

AGENDA

FRIDAY / 19TH MAY

A ROOM

- 10:00 - 11:15** **INTRODUCTORY SESSION**
- 10:30 - 10:50** Welcoming guests.
Prof. Barbara Zegarska, MD, Ph.D & Dr. Marcin Ambroziak, MD
- 10:50 - 11:15** History of cosmetic dermatology in Poland.
Prof. Waldemar Placek, MD, Ph.D
- 11:15 - 11:30** Break.

B ROOM

- 11:30 - 12:50** **LEGAL AND BUSINESS SESSION - BUSINESS ACADEMY BY CROMA**
- 11:30 - 11:50** Standards that build patient loyalty.
Zbigniew Kowalski
- 11:50 - 12:10** How to be effective on social media?
Paula Sołtysiak
- 12:10 - 12:30** Areas of legal risk in aesthetic medicine.
Adv. Konrad Korbiński
- 12:30 - 12:50** Legal aspects of using off-label preparations in aesthetic medicine.
Adv. Karolina Seidel

A ROOM

- 12:30 - 13:30** **SINCLAIR WORKSHOP**
- Demanding lip shape - what technique and preparation to choose to achieve the most natural effect.
Dr. Anna Kropiwnicka
- 13:30 - 14:30** **CROMA WORKSHOP**
- Hair support. Techniques and treatment protocols for the scalp.
Dr. Magdalena Wawrzynkiewicz, MD

B ROOM

- 13:30 - 14:30** **NEAUVIA WORKSHOP**
- Triangle of Youth - the new approach to aesthetic medicine - live injection.
Dr. Zoran Rizinski, Dr. Kamila Stachura

A ROOM

- 14:30 - 16:00** **VIVACY GRANT**
- 14:30 - 14:35** Foreword, agenda.
Dr. Marcin Ambroziak, MD & Dr. Bartłomiej Kwiek, Md, Ph.D
- 14:35 - 14:45** Diversity in aesthetic medicine: how to take into account the diverse needs of patients.
Dr. Marcin Ambroziak, MD
- 14:45 - 15:00** Hyaluronic acid in the changing world of aesthetic medicine: challenges and prospects for the future.
Dr. Bartłomiej Kwiek, Md, Ph.D
- 15:00 - 15:30** Diversity of needs: woman and man - live streaming of the procedure using hyaluronic acid fillers.
Dr. Marcin Ambroziak, MD, PhD & Dr. Łukasz Ordynowski
- 15:30 - 16:00** Beauty at any age - live streaming of a treatment with hyaluronic acid fillers for women 50+.
Dr. Anna Grodecka

B ROOM

- 14:30 - 16:00** **NEW TECHNOLOGIES / Moderators: Dr. Maria Tryfonowa, Dr. Pawel Kubik**
- 14:30 - 14:45** The use of the latest high-energy technologies in combined therapies. Speaker's own experiences.
Dr. Marta Tazbir
- 14:45 - 15:00** Safety of combining different laser technologies.
Dr. Bartosz Pawlikowski
- 15:00 - 15:15** Volumetric skin lifting using a 675 nm fractional laser beam.
Dr. Pawel Kubik / **ITP GRANT**
- 15:15 - 15:30** The concept of using Mesh in lifting procedures.
Dr. Anna Skwarek, MD / **INTOBEAUTY GRANT**
- 15:30 - 15:45** Three-dimensional macroneedles and acne and its scars - speaker's experience.
Dr. Fadi Hamadani / **SHARPOL GRANT**
- 15:45 - 16:00** Fractional, non-ablative laser - an effective way to improve the structure and quality of the skin. Histopathological studies.
Dr. Pawel Kubik / **NEAUVIA GRANT**

- 13:00 - 16:00** Finger Food Lunch

CASINO ROOM

15:30 - 16:30 FILLMED WORKSHOP

The perfect lips. How to create them? # LipGloss # LipFlip # LipLift #
Dr. Monika Goroszewska

A ROOM

16:00 - 17:30 ALL ABOUT POLYLACTIC ACID BODY TREATMENTS - GALDERMA GRANT

Is anatomy just as important for face and body treatments?

