

# Intimate Bio Regeneration: Advances in Platelet-Rich Plasma (PRP) and Platelet-Rich Plasma + Hyaluronic Acid (PRP+HA) for Female Sexual Dysfunction

**DIRECTOR:**  
**Dr. ANTONELLA DE PONTE**

**REGISTRATION FEE: 1.250 €**

**LIVE ONLINE TRAINING:**  
**March 24 and 31, April 8 and 14, 2026**

**IN-PERSON TRAINING:**  
**April 18, 2026, BARCELONA**

**RECOMMENDED DEDICATION:**  
**12 hours**



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# 01 Presentation

*“Regenerative medicine offers the promise of curing diseases and injuries, not just treating their symptoms.”*

***Dr. Shinya Yamanaka***

***2012 Nobel Prize in Medicine for his Discovery of induced pluripotent stem cells (iPS)***

# Presentation

**Regenerative gynecology is an emerging subspecialty in constant development and innovation. Its goal is to fill an existing gap in traditional gynecology by exploring treatments focused on tissue regeneration. This discipline aims to stimulate the endogenous mechanisms that allow healthy tissues to maintain their integrity after injury, disease, or aging.**

Platelet-Rich Plasma (PRP) is an autologous product derived from the patient's blood, concentrated in platelets through centrifugation, rich in growth factors such as PDGF, TGF- $\beta$ 1, and TGF- $\beta$ 2. Its medical application has stimulated the development of regenerative medicine and has shown beneficial effects on cell proliferation, tissue regeneration, collagen synthesis, and neovascularization, with a low risk of adverse events. Initially used in hematology and maxillofacial surgery, its use has expanded to areas such as orthopedics, dermatology, ophthalmology, and regenerative gynecology, where it represents a promising therapeutic option for chronic, degenerative, and difficult-to-manage conditions. In gynecology, PRP is especially used in the treatment of postmenopausal vulvovaginal atrophy, which affects up to 80% of women, in vulvar lichen sclerosus, a chronic and progressive inflammatory dermatopathy that affects the anogenital region in 85-90% of patients and carries a vulvar neoplasia risk of around 3%, and Female Sexual Dysfunction (FSD), disorders that affect orgasm, sexual interest/excitation, and genital-pelvic pain, associated with vulvovaginal atrophy, a condition causing pain during sexual activity due to estrogen deficiency. Female urinary incontinence, which has a significant impact on the quality of life and overall well-being of women, shows preliminary positive effects on urothelial tissue regeneration and symptomatic relief.

Clinical and preclinical studies suggest that PRP promotes angiogenesis, neuroprotection, and inflammatory modulation, improving the functionality of the treated tissues. Its preparation is safe, fast (15–30 minutes), and can be customized using different certified systems and kits.

**Given its increasing application and the need to standardize clinical criteria (dose, frequency, application technique), specialized training for medical staff is essential to ensure its safe and effective use. This workshop aims to provide up-to-date knowledge and practical skills on the use of PRP in gynecological health, based on current scientific evidence and validated clinical protocols.**



**Dr. Antonella de Ponte**  
Director

# 02 Course outline

### Abordaje de la sexualidad

**En personas mayores:** Un alto porcentaje de médicos considera importante hablar sobre sexualidad con las personas mayores. Sin embargo, el 80.5% en 2017 nunca o casi nunca registra la HCS de los pacientes mayores.

Figure 2: Results after centrifugation of the tube to produce the A-PRP-HA preparation.

### Is there a role for platelet rich plasma injection in vulvar lichen sclerosus? A self-controlled pilot study

General Gynecology | Published: 24 March 2024  
Volume 309, pages 2719–2726, (2024) [Cite this article](#)

Variable	Before treatment Median [IQR]	After treatment Median [IQR]	p
NRS values			
Itching	6 [4-8]	2 [0-3]	<0.001
Burning	6 [3-7]	1 [0-2]	<0.001
Dyspareunia	8 [5-10]	3 [0-7]	0.016
Dysuria	0 [0-0]	0 [0-0]	0.040

