

2019 Cosmetic Surgery Forum Agenda

Wednesday, December 4, 2019

6:30 PM – 8:30 PM: Director's Welcome Reception – The JW Marriott Cumberland Bar

- The Director's Welcome Reception is an opportunity to take a breath and meet up with friends both old and new as you arrive in Nashville. We invite all attendees to grab a bite, grab a drink and get prepared for a great meeting!

Thursday, December 5, 2019

6:30 AM - 8:00 AM: Breakfast and Registration

7:00 - 8:00 AM: Efficacy and Tolerability of a Novel Antioxidant formulation containing 30% of Tetrahexyldecyl Ascorbate, a lipid soluble form of Vitamin C

Sponsored by Revision Skincare

- Speaker: Alisar Zahr, PhD

8:00 AM - 8:10 AM: Welcome & CME Questions - General Session

9:00 AM – 12:00 PM: Grant Winner Case Presentations (2 Groups)

- Residents will present individual cases and research in consideration for presentation in the main sessions and for publication in either CUTIS or SKINMed Journal. These case abstracts are listed by presentation groups in the back of your program guide. Please feel free to sit on any and all of the Resident Presentations that are of interest to you!

8:10 AM - 8:50 AM: What's New Under The Sun

- Learn the latest technologies, treatments and products that are taking off and proving themselves around the globe.

Speakers: Drs. Chytra Anand, Daniel Cassuto, Michael Gold and Brandon Worley

8:50 - 9:30 AM: Effective Off- Label Approaches You Need in Your Arsenal

- Our panel of experts share their best tips for off-label methods to implement in your practice. It's never too late to add to your armamentarium!

Speakers: Drs. Erin Gilbert, Candace Spann, Mark Rubin and Amy Taub

9:30 - 10:00 AM: Is Sunscreen Safe?

- *The safety of sunscreen has been at the forefront of controversial conversation among dermatologists over the last few years. With new evidence surfacing on chemical sunscreens, it's time to evaluate if the chemicals in our sunscreens are really affecting the environment or if global warming might be the culprit.*

Speakers: Drs. Lawrence Green, Edit Olasz-Harken and Joel Schlessinger

10:00 - 10:20 AM: Break**10:20 - 11:10 AM: Top 10 Cosmeceutical Picks**

- *The world of Cosmeceuticals is constantly evolving. Learn from our panelists which products receive top marks for efficacy and quality, plus get the latest on the new, super-hot products on the market!*

Speakers: Drs. Vivian Bucay, Erin Gilbert, Amy Lewis and Joel Schlessinger

11:10 - 12:00 PM: ... and Here's Why It's My Favorite Device

- *In this ever expanding market of devices, it can be difficult to decide what device works best for you and the services you provide in your practice. Our expert share why these devices are at the top of the "must-have" list!*

Speakers: Drs. Joel Cohen, Rhett Drugge, Kavita Mariwalla and Candace Spann

12:00 - 12:40 PM: The Art of Fillers

- *The best injectors have an artist's eye! What are the secret little-somethings that will help you achieve the best patient outcomes? Take note of what these highly-regarding injectors are doing right now!*

Speakers: Drs. Joel Cohen, Amy Lewis, Barry Lycka, Amy Taub

12:40 PM - 2:10 PM: Lunch & Exhibits - Griffin Ballroom A-H**2:10 - 2:30 PM: Top Tips For Effective Patient Consultations**

- *Communication is a skill and we don't say "the art of suggestion" for no reason! During patient expectations setting realistic expectations and making sure you and your patients are on the "same page" is crucial to a good patient experience. Learn expert-level tips to improve the experience and outcomes of your patient consultations.*

Speakers: Dr. Mark Rubin and Amy Lewis

2:30 PM - 3:00 PM: Combination Therapies for Tough Cases

- *A person's skin is unique to them, and sometimes the standard treatments simply won't do the trick. If current processes don't yield the results you're looking for, it may be time for a new, customized approach!*

Speakers: Drs. Daniel Cassuto, Michael Gold and Melanie Palm

3:00 PM - 6:00 PM: Hands-on Live-Patient Demonstrations - Symphony Ballroom E, F - Chemical Peels, Laser Treatments, Body Shaping and more.

