

WELCOME TO SIME 2019

SIME 2019, A GOAL AND, MOST IMPORTANTLY, A STARTING POINT

The last 40 years have brought profound changes to our field of expertise, but that's not it. We have seen changes in our society, habits, customs, the meaning of life and its quality, as a result of a significant increase in lifespan.

We were born during the economic boom and we are now going through a long recession.

But the focus on ourselves has not changed. The desire to feel good about ourselves and to achieve psychological and physical well-being in old age.

In recent years, we have witnessed an increase not only in life expectancy, but also in the productive life of individuals, and this has made it necessary for us to find the best way of dealing with the changes that inevitably occur as time passes.

Today, we need to feel "good about ourselves" at any age and medicine is very much in demand, with patients increasingly seeking out treatments to improve their looks, personal balance and general harmony in order to achieve self-confidence, but also for professional reasons and a profound spiritual need.

Aesthetic Medicine has evolved over time, constantly satisfying the needs of the population while staying firmly rooted in its principles: "to implement a social, preventive, curative and rehabilitative medicine programme for the benefit of the community. The main points of this field of action are:

- the treatment of physical adversity and constitutional aesthetic alterations;
- the treatment of beauty flaw disease and traumatic accidents;
- the prevention of ageing and of the resulting mental and physical disability;
- constant education in order to allow anyone to manage their biological heritage rationally thanks to mental health, physical and nutrition programmes.

(Carlo Alberto Bartoletti, La Medicina Estetica journal: No. 1, Year 1, pages 1-2, 1977)

In keeping with these principles, over the years SIME has strived to adapt the annual Congress – its ultimate opportunity for scientific exchange – to the latest trends in the organisation of medical events by fully involving the public, focusing sessions on specific topics, reducing the time of individual sessions, and leaving more and more room for interaction with participants.

This year, for the first time, our Congress will feature some "live" sessions, which are particularly sought after by our colleagues. This is not a novelty as far as congresses are concerned, but before launching this upgrade we wanted to be certain of its feasibility and safety, and its legality as well.

This year, we will continue to cooperate with leading Scientific Societies representing disciplines closely associated with Aesthetic Medicine in terms of clinical interest. These specialists will help us broaden our knowledge of the medical-aesthetic aspects of their disciplines, sharing their tricks and tips, and focusing especially on the prevention and management of complications.

Nowadays, all speakers, chairmen, participants and companies are constantly acknowledging the continuous improvement in the quality of scientific publications, which no longer overlook objective data, objective measurements, bibliographical evidence of every statement made in the presentation, the quality of the images and respect for deadlines. This is exactly why I would like to thank all the speakers who have attended the SIME Congress for their constant efforts to improve the scientific quality of their presentations.

And this is essential, since Aesthetic Medicine needs Science, and Science must be produced by its professionals. Aesthetic physicians must be the source of the science of Aesthetic Medicine.

We look forward to meeting you all at the prestigious Waldorf Astoria H&R in Rome, from **17 to 19 May 2019**. For all the **details and further information on the Congress, please visit the website www.lamedicinaestetica.it** or download the app on your mobile phone.

Emanuele Bartoletti
President of the SIME Congress 2019



THE FUTURE OF WELL-BEING

A NEW GENERATION OF AESTHETIC MEDICINE

Social evolution and Aesthetic Medicine: the future of well-being

The central theme of the 40th SIME Congress will be the future of well-being. Society has changed a lot in the past 40 years. Longer life expectancy and increasing longevity have contributed to changes in habits and traditions, in the quality and the very meaning of life. Our branch of medicine has also had to change, to meet the needs of patients and those of a Society in constant flux. The main session of the Congress will bring together foreign opinion leaders of undisputed fame and long experience, who will approach the subject from various angles: from the constant search for the natural look to the evolution of techniques through the years; from the attention to the different approaches and procedures that doctors must adopt when treating young or older, male or female patients to an analysis of Aesthetic Medicine under the prism of the millennial generation and the influence of social media.

Dark Circles: from etiopathogenesis to treatment options

An entire session will be dedicated to the issue of dark circles, starting from the etiopathogenesis of the imperfection and going all the way to the possible therapeutic approaches, that include cosmetic solutions, fillers, laser treatment, nutritional supplements to be taken orally, and aesthetic surgery. Very many patients ask for a treatment for dark circles: their attenuation improves the patient's appearance, brightening the upper third of the face and making the patient look calmer and more rested, with a significant anti-aging effect.

Day Light and PDT: methodologies for Aesthetic Medicine

For years, photodynamic therapy, born in the dermatologist's office, has proved itself to be a safe treatment with many applications in Aesthetic Medicine. It is time to shed light on and investigate photodynamic therapy and its evolution in Aesthetic Medicine in depth. We will start with the presentation of classic Photodynamic therapy or PDT, and we will go all the way to Day Light, which uses the classic photosensitisers with solar light. Then we will discuss the most advanced forms of photobiomodulation. These tools are very useful for specialists in aesthetic medicine in the specific treatment of acne, as well as that of skin aging.

The world of Acne: a multidisciplinary approach

Acne is a multidisciplinary condition that affects both young and older patients. A round table dedicated to this subject will bring together specialists from various branches of medicine who will interact and provide their different viewpoints on the condition and its treatment. Thanks to this interactive session, participants at the congress will have the opportunity to acquire in-depth knowledge and compare the approach of endocrinologists, dermatologists, specialists in aesthetic medicine, and plastic surgeons.

New challenges in Aesthetic Medicine: forgotten areas of the body

Esteemed colleagues will compare their experiences in the treatment of areas of the body that are rarely discussed in Aesthetic Medicine Congresses. They will analyse those areas of the body that

wrongly attract less interest but which often trouble patients greatly, such as the auricles, the knees, dysmorphic lower eyelids, the umbilical area and others.

