

February 11 – 21, 2010, Ft. Lauderdale Roundtrip

Caribbean & Panama Canal CME Cruise



 **Holland America Line**  
*A Signature of Excellence*

Z u i d e r d a m



# Anti-aging & Aesthetic Medicine



[www.seacourses.com](http://www.seacourses.com)

1.888.647.7327

[cruises@seacourses.com](mailto:cruises@seacourses.com)



## Voyage of Discovery

**At sea**, freed from the pace of everyday living, physicians are most open to life's possibilities and embrace learning with more enthusiasm.

**Physician owned and operated**, Sea Courses specializes in creating the ideal experience combining live, unbiased, accredited continuing education with a cruise vacation that meets your personal taste and style. Many of our voyages offer unique and exclusive experiences onboard and on shore.

We have made it our business to anticipate the needs and desires of our guests. Small touches abound and little luxuries delight your senses from the moment you book your CME cruise until you return home. You will quickly realize the **value of combining your continued education with a cruise.**

Martin Gerretsen, MD  
Director of Continuing Education  
Sea Courses Cruises

**“Thank you for a trip of a lifetime. This trip has been a dream come true – new places, new friends, and priceless memories in the making.”**

*Sam Krane MD, Nepean ON, Canada*

### the Sea Courses difference

#### highly trained cruise counselors

- ➔ Each with over 10 years travel experience & certified by CLIA (Cruise Line International Association)
- ➔ They will find you the room that best suits your needs & your budget.

#### affordable cruises & conferences

- ➔ Offering lower tuition rates than many other CME courses at sea.
- ➔ Preferred group rates for the cruise means that you will receive great value!

#### port & destination experts

- ➔ Our *Port Report* provides a wealth of tips regarding activities in ports of call.
- ➔ *Destination Discovery* tours designed to experience the local people & culture.

#### alumni recognition

- ➔ Sea Courses appreciates our returning guests & provides a special alumni gift.



#### humanitarian medical aid

MSF (Doctors without Borders) is an independent, humanitarian medical aid agency. Sea Courses donates \$5 / stateroom booked to Medecins Sans Frontieres.

**Over \$10,000 has been donated to date.**

**family & friends**  
our preferred rates apply  
you earn shipboard credits

**companion cruises**  
**FREE**

**book early**  
best stateroom location  
best cruise pricing rates

## Anti-aging & Aesthetic Medicine

This clinical medicine update will have an emphasis on practical tips & take home 'pearls' with a focus on anti-aging medicine and aesthetic medicine.

- Introduction to the world of Aesthetic Medicine
- Skin Aging & Classification
- How to Optimize the Results of Any Skin Rejuvenation Procedure
- Peeling - What is on the market today?
- Introduction to Mesotherapy & Techniques of Injection
- Mesotherapy: indications in Aesthetic Medicine
- Mesotherapy: indications in Aesthetic Dermatology
- How to Market Mesotherapy in Your Practice
- Lasers or IPL: Physics & Safety
- Fraxel or RF: How to Make the Right choice
- Complications of Lasers & IPL
- Shall I buy a skin rejuvenation machine?
- Acne: Etiology & Classification
- Acne: Medical & Surgical Treatment

### Michel Delune, MD

Dermatologist USA & Gibraltar

As a founding member & honorary president of the Union Internationale de de Medecine Esthetique (UIME); President of the American Academy of Aesthetic Medicine & General Secretary of the International Society of Aesthetics & Mesotherapy. He is a founding & honorary member of the European Academy of Dermatology & Venereology.

- Introduction to the world of Anti-Aging
- Secret of the Centenarians
- Update on Botulinum toxin
- Update on Fillers
- Update on Threads
- Update on Liposuction

### Márquez-Serres, MD, PhD

Professor of the Master in Anti-Aging Medicine of the University of Seville, Spain

- Cellular & Molecular Basis of Aging
- Silent Inflammation & Aging
- Genetic Tests for Aging Related Diseases Diagnosis
- Role of Anti Oxidants in Aging
- The Importance of Hormones: Balancing & Restoring
- Oestrogen Deficiency
- Growth Hormone Deficiency
- Thyroid Deficiency
- DHEA Deficiency
- Nutrition & Aging
- Regenerative Medicine
- Exercise & Aging

### Antonio Ayala, PhD

Professor of Biochemistry. University of Seville, Spain



**e x p l o r e      l e a r n      c o n n e c t**

#### accreditation:

This conference will offer up to 28.50 hours of continuing medical education. Contact Sea Courses Cruises for information regarding accreditation for family physicians and specialists. *In order to provide unbiased education this CME conference has not received any pharmaceutical industry sponsorship.*

