

Residents Gain Exclusive Cosmetic Training From Experts

The Society's eighth Premier Annual Resident Cosmetic Symposium presented invaluable lessons on cosmetic procedures to dermatology residents and post-residency fellows-in-training.

In 2015, ASDS hosted the first Premier Annual Resident Cosmetic Symposium to offer dermatology residents a 3-day intensive dive into cosmetic procedures and safe techniques that deliver optimal results. The 2023 event at the Omni Dallas Hotel in Texas on April 21-23 attracted 105 residents from across North America. Ten expert faculty joined Co-Directors Susan Weinkle, MD, and Thomas Rohrer, MD, to teach the principles of facial symmetry, current therapies for common aesthetic concerns, techniques to identify anatomical danger zones and tips to minimize and manage procedural complications.



2023 faculty clockwise from top left: Drs. Deirdre Hooper, Brian Zelickson, Kristel Polder, Thomas Rohrer, Shannon Humphrey, Kachiu Lee, Timothy Flynn, Heidi Prather, Susan Weinkle, Sue Ellen Cox and Kimberly Butterwick. Not pictured: Eric Bernstein, MD, MSE

RESIDENT CORNER

The event featured a variety of learning formats including meaningful lectures with real-world examples, multiple patient demonstrations, small group breakout sessions, case studies, faculty panels and extensive Q&A opportunities. New in 2023, attendees received access to on-demand lectures for facial anatomy, cosmeceuticals, hair loss treatments and sclerotherapy upon registering for the event. Also new this year was a mobile app with event information, exhibitor details, maps and an event game with prizes for attendees who gained the most points by gathering activity keywords throughout the Symposium. Back by popular demand, attendees received handouts on ASDS Learn following the event.

This event was graciously supported by exhibitors and in-kind partners including La Roche-Posay, Allergan Aesthetics, AbbVie, Galderma, Hugel, Revance, Merz, Skin Health Group, Sofwave, Candela, MPR.IO, Delasco, DermAvance, Suneva and Evolus. ●



The Symposium's app featured a game that awarded residents with gift cards, products and ASDS Learn webinars.



Dr. Vengalil was among the many residents who posted a photo with the selfie frames.



Dr. Shannon Humphrey lectured on facial analysis and neuromodulators.



RESIDENT CORNER



"Learned and laughed a whole lot this weekend with Viji Daniel! Huge thanks to the all-star ASDS faculty who took the time to teach and mentor such a small group of trainees. Attending conferences like these allow me to offer my patients the latest and greatest cosmetic treatments." - Steven Krueger, MD



RESIDENT CORNER



*"This was an amazing learning opportunity for two of our PGY-3 residents who heard high-yield talks from expert dermatologists."
- UCLA Dermatology Residency Program*



Co-Directors Drs. Thomas Rohrer and Susan Weinkle open the Symposium.

*"I had an amazing weekend learning from the very best in the field, seeing dear friends and meeting new friends. Feeling so incredibly lucky to get to learn from such brilliant minds and to stand next to people who inspire me every day."
- Madalyn Nguyen, DO*



ASDS Symposium: Valuable Experience to Conclude My Residency Education

By *Aamir N. Hussain, MD*

As a resident physician in training who is soon to enter practice, I was excited to attend the ASDS conference for residents in training that took place in Dallas. While some may view cosmetic dermatology as a purely aesthetic pursuit, cosmetic care (which includes lasers, neuromodulators, fillers and other procedures) can have a profound impact on patients' self-esteem, confidence and overall well-being. As such, I believe that learning these skills as a resident is critical to success as a practicing dermatologist.

Attending this conference was an incredible opportunity to learn about the latest techniques and technologies in cosmetic dermatology. As a resident, I have learned a great deal about the medical aspects of dermatology, but the conference emphasized areas that may not be covered in residency training programs. Due to my experiences in treating patients from various backgrounds and ethnicities, I can attest to the incredible value of cosmetic dermatology for improving patients' quality of life.

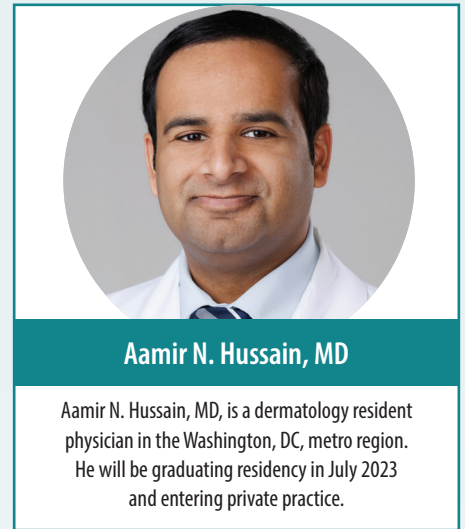
The conference covered a variety of topics, including advanced injectables and fillers, emerging technologies for improving skin health and techniques for non-surgical facial rejuvenation. The sessions were led by dermatologic surgery experts and included interactive demonstrations and Q&A sessions.

In networking discussions, the tenured faculty also provided valuable tips on branding, marketing and other critical aspects of business management that are not taught in medical school or residency. It's important to note that dermatologists are not just physicians, but they are also entrepreneurs and small business owners. Dermatologists often employ a team of staff, including nurses, aestheticians and administrative professionals. As small business owners, dermatologists play a [vital role](#) in the United States economy by creating jobs and contributing to economic growth.

One of the key benefits of attending the conference was the emphasis on hands-on experience. The interactive sessions allowed attendees to practice new techniques and ask questions, which was incredibly valuable in building confidence and competence in these skills.

Practicing dermatologists have a responsibility to educate their patients on the potential risks of any cosmetic procedure and ensure that their patients fully understand the procedure before undergoing it. The faculty reinforced that patients should be made aware of the potential side effects and complications, as well as the potential benefits, so that they can make an informed decision about whether to proceed with the procedure.

Overall, attending the ASDS conference was a top-notch experience that provided me with the knowledge and skills necessary to offer a wider range of services to my patients and improve their quality of life. I would highly recommend the Premier Annual Resident Cosmetic Symposium to any resident physician who is interested in pursuing a career in dermatology or who is looking to expand their skills and knowledge in cosmetic dermatology. ●



Dr. Hussain and co-residents from the MedStar Washington Hospital Center / Georgetown University Dermatology Residency Program.