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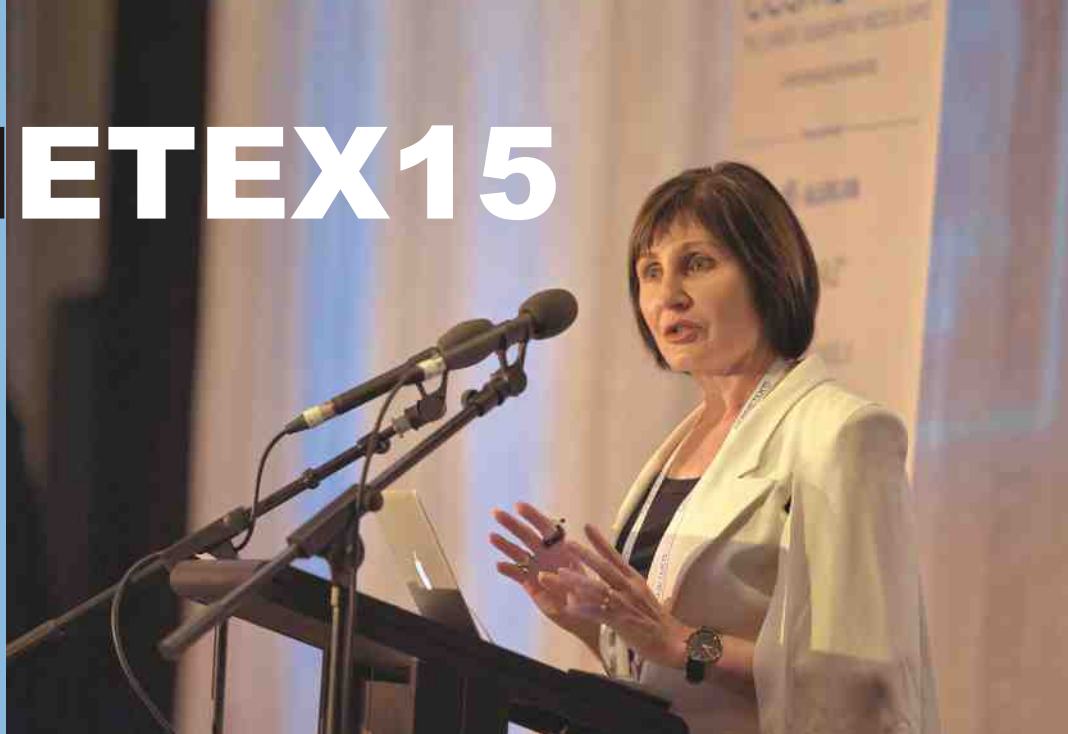
BIOMIMETICS – The Scientific Revolution in Skincare

Dr. Spiller

Biomimetic Skin Care

COSMETEX15

Leading the way
towards new
frontiers in
cosmetic medical
practice



The Australasian College of Cosmetic Surgery once again staged its annual conference COSMETEX on 30 April – 2 May, this year in Melbourne at the Pullman, Albert Park.

With the theme **Leading the way towards new frontiers in cosmetic medical practice** it delivered on its promise with an amazing and diverse range of topics from local and international speakers.

Academics, scientists, psychologists and cosmetic medical practitioners from a range of disciplines presented compelling education with topics ranging from beauty concepts across cultures, to advances in facial rejuvenation, cosmeceuticals, face lifting, dermal fillers, tattoo removal, laser skin rejuvenation, body contouring and lifting. How people see themselves, is itself an intriguing concept explored in depth at Cosmetex 15.

Professor Richard Boyd, a key researcher from Monash University opened the session on Stem Cells stating that research and treatment is beginning to show the potential for changing fundamentally the way doctors are approaching the treatment of conditions associated with ageing.

“With an ageing population, it is exciting to hold a key to slowing down, and potentially even reversing, damage at a cellular level,” Professor Boyd said.

“Ongoing collaboration between researchers in the labs and practitioners working in the field is vital for the advances and broadening of applications,” Professor Boyd said. The conference speakers explored the hurdles, hopes and applications in both regenerative and “rejuvenating” medicine.

College Censor-in-Chief Dr John Flynn agrees that there certainly are a lot of ways stem cells can impact cosmetic medicine.

