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Dr. Aguilar-Joven completed her Residency Training Program in Ophthalmology at the Manila Doctors Hospital. She obtained her training in Clinical and Aesthetic Dermatology at the Medical Skin Health Training Foundation, Inc. (MSHTFI). She likewise completed her training in Occupational Medicine at the Philippine College of Occupational Medicine, (PCOM).

She is a member of the Philippine Medical Association, Philippine College of Occupational Medicine, (PCOM), Philippine Academy of Ophthalmology, American Academy of Ophthalmology, Dermatologic & Aesthetic Surgery International League (DASIL) and Philippine Academy of Aesthetic Surgery.

She is a Fellow and President of the Philippine Association of Primary Skin Health Physicians Inc. (PAPSHPI).

Dr. Aguilar-Joven is an Ophthalmology consultant at Supercare Medical Services, Inc., Joven's Polyclinic, Aguilar-Joven Eye Clinic, and a Courtesy/Visiting Ophtha Doctor in Manila Doctors Hospital. She is a Dermatology and Cosmetic Surgery consultant in Beauty On Call and Dr Chio's Aesthetic and Laser Centre, Philippine Branch. She is likewise an Occupational Health Project Physician in Dumduma Construction and Trading Corporation.