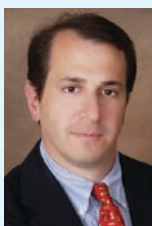


TRENDS IN AESTHETIC DERMATOLOGY

This year's Cosmetic Bootcamp Summer 2017 has a wide range of opportunities to learn and to interact with leaders in the 4 core specialties.

KENNETH BEER, MD



Kenneth Beer, MD

As this summer's Cosmetic Bootcamp in Aspen, CO, draws near, I am looking at the agenda with eagerness. Significant advances have occurred since the last summer meeting and

I am interested in seeing how my colleagues have embraced new technologies and products as well as how they have adapted older ones. Body sculpting remains popular as do fillers and toxins. Newer fillers have been approved over the last year and many new energy devices have been developed.

FILLERS

One symposium that I am looking forward to is the discussion of cannula vs needle for the injections of fillers. I have seen some amazing injections with cannula in regions such as the tear trough, malar, temple, and even into the lips. However, I have also seen some great injections with needles. In my practice, I use both. When I am injecting a non-hyaluronic acid product such as Radiesse (Merz Aesthetics), I try to use a cannula. I also favor the cannula for the nasolabial creases and marionette lines.

Tim Greco, MD, uses cannulas to do the entire face. During the upcoming meeting, he will demonstrate his ability to use them to inject the lips with filler in a minimally invasive manner that has minimal bruising or edema. Dr Greco uses 1 to 2 needle entry sites to treat virtually the entire midface and will demonstrate his technique.

Newer fillers have entered the US market in the past year and informa-



Figure 1. Numerous live patient workshops will demonstrate injection techniques.

tion about how they fit into the dermatologists' regimen, their strengths and weaknesses, and their indications will be examined. Among the products that are new thus far, are hyaluronic acid products that have specific indications and claims. Comparisons of these products with existing ones will be discussed.

BODY SCULPTING

Body sculpting is becoming increasingly popular. While many new lasers and energy devices have been introduced, combinations of injections and energy devices offer the most promise in fat reduction. Products that are approved for the treatment of fat are also being used in locations that are off-label. The potential for synergy with cryolipolysis, radiofrequency, and focused ultrasound seems significant and these will be reviewed at the meeting.

TOXINS

Several investigational toxin products that are in clinical trials employ new methods of injections. Presenters will demonstrate these novel techniques. In addition, several topical toxins that are being developed by different companies with anticipated indications for hyperhidrosis and crow's feet will be shared. Approved toxins are seeing increased use as more dermatologists performing the injections are comfortable injecting new areas.

One area that has been increasing in both functional and aesthetic indications is the masseter (and to a lesser extent the temporalis). Injections into these areas are helpful for shaping of the face and in many instances, can help to decrease the discomfort of temporomandibular joint syndrome and diminish teeth grinding. (This is an off-label use.) In my practice, I have many patients referred by dentists

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to help with this issue and I find the results to be extremely gratifying.

OTHER HIGHLIGHTS

The anatomy section of Cosmetic Bootcamp is going to be as robust as ever with a dissection showing all of the anatomy relevant for facial injections. Danger zones and areas that can be problematic will be reviewed, while the muscles and fat pads will also be highlighted so that each area will be easily seen. This will be followed by a discussion of what approach should be taken with each type of anatomic problem. The benefits of lasers compared with fillers/toxins and surgery will be discussed.

The laser and energy portion of the meeting will have an expanded section that will address each type of energy device. Devices to treat fat, vascular problems, pigment irregularity, wrinkles, lax skin, and fine lines/pores will be compared and contrasted. Physicians will compare experiences with each and demonstrations of selected devices will occur in small group learning experiences.

A new chemical peel workshop is hosted by leaders in the field. Different peels will be demonstrated and compared. Novel peels with ingredients designed to diminish downtime will be demonstrated and compared with more traditional peels.



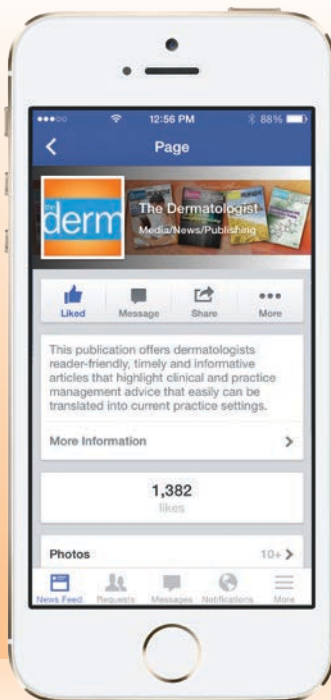
Figure 2. Kenneth Beer, MD, Mary Lupo, MD, and Vic Narurkar, MD.

This year's Cosmetic Bootcamp will have a wide range of opportunities to learn and to interact with leaders in the 4 core specialties. In addition to the great faculty and wonderful location, the diversity of opinions and candor with which they are expressed make the meeting unique. Once again, the meeting sold out this year so make plans for next year's summer meeting or visit one of the regional meetings or the Las Vegas Bootcamp for Extenders.

For more information on upcoming Cosmetic Bootcamp meetings, please visit <http://www.cosmeticbootcamp.com>. ■

Dr Beer is in private practice in West Palm Beach, FL. He is also a volunteer clinical instructor in dermatology at the University of Miami, a consulting associate in the department of medicine at Duke University, and shareholder and director of the Cosmetic Bootcamp meeting.

Disclosure: Dr Beer was an investigator and is a trainer for Kybella. He is an owner of Theraplex LLC, and consults, speaks, or performs clinical trials for Medicis, a division of Valeant, 3M, Sanofi Aventis, Bioform Medical, Allergan, and Stiefel, a GSK company. He is also a shareholder and director of the Cosmetic Bootcamp meeting.



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