Dr. Konstantin Frank

Polylactic acid - body treatments. Start the journey from the abdominal area - patients will love the results!

Dr. Maya Sinai

PLL-A as BODYguard - how to manage body skin flaccidity after 40 years of age?

Dr. Magdalena Korwin

Polylactic acid for arms - how to achieve a lifting effect and how to model arms using combined PLLA therapies and high energy devices?

Dr. Maya Sinai

B ROOM

16:00 - 17:30 AUTOLOGOUS MATERIALS, BIOSTIMULATORS AND EXOSOMES part I

Moderators: Dr. Marcin Ambroziak, MD & Monika Nunberg-Sawicka, PhD

16:00 - 16:15 SVF+PRP in regenerative and anti-aging medicine.

Dr. Robert Chmielewski

16:15 - 16:30 Does MSC stimulation work?

Dr. Julia Sieczych

16:30 - 16:45 A protocol that combines bioremodeling and deep skin hydration.

Dr. Monika Nunberg -Sawicka / **IBSA GRANT**

16:45 - 17:00 Exosomes - innovative "cell free cell therapy" in dermatology and aesthetic medicine.

Byong Cho & Dr. Lidia Majewska, MD

17:00 - 17:15 Skin stimulation and response. It's not just the surgery that matters. Holistic approach to supplementation.

Dr. Jerzy Iskrzycki / **KENKO GRANT**

17:15 - 17:30 Discussion.

A ROOM

17:30 - 18:30 IBSA WORKSHOP

The perfect lips, a reflection of our emotions. Meeting the needs of modern patients.

Dr. Olga Bobowska-Guglas

B ROOM

17:30 - 18:30 SHARPOL WORKSHOP

Three-dimensional transformation - how to model adipose tissue, muscles and skin at the same time?

Krzysztof Makarski & Bartosz Szczęśny

CASINO ROOM

17:30 - 18:30 INNMEDIS WORSHOP

Exosomal therapy: An alternative for cell-based therapies? Research findings, clinical successes, possible outlooks for practical applications in aesthetic dermatology and regenerative medicine.

Byong Cho, CEO i CTO, ExoCoBio Inc & Dr. Lidia Majewska, MD & Dr. Michał Kaniowski

EXHIBITION AREA

18:30 - 21:00 COCKTAIL FOR PARTICIPANTS

AGENDA

SATURDAY / 20TH MAY

A ROOM

- 08:00 - 09:00** **SHOW OF INTERESTING CASES - HOW TO ACT?**
Moderators: Luiza Marek-Józefowicz, MD, PhD, hab. Michał Sobjanek
- 08:00 - 08:05** Laser treatment of an allergic reaction to red tattoo ink.
Dr. Marek Opala
- 08:05 - 08:10** Severe telangiectasias in a patient with systemic sclerosis.
Dr. Karolina Górska
- 08:10 - 08:15** Complications after hyaluronic acid.
Dr. Karol Pniewski
- 08:15 - 08:20** The response of the patient's immune system after needle mesotherapy of the face.
Dr. Michał Chalcarz, MD
- 08:20 - 08:25** Can ASIA syndrome provoke HA?
Prof. Agnieszka Owczarczyk-Saczonek, MD, Ph.D
- 08:25 - 08:30** Shingles as a chronic ulceration of the scalp.
Dr. Luiza Marek-Józefowicz, MD
- 08:30 - 08:35** Angiosarcoma - "The Great Imitator", Four Case Study.
Dr. Michał Sobjanek, MD, Ph.D
- 08:35 - 08:40** Double vision after botulinum toxin administration.
Dr. Alicja Rustowska-Rogowska, MD
- 08:40 - 08:45** Rhinophyma - surgical treatment with the use of fibrin.
Dr. Oskar Orłitz
- 08:45 - 08:50** Presentation of cases of complications on the example of poly -L-lactic acid. - how to use to avoid them?
Dr. Piotr Nawrot
- 08:50 - 08:55** Complication after laser treatment or cutaneous leishmaniasis.
Prof. Romuald Olszański, MD, Ph.D
- 08:55 - 09:00** Discussion.