Problem solving in Aesthetic Medicine

What are the most common errors that specialists in aesthetic medicine commit when treating patients? And which are the simplest and most correct ways of handling them? We will try to answer these questions with an innovative session that aims to guide and help colleagues in the resolution of possible issues encountered in the practice of Aesthetic Medicine. Specialists in aesthetic medicine will present some cases that caused them particular difficulties. The discussion will involve a magistrate and a forensic scientist, who will provide answers to the doubts and questions posed by the participants.

Exposome: the environmental map of aging

One of the new subjects tackled by the SIME Congress is the exposome: the totality of external factors to which our body is exposed throughout our lives, starting with conception. They include sleep, nutrition, stress, electromagnetic fields and radiations. Adopting and comparing multidisciplinary approaches, we will attempt to review how these factors affect our organs and, hence, our skin.

Boxing Ring

Emboldened by the success of past years, we are returning to this particular type of scientific exchange and debate. This year we will have the opportunity to investigate in depth a treatment that has been the object of much discussion by both its proponents and detractors: local insulin-based therapies for the stimulation of adipose tissues. Two eminent opinion leaders will exchange views on this subject, presenting the various points of view, the scientific arguments that have been published in the most up-to-date and esteemed journals, and the reasons for and against this particular type of therapy.

In-depth studies

As well as these subjects, this year's SIME Congress - which is of particular significance, since it marks the 40th anniversary of the event - will offer opportunities for the in-depth study of specific subjects. Some salient examples are sessions dedicated to **physical exercise, nutrition and fitness**, a subject which is of increasingly great interest; an in-depth session on the world of **cosmetics in Aesthetic Medicine**, which will attempt to dispel false myths to get to the truth behind these products; sessions dedicated to the treatment of **secondary or iatrogenic imperfections**; to a comparison between the **Oriental diet and that of the Mediterranean**; to the analysis of **the most suitable tests to prescribe in the context of Anti-Aging Medicine**; to **hormones that dominate the news: DHEA and melatonin**; to therapy with the use of **Vitamin A in its topical and systemic formulations**. A session held in cooperation with SIE will be focused on DHEA, while a session will be held with ADI, ANSISA, SIO, SISDCA and SIME on **nutrition and the brain**. There will also be in-depth studies on cellulite and on techniques and innovations in the various fields of Aesthetic Medicine, such as **fillers, peeling, bio stimulation, lasers, etc.** The spotlight will also shine on **innovative marketing tools in the service of Specialists in Aesthetic Medicine**.

PATRONAGES AND SCIENTIFIC COOPERATIONS

WITH THE PATRONAGE OF



Ordine Provinciale di Roma dei Medici Chirurghi e degli Odontoiatri



Federazione Nazionale Ordine Medici Chirurghi e degli Odontoiatri (FNOMCEO)



Union Internationale de Médecine Esthétique (UIME)

WITH THE SCIENTIFIC COOPERATION OF



Associazione Italiana di Dietetica e Nutrizione Clinica (ADI)



Associazione Italiana di Chirurgia Plastica Estetica (AICPE)



Associazione italiana di Ginecologia Estetica e Funzionale (AIGEF)



Associazione Italiana Terapia Estetica Botulino (AITEB)



Associazione Medici Italiani Laser e Hi-Tech (AMI HI-TECH)



Associazione Nazionale Specialisti in Scienza dell'Alimentazione (ANSISA)



Collegio Italiano di Flebologia (CIF)



Federazione delle Società Medico-Scientifiche Italiane (FISM)



Gruppo Internazionale di Ricerca in Dermatologia Estetica Correttiva e Rigenerativa (GIDERMA)



Gruppo Italiano di Studio sulle Tecnologie (GIST)



Società Italiana di Andrologia e Medicina della Sessualità (SIAMS)



Società Italiana Chirurgia dell'Obesità e delle Malattie Metaboliche (SICOB)



Società Italiana di Chirurgia Oftalmoplastica (SICOP)



Società Italiana di Chirurgia Plastica Ricostruttiva ed Estetica (SICPRE)



Società Italiana di Endocrinologia (SIE)



Società Italiana di Flebologia (SIF)



Società Italiana di Immunologia, Immunologia Clinica e Allergologia (SIICA)



Società Italiana di Mesoterapia (SIM)



Società Italiana di Medicina Interna (SIMI)



Società Italiana dell'Obesità (SIO)



Società Italiana per lo Studio dei Disturbi del Comportamento Alimentare (SISDCA)



Società Italiana di Tricologia (SITri)



European Federation of Aesthetic Medicine Schools (EFAMS)



Scuola Internazionale di Medicina Estetica della Fondazione Fatebenefratelli per la Ricerca e la Formazione Sanitaria e Sociale