Variable	Before treatment Median [IQR]	After treatment Median [IQR]	p
FSFI items			
Desire	2.4 [1.8-3.6]	3.6 [2.4-4.5]	0.002
Arousal	3.0 [1.0-4.3]	3.0 [1.6-4.5]	0.096
Lubrication	2.4 [0-4.6]	3.0 [0.5-5.2]	0.016
Orgasm	3.2 [0-5.2]	4.0 [0.6-5.2]	0.121
Satisfaction	3.6 [1.4-4.8]	4.8 [1.8-4.8]	0.015
Pain	1.6 [0-3.8]	3.6 [1-4.6]	0.008

FSFI Female Sexual Function Index

Índice de Salud Vaginal

Elasticidad

Índice de salud vulvar

Labios mayores y menores

Índice de Función Sexual Femenina (FSFI)

Deseo

## LIVE ONLINE TRAINING:

### 4 Theoretical Training Modules

- Introduction to Female Sexual Dysfunction and Its Challenges
- Ethical, Legal, and Psychological Considerations in the Treatment of Female Sexual Dysfunction
- What is Platelet-Rich Plasma (PRP) and how is it used in Regenerative Medicine and Intimate Aesthetics?
- PRP+HA: Synergy in the Treatment of Female Sexual Dysfunction

## IN-PERSON TRAINING:

### 2 Theoretical Didactic Modules

- Approach to Female Sexual Dysfunction with PRP and PRP+HA
- Expected Outcomes and Management of Potential Complications

### 2 Practical Workshops on Specific Skills

- Procedure and Techniques for the Application of PRP and PRP+HA – Preparation of Biological Material and Application on a Model.
- Clinical Application of Bio-Regenerative Treatments in Female Sexual Dysfunction (FSD) – Presentation and Analysis of In Vivo Clinical Cases.

### Final Discussion and Closing Session

# Teaching Elements - Description

## **Module 1: Introduction to Female Sexual Dysfunction and Its Challenges**

A comprehensive overview of Female Sexual Dysfunction (FSD) and its recognition as a legitimate medical condition will enable participants to understand the various causes leading to it and the importance of accurately diagnosing and managing symptoms. The module will cover the physical, psychological, and hormonal factors influencing women's sexual health to ensure a thorough understanding of the topic.

## **Module 2: Ethical, Legal, and Psychological Considerations in the Treatment of Female Sexual Dysfunction**

From a global perspective, this module will focus on the ethical and legal implications of using PRP and PRP+HA in medical practice, as well as the importance of psychological support during treatment for female sexual dysfunction. Ethical aspects of treating women with sexual dysfunction will be discussed, along with guidelines on approaching these cases with sensitivity and professionalism.

## **Module 3: What is PRP and How is it Used in Regenerative and Intimate Aesthetic Medicine?**

This module will explore the biology of Platelet-Rich Plasma (PRP), detailing how it is obtained, its applications, and the benefits it offers for tissue regeneration. The properties of autologous platelets will be described, along with explanations of how their use in regenerative medicine can enhance cellular function.

## **Module 4: PRP+HA: Synergy in the Treatment of Female Sexual Dysfunction**

This module will focus on the combined treatment using PRP and Hyaluronic Acid (HA), an innovative approach that improves hydration and regeneration of vaginal tissues, stimulates collagen production, and supports the restoration of sexual function. The advantages of a single-session combined PRP+HA therapy will be demonstrated in terms of efficacy and long-term outcomes.

## **Module 5: Approach to Female Sexual Dysfunction with PRP and PRP+HA**

This module focuses on reviewing pathologies associated with Female Sexual Dysfunctions. The impact of these pathologies will be analyzed, along with reflections on treatment strategies. The combined application of PRP+HA will be studied in cases of dyspareunia, painful scars, anorgasmia, and the use of PRP in the treatment of Genitourinary Syndrome of Menopause. The CELLULAR MATRIX clinical trial (PRP+HA, safety + efficacy evaluation) will be presented, as well as specific protocols for managing lichen sclerosus with and without phimosis, chronic vulvar fissures, and the treatment of mild urinary incontinence.

