



### Thursday June 13th 2019 MUST SEE



#### Arch of Peace

The Arch of Peace (Arco della Pace) is one of the symbols of Milan and one of the most important neoclassical monuments in the city.



#### Needle, Thread, and Knot

The sculpture expresses a dual symbolism: the three colours represent the three lines of metro system, while the needle is a tribute to Milan's fashion.



#### Santa Maria delle Grazie

The church is one of Renaissance art's most important testimonies in Milan.

## Dermatology changing skin

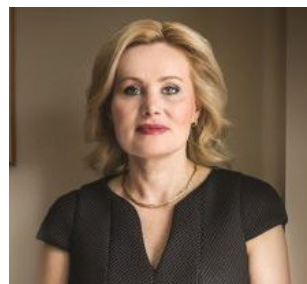


Dr. Giovanni Pellacani has dedicated his life to research in the field of skin physiology, cutaneous bioengineering for the evaluation of inflammatory pathologies, and in non-invasive diagnosis of skin tumours. In particular, dealing with melanoma and pigmented lesions, aimed at improving diagnostic accuracy for early identification through the use of dermoscopy in combination with image analysis and automatic diagnosis systems, and in vivo confocal laser microscopy for the study of the cytological and architectural aspects of skin

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## Taking down to zero the side-effects caused by test-therapies

Dr. Emma Guttman is a dermatology researcher, being uniquely board-certified in dermatology both in the US and Israel. Dr. Guttman's major clinical and research area of expertise is inflammatory skin diseases with major focus on atopic dermatitis or eczema and alopecia areata, as well as other inflammatory skin diseases.



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## Microbiome: Cutaneous dysbiosis cause inflammatory diseases



Intestinal and cutaneous dysbiosis, along with other known physiopathological factors, can possibly cause acne, atopic dermatitis, psoriasis and rosacea. This is a very important revolution within the dermatological landscape and is also a theme of the 24th Congress of Dermatology.

Doctor Marco Pignatti from the University Clinic of Modena and Reggio Emilia, said: "We have a new perspective as we realise that diseases being always treated with antibiotics, insecticides or antifungals such as

acne, atopic dermatitis and rosacea, can be possibly caused by cutaneous dysbiosis". *Continue on pag. 3*

## Distinguished Lecturer

Dr. Paul Redmond is currently Director of Student Experience and Enhancement at the University of Liverpool and an expert on generations. Redmond has deepened his research into the future of work and of "Generation Y" (aka Millennials), getting an important media coverage. His research into "Generation Y" (aka Millennials) and their considerable impact on organisations, has gathered him approval and respect from a range of national and international organisations, for which he also provides consultancy.



### Best Post of the day



# Dermatology changing skin

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lesions, related to dermoscopy and histology. For this reason, Pellacani insists on the idea of “dermatology changing skin” because he evokes new technologies and therapies to improve skin health care, also at early stages of skin diseases.



There are new treatments on the way for inflammatory diseases and chronic diseases thanks to the newest molecular therapies. Also, the advent of new molecules, always more performing, increase drastically the safety of dermatological treatments. The focus is also on new treatments for acute psoriasis and

atopic dermatitis, but also on vitiligo and many other severe diseases. The emphasis on the idea of “changing skin” is also related to a new generation of more precise diagnosis, able to find tumours in extremely early stages thanks to new technologies and of artificial intelligence.

## Taking down to zero the side-effects caused by test-therapies

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Also, what is important to point out is that she made paradigm-shifting discoveries on the immunologic basis of atopic dermatitis and eczema in humans, opening the pathway to new therapies. She has developed the only comprehensive molecular map of atopic dermatitis, so defining skin differentiation and immune-circuits characterising this disease. Moreover, she has shown the reversibility of the atopic dermatitis phenotype and defined a series of biomarkers that are now accelerating the tests on specific drugs for atopic dermatitis. Logic to add that her research has been precious and that she has contributed to many of the most recent developed treatments. For this reason, she earned a unique place as one of the worldwide leaders in dermatology and immunology. Furthermore, from Dr. Guttman's research, we can point out that atopic dermatitis is a complex disease with different phenotypes based on ethnicity, age and other factors. Today, she is doing research in her lab, testing both clinically and mechanistically multiple targeted-therapeutics for atopic dermatitis. What is key for Dr. Guttman is to develop on the long-term, taking to zero the side-effects caused during test-therapies.