6:00 PM - 7:30 PM: There is only one BOTOX Cosmetic® Sponsored by Allergan

Botulinum toxins are unique products and noninterchangeable

Formulation and manufacturing

There's nothing exactly like BOTOX® Cosmetic (onabotulinumtoxinA)

Training to achieve desired outcomes

Speaker: John Fezza, MD

8:00 PM - 10:00 PM: Social Event - Jason Aldean's Kitchen + Rooftop Bar

Friday, December 6

6:30 AM - 8:00 AM: Registration and Breakfast

7:00 AM - 8:00 AM: Be the Change: Discussing Diversity, Inclusion & Medical Aesthetics

Sponsored by OBAGI

- Join Obagi at CSF for a robust panel discussion on what diversity and inclusion mean to the aesthetics community.

Speakers: Drs. Jeanine Downie and Deb Sherman

Moderator: Jaime Castle, OBAGI President

8:00 AM - 8:05 AM: Top 10 Finisher A

- CSF's 2019 Top 10 Fellow and Resident Grant Recipients present their winning cases and research.

8:05 AM - 8:10 AM: Top 10 Finisher B

- CSF's 2019 Top 10 Fellow and Resident Grant Recipients present their winning cases and research.

8:10 AM - 8:50 AM: Cosmeceutical Round Table

- "Talk amongst yourselves!" Good old-fashioned talk amongst colleagues about their favorite products, what they see happening in the industry, how cosmeceuticals fit into their practices and much, much more.

Speakers: Drs. Doris Day, Jill Fichtel, S. Manjula Jegasothy and Melanie Palm

8:50 - 9:00 AM: The Future is Here: BDDE- Free Hyaluronic Acid Fillers

Speakers: Dr. Daniel Cassuto

9:00 AM - 9:40 AM: Dermatology 360°: Full Body Care

- Medical dermatology is the starting place for all we do. While the conditions may not change, treatment options do. Explore the full circle of findings and breakthroughs in traditional dermatology from our expert panelists.

Speakers: Drs. Murad Alam, Laurin Council, Rhett Drugge and Rivkah Isseroff

9:40 - 10:00 AM: Hormones and Dermatology

- Hormones play a huge role in the health and wellness of the skin. As the skin ages and as patient's transition to a new phase of life for various reasons, hormones have a significant impact. How can physicians harness the power of hormones to make them work to their advantage in aesthetics?

Speakers: Drs. Joel Cohen and Doris Day

10:00 - 10:20 AM: 20 Most Interesting Things in Dermatology this Year

- The sheer amount of literature that comes out in a year can be overwhelming, to say the least. Dr. Matt Zirwas has done the leg work for you and has rounded up the 20 most interesting note-worthy things that happened in dermatology this year!

Speaker: Dr. Matthew Zirwas

10:20 AM - 11:00 AM: Neurotoxin Strategies

- *With new technologies entering the field and a sustained growth in this treatment segment, it is critical to keep your techniques on point. Whether you are a master injector or are just starting out - there is plenty to be learned from these experts that will keep you at the top of your game!*

Speakers: Drs. Chytra Anand, Brian Biesman, Corey Maas and Edit Olasz-Harken

11:00 AM-11:30 AM: Break & Exhibits - Griffin Ballroom A-H**11:30 AM - 11:35 AM: Top 10 Finisher C**

- *CSF's 2019 Top 10 Fellow and Resident Grant Recipients present their winning cases and research.*

11:35 AM- 11:40 AM: Top 10 Finisher D

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11:40-11:50 PM: The Lure of Lashes

Speaker: Julie Woodward

11:50- 12:30 PM: Advanced Laser Techniques

- *Lasers, lasers and more lasers. They are work horses that have a place in every practice! Hear about the latest advances and promising new therapies in laser treatments.*

Speakers: Drs. S. Manjula Jegasothy, Barry Lycka, Neil Sadick and Jill Waibel

12:30 PM - 1:00 PM: Male and Female Enhancement and Rejuvenation

- *Compelling data has shown there is a measurable benefit from male and female rejuvenation. Dermatologists have become more comfortable with the conversation, but many questions still remain. Here we will explore the who, what, when and why!*

