

**Congress Report**

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Thirteenth World Congress of the International Academy of Cosmetic Dermatology (IACD), Dubrovnik, Croatia, June 28 to July 1, 2018


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Introduction: An overview

The Thirteenth World Congress of the International Academy of Cosmetic Dermatology (Figure 1) was held in Dubrovnik, Croatia, from June 28 to July 1, 2018, under the joint presidency of Dr Branka Marinovic and Dr Zrinka Bukvic Mokos. This pearl of the Adriatic Coast, a United Nations Educational, Scientific and Cultural Organization World Heritage Site (1979) and one of the most prominent tourist destinations in the Mediterranean Sea, helped to make the Congress a great success.

The academic program was rich and colorful, led by some of the most authoritative names in the fields of cosmetic and medical dermatology.

Dr Stella Fatovic-Ferencic (Croatia) gave the Karl Holubar (1936-2013) Memorial Lecture during the opening ceremony. This journey through the Croatian history of dermatology and her connections to the great dermatologist were a fitting introduction to the upcoming Congress presentations.

The Eugene Van Scott Lecture, named in honor of Dr Van Scott's many contributions to dermatology and to cosmetic dermatology, in particular, was delivered by Dr Walter Unger (Canada), who talked about hair transplantation, appropriate planning, and techniques, still evolving to this day. It was fascinating to see how the procedure has progressed with time and technology.

Two excellent case reports won this year's Edward L. Keyes Award for the best Resident Papers, established in 2012 in memory of Keyes, a New York dermatologist, who might be considered the first cosmetic dermatologist for having developed the cutaneous punch, better known as the Keyes punch. The winners of the contest, Hari Darmawan, MD (Indonesia), and Joaquín Felipe Ramírez Oliveros, MD (Brazil), presented a "Split-face comparative study of microneedling with platelet-rich plasma versus microneedling alone in treating acne scars: A case series" and "Microneedling with drug delivery (hydroquinone 4% serum) as an adjuvant therapy for recalcitrant melasma," respectively (Figure 2).

Many interesting and novel observations were shared throughout the scientific sessions and presentations. Experts from around the world offered pearls for diagnosis and treatment of both common and rare skin conditions.

The 3-day conference included 4 satellite symposia, 21 posters, and 25 free communications. There were 257 registered participants from all over the world, with more than 80 faculty attendees who gave 122 presentations. With 15 industry sponsors and 16 exhibitors, the Congress was well endowed and expertly organized.

The program in review

Day 1 started with an excellent session on acne and rosacea featuring prevalent etiologies and new insights, especially

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Fig. 1 Congress banner.

related to the microbiome, as presented by Dr Ines Brajas (Croatia), and emerging treatments such as microneedling by Dr Zeljana Bolaca (Croatia).

Where medical dermatology meets aesthetic dermatology, Dr Vesna Petronic-Rosic (United States) reminded us that dermatitis herpetiformis may have dental enamel defects, and Dr Dedee Murrell (Australia) spoke of the crossroads of medical and cosmetic dermatology and its implications for learning about one another. Dr Jana Kazandijeva (Bulgaria) introduced us to the many novel allergens present in cosmetics.

Dr Jennifer Parish (United States) (Figure 3) led the ever-popular session on complications and gave an instructive presentation on how to deal with the unhappy patient. Dr Uwe Wollina (Germany) gave his pearls on managing emergencies in cosmetic procedures, and Dr Ronni Wolf (Israel) showed some excellent examples of contact, artifactual, and iatrogenic dermatoses. Dr Natalie Curcio (United States) discussed surgical complications and Dr Jasna Lipozencic (Croatia) post-operative infections for a well-rounded session on these unpleasant encounters.

In a new “Meet the Expert” session, Dr Gerd Plewig (Germany) elaborated on the auto-inflammatory, nonsyndromic, and syndromic disorders in dermatology: acne inversa/PAPA (pyogenic arthritis, pyoderma gangrenosum, and acne)/PASH (pyoderma gangrenosum, acne, and suppurative hidradenitis)/SAPHO (synovitis, acne, pustulosis,

hyperostosis, and osteitis) for a wonderful recap of these infrequent conditions.

The symposium on aging is always a major attraction, as ideas for rejuvenation abound. Dr Muriel Lambert (United States) spoke on aging gracefully and discussed the science behind it. Dr Anthony Benedetto (United States) (Figure 4) lectured on treating the lower face with botulinum toxin A as one cosmetic unit, and Dr Andreas Katsambas (Greece) followed with pearls on how to avoid pitfalls while doing so. Dr Ljiljana Medenica (Serbia) introduced us to her approach to mesotherapy for facial rejuvenation.

An excellent session on lasers and light-based treatments featured lasers for lipolysis by Dr Davor Mijatovic (Croatia) and for hair growth reduction by Dr Keyvan Nouri (United States)—note that it is now termed “laser hair reduction” very appropriately so, compared with the old “laser hair removal,” which set up patients for unrealistic expectations). Dr Vera Tesic (United States) spoke on skin biofilms in cosmetic procedures and how typical antibiotic regimens cannot resolve them.

