

40th
Years



THE FUTURE OF WELL-BEING

A NEW GENERATION OF AESTHETIC MEDICINE



**SIME
2019**

IME
Italian Society of
Aesthetic Medicine

14th CONGRESS
almaa
Italian Academy of
Anti-Aging Medicine

Endorsed by



ROME - 17th - 18th - 19th MAY 2019

Congress Centre Rome Cavalieri, Waldorf Astoria Hotels & Resorts - Via Cadlolo, 101 - 00136 Rome

SCIENTIFIC COMMITTEE

SIME PRESIDENT



Dr. Emanuele Bartoletti

AIMAA PRESIDENT



Prof. Felice Strollo

SIME COORDINATORS



Dr. Loredana Cavalieri



Dr. Domenico Centofanti



Dr. Annarosa Catizzone



Dr. Nadia Fraone



Dr. Elisabetta Fulgione



Dr. Gloria Trocchi

AIMAA COORDINATOR










Prof. Francesco Romanelli

SIME 2019
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PATRONAGES AND SCIENTIFIC COOPERATIONS

PATRONAGE HAS BEEN REQUESTED FROM:

-  Ministero della Salute
-  Presidenza del Consiglio dei Ministri
-  Regione Lazio
-  Comune di Roma
-  Ordine Provinciale di Roma dei Medici Chirurghi e degli Odontoiatri
-  Federazione Nazionale Ordine Medici Chirurghi e degli Odontoiatri (FNOMCEO)
-  Union Internationale de Médecine Esthétique (UIME)

SCIENTIFIC COOPERATION HAS BEEN REQUESTED FROM:

-  Associazione Italiana di Dietetica e Nutrizione Clinica (ADI)
-  Associazione Italiana di Chirurgia Plastica Estetica (AICPE)
-  Associazione Italiana di Oncologia Medica (AIOM)
-  Associazione italiana di Ginecologia Estetica e Funzionale (AIGEF)
-  Associazione Italiana Terapia Estetica Botulino (AITEB)
-  Associazione Medici Italiani Laser e Hi-Tech (AMI HI-TECH)
-  Associazione Nazionale Specialisti in Scienza dell'Alimentazione (ANSISA)
-  Collegio Italiano di Flebologia (CIF)
-  Federazione delle Società Medico-Scientifiche Italiane (FISM)
-  Gruppo Internazionale di Ricerca in Dermatologia Estetica Correttiva e Rigenerativa (GIDERMA)
-  Gruppo Italiano di Studio sulle Tecnologie (GIST)
-  Società Italiana di Andrologia e Medicina della Sessualità (SIAMS)
-  Società Italiana Chirurgia dell'Obesità e delle Malattie Metaboliche (SICOB)
-  Società Italiana di Chirurgia Oftalmoplastica (SICOP)
-  Società Italiana di Chirurgia Plastica Ricostruttiva ed Estetica (SICPRE)
-  Società Italiana di Endocrinologia (SIE)
-  Società Italiana di Flebologia (SIF)
-  Società Italiana di Mesoterapia (SIM)
-  Società Italiana di Medicina Interna (SIMI)
-  Società Italiana dell'Obesità (SIO)
-  Società Italiana di Tricologia (SITri)
-  European Federation of Aesthetic Medicine Schools (EFAMS)
-  Scuola Internazionale di Medicina Estetica della Fondazione Fatebenefratelli per la Ricerca e la Formazione Sanitaria e Sociale

GENERAL INFORMATION

CONGRESS AND PRE-CONGRESS VENUE

Rome Cavalieri Congress Centre, Waldorf Astoria Hotels & Resorts
Via Cadlolo 101 - 00136 Rome
Phone +39.06.35091 - fax +39.06.35092241
www.romecavalieri.it

PRE-CONGRESS COURSES DATE

16th may 2019 - Congress venue - Sergio Maggiori room

CONGRESS DATE

17th - 18th - 19th may 2019

SCIENTIFIC SECRETARIATS

Italian Society of Aesthetic Medicine (SIME)
Via Monte Zebio, 28 - 00195 Rome
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sime@lamedicinaestetica.it
www.lamedicinaestetica.it



Italian Academy of Anti-Aging Medicine (AIMAA)

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Web Page AIMAA



ORGANIZING SECRETARIAT

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HOTEL RESERVATION

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sime2019@ideameeting.com



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For more information visit the website
lamedicinaestetica.it

GENERAL INFORMATION

ABSTRACT BOOK

The Abstract book will be available on the website www.lamedicinaestetica.it.

SLIDE CENTRE

Power Point presentations Office 2003/2010 and any DVD Videos must be delivered to the Slide Centre at least one hour before the session begins and collected at the end of it. All Power Point presentations will have to be written in English.

CERTIFICATE OF ATTENDANCE

At the end of the Congress each participant can request a certificate of attendance.

CME CREDITS

The Congress is accredited for continuing medical education and provides **6 CME credits**. The attendance at the 90% of scientific activities is required to get CME credits. Congress schedules:

Friday 17th may 2019	9:30 am - 1:30 pm	2:30 pm - 7:00 pm
Saturday 18th may 2019	9:00 am - 1:30 pm	2:00 pm - 7:00 pm
Sunday 19th may 2019	9:00 am - 1:00 pm	

The Pre-congress courses are accredited continuing medical education. The Course "Medical Rhinoplasty" provides 4 CME credits; the Course "Complications in Aesthetic Medicine" provides 6,5 CME credits.