“Putting stem cells in a fat graft means it will last better and be more reliable. Stem cells help in revision of surgical scars and traumatic defects and for the effect of facial volume enhancement. Along with regenerative medicine this holds great promise for the way we treat our patients in the future,” Dr Flynn said.

“However, the language surrounding stem cells can be very misleading. The work to date in this exciting field has focused on regeneration of joints in areas such as osteoarthritis, however, it is

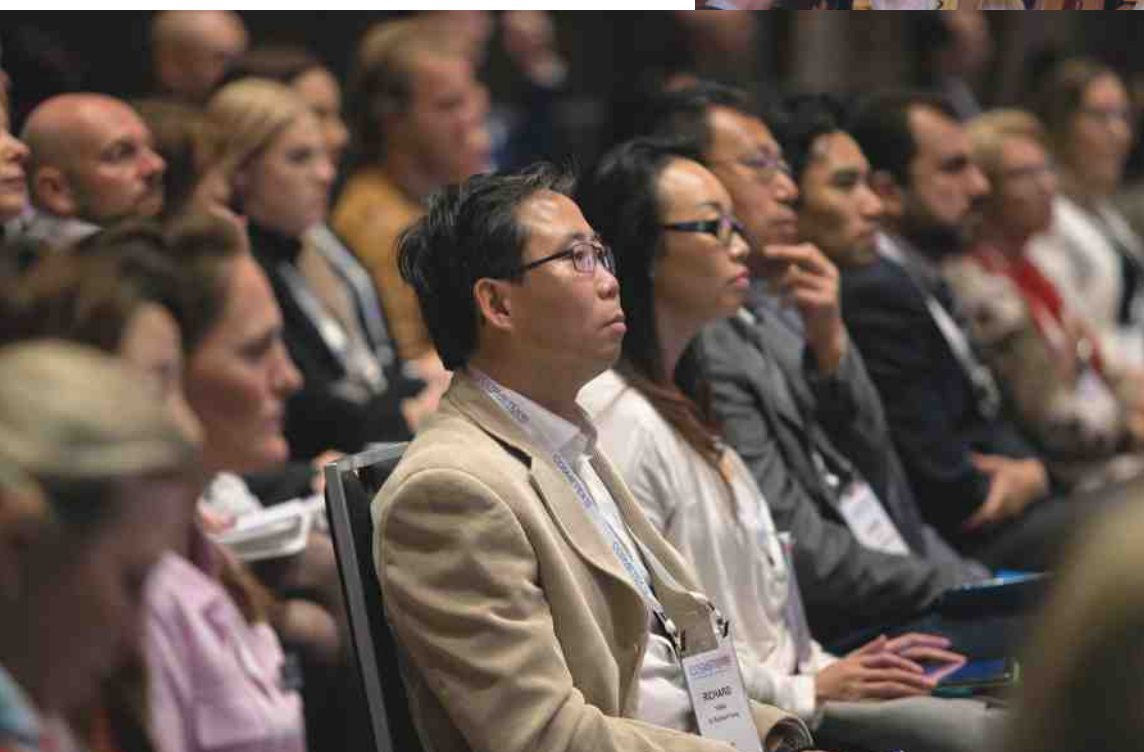
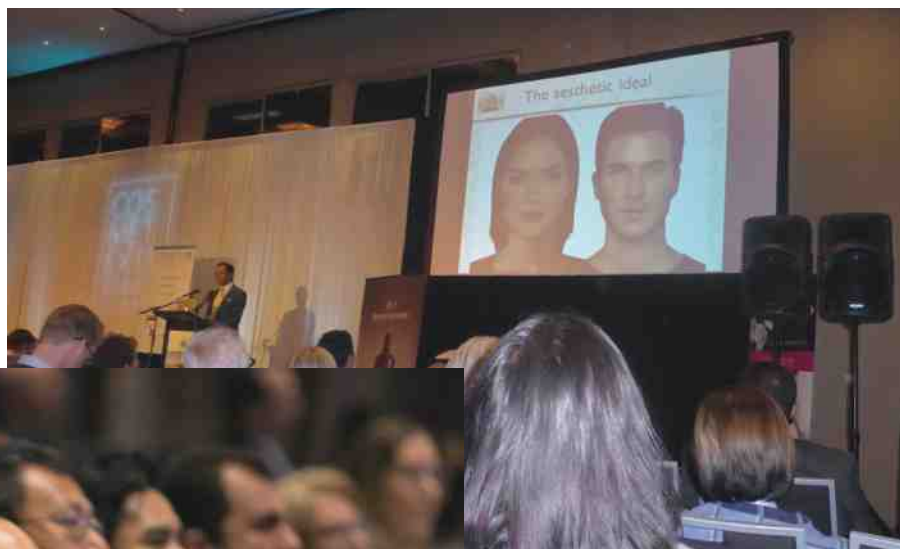
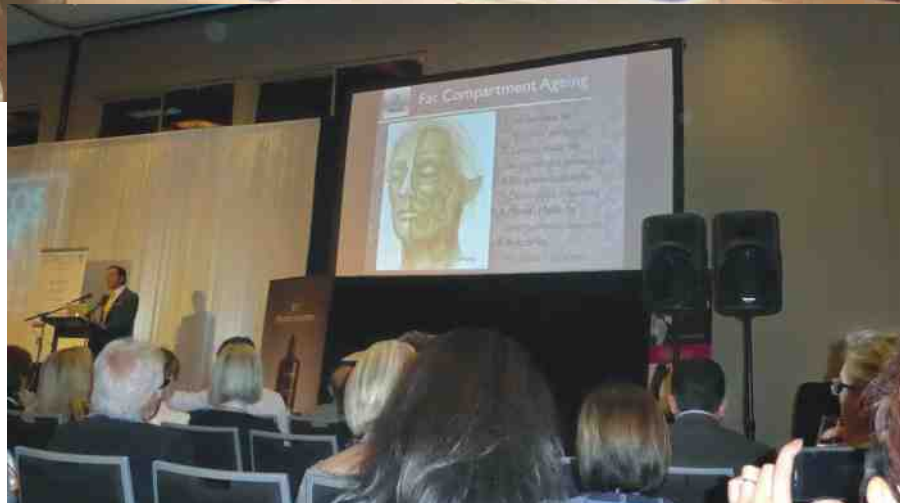
interesting to also explore the potential for these developments in stem cell therapies also in cosmetic applications,” Dr Flynn said.

