

ABSTRACTS MAIN SESSIONS

AGARWAL Madhuri

Saturday, November 07, 2020 - from 09:00 to 10:30

ICAD STREAM 1

Session:

Beautification Inside-out vs Outside-in

THE FACE PROTOCOL : HOW TO TREAT AN AGING FACE CHRONOLOGICALLY

Aging face offers a challenge with its complexities and the various technologies available. I present my strategies for treating aging face at different decades.

ARTZI Ofir

Saturday, November 07, 2020 - from 11:00 to 13:00

ICAD STREAM 1

Session:

Scar 2020

THERMO-MECHANICAL ABLATION ASSISTED PHOTODYNAMIC THERAPY FOR THE TREATMENT OF ACNE VULGARIS

Abstract

Background and objectives: Acne vulgaris, a chronic inflammatory disease, affects more than 90% of teenagers. The first-line treatments for acne vulgaris are topical and oral medications, mainly antibiotics and retinoids. However, antibiotic resistance of *Propionibacterium acnes*, contraindications, partial response, significant adverse effects, or recurrence creates demand for novel treatment options in acne. Aminolevulinic acid (ALA) photodynamic therapy (PDT) is a well-established modality in the treatment of acne. Nevertheless, PDT has limitations: it may not be effective for every patient; several treatments are usually required to achieve sufficient outcome; incubation time is 1-3 hours; treatment pain and post-treatment downtime may be difficult for some patients to endure; and adverse effects may occur. This retrospective chart review was conducted to evaluate the efficacy and safety of PDT, assisted by a thermomechanical ablation (TMA) fractional injury device in the treatment of patients with moderate to severe acne.

Study design/materials and methods: We conducted a retrospective chart review of 30 acne patients treated with TMA immediately before 5% ALA application with an incubation time of 1 hour and exposure to 60 J/cm² red light (630 nm). Patients received up to three monthly treatments and were followed for 16 weeks. Two independent investigators evaluated the subject outcomes according to high definition photographs taken at baseline, before each treatment and at follow-up visits. Three acne grading methods were used: Acne Grading Scoring System (AGSS), the Leeds revised acne grading system, and the general response to the treatment score. Patients also provided self-assessments of improvement using the patient global impression of change (PGIC).

Results: Compared with baseline, the AGSS has showed a statistically significant reduction of 26.7% and 23.7%, respectively, at weeks 8 and 16 after final treatment. The Leeds score showed 65.2% and 60.6% improvement at the respective visits. The overall response rate was graded 3.3 ± 0.5 out of 4. PGIC score given by the patients was 5.5 out of 7, reflecting high satisfaction.

Conclusion: TMA used immediately prior to ALA application may enhance the effectiveness of PDT in the treatment of acne with minimal side effects, reduced downtime, and fewer sessions. The exact mechanism of TMA-assisted PDT is still to be understood

D'ALESSIO Patrizia

Saturday, November 07, 2020 - from 09:00 to 10:30

ICAD STREAM 1

Session:

Beautification Inside-out vs Outside-in

MOOD DISORDERS ACCELERATE SKIN AGING

Introduction

Stress is the starting point of a complex cascade encompassing the gut-brain axis connected by the vagus system. Brain is trying to cope with stress activating the Hypothalamo-Pituitary-Adrenal (HPA) axis with the production of cortisol by the adrenal glands.

Skin health and beauty is nothing else than the reflection of internal organs and tissues functional status. The latter is depending on general inflammation, relying on a tight gut barrier, at the edge of the mucosal immune system. Ongoing high levels of cortisol due to sustained stress disrupts the gut barrier, generating the "leaky gut" and "sickness disease" syndromes. How is skin involved in this dialogue? In fact, a whole hypothalamic-pituitary-thyroid axis is situated around hair follicles. Therefore, a bidirectional direct link between brain and skin is always implicated in gut-brain exchanges, especially under stressful conditions, assimilating "central stressors" to "peripheral danger". The skin is de facto communicating with the gut via the enteric nerve system, sharing the management of stress via parasympathetic and orthosympathetic vascular regulations.

Case studies

In this paper we present several experimental results linking mood disorders generated by dysbiosis and generalized inflammatory syndrome/neuro-inflammation that worsen the skin condition, be it wrinkles, dishydrosis, or atopic dermatitis.