## Atopic Dermatitis Awareness Campaign



Sleep, get dressed and undressed, take a shower or swim, sunbathe, play sports or fear the judgment of other people: these are just some of the difficulties encountered by people living with atopic dermatitis. A pathology that has an impact also on the psychological sphere, but today, thanks to research, are available effective treatments. Precisely for this reason was created the awareness campaign “Do you want to take advantage of Atopic Dermatitis?”, Sponsored by SIDeMaST, the Italian Society of Dermatology and Sexually Transmitted Diseases, ADOI, the Italian Dermatology Association of Hospital, ANDeA, the National Association of Atopic Dermatitis, CittadinanzAttiva, Utifar, Fenagifar and Italian Pharmacy System. The initiative that invites adults with atopic dermatitis to face the symptoms and the discomfort that the pathology entitles and to “win” them with the support of specialists, has started in these days from Milan in conjunction with WCD2019.

“Our daily experience, supported by several studies, tells us that people with atopic dermatitis, a

severe type, have tried everything to be able to calm the itch but with poor results and often give up - says Piergiacomo Calzavara Pinton, President SIDeMaST. “It's important to get them the message that something can be done about their condition and that medical specialists are ready to listen to them. That's the purpose of the campaign launched in these days, which also includes a program of free dermatological visits for adult patients with atopic dermatitis in university hospital centers throughout Italy “explains Calzavara.

“As evidence of the great attention that the pathology is receiving regarding therapeutic solutions and the impact on the quality of life, ‘AtopyReg’ will be launched in the next few weeks, the first Italian registry of patients with atopic dermatitis” adds Francesco Cusano, President of ADOI.

“It is a useful tool to analyze the data collected and allow not only to determine the predominance of diseases in the population, but also to evaluate the prognostic factors and the outcomes of therapeutic choices”, concludes Cusano.

## WCD 2019 Milan commemorative stamp



On the occasion of the World Congress of Dermatology, a commemorative stamp was issued, valid for the postal service.

The vignette depicts, in the foreground to the right, a female face flanked by the logo of the 24th World Congress of Dermatology; in the center, a detail of the logo is repeated, representative of the seven layers of the dermis. The special cancellation of the first day of issue is affixed, of course, to Milan.



## Microbiome: Cutaneous dysbiosis cause inflammatory diseases

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Over the last years microbiome has considerably changed the medicine and hence Dermatology has also changed. This knowledge was unavailable until 10 or 15 years ago. It involves all metabolisms as well as all systems -from the endocrine until the immune one- including the gut-brain connection. Cutaneous and intestinal microbiomes work with other skin functions and they are formed by microorganisms whose imbalance can cause some important dermatological pathologies.

Doctor Pignatti added: "During my speech I have explained how the connection between food and skin cannot only be

related to intolerances and allergies. There is a set of mechanisms linking all we introduce as food, which influences skin pathologies through the intestinal transformations made by microbiota."

Regarding psoriasis and other autoimmune pathologies there are alterations of the microbiota. These are the same as other intestinal inflammatory diseases. Many skin diseases can be caused by such intestinal imbalances.

"In order to resolve these pathologies, we are aware that we must treat these intestine-related causes by reducing inflammation, restoring the barrier function and rebalancing the bacterial flora", Dr. Pignatti said.

