

# Aesthetics

MONTHLY JOURNAL FOR MEDICAL AESTHETIC PROFESSIONALS

April 2015

## The American Academy of Dermatology (AAD) Annual Meeting, San Francisco



Lorna Bowes offers an aesthetic glimpse of the AAD 2015 annual meeting in San Francisco

San Francisco was always going to attract an impressive number of dermatologists – this year it was confirmed that the event had received more than 18,000 registrants. With this number in mind, it's unsurprising that three distinct sites were needed for the AAD 2015 annual meeting; even then its lecture theatres and exhibition halls were full and buzzing. One aptly named 'Hot Topics' session addressed photoprotection, with board-certified dermatologist Dr Henry W. Lim (chairman of the department of dermatology at Henry Ford Hospital in Detroit), warning that although some authorities suggest a little sun exposure is acceptable, "There is no safe dose of ultraviolet exposure." It was further emphasised that, "The regular use of photoprotection prevents photoageing and cancers." Joining Dr Lim in the same session was Dr Zoe Draelos, private practitioner and consulting professor of dermatology at Duke University, North Carolina, to discuss the conundrum of cosmeceuticals; bemoaning the lack of dosage information supplied by most manufacturers. This same topic resurfaced in the session 'The Science of Cosmeceuticals and Nutraceuticals', with a panel including Dr Draelos looking at the

science of cosmeceuticals for acne and skin lightening, as well as the science and cutaneous effects of nutraceuticals. One main theme of this session was getting to the core of the clinical evidence behind a product line – the importance of asking whether there is science-based, published data with reliable sources behind it – as well as reviewing ways to battle misinformation.

A session by Dr Heidi Waldorf on 'Aging gracefully' looked at defining the parameters of 'graceful aging' from a consumer versus a medical perspective, making suggestions for therapeutic plans for preventions, rejuvenation and maintenance, including reviewing the choices and timings of cosmeceuticals, injectable neuromodulators, soft tissue fillers and various devices for non-invasive rejuvenation. Perhaps the hottest topic of this year's annual meeting was robotic hair transplants from Artas, which, with 35 million men experiencing hair loss, is a growing area of commercial development. Though balding is itself not harmful, the emotional effects can be both frightening and traumatising. In discussion was a new system enabling physicians to harvest healthy follicular units in a minimally invasive procedure delivering a healthy, intact graft. Providing a wealth of topics over the five days, the AAD meeting proved yet again a crucial source of educational activity within the field of dermatology.