## **Module 6: Procedures and Techniques for the Application of PRP and PRP+HA**

This module will provide a complete overview of the application process for PRP and PRP+HA, including practical demonstrations on PRP preparation and its use in the vaginal area for treating Female Sexual Dysfunctions comprehensively. Technical and safety considerations necessary to perform these treatments effectively will also be covered.

## **Module 7: Expected Outcomes and Management of Possible Complications**

Key aspects related to post-treatment care will be reviewed, including recovery times, patient expectations, and short-, medium-, and long-term results. Possible complications arising during or after the application of PRP and PRP+HA will be discussed, along with appropriate management strategies.

## **Module 8: Clinical Application of Bio-Regenerative Treatments in Female Sexual Dysfunctions (FSD)**

This module provides a clinical, hands-on approach focused on the direct observation of bio-regenerative techniques applied to real patients. It is designed to offer participants an immersive training experience centered on the use of PRP and PRP+HA as part of a comprehensive therapeutic approach to Female Sexual Dysfunctions. Three selected clinical cases will be presented, allowing healthcare professionals to observe in detail the different stages of the procedure—from preparation to application—as well as specific indications and clinical considerations for each pathology.

## **Module 9: Final Discussion and Closing Session**

A dedicated space will be provided for participants to address specific questions with the experts, exchange experiences, and receive practical advice for implementing PRP and PRP+HA therapies in their professional practice.

# 03 Target Audience - Organization

Course aimed at **Gynecologists, Urologists, Physicians specialized in Aesthetic Medicine, and other healthcare professionals interested in expanding their knowledge in Regenerative Medicine, Aesthetic Gynecology, and Women's Sexual Health.**

Course organized by the **Dexeus Mujer Foundation** with the participation of the Aesthetic Gynecology Team from the Department of Obstetrics, Gynecology, and Reproduction at Hospital Universitari Dexeus - Dexeus Mujer / Dexeus Midlife.



# 04 Expected Education Outcomes

## General Objectives:

- To provide theoretical and practical knowledge for the treatment of female sexual dysfunction and genital regeneration within a safe, reflective, and clinically realistic environment.
- To strengthen diagnostic, communication, and ethical skills in the comprehensive management of female sexual health.

# 04 Expected Education Outcomes

## Specific Objectives:

- Apply theoretical and practical knowledge to the advanced use of Platelet-Rich Plasma (PRP) and its combination with Hyaluronic Acid (HA) in the treatment of female sexual dysfunction and genital regeneration.
- Safely and effectively perform innovative regenerative medicine techniques aimed at intimate well-being, mastering the correct management of autologous and complementary therapies.
- Identify and analyze the main female sexual dysfunction (FSD) disorders that occur in clinical practice, developing personalized therapeutic strategies adapted to the current needs of patients.

# 05 Program

## Live Online Training

March 24 and 31, April 8 and 14, 2026

Live broadcast via Vimeo

19:30 to 20:30 pm

### 24 March 2026:

**Introduction to Female Sexual Dysfunction and Its Challenges.**

Antonella de Ponte

### 31 March 2026:

**What is Platelet-Rich Plasma (PRP) and how is it used in Regenerative Medicine and Intimate Aesthetics?**

Desirée Trama

### 8 April 2026:

**PRP+HA: Synergy in the Treatment of Female Sexual Dysfunction.**

Sara Bermúdez

### 14 April 2026:

**Ethical, Legal, and Psychological Considerations in the Treatment of Female Sexual Dysfunction.**

Antonella de Ponte

## In-Person Training

April 18, 2026

Dexeus Midlife

9:00 – 11:00

**Approach to Female Sexual Dysfunction with PRP and PRP+HA** (theoretical training).

Antonella de Ponte, Nuria Li

11:00 – 11:30 Coffee Break

11:30 – 13:30

**Procedure and Techniques for the Application of PRP and PRP+HA – Preparation of Biological Material and Application on a Model** (practical workshop).

Sara Bermúdez, Montse Monterde

13:30 - 15:00 Lunch

15:00 – 17:00

**Clinical Application of Bio-Regenerative Treatments in Female Sexual Dysfunction (FSD) – Presentation and Analysis of In Vivo Clinical Cases** (practical workshop).