A ROOM

- 09:00 - 10:30** **EFFECTIVENESS AND COMPLICATIONS OF COSMETIC TREATMENTS**
Moderators: Dr. Łukasz Preibisz & Dr. Małgorzata Ornatowska
- 09:00 - 09:15** Complications of hyaluronic acid fillers.
Dr. Małgorzata Ornatowska
- 09:15 - 09:30** Hydroxyapatite - truth or myth?
Dr. Wojciech Marusza, MD, Ph.D
- 09:30 - 09:45** Intensified inflammatory reaction after using collagen.
Dr. Julia Volyk
- 09:45 - 10:00** Lifting, biostimulation, contouring - The effect of the treatment using Calcium Hydroxyapatite is safe for you and your patient.
Dr. Bożena Czeakańska - Smykalla / **MERZ GRANT**
- 10:00 - 10:15** Safety of PEGylated fillers based on hyaluronic acid in patients suffering from the Hashimoto disease.
Dr. Paweł Kubik / **NEAUVIA GRANT**
- 10:15 - 10:30** PDO threads: indications for implementation, treatment protocols, effects, complications and their treatment based on 10 years of own experience.
Dr. Małgorzata Ornatowska / **CROMA GRANT**
- 10:30 - 10:45** Break.

B ROOM

- 09:00 - 10:30** **ACNE AND ROSACEA – WHAT DO WE KNOW, WHAT CAUSES US THERAPEUTIC DIFFICULTIES?**
Moderators: Prof. Waldemar Placek, MD, Ph.D & Prof. Rafał Czajkowski, MD, Ph.D
- 09:00 - 09:15** Erythema as a dermatological and aesthetic problem.
Prof. Barbara Zegarska, MD, Ph.D / **BOGDANI GRANT**
- 09:15 - 09:30** Treatment of the acute phase of rosacea.
Dr. Ewa Kaniowska, MD / **BOGDANI GRANT**
- 09:30 - 09:45** When and what therapy in acne vulgaris?
Prof. Beata Bergler-Czop, MD, Ph.D
- 09:45 - 10:00** Lasers and other devices in the treatment of acne - where are we?
Dr. Bartłomiej Kwiek, MD, Ph.D
- 10:00 - 10:15** Dismorphophobia in aesthetic dermatology - what to do, how to act and how to save yourself from the patient?
Prof. Anna Zalewska-Janowska, MD, Ph.D
- 10:15 - 10:30** Discussion.
- 10:30 - 10:45** Break.

A ROOM

10:45 - 11:15 SPECIAL LECTURE

Innovations in regenerative medicine
Professor Maria Siemionow

A ROOM

11:15 - 12:15 GALDERMA GRANT

- 11:15 - 11:30** The precision of BoNT-A procedures - fiction or reality in physician practice.
Dr. Joanna Czuwara, MD, Ph.D
- 11:30 - 11:45** Why do I choose liquid botulinum toxin to provide my patients with effects longer than 6 months?
Dr. Magdalena Korwin
- 11:45 - 12:00** Pitfalls of the dynamic anatomy of facial muscles.
Dr. Joanna Czuwara, MD, Ph.D
- 12:00 - 12:15** How to use the power and effectiveness of BoNT-A therapy in the treatment of hyperhidrosis.
Dr. Ernest Novak

A ROOM

12:15 - 13:45 SKIN CARE - WHEN, HOW AND WHAT TO USE? Moderators: Prof. Zygmunt Adamski MD, Ph.D & Dr. Magdalena Dobosz, MD