SCIENTIFIC COMMITTEE

Abbruzzese P.	Camporese A.	Fulgione E.	Oliva C.	Salti G.
Alberti G.	Carbonelli M.G.	Fundarò S.	Onesti M.G.	Santini S.
Alessandrini A.	Carlesimo M.	Gallo G.	Pacifici A.	Scalia S.
Alessandrini G.	Carota A.	Giorgio C.	Palombo P.	Scapagnini G.
Amuso D.	Casilli R.	Giuliani M.	Panico A.	Scarano A.
Antoniadou K.	Catizzone A.	Gori G.	Pecere A.	Scesa C.
Arcangeli M.	Cavaliere L.	Grippaudo F.R.	Perletto F.	Sciuto C.
Argenziano G.	Cavallini M.	Guglielmo C.	Persechino S.	Scuderi N.
Assalti G.	Cena H.	Ignaciuk A.	Persichetti P.	Secchi M.
Bacci P.	Centofanti D.	Iozzo I.	Perticone F.	Senatori R.
Badolati E.	Cervelli V.	Izzo G.M.	Pini A.	Serafini M.
Ballardini D.	Cifone M.G.	La Porta C.	Pinto H.	Serra Visconti A.
Bartoletti E.	Cirillo P.	Laura S.	Pinto R.	Servili A.
Beatini A.	Cogliano M.	Laurenza M.	Piombino L.	Signorini M.
Belmontesi M.	Corsi D.C.	Ligresti C.	Piovano L.	Silvestri F.
Berardesca E.	Crescenzo R.	Loffredo F.	Pluzarev L.	Spizzirri Marzo G.
Bernardi C.	De Angelis F.	Longo L.	Pompilio A.	Strollo F.
Bertossi D.	D'Emilio R.	Lusi A.	Preite U.	Subasi H.
Bianchi E.	Denni A.	Maggiori E.	Priori M.	Tammaro A.
Bilchugova Luciani E.	Deutsch J.J.	Magliocca C.	Pulvirenti A.	Tancredi M.L.
Bini F.	Di Gregorio C.	Maletti O.	Quarto G.	Tomaselli F.
Bisholla X.	Di Maggio R.	Malucelli M.	Raso S.	Tomat M.
Bovani B.	Dorato D.	Marchionne A.	Rauso R.	Trocchi G.
Bozzone R.M.	Drapchind G.	Marletta M.	Renzi M.	Troili F.
Bracaglia R.	Falcomatà P.	Marliani A.	Ribuffo D.	Tubili C.
Brambilla M.	Fasola E.	Marmiroli L.	Rocchi P.	Valeriani M.
Brunamonti I.	Feleppa D.	Maschio O.	Romanelli F.	Veraldi M.
Bunar E.	Ferraro G.	Massidda E.	Romano M.C.	Viglione G.
Cabo Soler J.R.	Fiorentini A.G.	Massirone A.	Rossi A.	Vignoli M.
Caccamo K.	Fontevicchia M.	Melfa F.	Rubino C.	Vivencio A.
Caggiati A.	Fortunato R.	Messina G.	Ruiz del Cueto Posadas S.	Zannella C.
Calbi P.	Franceschelli A.	Muratori F.	Russo G.	
Calisti A.	Fraone N.	Muti G.	Russo P.R.	
Calvani F.	Fratter A.	Nardi U.	Sacchetti M.	
Campo D.	Frontoni S.	Nazzaro L.	Saccucci P.	

ORGANISING COMMITTEE

Alhadeff A.	De Franco E.	Manenti T.	Rosito M.
Angelelli M.	Della Porta D.	Marciano G.	Russo C.
Apollini L.M.	Di Blasio V.	Mariani M.M.	Savina M.A.
Bartalini L.	Di Franco A.P.	Marini L.G.	Scanu M.P.
Benedetti F.	Di Martino F.	Marzano M.S.	Serra M.R.
Bernini G.	Di Stasi V.	Massicci A.	Sirianni G.
Bianca C.	Facchi A.	Maxia C.	Sodano A.M.
Boccacci M.	Fanci A.M.	Mazzola G.	Soverina A.
Bochicchio R.A.	Feroleto De Maria F.	Mazzotta L.	Tieri P.
Borriello E.	Filippone R.	Melone G.	Tinti S.
Brinati F.	Fiore F.	Michellini S.	Tiralosi C.
Buratti F.	Fosca S.	Musto D.	Torrisi G.
Cacciapuoti V.	Fusaro P.L.	Occhicone F.	Tovecci F.
Canzona F.	Fyk H.	Palli A.	Troise E.
Capasso A.	Giannone M.G.	Pardi F.	Ubiglia S.
Caravetta P.	Giovannetti A.	Pasquesi R.	Ulgiati S.
Cassata C.	Giudice G.	Pasquino L.	Vecchi C.
Cataldi N.	La Palombara C.	Patalano A.	Vessicelli P.
Cerrotta G.	Lanza E.	P	

SCIENTIFIC COLLABORATIONS



UNION INTERNATIONALE DE MEDECINE ESTHETIQUE

HONORARY PRESIDENTS

C.A. Bartoletti † (SIME) Italy
M. Delune (AAME) USA
J. Font-Riera † (SEME) Spain
A. Bourra (SMME) Morocco
R. Pinto (CAME) Argentina
G. Marzullo (SCME) Chile
J. Hebrant (SBME) Belgium
A. Elbaum (SUME) Uruguay
O. Panova (NAMS) Russia
M. Oughanem (SAME) Algeria
J.J. Legrand (SFME) France

PRESIDENT

V. Garcia-Guevara (SOCIVEME) Venezuela

VICE PRESIDENT

A. Ignaciuk (PTMEiAA) Poland

GENERAL SECRETARY

E. Bartoletti (SIME) Italy

DEPUTY SECRETARIES - GENERAL

A. Bourra (SMME) Morocco
R. Pinto (CAME) Argentina

MEMBERS

J.J. Legrand (SFME) France
J. Hebrant (SBME) Belgium
P. Vega (SEME) Spain
A. Elbaum (SUME), Uruguay
G. Marzullo (SCME) Chile
S. Le-Huu (SSME) Switzerland
G. Arroyave Estrada (SCME) Colombia
M. Delune (AAME) USA
B. Miller Kobisher (SMCME) Mexico
O. Panova (NAMS) Russia
G. Zhumatova (AKME) Kazakhstan
M. Oughanem (SAME) Algeria
J. Carroll (CAAM) Canada
H. Subasi (STME) Turkey
C. Van Niekerk (AAMSSA) South Africa
V. Tinoco Kirby (SEME) Ecuador
S.R. Li (CAAM) China
V. Tsepkenko (SUME) Ukraine
E. Ugrehelidze (GSOAM) Georgia
C. Santos (ABCME) Brazil
J. Vale (SPME) Portugal
E. Bunar (HUEM) Croatia
A. Rana (ISAM) India
I. Ogata (ASOCIME) Peru
D. Hurtado Terrazas (ASOBOME) Bolivia
C.A. Rosales Gonzales (ASEMEG) Guatemala