Conclusion

The vagal system being the most important anti-inflammatory repair and relaxing actor, and thoughtful nutrition being gut barrier repairing, the association of those strategies could essentially re-establish a functional gut-brain axis delaying skin deterioration brought by aging. Moreover, innovative nutritional measures, such as integration of nutraceuticals or "psychobiotics" to the diet may contribute to repair the intestinal barrier and prevent "sickness disease", and hence mood disorder. The crucial role in these complex transformations is brought by specific strains of our microbiota, the specificity of which totally depends on our nutrition intake. Metabolites generated by digestion re-establish the tight link between gut and brain, promoting a vital dialogue with the skin.

Pr Patrizia A d'Alessio CEO AISA Therapeutics Genopole Evry France

GALADARI Hassan

Saturday, November 07, 2020 - from 11:00 to 13:00

ICAD STREAM 1

Session:

Scar 2020

THE USE OF BOTULINUM TOXIN IN THE TREATMENT AND PREVENTION OF SCARS

Botulinum toxin injections have been investigated for the treatment or prevention of hypertrophic scars in several clinical studies. This presentation will discuss the use of botulinum toxin injections for the treatment or prevention of hypertrophic scars in current clinical practice.

JARU-AMPORN PAN Pimkwan

Saturday, November 07, 2020 - from 09:00 to 10:30

ICAD STREAM 2

Session:

I'll Tell You My Secrets Step-by-Step

COSMETIC EYELID PTOSIS CORRECTION: DIFFERENT SURGICAL APPROACHES

Surgical correction of cosmetic ptosis can be divided into anterior and posterior approaches. For the anterior approach, external levator advancement can be performed via a skin incision to lift the eyelid position. The benefits of levator advancement include an option for manipulation of eyelid contour and utilizing the same incision in those who need concomitant blepharoplasty procedure. For the posterior approach, Müller's Muscle-Conjunctival Resection (MMCR) can be performed to lift the eyelid position in those who respond to the phenylephrine test. The advantages of MMCR are that it avoids skin incision as well as quicker procedural and recovery time. However, which approach to choose depends on each individual clinical findings and should be individualized. Tips on how to achieve good cosmesis outcome with minimal edema will be provided during the presentation.

LIM Ting Song

Friday, November 06, 2020 - from 11:30 to 12:30

ICAD STREAM 2

Session:

Body Contouring Tightening Update

THE ART OF COMBATING BODY AGING VIA EBDS

Body aging involves gaining weight due to decreased metabolic rate, lipotoxicity leading to inflammation in the body, losing muscle mass due to sarcopenia, change in body shape, and skin laxity issues. Therefore it is important when we want to

tackle body aging, we have to tackle all the issues that is involved.

MENDEZ ESPANA Mauricio

ICAD STREAM 1

Friday, November 06, 2020 - from 09:00 to 11:00

Session:

Facial Pigmentation Rejuvenation

MELASMA MANAGEMENT WITH TRANEXAMIC ACID AND PEPTIDES

News in the treatment of Melasma

Introduction

Melasma is a pathology in which it is due to a lack of control in hyperpigmentation which affects more than 5 million people, being the main affected women with Fitzpatrick type III skin phototypes onwards.

Nowadays, one of the main challenges for medical personnel is the treatment of melasma of vascular origin in which it can be seen to be excavated due to different causes.

- Sun exposure (UV rays)
- Hormonal factor
- Vascular disorders
- Post-inflammatory disorders (secondary to procedures)
- Stem cell factor and neuronal c-kit

epidemiology

Melasma has been seen in the US, generally the prototype of the patient has been Latino with a degree of affectation of 8.8% (1), most of the patients with Fitzpatrick III, in which 41% refer the disease after pregnancy or menopause

Pathophysiology

- Activation of Melanocytes and production of melanosomes (2)
 - stimulating factors
 - UV
 - Plasmin
 - Prostaglandins PGE2 and arachidonic acid cascade by phospholipase A2 and C
 - Increased enzymatic action of tyrosinase
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PONGPRUTTHIPAN Marisa

ICAD STREAM 2

Saturday, November 07, 2020 - from 11:00 to 13:00

Session:

Don't Cross your Fingers & It's Not How You'll Deal with Risks

SAFETY PRACTICE IN NEUROMODULATORS INJECTION

Botulinum toxin type A (BTX-A) has been used with highly success to treat a variety of dynamic facial lines such as crow's feet, horizontal forehead lines, and glabellar frown lines.