Speakers: Drs. Laurin Council, Doris Day and David Goldberg

1:00 PM - 3:00 PM: Lunch & Exhibits - Griffin Ballroom A-H

1:15 PM - 2:15 PM: The Art of Innovation and Consultation: Introducing RESTYLANE® LYFT for Hands and Midface (held during Cosmetic Surgery Forum) Symposium with Live Injections Sponsored by Galderma

- Restylane® Lyft for Hands is the first and only FDA-Approved, hyaluronic acid injectable gel that helps restore the signs of volume loss in aging hands. Join Galderma for an immersive opportunity to learn the supporting science, injection technique, study data, and practice implementation of the latest innovation from Restylane®.

Featuring: Drs. Brian Biesman, Julie Woodward and Joel Schlessinger

3:00 PM- 6:00 PM: Hands-on Live-Patient Demonstrations - Symphony Ballroom E, F - Neurotoxins & Fillers

- Features injectors: Brian Biesman, Daniel Cassuto, Jill Fichtel, Michael Gold Candace Spann, Mark Rubin and Joel Schlessinger

6:00 PM - 7:30 PM: End-of-day Relaxation Event Sponsored by DefenAge

You are cordially invited for chair massage and tension-free time! You are maxed out, now come relax and recharge! 20 licensed massage therapists will be on hand to provide you with a 15-minute complimentary chair massage. Come as you are – no appointment or special attire required. Available to all event attendees.

While enjoying your massage, learn about dermatologic stem cells, defensins and the most recent DefenAge's developments:

Why try to repair old skin, when you can create new skin using dormant resource found in your body?

Speakers will focus on the use of specific regenerative technology, called defensins, to address signs of skin exhaustion, damage and aging. Speakers will provide detailed description of the mechanism of action, clinical data behind technology, and practical recommendations on the use of defensins to address variety of aesthetic concerns including skin's discoloration, age spots, melasma, acne, pore and wrinkle- size.

Speakers will share recommendations and protocols on the use of defensins in conjunction with microneedling, laser treatment, combination with PRP and with other skin care products and ingredients including retinoids.

Session Speaker(s): Amy Forman Taub, MD and Nikolay Turovets, PhD

8:00 PM – 10:00 PM: Faculty Reception

Saturday, December 7

7:00 AM - 8:00 AM: Breakfast & Exhibits

8:00 AM – 8:20 AM: PRP: Advances in Hair Replacement and Facial Fillers

- *Over the years, physicians have seen advancements in PRP and many have incorporated this procedure into their aesthetic practices. Find out from these experts as they assess the variety of uses for and efficacy of PRP.*

Speakers: Drs. Jill Fichtel and Neil Sadick

8:20- 8:40 AM: Nip, Tuck, Shape: Contouring Modern Bodies

- *Promises of the perfect contour are everywhere. Find out what's new- and what works - from top to bottom.*

Speakers: Drs. Corey Maas, and Randy Waldman

8:40 AM - 9:10 AM: Making Room at the Table: Incorporating New Fillers and Neurotoxins in Your Practice

- *There are new kids on the team this year and they are looking to start on the varsity squad! Get the 411 on the latest technologies on the market and how they might work for you in your practice.*

Speakers: Drs. Vivian Bucay, Jeanine Downie and Hema Sundaram

9:10 AM - 10:10 AM: Exhibits & Break - Griffin Ballroom A-H

10:10 - 10:15 AM: Top 10 Finisher E

10:15 - 10:20 AM: Top 10 Finisher F

- *CSF's 2019 Top 10 Fellow and Resident Grant Recipients present their winning cases and research.*

10:20 AM - 10:50 AM: Treating the Rainbow: Concerns and Treatments for Patients of Color

- *We may all be equal, but we're not all the same. From everyday concerns to the tough stuff, patients of color often benefit from treatments outside of what is often taught in medical schools in the US. Learn from our experts how they are thoughtfully and effectively treating skin of color.*

Speakers: Drs. Chytra Anand, Jeanine Downie and Brooke Jackson

10:50 - 11:10 AM: Tips and Tricks in Dermatology

- *The best secrets from 40 years in dermatology with Dr. Haines Ely!*

Speaker: Dr. Haines Ely

11:10 - 11:25 AM: CBD & Cosmetics: Worth the Hype?