- 12:15 - 12:35** Topical treatment of pigmentation disorders with dermocosmetics and pharmaceutical agents.
Dr. Joanna Czuwara, MD, Ph.D / L'OREAL GRANT
- 12:35 - 12:50** Is the use of aloe in cosmetic dermatology necessary?
Prof. Zygmunt Adamski, MD, Ph.D
- 12:50 - 13:05** The "hottest" active substances in cosmetics.
Dr. Marcin Ambroziak, MD & Prof. Barbara Zegarska, MD, Ph.D
- 13:05 - 13:20** Do laser treatments increase the bioavailability of active substances?
Dr. Marcin Ambroziak, MD
- 13:20 - 13:35** The therapeutic potential of vitamin A in the form of stabilized retinoate retinyl.
Dr. Magdalena Dobosz / BOGDANI GRANT
- 13:35 - 13:45** Discussion.
- 13:45 - 14:30** Lunch.

B ROOM

12:15 - 13:45 THE ROLE OF A PLASTIC SURGERY IN CORRECTIVE AND BEAUTY TREATMENTS Moderators: Marek Szczyt, PhD, Piotr Drozdowski, MD, PhD

- 12:15 - 12:35** Surgical facial rejuvenation. Operational methods.
Dr. Marek Szczyt
- 12:35 - 12:50** A modern approach to nose correction.
Dr. Mateusz Zachara, MD
- 12:50 - 13:05** When not to perform cosmetic dermatology treatments before a facelift?
Dr. Piotr Drozdowski, MD
- 13:05 - 13:20** What can a surgeon suggest for abdominal flaccidity?
Dr. Piotr Janik
- 13:20 - 13:35** Blepharoplasty - with the eyes of a surgeon and the hand of an ophthalmologist.
Dr. Ewa Woźniak-Roszkowska, MD & Dr. Katarzyna Baltaziak
- 13:35 - 13:45** Discussion.
- 13:45 - 14:30** Lunch.

A ROOM

14:30 - 15:30 GALDERMA GRANT

World of AART - how to improve communication with patients and respond to their individual needs?
Dr. Krzysztof Widerkiewicz

Bright Eyes - The area around the eye through the eyes of an ophthalmologist.
Dr. Magdalena Korwin

Shape-Up - Combination therapies of fillers with biostimulators - when 2+2=5?
Dr. Maya Sinai

A ROOM

15:30 - 16:15 CROMA GRANT

It's all about person and personality: A universal approach to achieve individualized outcomes for your patients.
Prof. Syed Haq

A ROOM

16:15 - 18:00 KNOWN AND NEW SUBSTANCES IN AESTHETIC MEDICINE Moderators: Dr. Joanna Czuwara, MD, Ph.D & Dr. Ewa Kaniowska, MD

- 16:15 - 16:30** What's New in Toxins?
Dr. Joanna Czuwara, MD, Ph.D
- 16:30 - 16:45** The use of botulinum toxin without the use of needles? Possibilities and limitations.
Dr. Julia Sieczych
- 16:45 - 17:00** l'MPERFECT protocols, the perfect solution to combat the signs of aging on the face.
Dr. Monika Nunberg-Sawicka / **IBSA GRANT**
- 17:00 - 17:15** Full body approach. The pure truth about the immunogenicity of Incobotulinum toxin A.
Dr. Bożena Czeakańska - Smykalla / **MERZ GRANT**
- 17:15 - 17:30** Ultrasound guided botulinum toxin injections.
Dr. Darina Korbutjak
- 17:30 - 17:45** Tips and tricks.
Prof. Syed Haq
- 17:45 - 18:00** Discussion.

B ROOM

16:15 - 18:00 NEW TECHNIQUES AND TECHNOLOGIES Moderators: Dr. Marcin Ambroziak, Dr. Łukasz Preibisz

- 16:15 - 16:30** Open your eyes. How to minimally invasively postpone blepharoplasty?
Dr. Fadi Hamadani / **SHARPOL GRANT**
- 16:30 - 16:45** Stretch marks - mixed techniques.
Dr. Magdalena Dobosz, MD
- 16:45 - 17:00** Correction of aging processes occurring within the body with the use of L- polylactic acid preparation.
Dr. Magdalena Zakrzewska / **SINCLAIR GRANT**
- 17:00 - 17:30** EMFACE, revolutionary approach to fight facial ageing.
Dr. Nathalie Fournier / **BTL GRANT**
- 17:30 - 17:45** PDLLA tissue stimulator – spekaer's own experience.
Dr. Michał Kaniowski, MD
- 17:45 - 18:00** Discussion.