## The study of the universe as a basis for scientific research

We do not only talk about dermatology at WCD2019, but also of the Universe. The event was attended by Thomas Boller, astrophysicist at the Max-Planck Institute for Extraterrestrial Physics, in Germany. The scholar was recently awarded for his research on active galactic nuclei. At the Congress, Boller talked about the beginning and the end of the universe. "I know that studying astrophysics seems strange, since there is no direct connection with everyday life, especially in dermatology, but the study of the Universe is the basis of every scientific discipline" he said.

"Looking at black holes, for example, we discovered that Einstein was right about how

matter changes. Thanks to the great technology of the satellites, we have succeeded in obtaining the first photograph of a black hole and this for us scholars and for science represents an exceptional discovery" explained Boller.

"From a research point of view, we are going very fast in all areas of astronomy to try to find answers about the origin and creation of the Universe, trying to understand what is at the base of everything we know" concludes the astrophysicist.



## Body remodeling: scalpel-less techniques are increasingly in demand



Giacomo Urtis, dermatologist and aesthetic doctor: "Italian Women want the "Belén Rodríguez butt".

A patented machine that allows the long-term treatment of cellulite and that in about an hour, an hour and a half, with a single session, makes it disappear forever.

The Cryolipolysis that freezes the fat, then drained from the liver to be eliminated. An absolute new treatment as the "J-plasma", used for all cases of localized fat and that allows to obtain firming of the skin with an effect similar to that of the film for food when it is heated.

These are some new features in terms of non-invasive treatment for body remodeling, techniques without a scalpel that are increasingly required by patients. "The new non-surgical techniques are the ones that are the most asked of - explains the dermatologist

and aesthetic doctor Giacomo Urtis, present at WCD2019, the World Congress of Dermatology in Milan until Saturday, with a session on Lipodistribution. "For weight loss we use Cryolipolysis, instead of giving shape to the body, we use the vials of hyaluronic acid or polylactic acid," explains Urtis.

Among the dreams of women who turn to aesthetic dermatology there are above all the "Brazilian butts", a request that comes from both VIPs and ordinary people. No age limit ranging from 18 to 80 years. "Here in Italy the most popular butts are the Belén Rodríguez's, while in America they ask for Kim Kardashian's. But these kind of butts have very wide hips, so you need a lot of product," adds Dr. Urtis. "It also happens that a lot of customers from Miami or Brazil come to Italy to get their Brazilian butt and this sounds really fantastic," concludes Urtis.

# Singapore will host WCD2023

The International League of Dermatological Societies Members have announced during the ILDS Assembly of Delegates that the World Congress of Dermatology 2023 will be held in Singapore!



## Discovering the Lion City

The Lion City will host the world's oldest and continuous international dermatology meeting.

If someone wants to choose quality of life, Singapore is definitely the best place to be. In the Lion City people can find a perfect melting pot which embraces Asian culture and a western spirit.

Singapore is considered one of the most efficient and safest places. Prof. Roy Chan, who is President of the Singapore Bid for the 25th WCD in 2023, explains why the city ticks all the boxes to hold such a great event.

**WCD2023 will take place in your country. Are you happy?**

"For the first time the WCD will held in South and South East Asia, a rapidly advancing region with a population of over 2.3 billion people. Our bid to host WCD 2023 had the support of all the national dermatology societies in South-East Asia, as well as those of many other nations in the region. We will work towards including programmes that will also feature dermatology from South and South East Asia, a region with 20000 dermatologists. Singapore is a vibrant city-state situated just one degree north of the equator in the heart of South-East Asia. It is a global centre of travel, finance, commerce and science. It is a melting pot of several Eastern and Western cultures, with an ethnically diverse population of 5.6 million people living in racial and religious harmony that is a model for the world.

Travelling to the city is hassle-free through our extensive and convenient air connections and made pleasant with Changi airport, the stunning and efficient award-winning airport.

