DAY 1: Friday April 8, 2016

NEUROMODULATORS AND DERMAL FILLERS
Faculty: Ayman El Attar, MD - USA

08:30 – 09:00 REGISTRATION

09:00 – 09:20 SKIN & FACIAL ANATOMY
- Anatomy of skin
- Anatomy of the face
- Facial aesthetic proportions

09:20 – 09:45 MECHANISMS OF AGING
- Statistics of aging epidemic
- Mechanisms of human aging
- Wrinkle classifications

09:45 – 10:00 SKIN TYPING
- Fitzpatrick skin typing
- Lancer ethnicity scale

10:00 – 10:30 BOTULINUM TOXIN TYPE A
- History and current statistics
- Commercial types
- FDA Approved indications
- Pharmacology/dilution and dosage
- Neutralizing antibodies
- Applied anatomy
- Consultation / patient selection
- Contraindication
- Medical photography
- Botox scribing
- The PAINLESS injection tips
- Complications and their management

10:30 – 11:00 Basic Indications and techniques
1. Glabella
2. Forehead
3. Crow feet
4. Bunny lines
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>11:00 – 11:30</td>
<td>COFFEE BREAK</td>
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<tr>
<td>11:30 – 12:00</td>
<td>DERMAL-FILLER</td>
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<tr>
<td></td>
<td>• History</td>
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<td>• Pharmacology</td>
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<td>• Types and pharmacology of dermal fillers</td>
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<td>• Pharmacology of hyaluronic acid fillers:</td>
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<td>o Stabilization</td>
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<td>o Degradation</td>
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<td>o Functions of HA</td>
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<td>12:00 – 14:30</td>
<td>DERMAL-FILLER</td>
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<tr>
<td></td>
<td>• Patient selection/Consultation</td>
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<td></td>
<td>• Facial atrophy grades</td>
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<td>• Facial fold assessment scale</td>
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<td>• Filler choice.</td>
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<td>• Basic injection Techniques: Nasolabial Fold</td>
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<td>• Needles versus cannula</td>
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<td>• Three Point injection approach</td>
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<td>• Fillers complications and Management</td>
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<td>15:00 – 15:30</td>
<td>COFFEE BREAK</td>
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<tr>
<td>15:30 – 17:00</td>
<td>LIVE DEMO/HANDS-ON BOTOX AND DERMAL FILLERS</td>
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<td>17:00 – 18:00</td>
<td>LUNCH</td>
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<tr>
<td>18:00 – 19:00</td>
<td>Questions and Answers Session</td>
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DAY 2: Saturday April 9, 2016  
AESTHETIC LASERS AND CONCOMITANT TECHNOLOGIES  
Faculty: Ayman El Attar, MD - USA

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
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| 09:00 – 09:30 | • History of Lasers  
• Physics  
• Laser classifications  
• Laser tissue interactions  
• Laser safety  
• Medical Laser Safety officer |
| 09:30 – 10:30 | • Consultation  
• Contraindications  
• Hair removal:  
  o Hair follicle structure  
  o Pathophysiology of laser epilation  
  o Wavelength and pulse duration principles  
  o Optimized spot size |
| 10:30 – 11:30 | • Pigmented lesions  
• Tattoo removal  
• Vascular lasers  
• Intense pulsed light |
| 11:30 – 12:00 | COFFEE BREAK |
| 12:00 – 13:30 | ABLATIVE LASER RESURFACING:  
  o Erbium  
  o CO2 |
| 13:30 – 14:30 | NON-ABLATIVE LASER RESURFACING:  
  o Cooltouch  
  o Affirm  
  o Smooth beam |
| 14:30 – 15:00 | • How to Choose the right Laser |
| 15:00 – 15:30 | COFFEE BREAK |
| 15:30 – 17:00 | • Complications and their management |
| 17:00 – 18:00 | LUNCH |
| 18:00 – 19:00 | Questions and Answers Session |
DAY 3: Sunday April 10, 2016

SKIN CONDITIONING AND CHEMICAL PEELING
THE BUSINESS OF AESTHETIC MEDICINE
Faculties: Carolyn Delucia, MD, FACOG - USA
Ayman El Attar, MD - USA

09:00 – 9:30 SKIN CONDITIONING
- Skin conditioning & preparation
- Objectives and Ideal products
- Steps:
  - Exfoliation
  - Bleaching
  - Stimulation
  - Hydration
  - Prevention

11:00 – 11:30 CHEMICAL PEELING
- Patient selection
- Indication
- Contraindications

11:30 – 12:00 COFFEE BREAK

12:00 – 13:00 Individual Chemical Peels:
- Glycolic acid
- Salicylic acid,
- TCA Peels
- Jessner Peels
- CROSS technique
- Complications and management