Antonella de Ponte, Mireia Castilla

17:00 – 17:30 Coffee Break

17:30 – 18:30

**Expected Outcomes and Management of Potential Complications** (theoretical training)

Antonella de Ponte

18:30 – 19:30

**Final Discussion and Closing Ceremony**

Antonella de Ponte

# Faculty

## Director

### Antonella de Ponte

Specialist in Obstetrics and Gynecology. Associate Physician, Gynecology Service. Expert in menopause and female sexuality. Specialization in Aesthetic and Functional Gynecology and Female Cosmetic Genital Surgery. Head of the Regenerative and Functional Gynecology Unit, Department of Obstetrics, Gynecology and Reproduction, Dexeus University Hospital, Barcelona (Spain).



# Faculty

## Teaching Faculty

### Desirée Trama Figueras

Specialist in Obstetrics and Gynecology. Associate Physician. Gynecology Service, Regenerative and Functional Gynecology Unit. Department of Obstetrics, Gynecology, and Reproduction. Dexeus University Hospital, Barcelona (Spain). Master's in Cosmetic and Aesthetic Gynecology and Physiological Aging. Master's in Regenerative and Functional Gynecology. Postgraduate degree in Vulvovaginal Pathology.



### Sara Sofía Bermúdez Sparice

Specialist in Obstetrics and Gynecology. Associate Physician. Gynecology Service, Regenerative and Functional Gynecology Unit. Department of Obstetrics, Gynecology, and Reproduction. Dexeus University Hospital, Barcelona (Spain). Specialization in Aesthetic and Functional Gynecology and Female Genital Cosmetic Surgery.



### Nuria Li Lao

Specialist in Obstetrics and Gynecology. Associate Physician. Gynecology Service, Regenerative and Functional Gynecology Unit. Department of Obstetrics, Gynecology, and Reproduction. Dexeus University Hospital, Barcelona (Spain). Specialization in Aesthetic and Functional Gynecology and Female Genital Cosmetic Surgery.



### Mireia Castilla Rodríguez

Specialist in Obstetrics and Gynecology. Associate Physician. Gynecology Service, Regenerative and Functional Gynecology Unit. Department of Obstetrics, Gynecology, and Reproduction. Dexeus University Hospital, Barcelona (Spain). Specialization in Aesthetic and Functional Gynecology and Female Genital Cosmetic Surgery.



### Montserrat Monterde

Specialist in Obstetrics and Gynecology. Associate Physician. Gynecology Service, Regenerative and Functional Gynecology Unit. Department of Obstetrics, Gynecology, and Reproductive Medicine. Dexeus University Hospital, Barcelona (Spain). Specialization in Aesthetic and Functional Gynecology and Female Genital Cosmetic Surgery.



# 06 Faculty

## Organization

### **Cristina Pons**

Bachelor's Degree in Labor Relations and Human Resources.

Continuing Medical Education Area.

Fundación Dexeus Mujer.

Dexeus University Hospital, Barcelona (Spain)



# 07 Methodology

The combination of online theoretical sessions with intensive on-site practical training—including live demonstrations, simulators, and anatomical models—provides comprehensive coverage of female sexual dysfunctions and the appropriate conduct required to maximize the chances of improvement. To achieve the learning objectives, advanced audiovisual resources, case studies, and analyses of clinical outcomes will be used.

Participants will benefit from firsthand experience with treatment approaches and from real-world knowledge acquired through the management of hundreds of patients by the specialist instructor leading the masterclass.

Clinical simulation allows errors to be made without real-life consequences, facilitating exploration, rehearsal, and learning in a safe environment. This tool is essential for addressing the lack of direct experience, familiarizing oneself with sensitive procedures, and improving coordination among professionals from different disciplines.



# 07 Methodology

## **Expository-Explanatory Methods**

Live classes covering in full the knowledge required by specialists for therapeutic approaches and proper standardization in the advanced use of Platelet-Rich Plasma (PRP) and its combination with Hyaluronic Acid (HA) for the treatment of Female Sexual Dysfunction (FSD) and genital regeneration.