Dr Andrija Stanimirovic (Croatia) gave us a vitiligo update, and Dr Christina Antoniou (Greece) spoke about the pathogenesis and treatment of melasma. Dr Rashmi Sarkar (India) then offered tips on using chemical peels for hyperpigmentation. Dr Ivana Binic (Serbia) followed with guidelines of care for chemical peels, and Dr Luitgard Wiest (Germany) (Figure 5) offered insight on how to prevent and manage their side effects.



Fig. 2 Hari Darmawan, Vesna Petronic-Rosic, and Joaquin Felipe Ramirez Oliveros.



Fig. 3 Lawrence Parish, Jennifer Parish, Vesna Petronic-Rosic, and Jasna Lipozenčić.

Dr Wilma Bergfeld (United States) (Figure 5) gave a fascinating lecture on treatment of alopecia areata with Jak inhibitors, whereas Dr Mihael Skerlev offered up scalp microbiome as the ultimate answer to all hair-to-do questions. Dr Nikolai Tsankov (Bulgaria) spoke of the environmental and gender-based influence on hair growth and care. Dr Asja Prohic (Bosnia and Herzegovina) warned about the dangers of aberrant hair care.

Gender dermatology spanned two sessions under the guidance of Dr Lawrence Parish (United States) and Dr Sarah Brenner (Israel), who lectured about the basics of this new

approach to cutaneous diseases. Dr Marcia Ramos-e-Silva (Brazil) spoke on the cosmetic issues as they relate to gender, and Dr Hector Cacaes (Peru) discussed gender differences in systemic diseases. Dr Abdul Kibbi (Lebanon) gave us a refresher on the hormonal aspects to gender care, and Dr W. Clark Lambert (United States) (Figure 6) reflected on the gender differences in cutaneous tumors. Dr George Kroumpouzos (United States) explained the varieties of skin problems that can arise in pregnancy, and Dr Vesna Petronic-Rosic (United States) gave a striking overview of cutaneous diseases in transgender people and how hormonal and surgical treatments transform the body



Fig. 4 Anthony Benedetto, Jana Kazandijeva, Vesna Petronic-Rosic, Gerd Plewig, Helga Plewig, and Nikolai Tsankov.



Fig. 5 Wilma Bergfeld, Luitgard Wiest, and Dedee Murell.

and, sometimes, cause disfigurement and disease. Dr Reynaldo Arosemena (Panama) described the intricacies of skin disease in Latin-American men, underlined by their genetics, environmental factors, and year-round sun exposure.

The session on genital aesthetics featured talks on feminine rejuvenation by Dr George Kroumpouzou (United States), platelet-rich plasma and radiofrequency for genital rejuvenation by Dr Sejal Ajmera Desai (India), CO₂ laser vaginal rejuvenation by Dr Anthony Benedetto (United States), and labiaplasty by Dr Mohan Thomas (India).

In the session on the prevention and treatment of skin tumors, Dr Maria Tsoukas (United States) offered her

expertise with field cancerization therapies for medical and cosmetic dermatologic indications, Dr Nevena Skroza (Italy) discussed ingenol mebutate for actinic keratoses, while Dr Sanja Poduje (Croatia) and Dr Jaka Rados (Croatia) discussed what's new in photoprotection and how to manage disappearing nevi, respectively.

A very revealing session on alternative treatments in cosmetic dermatology brought us back to the remedies of our grandparents and those before them. Dr Jeannette Jakus (United States) gave an excellent overview, followed by Dr Nikolai Tasankov (Bulgaria) with his take on balneotherapy and Dr Lawrence Parish (United States), who lectured



Fig. 6 Muriel Lambert, W. Clark Lambert, Anthony Benedetto, and Diane Benedetto.

on balneology, mineral water, and spas. Dr Ines Sjerobabski Masnec (Croatia) showed us how botanicals can enhance our practice. The session concluded with Dr Lucija Tomic Babic's (Croatia) intriguing presentation on naphthalanotherapy (treatment with naphthalan oil), which has been recently described as potentially useful for inflammatory conditions such as atopic dermatitis and psoriasis, presumably through the reduction of blood vessels and prevention of angiogenesis, though this has yet to be proven.

Social events

The venue of the congress was the Hotel Valamar Lacroma, located on the quiet, green Babin Kuk peninsula close to Dubrovnik's attractive Blue Flag beaches and just a short ride

from the famous historic center. The opening ceremony featured traditional Croatian song and dance and a touching lecture in memory of Dr Karl Holubar, a great dermatologist and medical historian. Most of us added a day or two (or more) to relax and enjoy the famous sun-soaked beaches (using plenty of sunscreen) and delicious Mediterranean cuisine of the region.

Conclusions

Dubrovnik was very special with its warm and welcoming hospitality, excellent educational program, and wonderful historic sites. We look forward to the 14th World Congress of the International Academy of Cosmetic Dermatology in Lima, Peru, March 28 to 30, 2019.