Dr. Ayaham Al-Ayoubi, Facial Plastic Surgeon, United Kingdom
- 18.00 **Hair transplant, FUE technique with Omnigraft**
Dr. Konstantinos Gkritzalas, Dermatologist, Greece
- 18.30 **Closing the meeting**
- 20.00 **Farewell dinner**



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Guest Lectures

Curriculum Vitae Resume



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Dr. Alberto Pereira, Plastic Surgeon, Portugal

Doctor graduated in 1992 by the Medical School of Coimbra University, final classification of 15/20. Internship in Hospital of the University of Coimbra, completed at 30/7/94 and residency training: Plastic, reconstructive and aesthetic surgery, at Egas Moniz Hospital concluded at 31/12/02 with final classification of 19,4/20.

Professional experience:

Portuguese Air Force Hospital (Lieutenant-coronel)
Chef of the Operative Theater and Ambulatory Surgery.
Hospital de Egas Moniz (Lisbon 2002 to 2008).
Portuguese Oncological Institute Francisco Gentil (Lisbon 2008 to present)
Hospital Reynaldo dos Santos (Vila Franca de Xira- Lisbon)
Consultant of Plastic and reconstructive Surgery

Organization of scientific events

AO Distraction Symposium- Lisbon 2008
39^o Meeting of the Portuguese Society of PRAS - Sintra 2009
Rhinoplasty aesthetical and functional Course - Lisbon 2009
AO Symposium Reconstruction middle third of the face- Lisbon 2010

Scientific activity and Societies

Member and Faculty of AO-ASIF CMF Europe
Teaching Consultant of Synthes Switzerland
Member of International Society of Aesthetic Plastic Surgery
Member of Sociedade Portuguesa de Cirurgia Plástica, Reconstructiva e Estética
Member of Sociedade Portuguesa de Cirurgia da Mão



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Dr Ayham Al-Ayoubi, Facial Plastic Surgeon, United Kingdom

Dr Ayham Al-Ayoubi received his MD in 1990, and was awarded his MS in ENT, Head and Neck Surgery in 1994.

He completed a program of surgical training in Otolaryngology, Head and Neck Surgery in 1998 at The Royal College of Surgeons of England. He obtained a Diploma in Laryngology & Otology from the Royal College of Surgeons of England in 1998.

Dr A Al-Ayoubi was duly elected as a member of The European Academy of Facial Plastic Surgery, which is dedicated to the advancement and practice of Plastic and Reconstructive Surgery of the face and neck in 1998. He was privileged to become a Fellow of The European Society of Aesthetic Surgery and an Associate Member of The British Association of Cosmetic Doctors. He is also a member of The American Academy of Otolaryngology - Head and Neck Surgery.

He is working as an ENT Surgeon with a special interest in Facial Plastic Surgery at Barnet and Chase Farm Hospitals NHS Trust and North Middlesex University Hospital, London.

His private practice is based in Central London at 1 Harley Street, London W1G 9QD and he has a practice privilege at the Cadogan Clinic, London.

In addition to his Facial Plastic Surgery expertise, he has developed a particular interest in the new era of Non-Surgical Cosmetic procedures. He is recognized as an innovator of non-surgical techniques in Face-Lifting.

He has been invited to many national and international conferences and congresses to lecture about his expertise in the field of Smartlipo - laser assisted liposuction, laser body sculpting, Ellansé and introducing the latest laser technology and laser surgical techniques into different countries around the world.

His fundamental philosophy in Facial Plastic Surgery and Cosmetic Treatments is to enhance the natural facial beauty without changing or losing the natural facial features and expressions and he always follows his Motto, "The better we look....the better we feel".



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Dra Carla Aquino, Biologist, Portugal

Dra Carla Aquino has a degree in Biology (1995) by FCL.

Professional and Extra Academic Training

- Microbial Molecular Pathology, Institute Pasteur, Paris
- Molecular Genetics, Cytogenetic and Molecular Biology, FML
- Specialist Degree – Superior Career Technicians Health
- Biochemistry and Physiology of Functional and Nutritional Medicine, Paris
- Personalized Preventive Genetics, Nice & Barcelona

Professional Experience

- Specialist in laboratory diagnostics in the field of Personalized Preventive Medicine and Anti-Aging, Group LABCO DIAGNOSTICS



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Dr. Daniel Sister, Asthetic Medicine, United Kingdom

Since receiving his medical doctorate at the Paris Medical School in 1974, Dr. Sister has let the International Beauty, Anti-Ageing and Nutrition community dip into his pool of expertise on many occasions.