SCUOLA INTERNAZIONALE DI MEDICINA ESTETICA

Fondata da Carlo Alberto Bartoletti
della Fondazione Fatebenefratelli per la ricerca e la formazione sanitaria e sociale



DIRECTOR

Emanuele Bartoletti

VICE DIRECTORS

Nadia Fraone
Enrica Maggiori
Francesco Romanelli

SCIENTIFIC ADVISER

Loredana Cavalieri
Domenico Centofanti
Stefania Santini
Gloria Trocchi

INTERNATIONAL COLLEGE OF GUARANTEE AND SURVEILLANCE

A. Ignaciuk - J. Cabo Soler - J. J. Legrand

The Session Secretaries are Graduated Doctors from the International School of Aesthetic Medicine
of the Fatebenefratelli Foundation for the Research and Social-health Education

GENERAL INFORMATION

CONGRESS AND PRE-CONGRESS VENUE

Rome Cavalieri Congress Centre, Waldorf Astoria Hotels & Resorts

Via Cadlolo 101 - 00136 Rome

Phone +39.06.35091 - fax +39.06.35092241

www.romecavalieri.it

PRE-CONGRESS COURSES DATE

16th may 2019 - Congress venue - Sergio Maggiori room

CONGRESS DATE

17th - 18th - 19th may 2019

SCIENTIFIC SECRETARIATS

Italian Society of Aesthetic Medicine (SIME)

Via Monte Zebio, 28 - 00195 Rome

Phone +39.06.3217304

sime@lamedicinaestetica.it

www.lamedicinaestetica.it



Italian Academy of Anti-Aging Medicine (AIMAA)

Via Monte Zebio, 28 - 00195 Rome

Phone +39.06.3217304

info@aimaa.it

Web Page AIMAA



ORGANIZING SECRETARIAT

Salus Internazionale ECM srl

Via Monte Zebio, 28 - 00195 Rome

Phone +39 06.37353333

salus@editricesalus.it

www.salusecm.it



HOTEL RESERVATION

Ideameeting International srl

Via Terni, 66 - 00182 Rome

Phone +39.06.5852301 - fax +39.06.58523020

sime2019@ideameeting.com



DESIGN AND SET-UP

REDSTUDIO ALLESTIMENTI S.R.L

Via Bolognola, 35 - 00138 Roma

Tel. +39 06 8804461- Fax +39 06 23329422

info@redstudio.info

www.redstudioallestimenti.com



For more information visit the website

lamedicinaestetica.it

GENERAL INFORMATION

ABSTRACT BOOK

The Abstract book will be available on the website www.lamedicinaestetica.it.

SLIDE CENTRE

Power Point presentations Office 2003/2010 and any DVD Videos must be delivered to the Slide Centre at least one hour before the session begins and collected at the end of it. All Power Point presentations will have to be written in English.

CERTIFICATE OF ATTENDANCE

At the end of the Congress each participant can request a certificate of attendance.

CME CREDITS

The Congress is accredited for continuing medical education and provides **6 CME credits reserved for Surgeons (all fields)**.

The attendance at the 90% of scientific activities is required to get CME credits. Congress schedules:

Friday 17th may 2019	9:30 am - 1:00 pm	2:30 pm - 7:00 pm
Saturday 18th may 2019	9:00 am - 1:30 pm	2:00 pm - 7:00 pm
Sunday 19th may 2019	9:00 am - 1:00 pm	

The Pre-congress courses are accredited continuing medical education. The Course "Medical Rhinoplasty" provides **4 CME credits reserved for Surgeons (all fields)**; the Course "Complications in Aesthetic Medicine" provides **6,5 CME credits reserved for Surgeons (all fields)**.

CHANGES

The Scientific Secretariat and the Organising Secretariat reserve the right to make changes to the programme that will be necessary for technical, organizational and/or scientific reasons.

REGISTRATIONS

Registration to the Congress and to the Pre-congresses courses can be done online (www.lamedicinaestetica.it).

In case of cancellation, communicated via registered return-receipt letter by 20th April, 2019 it is possible to receive the reimbursement of 50% of the amount paid. Speakers are required to pay the registration fee to the Congress.

REGISTRATION FEE

SIME CONGRESS	CME	Before 26/04/2019		After 26/04/2019			
SIME/AIMAA members <i>(in good standing 2019, Please attach certification)</i>	6 CREDITS	350,00 €					
Foreing members of international societies of Aesthetic Medicine part of UIME <i>(in good standing 2019, Please attach certification)</i>							
NOT MEMBERS	6 CREDITS	450,00 €		500,00 €			
Physician registered in their national GMC after 02.01.2015 - (Please attach certification)	6 CREDITS	100,00 €					

PRE-CONGRESS COURSES	CME	Before 26/04/2019		After 26/04/2019	
1st COURSE Medical Rhinoplasty: not just fillers	4 CREDITS	90,00 €*	180,00 €**	125,00 €*	250,00 €**
2nd COURSE Complications in Aesthetic Medicine: diagnostic-instrumental evaluation and therapeutic intervention	6,5 CREDITS	90,00 €*	180,00 €**	125,00 €*	250,00 €**

*SIME members or Congress participants or students of the School of Aesthetic Medicine FIF - **For other categories

SCIENTIFIC SESSIONS FRIDAY 17th

C.A. BARTOLETTI GARDEN LEVEL	G.B. ROBUTTI GARDEN LEVEL	S.B. CURRI GARDEN LEVEL
8:45 am Aesthetic Medicine 10:05 am Innovative trends in Aesthetic Medicine 11:30 am New proposal in Aesthetic Medicine	9:00 am New challenges in Aesthetic Medicine: forgotten anatomical areas 10:30 am Striae distansae: mission possible 11:30 am EFSP: just a proven truth?	9:15 am Innovation and technology in Aesthetic Medicine 10:30 am Metabolic syndrome: aesthetic flaws and health conditions (in collaboration with SIMI) 11:40 am Cases in Aesthetic Medicine: competence and scientific basis
1:00 pm Lunch		
1:30 pm Opening Ceremony		
2:30 pm Social evolution and Aesthetic Medicine: the future of well-being 3:30 pm Dark circle: from etiopathogenesis to therapy 4:50 pm Update on activities of CISSME 5:10 pm Lips: from function to aesthetics 6:25 pm Medical profiloplasty... not just the nose	2:30 pm Innovative trends in cosmetology updates 3:45 pm Acne universe: a multidisciplinary approach 5:15 pm BOXING RING Bioregeneration with diluted insulin: myth or reality? 6:00 pm Filler: the challenge of the upper third	2:30 pm Integrated safety protocols for better outcomes 4:00 pm Peeling: what's new & what's true 5:40 pm DHEA: youth hormone? (joint session SIE-SIME) 6:25 pm Non-surgical lifting: HIFU

Download on your device the new free Congress App!