The best benefit of the rapid result for the reduction of aging dynamic lines and also minimal complication. Nevertheless, its mechanism of action that cause temporary chemodenervation of the muscles, resulting in localized reduction of muscular activity, can lead to unwanted side effects, include unnatural facial expression. The common complication is purpura which can prevent by selection of 32G and careful compression. The other complications are related with dosage design treatment plan for each patient. The risk of potential complications can often be minimized by a thorough understanding of the dose-related effects of botulinum toxin and injection technique for individual facial muscle expression. In conclusion, the careful individual treatment plan is necessary in every patient who received botulinum toxin.

STANKOVIC Nenad

ICAD STREAM 1

Friday, November 06, 2020 - from 11:30 to 13:30

Session:

Turning Threadlifts To The Next Level

HOW TO BECOME A THREAD LIFTING EXPERT

How to become a thread lifting expert

To become an expert in thread lifting, You must KNOW YOUR:

- A. Anatomy
- B. Techniques
- C. Products
- D. Side effects and how to treat them.

ANATOMY

Knowledge of facial anatomy is crucial when inserting lifting threads into the skin effectively while minimizing damage to blood vessels and nerves.

According to Mendelson, the face is divided into the mobile frontal and the fixed lateral regions, which are separated by the vertical line from the lateral canthus. To ensure successful non-absorbable thread lifting outcomes, it is important to have a solid understanding of the distinctive characteristics of each region.

TECHNIQUES

In every technique used, there are always three things in common in absorbable thread lifting:

1. The Fixing point
2. The Direction
3. The Hanging point.

Lifting effect depends upon anchoring. Inserting mono-threads or inserting cog threads in the subcutaneous layer and simply tugging will not yield sufficient lifting effects. For effective lifting results, a thorough understanding of fixation points is necessary.

PRODUCTS

Analysis of structural changes with aging show that reduction in volume is a major factor in aging. Therefore, antiaging/rejuvenation treatments such as filler injections that replenish lost volume yield good clinical outcomes. These procedures are generally called "volumizing-lifting". Adding lost volume with fillers or autologous fat has the effect of shifting the deeper tissues via augmentation. Volumizing using fillers and other materials is definitely an effective procedure. However, in patients with ptosis of skin and fat tissue due to lack of elasticity associated with aging, volumization procedures alone may not be effective. In such cases, performing volumizing procedures in conjunction with lifting procedure may result in more favorable outcomes.

As there are various types and product groups, even selecting is not easy. Therefore, to select the adequate lifting products, clear understanding of the characteristics of various threads is required. Threads can be classified by several standards, and threads can be selected based on the purpose of the procedure.

SIDE EFFECTS

- The limited effect.
- Short longevity of effect.
- Possibility of severe bruising and swelling.
- Possibility of skin dimpling.
- Difficulty/inconvenience in speaking.
- Severe complications

TANOJO Henry

Friday, November 06, 2020 - from 11:30 to 13:30

ICAD STREAM 1

Session:

Turning Threadlifts To The Next Level

A SYNERGISTIC TREATMENT? COMBINING THREAD LIFT AND LIPOSUCTION TO IMPROVE LOWER FACE CONTOUR

The trend of social media and higher life expectancy drives people to maintain their younger look across the globe. The high demand for minimally invasive procedures especially is highly requested in 30-40 years old age group. This combination technique is minimally invasive with minimal downtime that provides good result if done in the right step. Liposuction is the initial step to remove the excessive fatty tissue. Combination treatment with other modalities is decided based on the indication. Liposuction only gives a good result, but in patients demand more lift, thread lift can be considered. Although still in controversy, thread lift gains popularity due to its lifting effect in instant time. To yield a synergistic result, avoid doing both in the same day and the same area of liposuction and thread lift. Further study is required to assess the long-term effect of thread lift and combination with liposuction. **KEYWORD:** combination, synergistic, thread lift, liposuction, lower face contour, fat, adiposity, v-shape, jaw, non surgical