Dr. Sister has practiced in the world's premier surgeries, establishing himself initially in Paris before moving to Los Angeles to maintain the looks of Hollywood's elite and most famous (and scrutinized) celebrities. During his successes in the USA, Dr Sister took time to establish the HealthTech Institute, which has taken part in numerous activities in the USA, Canada, France, England, Ireland, Israel, Saudi Arabia and the United Arab Emirates to further our understanding of anti-ageing and beauty.

In addition, he was Vice President of the Complementary Medical Association and now is a member of the New York Academy of Sciences, International Institute for Anti Aging, British Association of Cosmetic Doctors and the European College of Aesthetic Medicine. He is also the author of six internationally recognised publications (with another on the way).

Dr. Sister is registered with Conseil de l'Ordre des Médecins (France), General Medical Council (UK) .



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Dr. Francisco Melo, Plastic Surgeon, Portugal

Doctor graduated by the Faculdade de Ciências Médicas (FCML), Universidade Nova de Lisboa, 1987.
Post-graduate in Plastic, Reconstructive and Aesthetic Surgery Residency, Hospital de S.José, Lisboa, (1990-1996); Burn Unit fellowship- Military Hospital of Brussels, Belgium - 3 months (1994) and Business and Management of Health Systems, Universidade Católica de Lisboa (2002).
Teaching Assistant: Biochemistry Department (FCML from 1983 to 1984); Human Genetics Department (FCML from 1984 to 1990); MicroSurgery workshops organized by the Plastic and Reconstructive Unit of Hospital de S.José (2004 e 2005)
Lecturer in fillers workshops for Q-Med (Restylane, Macrolane), Aqtis (Ellansé).

Professional and Scientific Experience:

Public Service as Consultant, Plastic and Reconstructive Surgery Department do Hospital Militar Principal (Military Hospital), Lisboa (2006-2011); Consultant, Plastic and Reconstructive Surgery Department, Hospital de S.José, Lisboa (2004-2006). Assistant, Plastic and Reconstructive Surgery Department, Hospital de Santarém (1998-2004) and Hospital de S.José, Lisboa (1996-1998).

Resident, Plastic and Reconstructive Surgery Department, Hospital de S.José (Plastic and Reconstructive Surgery Residency) (1990-1996) and Hospitais Cívicos de Lisboa (General Residency) (1988-1989)

Private Practice since 1996 in Santa Casa da Misericórdia de Benavente; Consultant for Médica Acidentes (Insurance Company) (1996-1998). Since 1998: Centro Hospitalar de S.Francisco (private hospital), Leiria; 1998-2006: Scalmed- Santarém (private clinic).

Since 2004: GO Clinic, Lisboa (private clinic).

Scientific meetings, Conventions and publications:

Attended more than 100 Conventions, Scientific meetings and Courses, in Portugal as abroad, on Plastic, Reconstructive and Aesthetic Surgery, MicroSurgery, Burn Care and Hand Surgery

Presented 30 oral papers, coauthor of 10 and 6 posters.

Published papers: 6

Member of:

Medical Science Society of Lisbon

Portuguese Society of Plastic, Reconstructive and Aesthetic Surgery

Portuguese Society for Hand Surgery

International Society For Burn Injuries



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Dr. Garrick Georgeu, Plastic Surgeon, United Kingdom

Garrick was raised in Cape Town, South Africa where he qualified at the highly regarded University of Cape Town in 1993. He then came to the UK in 1995 for his surgical training. He specialised in plastic surgery and trained exclusively from 1997-2007 at the following units: Queen Victoria Hospital (East Grinstead), Norfolk and Norwich Hospital, Guys Kings and St. Thomas' Hospital (London), Broomfield Hospital (Chelmsford), and the West Midlands Specialist Registrar Rotation (Sandwell Hospital; City Hospital; Birmingham Children's Hospital; University Hospital Birmingham).

During his 10 year training period he:- completed a research degree (MSc in Surgical Science); wrote 24 clinical papers and a book chapter; passed the FRCS (Plastics) exit examinations; obtained a Certificate of Completion of Specialist Training (CCST); and completed the surgical training certificate. In 2007 Garrick gained his place on the GMC specialist register for Plastic Surgery. In addition, Garrick has completed 15 months in specialist fellowships in Aesthetic, Breast and Microsurgery, and Trauma Reconstruction in London, Chelmsford and South Africa respectively.