SIME 2019



Follow SIME Congress on your smartphone or tablet.
 You will receive alert for the beginning of the main sessions or events of SIME 2019
 and all the real-time information.

SCIENTIFIC SESSIONS SATURDAY 18th

  C.A. BARTOLETTI GARDEN LEVEL	  G.B. ROBUCCI GARDEN LEVEL	  S.B. CURRI GARDEN LEVEL
8:30 am Combined protocols: the advantages of synergies 10:05 am Filler: more than just volume 1 11:20 am How to avoid and how to treat complications 12:30 pm Current trends in neuromodulation	9:25 am Non-surgical lifting 10:55 am Biostimulation and biostructuring: ebm and personal experiences	8:50 am Body aesthetic plastic surgery 10:45 am Facial aesthetic plastic surgery
1:30 pm <i>Lunch</i>		
2:00 pm Knowledge exchange: SIME and other partner scientific societies 3:15 pm Lower third and the mandibular region: the potential in Aesthetic Medicine 5:10 pm Dangerous areas in Aesthetic Medicine tips and tricks 6:05 pm Medical rhinoplasty: advanced techniques 1	2:00 pm Cosmetics in Aesthetic Medicine: myths and realities (NON CME SESSION) 3:15 pm Cryolipolysis: state of the art 4:55 pm Secondary or iatrogenic blemishes: side effects or ... desired results? 5:40 pm Regenerative medicine the future of well-being?	2:00 pm Melatonin and its implications for Anti-Aging Medicine 3:00 pm Problem solving in Aesthetic Medicine 3:45 pm Aging: which tests? 5:00 pm Vitamin A: protagonist or antagonist? 6:00 pm Aesthetic Medicine and aesthetic plastic surgery

aesthetic medicine

Official Journal of the International Union of Aesthetic Medicine UIIME

Online and interactive / Quarterly / English language
Completely free and totally dedicated to Aesthetic Medicine

8:45
am

Aesthetic Medicine

Chairmen: R.M. Bozzone, Department of Aesthetic Medicine, San Giovanni Calibita Fatebenefratelli Hospital, Roma
A. Carota, Department of Aesthetic Medicine, San Giovanni Calibita Fatebenefratelli Hospital, Roma
F. Loffredo, Department of Aesthetic Medicine, San Giovanni Calibita Fatebenefratelli Hospital, Roma

Secretaries: L.M. Apollini, F. Buratti

Relations between cosmetic medicine and patient's health

M. Mascetti (Roma)

Beauty and leg health

G. Viglione (Benevento)

The physiological inter-axillary, inter-axillary, inter-inguinal and axillary inguinal anastomoses as additional ways of lymphatic drainage

L. Ricolfi (Genova)

Carboxytherapy: innovations on techniques and uses

C. Cassano (Lecce)

Hydrodermabrasion: deep medical cleansing for skin rejuvenation

E. Buttura Da Prato (Verona)

Ideal and Beauty Objective Criteria of Female Face in Asian and Caucasian Population: Personal Experience and Therapeutic Perspectives

M. Rinaldi (Firenze), E. Bartoletti (Roma)

Endolift Laser and Microfocused Ultrasound for the best face, neck and body non-surgical lifting

R. Dell'Avanzato (Milano)

Discussion

10:05
am

Innovative trends in Aesthetic Medicine

Chairmen: A. Calisti, Italian Society of Aesthetic Medicine (SIME) - Coordinator for Lazio
D. Dorato, General Secretary of the Italian Society of Aesthetic Medicine (SIME)
A. Vivenzio, Scientific adviser of the Italian Society of Aesthetic Medicine (SIME)

Secretaries: E. Borriello, F. Pardi

New Academic Challenges for Aesthetic Medicine in 2019

H. Pinto (Barcellona, Spagna)

Integrated Aesthetic Medicine. Technologies and mindfulness for a 360 degree beauty

A.M. Veronesi (Pavia)

Teleangectasie endoperivenous laser treatment. Repairing effect of TCA-TCA/H₂O₂ on cutaneous outcomes

A. Crippa (Lecco)

New combined protocol: chemical peeling and home therapy in the treatment of skin hyperpigmentations' treatment

L. Calvisi (Cagliari)

Updating in the application technique of vaporisation by electric arc for the treatment in cutaneous inestetisms

V. Santangelo (Foggia)

Lifting and Restore: a personal approach to restoring face volumes while respecting harmony

E. Massidda (Cagliari)

Anti-age treatments: how to improve their effectiveness and tolerance

M.I. Corral Baqués (Barcellona, Spagna)

Discussion

How my technique has evolved in the years: my approach when I started, my current approach

S. Ruiz Del Cueto Posadas (Madrid, Spagna)

Man: how to avoid the feminization of the man when performing Aesthetic Medicine treatments

S. Djalaei (Colonia, Germania)

Discussion

3:30
pm

Dark circle: from etiopathogenesis to therapy

Chairmen: **A. Alessandrini**, Professor at the International School of Aesthetic Medicine of the Fatebenefratelli Foundation, Roma