## travel with experience

Sea Courses crew are passionate about cruising and will provide you with our recommended activities in

date	day	port	arrive	depart	meeting space
Feb 11	Thu	Fort Lauderdale, Florida		5:00 PM	
Feb 12	Fri	Half Moon Cay, Bahamas	8:00 AM	3:00 PM	2:45 pm - 6:00 pm
Feb 13	Sat	at sea			9:00 am - 1:00 pm 4:00 pm - 6:00 pm
Feb 14	Sun	Oranjestad, Aruba	1:00 PM	11:00 PM	8:00 am - 11:30 am
Feb 15	Mon	Willemstad, Curacao	8:00 AM	5:00 PM	
Feb 16	Tues	at Sea			9:00 am - 1:00 pm 4:00 pm - 6:00 pm
Feb 17	Wed	Enter Panama Canal Cristobal	5:00 AM		
		Gatun Lake, Panama	9:00 AM	10:00 AM	
		Exit Panama Canal	1:00 PM	1:15 PM	
		Cristobal, Panama	2:00 PM	6:00 PM	
Feb 18	Thu	Puerto Limon, Costa Rica	6:30 AM	4:00 PM	
Feb 19	Fri	at sea			9:00 am - 1:00 pm 4:00 pm - 6:00 pm
Feb 20	Sat	at sea			9:00 am - 1:00 pm
Feb 21	Sun	Fort Lauderdale, Florida	7:00 AM		

explore  
learn  
connect

### 10 night Caribbean & Panama Canal CME cruise

**Fort Lauderdale:** The beach side city that offers plenty of choices

**Half Moon Cay, Bahamas:** Holland America Line's own pristine private island offers everything you need for a day of play in Paradise. Horse back riding, children's aqua park & more.

**Oranjestad, Aruba:** Sample shore excursions: Natural Wonders of Aruba; Spanish Lagoon Kayak Adventure' Jolly Pirates Sail, Snorkel, Swim & Swing.

**Willemstad, Curacao:** Amsterdam-like canals, gabled Dutch colonial buildings, & exotic floating market + more . . .

**Panama Canal Cristobal:** Explore the Spanish fortresses that include Portobelo walk amidst the ancient cannons and ramparts that once protected the Spanish gold.

**Puerto Limon, Costa Rica:** Explore the eco friendly country & bring home one of best crops - coffee!



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**"A special thank you for the wonderful vacation and conference experience we enjoyed with Sea Courses. We appreciated the extra effort and the attention to detail that made the difference between a good and GREAT vacation. The CME and the speakers were excellent and the blend of free time to course time was just right"**

*Robert Nugent MD*

**seacourses** INC  
Custom Cruises & Tours for Professionals

1 888 647 7327  
cruises@seacourses.com  
www.seacourses.com

## Sea Courses CME at Sea® combines the opportunity to network with colleagues & faculty in a relaxed stress-free environment.

### → reasons to reserve early

- best stateroom location
- best pricing and group rates
- choice of dining time
- guaranteed space in the course



### → bring family & friends

- preferred group rates apply
- they will be invited to events
- be seated together at dinner
- you can earn shipboard credits

# → companion cruises FREE



## Zuiderdam



- **Five-course menu** - classic French cuisine, vegetarian & low-carb options
- **Pinnacle Grill** - elegant dining featuring beef, seafood dishes & select wines. (reservations required).
- **The Lido** - relaxed ambiance for all three meals & features a variety of fresh, cooked-to-order specialties
- **The Vista Show Lounge** - Las Vegas-style productions, talented vocalists, illusionists, comedians & variety acts
- **Fitness center**, basketball, volleyball, & golf simulator
- **Culinary Arts Center** by *Food & Wine* magazine offering gourmet cooking demonstrations & interactive classes
- **Greenhouse Spa and Salon** - thermal suites, a hydrotherapy & a thalassotherapy pool, heated ceramic lounge
- **Club HAL** dedicated youth facilities & activities for kids ages 3 to 12. The Loft & The Oasis, designed exclusively for teens to have fun.

## Deluxe Veranda suites enjoy ...

fresh flowers & fruit assortment | premium duvet, oversized bath towels & soft cotton bathrobes with slippers | complimentary laundry, pressing & dry cleaning throughout your cruise | cocktail party with ship officers | priority dining & seating requests | special debarkation service | + much more

**Neptune Lounge** exclusive lounge for suite patrons | 24 hour concierge service | on board dinner reservation arrangements | continental breakfast | espresso / cappuccino service | + other enjoyables

Sea Courses Inc, reserve the right to make necessary changes in speakers and contents of the program without notice. Sea Courses and our affiliate conference providers, also reserve the right to cancel the program if registrations are deemed insufficient or for other good reasons. Upon cancellation, all fees paid by registrants will be refunded. Sea Courses is not responsible for any speaker or participant's statements, materials, acts or omissions. Nor is Sea Courses Inc. responsible for ship cancellation or destination changes.

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