Qualifications:

MB ChB,
MSc,
FRCS (Plastics)



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Dr. Gerardo Milan, Plastic Surgeon, Portugal

Doctor Gerardo Ordiales Millán, born in Spain at 9th October, 1953.

Medical degree by the Medical School of Lisbon University;

Internship in S. José Hospital (Lisbon), concluded at 1989.

Assistant in Plastic and Reconstructive Surgery Department, S. José Hospital since 1990;

Consultant Degree in Plastic and Reconstructive Surgery Department S. José H. at 1995;

Consultant in Plastic Breast Surgery Department, S. José Hospital.

Titular of brachial plexus and peripheral nerve injuries consultation at S. José Hospital;

Responsible of Reconstructive Microsurgery Department at S. José Hospital.



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Dr. Jeroen Stevens, Plastic Surgeon, the Netherlands

He was trained to become a MD and plastic surgeon in Rotterdam, The Netherlands at the Erasmus Medical University (obtained his PhD May 22nd, 1991). Currently,

He is board member of the Dutch ISAPS, international inspector for ISAPS. As co- founder of DAFPRS (www.dafprs.nl) numerous (inter)national fellows were trained, taking a fellowship in facial plastic surgery. He contributed to 35 scientific papers.

Several new and/or refined procedures in cosmetic plastic surgery were introduced over the last 10 years: facelifting with traction sutures, vertical U-rhytidectomy, refined full face lipofilling, a scarless technique for umbilicoplasty in abdomoplasty. He is founder father of www.surgytec.com an online platform for sharing surgical know-how for and by surgeons.

Most recently he introduced the concept of 1.2.3.Dimensional Ageing and its appropriate treatments and Organic Cosmetic Surgery as a cornerstone in this 'regenerative' concept: microfat grafting plus platelet derived growth factors.



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Dr. Kostas Gkritzalas, Dermatologist, Greece

Doctor graduated by the University of Bologna, Italy (June 1992) in Medicine and Surgery, Specialized on Therapy of Locally Advanced Breast Tumor. **Masters Degree** by *University of Ioannina, Greece*, in Dermatology and Venerology (1997 – 2000)

Accreditation by virtue of Education , **Italy** (1992 – Present); Certification & Practice to License in Ioannina, Central and Continental **Greece** (2000 – Present); Certification Equivalency **U.A.E:** (2010 – Present).

PROFESSIONAL EXPERIENCE IN Anaplasia Clinic, Halkis, Greece (2001 – Present) and Iaspis Clinic, Halkis, Greece (2001 – Present) as Dermatologist

SCIENTIFIC CONSULTANT in Alberto Goldman Clinic, Porto Allegro, Brazil (2008 – Present); AQTIS Medical, Holland (2005 – Present) ; Abalase, Athens, Greece (2000 – Present); Abacosm, Athens, Greece (2000 – Present).

World Medical Trainer and Lecturer at Ellanse filler, AQTIS Medical (2010 – Present); Lipolaser, Quantas Laser Systems (2006 – Present); Laser Systems, Eufoton Laser Company (2005 – Present); Mesotherapies and Antiaging Treatments, Abacosm (2000 – Present).

FELLOWSHIP & INTERNSHIP IN Hospital of IoAnnina, Central Greece, Greece (1997-2000) -Emergency Doctor, Internal Medicine; Hospital of Mililini, Central Greece, Greece (1995 – 1996) - Emergency Doctor, General Surgery; Lidoriki Central Clinic, Central Greece, Greece (1994 – 1995) - Chief Doctor.

Professional affiliated on The Scientific Committee of SIMOE, President (2005 – Present); The German Network Lipolysis, Member (2004 – Present); The Italian Society of Aesthetic Medicine, Member (2000 – Present); The Hellenic Dermatology Society, Member (2000 – Present); The Hellenic Dermato Surgery Society, Member (2000 – Present); The Lipolysis Net, Member (2000 – Present); The International Society of Derma Surgery, Member (2000 – Present)

World renowned Speaker in International Anti-aging and Dermatology Congresses

International abstracts and publications: “Foculized Ultrasound”, International Publication, 2007; “Laser Lipolysis”, Las Vegas, USA, 2006; “Urticaria Angiitis”, Greece, 1999



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Dr. Maarten Fechner, Plastic Surgeon, the Netherlands

Maarten Fechner (1954) is responsible for the endoscopic and cosmetic surgery in a training center of 10 plastic surgeons in the south of Holland.