L. Cavalieri, Scientific adviser of the Italian Society of Aesthetic Medicine (SIME)

L. Pluzarev, Italian Society of Aesthetic Medicine (SIME) - Coordinator for Trentino Alto Adige

Secretaries: **F. Buratti**, **V. Cacciapuoti**

Anatomical analysis of periocular and palpebral region: etiopathogenetic classification of Dark Eye Circle

P. Giorno, **R. Adduci** (Roma)

Clinical-pathological changes of periocular skin: origin of annoying dark circles

E. Campione (Roma)

Oral supplement, TCA, Peeling, Carboxytherapy, Peptides

N. Fraone (Roma)

Cosmetology of eye contour: molecules and formulations capable of improving eye contour aging signs

A. Fratter (Treviso)

Dark circles and surroundings: integrated cosmetic medicine

D. De Rossi (Padova)

Treatments of the physiological dark circle

S. Capurro (Genova)

Filling techniques between regenerative and aesthetic medicine

E. Bartoletti (Roma)

The role of surgical therapy; from blepharoplasty to fat grafting

F. Bernardini (Genova)

Discussion

4:50 pm Update on activities of CISSME (Italian Association of the Scientific Societies of Aesthetic Medicine)

Participants: **E. Bartoletti**, President of the Italian Society of Aesthetic Medicine (SIME)

A. Massirone, President of the Italian Scientific Society of Medicine in the Aesthetic Field, AGORÀ

M. Priori, President of the Italian Society of Aesthetic and Surgical Medicine (SIES)

5:10
pm

Lips: from function to aesthetics

Chairmen: **C. Di Gregorio**, Coordinator of Aesthetic Medicine and Surgery Study Group - Italian Society of Aesthetic Medicine (SIME)

S. Ruiz del Cueto Posadas, Scientific adviser of the Spanish Society of Aesthetic Medicine (SEME)

Secretaries: **A. Capasso**, **F. Di Martino**

Lips and surroundings: a comparison between fillers and techniques

C. Incandela (Palermo)

Anatomical Awareness in the Labial Rejuvenation

A.M. Catalan Terraza (Madrid, Spagna)

A new classification for the "perfect" lips

G. Sito (Napoli)

Principles of augmentation of hyperactive forms of the lips

A. Reznik (San Pietroburgo, Russia)

Redefining and volumising of the lips with cross-linked hyaluronic acid with different molecular weights

D. Romano, R. Forte (Como)

Blanching technique for perioral vertical wrinkles with redensifying and dynamic filler: a personal experience

M.G. Di Russo (Formia, LT)

Lip lift: a volumizing technique without injection

G. Albani, R. Rauso, F. Chirico, L. Rugge, G. Tartaro (Napoli)

Dermopigmentation in aid of Aesthetic Medicine

G. Assalti (Roma)

Discussion

6:25
pm

Medical profiloplasty...not just the nose

Chairmen: E. Bilchugova, Italian Society of Aesthetic Medicine (SIME) - Coordinator for Marche and Umbria

D. Feleppa, Scientific adviser of the Italian Society of Aesthetic Medicine (SIME)

L. Piovano, Specialist in Plastic and Reconstructive Surgery, Roma

Secretaries: G. Bernini, M. Colangelo

Non-surgical profiloplasty with hyaluronic acid with Vycross technology

L. Calvisi (Cagliari)

Remodeling of face profiles with hyaluronic acid: personal experience

M. Luni (Torino)

Reshaping of the facial profile with minimally invasive techniques: personal experience

D. Palazzolo, A. Triolo (Palermo)

The Profiloplasty in a single surgery

F. Romeo (Roma)

Non-surgical profiloplasty: shapes remodeling by three vectors technique for facial harmonization

T. Manenti (Roma)

Lips and chin: in search of the profile harmony using targeted hyaluronic acid with different rheological properties

R. Sommariva (Genova)

Soft filling in the perioral region: proposal for a protocol

S. Caboni (Cagliari)

Discussion

**9:00
am****New challenges in Aesthetic Medicine: forgotten anatomical areas**

*Chairmen: A. Camporese, Professor at the International School of Aesthetic Medicine of the Fatebenefratelli Foundation, Roma
O. Maschio, Italian Society of Aesthetic Medicine (SIME) - Coordinator for Veneto*

Secretaries: M. Crusco, T. Manenti

Forgotten anatomical areas: the ear

L. Cavalieri (Roma)

The peri-patellar region: a limited area on which to apply unlimited methods. Rational use of some medical devices for a concrete improvement

B. Bovani (Perugia)

Personal experience with hydroxyapatite of hyperdilute calcium for the treatment of knees: one year's experience

M. Renzi (Genova)

Investigation of the role of botulinum toxin in Chinese patients treatments programs: our experience in a new born clinic in Milan targeted for Asian patients

M. Gioco, F. Binaschi (Milano)

Is the barcode correction with botulinum toxin possible?

G. Muti (Milano)

Personal experience in the treatment of arms with L-Polylactic Acid

P.R. Russo (Modena)

The periumbilical area

S. Santini (Roma)

Man in Aesthetic Medicine

E. Mastroluca (Roma)

Non-surgical rejuvenation of the ear with Hyaluronic Acid

P.G. Arca (Olbia)

Discussion

**10:30
am****Striae distansae: mission possible**

*Chairmen: G. Alberti, Coordinator of Aesthetic Medicine and Physical Activity Study Group - Italian Society of Aesthetic Medicine (SIME)
G. Drapchind, Italian Society of Aesthetic Medicine (SIME) - Coordinator for Liguria
S. Laura, Probo Viro of the Italian Society of Aesthetic Medicine (SIME)*

Secretaries: V. Di Blasio, A. Facchi

Stretch marks treatment: new type of peeling formulation. Work in progress

M. Basso (Genova), **E. Di Lella** (Roma)

Treatment of striae rubrae: evaluation of a combined protocol of dye laser light and 1064 nm Q-Switched laser