Only a few nationalities require a visa for entry into Singapore. For the minority who require a visa, visa processing time with complete documentation takes 1-3 working days

**Which theme did you choose?**

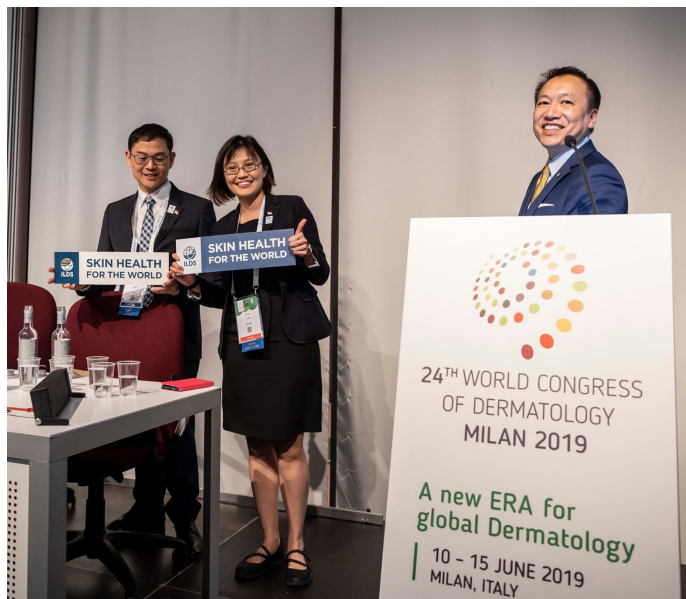
"We have chosen as the congress theme "Dermatology Beyond Borders". This encapsulates our desire for clinicians, researchers, industry and other partners to work towards extending the boundaries of dermatology. The conference will be "underpinned by Science, advance Care, and celebrate Communities".

**What is the place where the WCD will take place?**

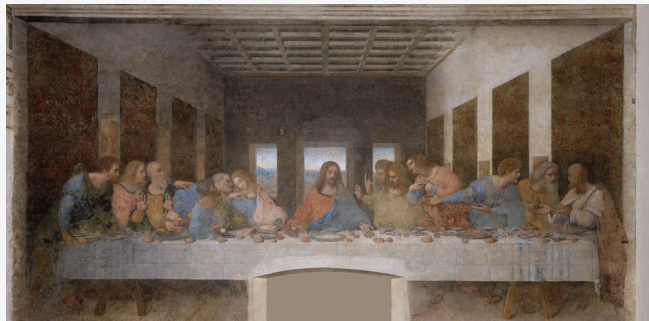
"The Suntec Singapore Convention and Exhibition Centre, with state-of-the-art conference facilities and services, would be the venue. The Centre is situated in the historical and civic centre of the city, making access to the congress simple, quick and inexpensive. Travelling to the city is hassle-free through our extensive and convenient air connections and made pleasant with Changi airport, the stunning and efficient award-winning airport. Visitor attractions are plentiful and include superb museums, modern architectural wonders, historical districts, beautiful verdant parks and nature walks, exciting shopping, cultural performances and recreational activities. We are confident that it will be a wonderful and unforgettable congress for you".

**What do you hope to find at WCD 2019?**

"I hope to find a wonderfully enriching experience for global dermatology, to renew friendships and make new ones, and to enjoy the sights and attractions of Milan and Lombardy".



## One reason to visit Milan: Cenacolo Vinciano



The Last Supper is one of the most recognized and appreciated artistic masterpieces in the world and is the only fresco of its kind still visible today.

The painting's theme is that of the Gospel of John, in which Jesus announces that one of his apostles will betray him. Da Vinci set the long refectory table at stage center in this room, with Christ at the center of a pyramid formed by extended arms. Around Christ

the apostles are painted in four groups of three, varied but symmetrically level. The use of perspective and the placement of the personages draws focus to the center of the painting, whence it seems that it is Christ who not only watches over the entire scene, but who seems to be living this decisive moment intensely, and in the very present.

### Opening Hours

Tue - Sun: 8:15 - 19:00  
Last admittance 18:45  
info: [www.cenacolo.it](http://www.cenacolo.it)