## **Methods Based on Practical Demonstration**

### **Clinical Skills Workshops (Small groups of 4-5 people)**

Training with anatomical models and procedural simulation, supervised by expert instructors. Live demonstrations of the entire process: from blood extraction and PRP preparation to its application in the genital area.

Repeated practice of infiltration techniques and PRP + Hyaluronic Acid (PRP+HA) combination, adapted to different pathologies: genitourinary syndrome of menopause, vulvodynia, anorgasmia, lichen sclerosus, etc. Study of personalized protocols to treat specific conditions such as vaginal atrophy in oncology patients or mild urinary incontinence.

## **Final Discussion and Closing**

The practical sessions will conclude with structured discussion spaces, led by the team of instructors. Emphasis will be placed on reflective learning, continuous improvement, and analysis of possible complications.



# Schedule

## Live Online Training

March 24 and 31, April 8 and 14, 2026

## Live broadcast via Vimeo

19:30 to 20:30 pm

## Meeting Venue:

Dexeus Midlife  
Calle del Bisbe Català, 21  
08034 Barcelona



The recommended time commitment is as follows:

- **Live Online Training**
  - 4 Instructional Modules of 60 Minutes Each:  
**4 hours**
- **In-Person Training:**
  - 2 Theoretical Learning Units of 90 and 60 Minutes Duration:  
**3 hours**
  - 2 Practical Workshops on Specific Skills, Each Lasting 120 Minutes:  
**4 hours**
  - Final Discussion and Closing Ceremony: 60 minutos  
**1 hour**

**Total: 12 hours**



# Evaluation

The evaluation of the training process will be carried out using a combination of theoretical and practical tools, aimed at ensuring the acquisition of up-to-date scientific knowledge, specialized technical skills, and non-technical competencies applicable to the clinical field.

- **Evaluation of live online training**

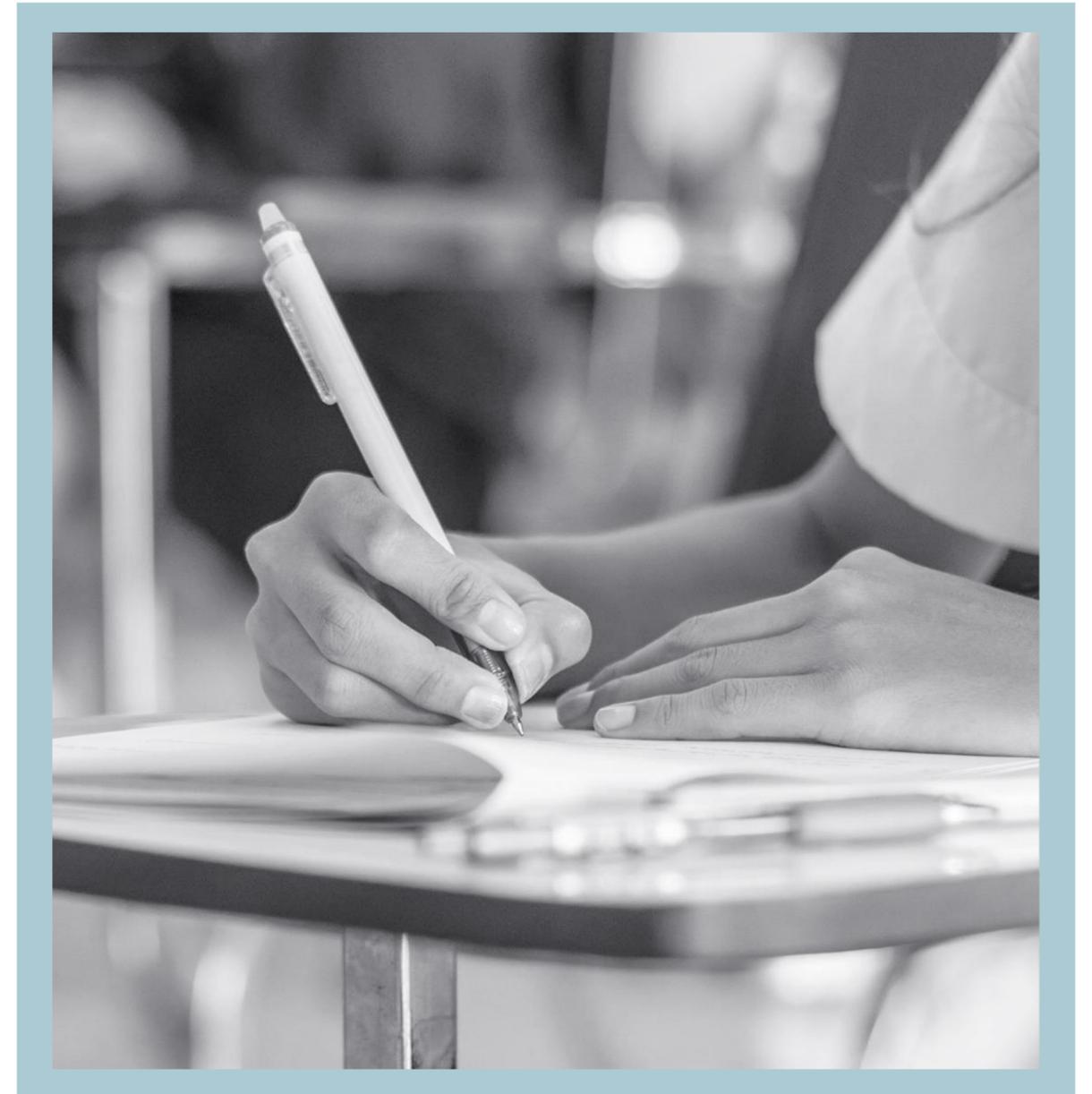
An assessment test will be administered at the end of the online portion of the course. **A final total score equal to or higher than 70% will be required to pass and proceed to the on-site training phase.**