This year's program touched on the need to consider regenerative medicine playing a key role in aesthetics medicine. Dermatologist Dr Vivian Bucay from Texas, who presented at several of the sessions stated that health and beauty are not mutually exclusive. Aesthetics is also medicine and ageing of the skin needs to be assessed at various layers – skin deterioration, fat displacement, muscle deterioration and bone



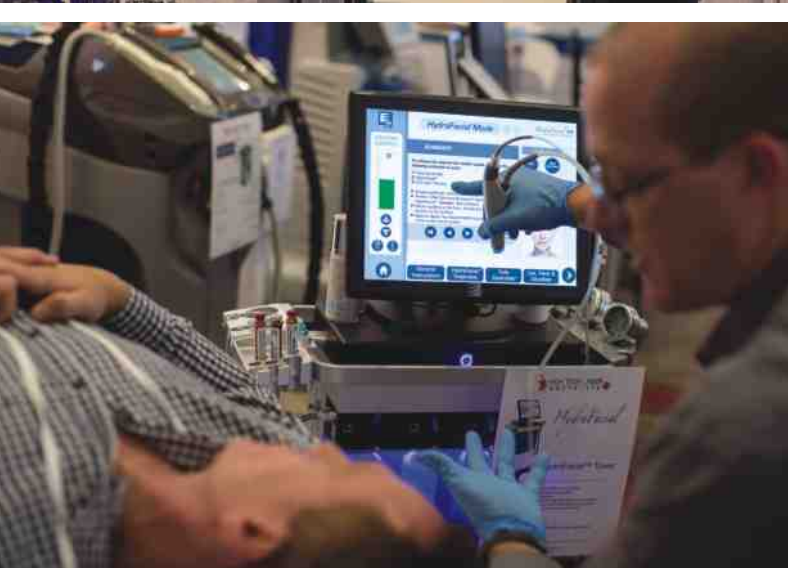
desorption leading to skeletal remodelling and loss of structural support. Dr Bucay presented several non-surgical lifting techniques of the brows, chin and neck and discussed the combination of fillers with micro-focused ultrasound. She also compared various light-based modalities such as IPL, laser and Radio Frequency and identified their various capabilities.