He is head of the dept. of plastic surgery of the Maxima Medical Hospital (Eindhoven) and connected to the private clinic "Velthuiskliniek".

For 10 years, he was the president of the Dutch Society of Aesthetic Plastic Surgeons, and from 2006-2008 the president of the International Consortium of Aesthetic Plastic Surgeons (ICAPS).



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Dr. Philippe Deprez, Aesthetic Medicine, Spain

Doctor in medicine, surgery and delivery, UCL, Belgique.

Honour member of the National Academy of Medical Sciences, Bucarest, Rumania.

Professor of Aesthetic Medicine : university of Charleroi (Belgium) ; Paris (France); Bordeaux (France) ; Palma de Mallorca (Spain)

Diploma of the national College of Aesthetic Medicine, France. Diploma of the national College of Aesthetic medicine, Belgium. Diploma of Aesthetic and Cosmetic Medicine, Medical College, Barcelona, Spain.

Honour President of the national Mexican Association of aesthetic medicin, Mexico.

Honour President of the Mexican Association of lipoplasty, Mexico.

Honour member of the Jordanian Society of Dermatology and Venerology, Jordan. Member of the American Academy of Anti Aging medicine, USA.

Scientific director of Skin Tech and Aesthetic Dermal companies. Medical Director of Clinica Hera, Empu-riabrava, Spain.



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Prof. Pasquale Motolese, Aesthetic Surgery, Italy

Medical Degree Univ. Bologna

Internal Medicine Specialist (Univ. Bologna)

Aesthetic and Morphodynamic Surgery Specialist (Univ. Milan)

Past Vice-President SIES (Società Italiana di medicina e chirurgia estetica)

Past Director of Italian School of Aesthetic Medicine CPMA Bologna

Professor at Dpt. Cosmetology University of Ferrara

Books written in Italian language:

I filler, Tecniche di impianto in medicina estetica. I and II edition

La biostimolazione cutanea.

Compendio di cosmetologia medica

Cellulite e Adiposità Localizzate. Fisiopatologia, clinica e trattamento (in press)



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Dr. Robert Boonen, Cosmetic Surgery, the Netherlands

Studied Medicine at the University of Leiden, the Netherlands.

Medical director and head of Stichting Polikliniek de Blaak, Vascular venous surgery and dermatology, Rotterdam, Almere, Tilburg, Leidschendam.

Medical director and head of Kliniek Nieuwstraat Rotterdam, Cosmetic surgery and Aesthetic dermatology.
President of the Dutch Society of Cosmetic Surgery.



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Dr. Vítor Figueiredo, Aesthetic Medicine, Portugal

Dr. Vitor Manuel Figueiredo was born in 1974 and was graduated in Medicine in the University of Coimbra, Portugal. He has always been interested in Aesthetic Medicine and begun working on it in 1999.

His training was performed in several countries, being worth highlighting the title of University Expert of Anti-Aging Medicine by the University of Seville - Spain, the International University Course of Aesthetic Medicine and Anti-aging by the International Union of Aesthetic Medicine (UIME), the Pan-American Certificate of Aesthetic Medicine, the International Certificate of Anti-Aging Medicine by the Aesthetic and Anti-Aging Medicine International Society and the National Course of Aesthetic Medicine by the Argentinean Society of Aesthetic Medicine.

He is the first Portuguese doctor graduated by the UIME.

Currently, he is in private exclusive practice in the Milénio Clinic, in Lisbon, where he is responsible for the Aesthetic Medicine unity.

The main fields in which he works are botulinum toxin, fillers, lipofilling, peelings (including full face phenol), bio-stimulation, applications of plasma rich in platelets and growth factors for rejuvenation and reparation, mesotherapy, lipolysis, laser, mesoglow, intense pulsed light, radiofrequency, carboxitherapy, microdermabrasion, endermology, electrophoresis, ultrasounds and cosmetology. He is an enthusiastic defender of the minimally invasive procedures, not only for facial and body rejuvenation but also for the prevention of aging. He is the creator of the «Milénio Method» of rejuvenation.

As a key opinion leader he is a member of the advisory board of several companies that operate in aesthetics and provides training in different aesthetic medicine techniques for doctors and other aesthetic professionals. He is the coordinator and teacher of several modules of the Advance Post-Graduated Program in Aesthetic Health of the Lusófona University, Portugal.

He regularly participates in workshops, courses, symposiums and congresses in several countries as an invited speaker and belongs to several international societies of anti-aging and aesthetics.