GRAND PAVILION ROOM

20:30 CONGRESS DINNER

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AGENDA

SUNDAY / 21TH MAY

A ROOM

- 08:30 - 10:00** **DISCOLOURATION NEW TECHNOLOGIES, INNOVATIVE TECHNIQUES**
Moderators: Prof. Barbara Zegarska, MD, Ph.D & Dr. Dorota Roguś –Skorupska, MD
- 08:30 - 08:45** Discoloration yesterday and today.
Dr. Dorota Skorupska, MD
- 08:45 - 09:00** Can discoloration be effectively treated ? Review of combined therapies, old or new methods.
Dr. Joanna Magdziarz-Orlitz, MD
- 09:00 - 09:15** Modern approach to discoloration - how to avoid and how to treat?
Dr. Danuta Nowicka, MD, Ph.D / **EUCERIN GRANT**
- 09:15 - 09:30** Treatment of hyperpigmentation using thulium laser technology - own experience.
Dr. Kamila Stachura / **BOGDANI GRANT**
- 09:30 - 09:45** Antioxidant -anti-inflammatory therapy on the protection and repair of skin cell DNA. Efficacy confirmed in a clinical study.
Prof. Aleksandra Lesiak, MD, Ph.D / **RETIX.C GRANT**
- 09:45 - 10:00** Discussion.

B ROOM

- 08:30 - 10:00** **AESTHETIC GYNECOLOGY AND ANDROLOGY**
Moderators: Dr. Marcin Ambroziak, MD & Dr. Maciej Socha, MD
- 08:30 - 08:45** Labioplasty in different age groups.
Dr. Agnieszka Czarnecka - Świerkot
- 08:45 - 09:00** Sex in menopause and andropause.
Dr. Maciej Socha, MD
- 09:00 - 09:15** Every moment in a woman's life needs aesthetic gynecology. How to qualify patients for treatments using PRP, polynucleotides, hyaluronic acid.
Dr. Małgorzata Uchman-Musielak, MD / **CROMA GRANT**
- 09:15 - 09:30** Everything (almost) you need to know about andropause.
Dr. Ewa Kempisty-Jeznach, MD
- 09:30 - 09:45** Aesthetic gynecology of modern women - needs and solutions.
Dr. Agnieszka Harabin - Matysiak / **NEAUVIA GRANT**
- 09:45 - 10:00** Discussion.

A ROOM

- 10:00 - 11:30** **LASER AND NON-LASER TREATMENT TECHNIQUES**
Moderators: Dr. Bartłomiej Kwiek, MD, Ph.D & Dr. Marta Tazbir
- 10:00 - 10:15** What's new in laser therapy and "Energy based devices" in 2023?
Dr. Bartłomiej Kwiek, MD, Ph.D
- 10:15 - 10:30** Combined methods of treatment in vitiligo.
Dr. Justyna Skibińska
- 10:30 - 10:45** Treatment of difficult vascular malformations.
Dr. Marcin Bieńkowski, MD
- 10:45 - 11:00** Benefits of combining retinol-antioxidant therapies with high-tech technology in aesthetic medicine and plastic surgery.
Dr. Robert Chmielewski
- 11:00 - 11:15** #antiptosis treatments for the face and neck with the use of 3 generations of lifting threads
Dr. Magdalena Zakrzewska, MD / **APTOS GRANT**
- 11:15 - 11:30** Discussion.