Dr David Castle, psychiatrist from St Vincent's Hospital in Melbourne presented a confronting lecture on image perception and how the media drives the aesthetic patient world. He present several examples of media impact subjected images with quite a bit of "doctoring" creating images of bodies that were substantially different to the original person. He stressed the dangers of photo-shopping that is creating a "beauty celebrity culture" that is putting pressure on women and leading to eating disorders and Body Dysmorphic Disorders. One of the images he presented was of the actor, Kate Winslet on the cover of *GQ Magazine* who appeared incredibly elongated - much taller and with longer legs than in real life. It was reported that Kate was very angry at the changes stating that she didn't look like that, however the magazine gave it no thought as they felt it sold more copies. Dr Castle stressed that today's models are expected to be walking clothes hangers, whose bodies do not interfere with the projection of the garments. He also critiqued Barbie dolls as being not a feasible human look. "For example, Barbie's waist is actually the size of her head," he said. These media-driven distortions are having a detrimental effect in women's morale and over the years are leading to an increased number of body dissatisfaction by over 70% of women who were recently questioned. Dr Castle warned about the danger or unrealistic expectations by some patients and encouraged practitioners to say "no"



if they believe their treatments would not meet with client expectations. He also encouraged that should BDD be identified not to hesitate to refer clients or patients to a psychologist or psychiatrist.

There were several sessions that looked at the full-face approach to sculpturing with dermal fillers. Substantial information was presented not just on the emerging new fillers but also the





new and very different approach to creating a more natural, subtle and youthful look rather than extensive volumising with excessive cheek lifting that becomes weird as one ages.

Dr Kate Goldie, Medical Director of the Advanced Rejuvenation Clinic from London (but with a thick Scottish accent), and also the Medical Director of European Medical Aesthetics and trainer presented the new way of assessing anatomical features to make treatments as natural as possible. She presented various techniques and also discussed a variety of injectable products that would allow changes to be blended to create seamless harmony and balance that does not appear artificial in any way. The strategies for improving features often involved not working locally at the problem by creating balance in another side of the face that will draw the attention away from the perceived identified problem.

There was quite a lot of information presented on scientifically validated skincare and which ones appeared to offer the best results. These included various types of Retinol/retinoic acid and various formulations of vitamin C, such as l-ascorbic acid, magnesium ascorbyl phosphate and ascorbyl tetraisopalmitate as well as microbial peptides and growth factor activators. Hyaluronic acids were covered at length with a variety of molecular weights being discussed and how they can provide different treatment outcomes such as effective lifting, smoothing or firming depending on the formulation. Injectable HA through the use of multiple needles (five needles) injecting at just 2-3 mm depths was presented as a novel way of improving overall skin conditions and enhancing hydration and skin freshness.



Another novel ingredient targeting dermal epidermal junction that was praised was acetyl hexapeptide-37 which delivers great results in a 2% cream. As we age, the decline of Glycosaminoglycans GAGs was something that needed to be addressed and a formulation of 1% GAGs proved promising in minimising water loss and improving skin barrier function.

There were numerous speakers who presented a variety of treatment outcomes through the use of CO2 ablative lasers as well as non-ablative RF with amazing results. Some severe scarring and pigmentations were able to achieve very impressive results.

The necessity to work interactively with various technologies as well as scientifically-validated ingredients was able to demonstrate incredible outcomes.

I could not finish my report without mentioning Dr Dianne Quibell, Assistant Clinical Professor, Harvard Medical School who presented at amazing speed some of the most advanced techniques and outcomes that can be achieved through various new laser technologies. Dr Quibell was quite robustly endowed and her presentation was also spiced with a great deal of humour, mainly aimed at her own physique and her love of carbs and fats, to which she *has no intention of holding back in their consumption*. Adding to the humour, she decided to show off her *beautiful crystal shoes* which, as she stated, redeemed the lower half of her, but she did advise us to only look at her from the waist up. Her witty humour was well received as she had the conference room roaring with laughter, however this did not at all take away from her amazing knowledge and the incredible technical information that she presented.

I have to say while this year COSMETEX was not as large as other years I felt the information presented was of a very high quality and very valuable. The event was well organized and structured and I am sure was worth while for all who attended. **APJ**

Congratulations to the conference organisers, International Conferences & Events (ICE) Blanche Wilkie PR officer and ACCS for another very successful event. For additional information about the ACCS, please visit: <http://www.accs.org.au/>