13:00 – 15:00 LIVE DEMO/HANDS-ON Chemical Peels

15:00 – 15:30 COFFEE BREAK

17:00 – 18:00 LUNCH

18:00 – 19:00 Questions and Answers Session
DAY 4: Monday April 11, 2016

NEUROMODULATORS AND DERMAL FILLERS
Faculties: Ayman El Attar, MD – USA
Abdulla Al Eisa, MD - KSA
Hasaan Galadari, MD - UAE

09:00 – 10:00 ADVANCED BOTULINUM TOXIN APPLICATIONS
- Eye brow lift
- Lower eyelid
- Perioral wrinkles
- Gummy smile
- Perioral wrinkles
- Gummy smile (LLS)

10:00 – 11:00 ADVANCED BOTULINUM TOXIN APPLICATIONS
- Mentalis
- DAO (mouth frown)
- Neck
- Décolleté
- Hyperhidrosis (axillaris/Manus/Pedis)
- Legs contouring
- Mesobotox

11:00 – 11:30 COFFEE BREAK

11:30 – 12:00 ADVANCED DERMAL FILLERS
- Making the right filler choice in a competitive market:
  - HA
  - Calcium hydroxyl apetite
  - Poly L Lactic acid

12:00 – 12:30 Fillers for the Upper Face:
- Temporal hollows
- Dark circles
- Tear trough
- Eye brow lift

12:30 – 13:30 Fillers of the Mid Face:
- Nasolabial fold the PILLAR technique
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<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>13:30 – 14:00</td>
<td>Fillers of the Lower Face:</td>
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<td>- Marionette lines</td>
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<td>- Chin</td>
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<td>- Angle of the mandible</td>
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<td>- Neck &amp; Décolleté</td>
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<td>14:00 – 15:00</td>
<td>Other Advanced Fillers applications:</td>
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<td>- Scars</td>
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<td>- Hands</td>
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<td>- Foot</td>
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<td>- Facial asymmetry corrections</td>
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<td>- The liquid sutures (PLA)</td>
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<td>- The liquid lift</td>
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<td>- Body Fillers</td>
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<td>15:00 – 15:30</td>
<td>COFFEE BREAK</td>
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<td>15:30 – 16:00</td>
<td>Genital Filler applications:</td>
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<td>- Vaginal Rejuvenation:</td>
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<td>- Labia majora</td>
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<td>- G spot amplification</td>
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<td>- Penile augmentation</td>
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<td>16:00 – 17:00</td>
<td>LIVE DEMO/HANDS-ON ADVANCED BOTULINIM TOXIN AND DERMAL FILLERS</td>
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<td>17:00 – 18:00</td>
<td>LUNCH</td>
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<td>16:00 – 18:00</td>
<td>QUESTIONS AND ANSWERS SESSION</td>
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DAY 5: Tuesday April 12, 2016
ADVANCED AESTHETIC LASERS
NON-INVASIVE SKIN TIGHTENING AND BODY CONTOURING
Faculties: Carolyn Delucia, MD, FACOG - USA
Ayman El Attar, MD - USA

09:00 – 09:30
• Photodynamic therapy
• LED applications

09:30 – 10:30
• Noninvasive body contouring:
  • 4D Vaser Hi definition Liposculpture…. 20 min., Riyadh Alboqami, KSA
  • Treatment of Dark Circle around the eyes, update Riyadh Alboqami, KSA
  • Cryolipolysis
  • Laser Acne Treatment options
  • Laser Lipolysis: The best wavelength!

10:30 – 11:00
• Laser treatments for Ethnic Skin
• Laser Vaginal Rejuvenation

11:00 – 11:30  COFFEE BREAK

11:30 – 12:00
• Cellulite Management

12:00 – 12:30  AESTHETIC PHLEBOLOGY
• Anatomy of superficial and deep venous system of lower limbs
• Pathophysiology of Venous System
• Clinical examination
• Echo-color-Doppler examination

12:30 – 13:00  Therapeutic strategies:
• Medical therapy
• Venous-lymphatic taping and venous-lymphatic massage
  • Bandage and compressive stockings

13:00 – 13:30  Aesthetic Strategies
• Sclero-therapy:
  • Sclerosing agents
  • Classic sclero-therapy for varices, reticular vein and telangiectasias
• Foam sclero-therapy for varices, reticular vein and telangiectasias

13:30 – 14:30  Aesthetic Strategies
• Radiofrequency ablation (RFA) for varicose veins: indications & technique
• Laser and Light Based Treatment Techniques
  o Lasers for telangectasias and spider veins
  o IPL for telangectasias and spider veins
  o V beam
• Radiofrequency and laser Endovenous laser ablation (EVLA) for varicose veins

15:00 – 15:30 COFFEE BREAK
15:30 – 17:00 Hair Course
   (Abdulla AlKhalifa & Thamer Almubaki)
17:00 – 18:00 LUNCH
16:00 – 18:00 QUESTIONS AND ANSWERS SESSION
DAY 6: Wednesday April 13, 2016