F. Lombardo, C. Scacciati, G. Menchini (Pisa)

Biodermogenesis: from stretch marks to biorigenation, new perspectives

G. Manzo (Roma)

Stretch marks: combined treatments at the surgery and at home using specific latest-generation medical devices

V. Manzoni (Milano)

Jet Volumetric Remodelling: the new frontier in the treatment of stretch marks that, thanks to liquid subcision, manages to regenerate even the deepest tissues

A. Pacifici (Perugia)

Discussion

11:30
am**EFSP: just a proven truth?**

Chairmen: D. Amuso, Specialist in General Surgery and Sports Medicine, Modena
G. Ferraro, Professor of Plastic Surgery, University Vanvitelli of Napoli
N. Fraone, Scientific adviser of the Italian Society of Aesthetic Medicine (SIME)
A. Scarano, Full Professor, University of Chieti

Secretaries: A. Capasso, A.P. Di Franco

Proteomic analysis of cellulite
G. Conti (Verona)

Cellulite and periodontitis
A. Scarano (Napoli), A. Amuso (Modena)

The certainty of cellulite pathogenesis
A. Sbarbati (Verona)

Histological and ultrastructural analysis of cellulite. The role of dermal fat
R. Cassese (Napoli), A. Sbarbati (Verona), D. Amuso (Modena), R. Amore (Livorno), E. Dai Pré, G. Conti (Verona)

Can cellulite be cured?
D. Amuso (Modena)

Nutraceuticals (supplements) and cellulite
E.L. Iorio (Salerno), Sbarbati (Verona)

Comparative surgical techniques for the treatment of cellulite... what response?
G. Ferraro (Napoli)

Surface irregularities
R. Amore (Livorno), S. Al Sanafi (Londra, Regno Unito), D. Amuso (Modena)

Discussion

1:00 pm LUNCH

1:30 pm Opening Ceremony in C.A. Bartoletti Room

2:30
pm**Innovative trends in cosmetology updates**

Chairmen: A. Fratter, Nutraceutical and Skin Care products Researcher, President of the Italian Society Nutraceutical Formulators (SiFNUT)
M.C. Romano, President of the International Association of Ecological Dermatology (SKINECO)
M. Veraldi, Scientific adviser of the Italian Academy of Anti-Aging Medicine (AIMAA)

Secretaries: V. Di Stasi, R. Filippone

Teenagers' skin
A. Beatini, F. Poli (Sarzana, SP), A. Catizzone (Catanzaro), R. Crescenzo, C. Giorgio (Napoli), S. Laura (Ventimiglia, IM), E. Bartoletti (Roma)

Skin aging, Exposoma and Environmental Pollution: Protective action of an extract from Deschampsia Antartica
M. Milani (Milano)

Clinical evaluation of the effectiveness of a cream based on extra virgin olive oil to reduce facial wrinkles
M. Famiglietti (Napoli)

Vitamin C Levogira Serum in aqueous solution (Patent no. 2362778), stabilised with melatonin and Resveratrol. Stability tests and clinical use
M. Tutino, G. Tutino (Palermo)

New formulations of melatonin to prevent aging skin
G. Escames (Granada, Spagna)

Post-filler and post-biostimulation redensifying dermocosmetic protocol
D. Tonini (Verona)

Microfocalised ultrasounds (HI-FU): review of literature and review of my 14 months of experience with this technology. Why is it worth getting passionate about it and what are the indications

F. Vignoli (*Bologna*)

HIFU: personal experience with multiline technology

G. Fatuzzo (*Roma*)

Discussion

The perfect eyes eye-liner: below ciliary, thickening, reshaping
G. Assalti (*Roma*)

Dermatological experiences
A. Tammaro, A. Sernicola, S. Persechino (*Roma*)

Discussion

Filler and areas of the face most at risk: guidelines for a successful corrective approach. Signs, symptoms and immediate management of a possible ischemic event

Andrea Alessandrini (Roma)

The treatment of the forehead with a single combination of hyaluronic acid and Calcium hydroxyapatite

F. De Angelis (Napoli)

Discussion

6:05
pm

Medical rhinoplasty: advanced techniques 1

Chairmen: *R. Bracaglia, Scientific Director of the aesthetic surgery centre "Bac" - Villa Stuart Clinic, Roma*

G. Salti, Scientific adviser of Italian Association of Plastic Aesthetic Surgery (AICPE)

N. Scuderi, Former Director of the Specializing School in Reconstructive Aesthetic Plastic Surgery, Sapienza University of Roma

Secretaries: *A. Palli, F. Tovecci*

Medical rhinoplasty: from small to large corrections, possibilities and limits

Andrea Alessandrini (Roma)

Non-surgical minimally invasive rhinoplasty: tips and tricks from the perspective of a plastic surgeon

T. Agostini, *R. Perello* (Firenze)

A simple and safe "nose job" with HA filler using the sub-SMAS and dermal injection plane

S. Fundarò (Modena)

Liquid rhinoplasty: a graft-based technique

F. Segreto, *G.F. Marangì* (Roma), *V. Cerbone* (Milano), *M. Alessandri Bonetti*, *P. Persichetti* (Roma)

Non-surgical rinoplastic with vycross technology filler: evaluation of personal technique after 2 years of experience

A. Triolo, *D. Palazzolo* (Palermo)

Agarose gel – Innovation in the world of dermal filler non-surgical rhinoplasty

A. Shab (Francoforte, Germania)

Discussion

Combining adipocyte/stem cell injection and melatonin/resveratrol topical application for facial beauty restoration

M. Tutino, A. Sanso, M. Sparacello, M. Lucania (Palermo)

Volumetric study of the adipose tissue through selective segmentation - Innovative pre- and post-operative analysis during the lipofilling procedures

A. Lazzarotto (Udine)

Clinical study on the effectiveness and tolerability of preformed growth factors vehiculated through ionophoresis on patients with androgenetic alopecia

M. Starace, Aurora Alessandrini, B.M. Piraccini (Bologna)

Discussion

Is it possible a non surgical lifting of anaesthetic genital's prolapse and vagina's tightening by HIFEM (High Intensity Focused Electromagnetic waves) ?