- *It can't be ignored. From the growing interest of therapies to challenges with the FDA, cosmetic products containing cannabis and/or cannabis-derived compounds have taken the market by storm. Does CBD deserve its time in the spotlight? Dr. Matthew Zirwas sifts through the myths and science behind CBD and skin care.*

Speaker: Dr. Matthew Zirwas

11:25 AM - 12:45 PM: Break

- *General Session*

11:35 AM - 12:35 PM: Lunch & Learn: Understand Legal Tools: The Keys to Lawsuit Prevention, License Protection and Tax Reduction Hosted by Legally Mine

- *When it comes to Lawsuit Protection: Action without knowledge can be dangerous. Creating an asset protection plan without the professional help of those who specialize in the field will in all likelihood hand your assets to anyone who wants to sue you. The first step in this process is education and gaining the knowledge needed before taking action. Once you have a knowledge, action can be taken that will in fact shield you and your assets from any loss in any lawsuit.*

Speaker: Natalyn Lewis

12:45 - 12:50 PM: Top 10 Finisher G

- *CSF's 2019 Top 10 Fellow and Resident Grant Recipients present their winning cases and research.*

12:50 - 12:55 PM: Top 10 Finisher H

- *CSF's 2019 Top 10 Fellow and Resident Grant Recipients present their winning cases and research.*

12:55 - 1:05 PM: The State of the AAD

- *George Hruza, MD, President of AAD shares the latest updates on the Academy's activities, advocacy and more!*

Speaker: Dr. George Hruza

1:05 - 1:15 PM: Millennials and Your Practice

- *Born with smartphones in hand and powerful search engines at their fingertips, the millennials as a market segment have grown sustainably as young patients are discovering the importance of "prejuvenation." Find out why millennials are important to your practice and how to market to a generation whose information comes straight from influencers and InstaStories.*

Speaker: Dr. Kavita Mariwalla

1:15 - 1:45 PM: Efficiency: A Critical Assessment

- *efficiency (noun) 1: the quality or degree of being efficient 2a : efficient operation, b(1) : effective operation as measured by a comparison of production with cost (as in energy, time, and money). In this session, the panelist share advice and insights for determining the key elements to running an effective practice.*

Speakers: Drs. Michael Gold, Brooke Jackson and Jill Waibel

1:45 - 2:05 PM: Protecting Your Brand When Things Go Wrong

- *As the expression goes, "you never get a second chance to make a first impression." Your brand is a reflection of you and your practice - learn how to protect it! Learn what tips our experts have to mend any mishaps.*

Speakers: Drs. David Goldberg and Barry Lycka

2:05 - 2:20 PM: Lounge Break**2:20 - 2:25 PM: Top 10 Finisher I**

- *CSF's 2019 Top 10 Fellow and Resident Grant Recipients present their winning cases and research.*

2:25 - 2:30 PM: Top 10 Finisher J

- *CSF's 2019 Top 10 Fellow and Resident Grant Recipients present their winning cases and research.*

2:30 - 3:00 PM: Always Be Prepared: Managing Complications

- *If you are in practice, you will encounter complications. These experts share tips for how to best avoid or mitigate damage when the situation arises.*

Speakers: Drs. Zakia Rahman, Randy Waldman and Julie Woodward

3:00 - 3:20 PM: Compounding: Medical Mixology

- *Compounding is both a science and an art. Get great tips, tricks and pearls on non-steroidal compounding formulas!*

Speakers: Drs. Pamela Basuk and George Hruza

3:20 - 4:00 PM: Cosmetic Controversies

- *It's the cosmetic debate of the year on treatments, procedures and products. Find out which have proven to be the winners for some and flops for others!*

Speakers: Drs. David Goldberg, Zakia Rahman, Hema Sundaram and Julie Woodward