- **Evaluation of on-site training**

During the practical on-site session, both formative and summative assessments will be conducted, structured in different stages to evaluate the participants' technical, clinical, and communication skills: **Clinical discussion and therapeutic reasoning:** an active discussion space will be created using real clinical cases. **Preparation of biological materials:** the correct execution of protocols for obtaining and preparing autologous formulations (PRP and PRP+HA) will be assessed. **Application on a model:** participants will observe in real time the rationale behind the treatment, the technique used, and the expected outcomes. Presentation and analysis of on-site clinical cases.

At the end of the on-site training, an evaluation of the acquired skills will be carried out using a practical skills checklist. A final total score equal to or higher than 70% will be required to pass. Attendance will be monitored using a sign-in sheet available in the training room on the day of the on-site activity.

At the end of the course, students will complete a course satisfaction survey.



10  
Credits



EACCME®

European Accreditation Council for Continuing Medical Education

## Certificate

*The Intimate Bio Regeneration: Advances in Platelet-Rich Plasma (PRP) and Platelet-Rich Plasma + Hyaluronic Acid*

*(PRP+HA) for Female Sexual Dysfunction*

*Barcelona, Spain, 24/03/2026 - 18/04/2026*

*organized by Fundación Dexeus Mujer*

*has been accredited*

by the European Accreditation Council for Continuing Medical Education (EACCME®)

for a maximum of *11.0* European CME credits (ECMEC®s).

# 11 Certification

The course certificate will be issued by the **Fundación Dexeus Mujer** and can be downloaded directly from the virtual campus.

**Students who pass the evaluation test for the in-person training, attend 100% of the in-person activity, successfully complete the assessment through the acquired skills checklist, and fill out the satisfaction survey will receive the corresponding certificate.**

Students who do not pass the evaluation will receive a certificate of participation in the course.



# 12 Registration and contact

Fundación Dexeus Mujer  
Gran Vía de Carles III 71-75  
08028 Barcelona, España

Email:  
cursos@dexeus.com

Tel:  
(+34) 93 227 47 09

**Registration Fee: 1.250 €**

Limited places available

Enrollment can be completed at any time until **March 23, 2026.**

**Online registration process:** <https://www.dexeuscampus.com/en/activities/intimate-bio-regeneration/>