C. Catalisano (*Milano*)

Comparison of protocols: single session microfat vs integrated lipofilling protocol with monthly bio-restructuring to restore volume of the vulva

M. Goisis (*Milano*)

Minimally invasive technique for the correction of penile curvature without circumcision

G. Alei, Antonio Rossi, P. Letizia (*Roma*)

Discussion

**5:45
pm****Laser in Aesthetic Medicine: innovations and current trends 2***Chairmen: B. Bovani, President of the Italian Study Group of Technologies (GIST)**E. Bunar, President of the Croatian Association of Aesthetic Medicine (CAAM)**R. Di Maggio, Department of Aesthetic Medicine, San Giovanni Calibita Fatebenefratelli Hospital, Roma**Secretaries: L. Bartalini, L.G. Marini***Two light sources for a global youth****A. Beatini**, *S. Ubiglia (Sarzana, SP)***Is the Erbium: YAG Laser better than the chemical peel?****P. Boriolo** (*Gattico, NO*)**Carbon peel laser treatment of the face: indications, efficacy, safety and potential combinations****S. Guida**, *S. Longhitano (Modena), O. Cangelosi (Milano), F. Farnetani, G. Pellacani (Modena), G.G. Urtis (Milano)***New transdermal laser treatment system with dual emission of light with 532 and 808 nm wavelengths for the treatment of teleangiectasia****A. Crippa** (*Lecco*)**Aesthetic features of the induratio penis plastica and laser treatment****L. Longo** (*Firenze*)**A novel combinational Er:Glass Laser and Cryo therapy for Acne Vulgaris and Acne scars****H. Ifrach** (*Milano*)

Discussion

6:00
pm

Mesotherapy in Aesthetic Medicine: how deep should we inject? (in collaboration with SIM)

Chairmen: *E. Maggiori, Vice-director of the International School of Aesthetic Medicine of the Fatebenefratelli Foundation, Roma*

P. Rocchi, Professor of Legal Medicine at the International School of Aesthetic Medicine of the Fatebenefratelli Foundation, Roma

Secretaries: *C. Russo, V. Zimiaris*

How is Mesotherapy performed in Aesthetic Medicine?

G. Trocchi (Roma)

Updating of Mesotherapy Injection Depths based on age and anatomical sites, through in vivo imaging

F. George (Bordeaux, Francia)

Where do the new international recommendations on aesthetic mesotherapy aim?

M. Mammucari (Roma)

Discussion

The natural look can be influenced by the botulinum toxin treatment

G. Muti (Milano)

Jalu-botox in Face Aesthetics Procedures

L. Piovano (Roma)

Botulinum toxin and filler: benefits of the combined approach in the short and long term

I. Iozzo (Bologna)

How has the use of Botulinum Toxin changed in Aesthetic Medicine

A. Ignaciuk (Varsavia, Polonia)

Discussion

**12:15
pm**

Filler: more than just volume 2

Chairmen: **M. Cogliano**, Tutor at the International School of Aesthetic Medicine of the Fatebenefratelli Foundation, Roma

C. Magliocca, Complex Operative Unit of Breast Surgery and Breast Unit, San Giovanni Calibita Fatebenefratelli Hospital, Roma

C. Sciuto, International School of Aesthetic Medicine of the Fatebenefratelli Foundation, Roma

Secretaries: **C. Maxia**, **F. Tovecci**

Treatment of infraorbital area and temporal area as connected areas in aesthetic and anatomic aspects. Hyaluronic acid injections into the underlying structures. Injection volumes and techniques

L. Kamelina (Mosca, Russia)

Deflated balloon wrinkles: an imperfection to be volumised

D.A. Bollero (Torino)

Hyaluronic acid and succinic acid for the skin remodeling of the face in the perimenopausal woman

M.G. Di Russo (Formia, LT)

Full face therapy with Vycross technology: how far can we get?

N. Kefalas (Torino)

Hyaluronic acid and adipocytes cells turnover, in the aesthetic perspective: clinical outcome with a specific clinical protocol

B. Palmieri, **M. Vadalà** (Modena)

Discussion

1:30 pm Closing Ceremony of the 40th SIME Congress - 14th AIMAA Congress

11:45
am**Lips: from assesment to correction**

*Chairmen: R. D'Emilio, International School of Aesthetic Medicine of the Fatebenefratelli Foundation, Roma
G. Spizzirri Marzo, Probo Viro of the Italian Society of Aesthetic Medicine (SIME)
F. Troili, Department of Aesthetic Medicine, San Giovanni Calibita Fatebenefratelli Hospital, Roma*

Secretaries: M. Angelelli, C. Bianca

Mouth between art and aesthetics. Global approach and implant techniques

M. Enzani (Genova)

Liplush analysis. A statistical and dinamic analysis of the face's lower third during shaping and volumetric increase of the lips with hyaluronic acid

A. Lazzarotto, M. Robiony (Udine)

**Procedures for lip contour and barcode with HA: a personal approach
un approccio personale**

F. Patella (Trani, BT)

Versatility of mixed-technology hyaluronic acid for lip densification

Y.R. Bevelacqua (Catania), **M. Valente** (Milano)

Upper lip wrinkles: combined sequential one session treatment through dermabrasion with non-ablative multifrequency electrosurgery and peeling with mandelic acid

L. Fabiani, E. Guarino (Roma)

Three Vectors technique to achieve "Three-dimensional" lips

T. Manenti (Roma)

Lips: the art of simplicity: review of personal technique, two years of experience

M. Vitale (Bologna)

Discussion

1:30 pm Closing Ceremony of the 40th SIME Congress - 14th AIMAA Congress