B ROOM

- 10:00 - 11:30** **SCALP PROBLEMS**
Moderators: Dr. Adrianna Rakowska, MD, Ph.D & Dr. Danuta Nowicka, MD, Ph.D
- 10:00 - 10:15** Trichoscopy in clinical practice.
Prof. Lidia Rudnicka, MD, Ph.D
- 10:15 - 10:30** Androgenetic alopecia - from diagnosis to treatment.
Dr. Adrianna Rakowska, MD, Ph.D
- 10:30 - 10:45** How to strengthen the motivation of patients and accelerate the visible effects of baldness treatment.
Dr. Magdalena Wawrzyńkiewicz, MD / **CROMA GRANT**
- 10:45 - 11:00** Hair transplants in scarring alopecia.
Dr. Maciej Ambroziak
- 11:00 - 11:15** The use of stem cells in the course of baldness.
Dr. Danuta Nowicka, MD, Ph.D
- 11:15 - 11:30** Discussion.

AGENDA

SUNDAY / 21TH MAY

A ROOM

11:30 - 13:00 **AUTOLOGOUS MATERIALS, EXOSOME BIOSTIMULATORS PART II**
Moderators: Dr. Agnieszka Surowiecka, MD & Dr. Joanna Magdziarz-Orlitz, MD

11:30 - 11:45 Mesenchymal stem cells as a source of exosomes.
Dr. Agnieszka Surowiecka, MD / **CROMA GRANT**

11:45 - 12:15 The effect of Bio Pure Cell Repair Factor on tissues compared to various biostimulators, determined in in vitro, ex vivo and clinical trials.
Dr. Ferial Fanian / **FILLMED GRANT**

12:15 - 12:30 Tropocollagen as a repair element.
Dr. Katarzyna Grudzień / **AMBRA GRANT**

12:30 - 12:45 Skinboosters - stimulation based on non-crosslinked HA acid.
Dr. Tomasz Pniewski, MD

12:45 - 13:00 Discussion.

B ROOM

11:30 - 13:00 **NEW CHALLENGES IN AESTHETIC TREATMENTS**
Moderators: Prof. Małgorzata Sokolowska-Wojdyło, MD, Ph.D & Prof. Beata Bergler – Czop, MD, Ph.D

11:30 - 11:45 Advanced hybrid PDLLA biostimulants. Update for clinicians - analysis of adverse events and optimization of treatment procedures.
Dr. Bartłomiej Sobolewski / **BEAUTY EUROPE GRANT**

11:45 - 12:00 Can treatments be performed during oncological treatment?
Prof. Małgorzata Sokolowska-Wojdyło, MD, Ph.D

12:00 - 12:15 Shockwave.
Dr. Julita Zaczyńska-Janeczko, MD

12:15 - 12:30 Profilooplasty - are proportions so important?
Dr. Łukasz Ordynowski

12:30 - 12:45 What is the importance of ultrasound in procedures with the use of fillers?
Dr. Barbara Parda

12:45 - 13:00 Aesthetic aspects in psoriasis.
Dr. Kinga Adamska, MD

A ROOM

13:00 - 14:30 **TREATMENT PEARLS**
Moderators: Prof. Barbara Zegarska, MD, Ph.D & Dr. Marcin Ambroziak, MD

13:00 - 13:15 TCA, Phenol and fractionate CO² at one session.
Dr. Maria Tryfonova

13:15 - 13:30 The art of facial volumetry, with the patient's limited budget. Where and how to give 1-3 ml of HA to get the "wow" effect.
Dr. Wojciech Marusza, MD, Ph.D

13:30 - 13:45 Treatment plan - do we really need it.
Dr. Anna Grodecka

13:45 - 14:00 How to treat volume loss in the middle of the face without using hyaluronic acid.
Dr. Małgorzata Bagłaj

14:00 - 14:15 Exosomes with microneedling - innovative and effective scar therapy and antiaging.
Dr. Lidia Majewska, MD

14:15 - 14:30 Polynucleotides. Administration technique versus treatment effect.
Dr. Aleksandra Antolak

14:30 **END OF CONGRESS**

12:00 - 15:00 Finger Food Lunch