VATANASHEVANOPAKORN Chinnavuth

Saturday, November 07, 2020 - from 11:00 to 13:00

ICAD STREAM 1

Session:
Scar 2020

EFFECTS OF BOTULINUM TOXIN A ON HYPERTROPHIC SCAR FIBROBLAST

Aberrant wound healing contributes to fibrosis of injured-skin known as hypertrophic scars and keloids. Since current treatments of hypertrophic scars and keloid are still ineffective, novel treatments for these conditions are of interest. Number of evidence has been clinically shown that botulinum toxin A, an agent commonly used in blepharospasm and other aesthetic conditions, could be used efficiently for alleviating dermal scar. It is believed that scar improvement is a result of botulinum toxin A's inhibitory effect on muscle contraction, which cause a reduction in wound tension. However, recent evidence has demonstrated that botulinum toxin A also directly affects scar fibroblasts. The effects of botulinum toxin A on hypertrophic scar fibroblasts as well as an in vitro preliminary study of the effects of different formulation of botulinum toxin A will be discussed in this session.

WONG Sky Tin-Hau

Friday, November 06, 2020 - from 09:00 to 11:00

ICAD STREAM 1

Session:
Facial Pigmentation Rejuvenation

NEXT GENERATION PICOSECOND LASER AND BENIGN PIGMENTARY DISORDERS

Picosecond laser is a next generation laser of the future trend and in its on-going resolution. With its photomechanical effect and LIME (Less Irritating More Effective) property, multiple wavelengths and fractional focusing lens, it can efficaciously treat various benign pigmentary disorders, including freckles, solar lentigines, ABNOM, Nevus of Ota $\frac{1}{4}$ Itto, Melasma, PIH, and even tattoo. We will talk about PEARLs and outcomes of each condition.

WONG Sky Tin-Hau

Friday, November 06, 2020 - from 11:30 to 13:30

ICAD STREAM 1

Session:
Turning Threadlifts To The Next Level

NOSE THREAD AUGMENTATION RHINOPLASTY

Nose is at the centre of communication triangle of the face, its aesthetic role is very important. There is a number of nasal configuration problems correctable by COG threads including low set radix, inappropriate height of nasal ridge, broad or narrow ridge, nasion hump, deviated/crooked nose, decreased nasal tip projection, alar-columellar deformity. The method is much less invasive than traditional rhinoplasty while less risky, more flexible and structurally amendable than fillers like hyaluronic acid. This presentation is to illustrate different structure approach for correction of the nasal problems through COG thread rhinoplasty.

WONG Isaac

Friday, November 06, 2020 - from 11:30 to 13:30

ICAD STREAM 1

Session:
Turning Threadlifts To The Next Level

TECHNIQUES OF NECK THREADLIFTING FOR JAWLINE AUGMENTATION AND DOUBLE CHIN TIGHTENING

The aging jawline and neck involves jowling, loss of jawline and lateral neck definition, increase in submental fat volume and skin laxity. Energy based devices are useful in early stages but results can be sub-optimal for moderate to later stages. There is fear of complications of neck threadlifting due to the presence of major vessels and nerves and a relatively thin dermis. Threadlifting, if used correctly and safely, will give obvious, satisfying, tightening and rejuvenation effects of the jawline and submental area with minimal complications. The topics discussed by Dr Isaac Wong will include anatomy, techniques and successful case studies.

YUSMINDAR Achmad Yudha Pranata

Friday, November 06, 2020 - from 12:45 to 13:45

ICAD STREAM 2

Session:
Male Rejuvenation

MALE AND INJECTABLES, WHAT ARE THE DO-S AND DON'T-S?

Male patient population in the aesthetic medicine world is ever-increasing.

Despite all the aesthetic concerns that are treatable with injectables, male patient also have quite a lot of fears that we need to address.

Since being attractive gives a positive outcome in real life, we as an aesthetic physician can help them achieve that by treating their aesthetic concern. Thus, it is very important to know what are the do-s and don't-s in male injectables, because whilst once overlooked, this gender is becoming an important demographic in cosmetic dermatology