PLATELET RICH PLASMA AND STEM CELLS
FACIAL THREAD LIFTS
Faculty: Ayman El Attar, MD - USA

09:00 – 09:30
PRP
- Introduction
- History of platelet rich plasma development in the last 20 years
- Overview Indications
- Therapeutic and Aesthetic uses
- Mechanism of action

09:30 – 10:00
- Medical Photography and documentation
- PRP Technique:
  - Platelet Harvesting
  - Reducing Platelets poor plasma
  - PRP Preparation
  - PRP Injection
- Post-treatment instructions
- Contraindications

10:00 – 10:45
- Facial Rejuvenation
  - Placement Techniques
  - Autologous Fat Transfer with PRP
  - Results and follow up

10:45 – 11:00
- Hand Rejuvenation with PRP combination therapy

11:00 – 11:30
COFFEE BREAK

11:30 – 12:30
- Hair Restoration with PRP injection
- Scar treatment with PRP injection
- Complications

12:30 – 13:30
STEM CELLS IN REGENERATIVE MEDICINE
- Guidelines to obtain adult stem cells from fat tissue
- Advantages of adipose-derived regenerative cells
- Uses of adult stem cells in regenerative medicine
  - OA
  - Macular degeneration
  - Cardiopulmonary
- Uses of adult stem cells in Aesthetic medicine
FELLOWSHIP COURSE for
AESTHETIC MEDICINE & SURGERY
Amethyst Room - Novotel Hotel, Dubai, UAE
April 8 – 14, 2016

- Facial rejuvenation
- Hair Restoration

13:30 – 14:00
FACIAL THREAD LIFTS:
- History
- Chemical and biologic properties
- Anatomic justification
- Indications and contraindications
- Technique
- Prevention and management of complications

14:00 – 15:00
THE ONE STICH FACE LIFT:
- Indications
- Technique

15:00 – 15:30
COFFEE BREAK

15:30 – 17:00
LIVE DEMO ON PRP/ LIFTS

17:00 – 18:00
LUNCH

18:00 – 19:00
QUESTIONS AND ANSWERS
DAY 7: Thursday April 14, 2016

ANTIAGING MEDICINE. THE BASICS OF RESTORING INTERNAL YOUTH
HORMONE REPLACEMENT THERAPY
Faculty: Hassan Al Abdulla, MD - Qatar

**MALE HRT**

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<th>Time</th>
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<tr>
<td>09:00 - 09:30</td>
<td>Symphony of Hormones- an introduction to BHRT therapy</td>
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<td>09:30 - 10:30</td>
<td>• Men’s Health</td>
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<td>• Testosterone treatment and monitoring</td>
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<td>• Male Hypogonadism /Erectile dysfunction: BPH /Organic Impotence</td>
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**FEMALE HRT**

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<tr>
<td>11:00 - 11:30</td>
<td>Women’s Hormone therapy with:</td>
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<td>• Estrogen</td>
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<td>• Progesterone</td>
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<td>• Testosterone</td>
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<td>11:30 - 12:30</td>
<td>Optimizing Hormone Replacement: an easy guideline on how to</td>
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<td>• Prescribe BHRT</td>
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<td>• Review symptoms</td>
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<td>• Labs</td>
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<td>• Medications</td>
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<td>12:30 - 13:30</td>
<td>• Female sexual Dysfunction: optimize BHRT to treat common issues in Menopause</td>
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<td>13:30 - 14:00</td>
<td>• Thyroid optimization. Is euthyroid status enough?</td>
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<td>14:00 - 15:00</td>
<td>• Growth hormone (the Fountain of Youth)</td>
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<td>• Osteoporosis Treatments with BHRT</td>
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<td>• Clinical Case Reviews : Menopause with FSD</td>
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<td>• Andropause with ED</td>
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**COFFEE BREAK**

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<tr>
<td>15:30 - 16:00</td>
<td>• Diagnose your own Hormone Deficiencies! Bring your Lab</td>
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<td>• Tests and follow along with a Live Diagnosis on stage of Hormone Deficiencies.</td>
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<td>• See if you have a Hormone Deficiency?</td>
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FELLOWSHIP COURSE for
AESTHETIC MEDICINE & SURGERY
Amethyst Room - Novotel Hotel, Dubai, UAE
April 8 – 14, 2016

16:00 – 16:30
- Bio-Identical Hormones and the Cardiovascular System – The benefit of Hormone Optimization Thyroid, Testosterone
- Growth Hormone, Melatonin etc. for the Cardiovascular System. The current medical references to support these treatments.

16:30 – 17:00 QUESTIONS AND ANSWERS

17:00 -18:00 LUNCH

18:00 -19:00 CLOSING REMARKS AND DISTRIBUTION OF CERTIFICATES