

I am Dr. Charmaine Altiche Arcenas, a 29 year old registered physician and pharmacist from the Philippines. I graduated from CIM, the country's top performing medical school and eventually worked at Vicente Sotto Memorial Medical Center, the biggest public hospital in the region.

I love spending time doing the things that bring me joy, rest and growth. I would exercise and meditate, shop, go to the beach, watch movies and practice my clinical skills.

I am currently working at Caraga Regional hospital under the Department of Surgery as a moonlighter. My responsibilities include attending patients at ER, OPD and ward. I perform minor surgeries such as wound repair and suturing, benign cyst removal, wound debridement and assist on major operations. I love being in this place because I can perform procedures that the patients need due to availability of resources.

During the second half of the month, I am also serving as an outsourced physician at one of the clinical facilities in the beautiful island of Siargao. Aside from my clinical roles, I also assist the institution on certain admin roles such as implementing policies. In fact, we are in the process of having our consulta package approved. I also make sure that resources are utilized well, waste are reduced to a minimum and aid in increasing the hospital's monthly income through various ways such as encouraging patient's follow up and procuring commonly used medications. What I love here is that I'm able to interact with different kinds of people of different nationalities since Siargao is a tourist destination.

On my off days, I have also secured a spot as an assistant to an aesthetic doctor at Skin and Glamour since last year as preparation for This career. My role would include Greeting patients, informing them the services we offer and performing procedures such as facial and laser treatment, administering IV glutathione drip, extracting blood for PRP, educating patients regarding post treatments dos and don'ts and encouraging timely follow-up for optimum results. I enjoy doing and observing the procedures and the progress of the patients in terms of physical improvements and confidence boost.

During med school, I joined Alpha Mu Sigma, an organization wherein I was appointed as the Co-head of the products division. We sell and promote goods such hoodies, tumblers and stethoscopes to earn funds.

I have also worked as a pharmacist prior to med school where I dispensed medications, counseled patients on proper use and did inventories.

I am confident that my strengths, passion and interests are a great match for the role of an aesthetic physician. Being part of AAAM, means that this is an opportunity for me to grow in my profession while doing the things I'm passionate about.

1. First, I can practice my profession as a doctor. Being a doctor is being an instrument to improve someone else life through my skills and knowledge

2. As a beauty enthusiast, I love taking good care of myself. and investing in things that improves the quality of my life -that includes beauty treatments. When I take good care of myself, I look better and I feel better. People treat me better.

As the saying goes, “ when you take care of yourself, you're a better person for others . When you feel good about yourself ,you treat others better.

3. I love to impart this gift to my clients. Making them more beautiful, more confident and empowered. The physical enhancements bring a boost of confidence and this confidence is channeled to how an individual performs the tasks in his/her life. The impact of aesthetic medicine goes deeper than the physical improvements. As a person who avails beauty treatments, I can attest to this magic.
4. Training internationally means I get to interact with different people of different nationalities and this will bring me growth as a doctor and as a person.

5. Making a living

If I am granted a scholarship, I will give the company a positive return on the opportunity given to me and render service valuable to the company. Having excellent training in a world renowned organization is a good benefit for my career and practice. This expertise will also benefit my clients for making them more confident and empowering them.