

Aesthetic Medicine World Congress of Rome: my impressions.

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From May the 5th to May the 8th 2005 the **15th World Congress of Aesthetic Medicine** took place, under the aegis of the UIME, International Aesthetic Medicine Union, and the SIME, Italian Society of Aesthetic Medicine. Prof. Carlo Alberto Bartoletti was the president, and Prof J.J. Legrand was the honorary president.

It was really an impressive congress: there were speakers from 28 countries in the world, 4 conference rooms, 380 participations with the attendance of 530 colleagues from the different branches afferent the aesthetic medicine.

This because a lot of branches are already afferent to the aesthetic medicine and for many aspects they are integral parts of the aesthetic medicine. How not to think of the enormous impact of a great smile: aesthetic doctor, dentist, dermatologist, all of them are involved in its achievement in different aspects.

As usual, the most solid part was reserved to the face rejuvenation's therapy, and more in general, to the 3' superior of the human body. The group I belong to presented more than 20 reports about the different aspects of the aesthetic medicine and at the end of this lines, in particular, you will be able to read about the abstracts of the two reports that I personally presented at the congress. On the site www.lamedicinaestetica.it you will be able to find all the other abstracts and if you need any information you can write me on my email address: mail@docredaelli.com

The report on the revision of our casuistic about the poly lactic acid is particularly interesting and it is a result of my personal and the co-authors' great commitment: 398 patients in 4 years. One of the most solid Italian casuistic. We revised all the indications, the implant technique, the percentage of the collateral effects and so on.

Great attention was paid also for the antiaging medicine, with particular care of nutrition, cosmetology and dermatology.

Two branches of the medicine, in their aesthetic component, collaborate even more with the aesthetic medicine: **angiology and dentistry**.

In fact two entire sessions were reserved to the "*Phlebology and aesthetic medicine*".

The present doctors have considered two novelties: both the confirmation of the validity of the endovascular technique and the already known sclerosis with mousse, but also the new and very promising treatment through endovascular laser. Reduction of the stay to the minimum, the post operation discomfort looking at the results superimposable to the traditional surgery. And the confirm of the trans cutaneous that, from my point of view, is in a dimension of final touch: great result on the red, thin capillaries, the ones that are impossible to treat with the traditional sclerosis therapy.

A session talked about the "*Dentistry and aesthetic medicine*". The cooperation between dentist and aesthetic doctor is always closer and the optimization of the aesthetic orthodontics has seen at least three really interesting reports. In my opinion was also really worthy of attention the report about the invisible technology device, that allows really interesting results without the anti aesthetic impact of pieces of equipment and other stuff. It is great for people who have a public image or a job that occurs total visibility.

Another aspect that finally is catching all the colleagues' attention: "*Cosmetic treatment and*

menopause” was the title of a session in which all the aspects, that tie closely knit these two branches, were explained.

The Prof. Berardesca’s report was particularly interesting. He showed with a great clearness and ability the relations that cause the cutaneous aging during the menopause. Also the role of the *phytoestrogenic* was re-examined and reviewed in detail.

Some space was given to the aesthetic plastic surgery: an entire day! And even if I personally think that aesthetic medicine is taking over the plastic surgery, I have to admit that for certain indication is surely the real gold standard.

News?

The increasing use of the *reabsorbable and non-reabsorbable thread for long time* to lift in particular the face, but also other zones such as the gluteal. It was made the point on the liposculpture, and always more topical in my opinion besides the reduction of the volumes, the regularization of the imperfections re-using the fat taken to fill lacking zones. Coleman’s technique evolves and improves. A lot of reports talked about Thermag. The results seen at the congress seem encouraging, but from my point of view is still needed a prudent wait. It seems to me best fitted in as a technique that however needs sedation, protected places, and there is always the huge problem of the non-responders. Most of the patients would have good results, but there is a 20% of them who respond a little or not at all. On the contrary, the local problems seem to be improved as the popcorn effect. So, my best attitude remains the one of a prudent wait. Also the techniques on the use of the self logos fat remain in my opinion the best for the huge surgery impact regard for better results or at least super imposible that are obtained with the fillers.

The botulinum toxin confirms its huge interest: it is impossible to have a seat with all bunch of people seating on the steps, on the floor.. There are not any news, but again the repetition (that does not hurt anyone) of the anatomic recalls, the absolute need of low dosages, the big axiom that does not have to be completely paralyzed, but reduce the motility as enough! The experience of the Far East’s colleagues was interesting in this session. The Korean Dr. Seung Kook presented his experience with Dermatoin to accomplish a sort of face lifting, even if he was not able to answer some of the questions that require pointing out the mechanism of the instauration of the results! Mahhhh. But the classical indications on the third superior of the face remain, while the secondary indications on the third inferior of the face, on the neck and on the décolleté, which are the major interests in support of other techniques for expert operators, hedge.

A session was dedicated to the **trichology** and particular interest was shown in the medical care of the hair, with new substances, as growth factor. The reports on the care of the baldness with the micrografts and on the duplication of the root’s technique were worthy of attention. But truly other hundreds of reports gave the hint for a new and always major commitment to improve the results, and I invite everyone who is interested to take part in the program of the congress.

As I said in my last report, the aesthetic medicine of the 3’ millennium will always have more than one polidimensional aspect. And even more the aesthetic doctor are trying to understand this multifactoriality, facing new fields, combining them and often being a fulcrum between different specialties.

The secret for good results and poor collateral effects is in this, too!

If you want to read the abstract of my report “**Cosmetic use of the polylactic acid: revision of our casisitic on 398 patients**” Redaelli A., Forte R., Sito G., Sommaria R. [Click here.](#)

If you want to read the abstract of my report “**The III millennium Aesthetic medicine: pluridimensional approach**” Redaelli A., Piersini P., Belmontesi M. [Click here.](#)