CHANGES

The Scientific Secretariat and the Organising Secretariat reserve the right to make changes to the programme that will be necessary for technical, organizational and/or scientific reasons.

REGISTRATIONS

Registration to the Congress and to the Pre-congresses courses can be done ONLINE (www.lamedicinaestetica.it).

In case of cancellation, communicated via registered return-receipt letter by 20th April, 2019 it is possible to receive the reimbursement of 50% of the amount paid. Speakers are required to pay the registration fee to the Congress.

REGISTRATION FEE

SIME CONGRESS	CME	Before 26/04/2019	After 26/04/2019
SIME/AIMAA members <i>(in good standing 2019, Please attach certification)</i>	6 CREDITS	350,00 €	
Foreing members of international societies of Aesthetic Medicine part of UIME <i>(in good standing 2019, Please attach certification)</i>			
NOT MEMBERS	6 CREDITS	450,00 €	500,00 €
Physician registered in their national GMC after 02.01.2015 - (Please attach certification)	6 CREDITS	100,00 €	

PRE-CONGRESS COURSES	CME	Before 26/04/2019		After 26/04/2019	
1st COURSE Medical Rhinoplasty: not just fillers	4 CREDITS	90,00 €*	180,00 €**	125,00 €*	250,00 €**
2nd COURSE Complications in Aesthetic Medicine: diagnostic-instrumental evaluation and therapeutic intervention	6,5 CREDITS	90,00 €*	180,00 €**	125,00 €*	250,00 €**

*SIME members or Congress participants or students of the School of Aesthetic Medicine FIF - **For other categories

THE FUTURE OF WELL-BEING A NEW GENERATION OF AESTHETIC MEDICINE

40th
Year

Social evolution and Aesthetic Medicine: the future of well-being

The central theme of the 40th SIME Congress will be the future of well-being. Society has changed a lot in the past 40 years. Longer life expectancy and increasing longevity have contributed to changes in habits and traditions, in the quality and the very meaning of life. Our branch of medicine has also had to change, to meet the needs of patients and those of a Society in constant flux. The main session of the Congress will bring together foreign opinion leaders of undisputed fame and long experience, who will approach the subject from various angles: from the constant search for the natural look to the evolution of techniques through the years; from the attention to the different approaches and procedures that doctors must adopt when treating young or older, male or female patients to an analysis of Aesthetic Medicine under the prism of the millennial generation and the influence of social media.

Dark Circles: from etiopathogenesis to treatment options

An entire session will be dedicated to the issue of dark circles, starting from the etiopathogenesis of the imperfection and going all the way to the possible therapeutic approaches, that include cosmetic solutions, fillers, laser treatment, nutritional supplements to be taken orally, and aesthetic surgery. Very many patients ask for a treatment for dark circles: their attenuation improves the patient's appearance, brightening the upper third of the face and making the patient look calmer and more rested, with a significant anti-aging effect.

Day Light and PDT: methodologies for Aesthetic Medicine

For years, photodynamic therapy, born in the dermatologist's office, has proved itself to be a safe treatment with many applications in Aesthetic Medicine. It is time to shed light on and investigate photodynamic therapy and its evolution in Aesthetic Medicine in depth. We will start with the presentation of classic Photodynamic therapy or PDT, and we will go all the way to Day Light, which uses the classic photosensitisers with solar light. Then we will discuss the most advanced forms of photobiomodulation. These tools are very useful for specialists in aesthetic medicine in the specific treatment of acne, as well as that of skin aging.

The world of Acne: a multidisciplinary approach

Acne is a multidisciplinary condition that affects both young and older patients. A round table dedicated to this subject will bring together specialists from various branches of medicine who will interact and provide their different viewpoints on the condition and its treatment. Thanks to this interactive session, participants at the congress will have the opportunity to acquire in-depth knowledge and compare the approach of endocrinologists, dermatologists, specialists in aesthetic medicine, and plastic surgeons.

New challenges in Aesthetic Medicine: forgotten areas of the body

Esteemed colleagues will compare their experiences in the treatment of areas of the body that are rarely discussed in Aesthetic Medicine Congresses. They will analyse those areas of the body that

wrongly attract less interest but which often trouble patients greatly, such as the auricles, the knees, dysmorphic lower eyelids, the umbilical area and others.

Problem solving in Aesthetic Medicine

What are the most common errors that specialists in aesthetic medicine commit when treating patients? And which are the simplest and most correct ways of handling them? We will try to answer these questions with an innovative session that aims to guide and help colleagues in the resolution of possible issues encountered in the practice of Aesthetic Medicine. Specialists in aesthetic medicine will present some cases that caused them particular difficulties. The discussion will involve a magistrate and a forensic scientist, who will provide answers to the doubts and questions posed by the participants.

Exposome: the environmental map of aging

One of the new subjects tackled by the SIME Congress is the exposome: the totality of external factors to which our body is exposed throughout our lives, starting with conception. They include sleep, nutrition, stress, electromagnetic fields and radiations. Adopting and comparing multidisciplinary approaches, we will attempt to review how these factors affect our organs and, hence, our skin.

Boxing Ring

Emboldened by the success of past years, we are returning to this particular type of scientific exchange and debate. This year we will have the opportunity to investigate in depth a treatment that has been the object of much discussion by both its proponents and detractors: local insulin-based therapies for the stimulation of adipose tissues. Two eminent opinion leaders will exchange views on this subject, presenting the various points of view, the scientific arguments that have been published in the most up-to-date and esteemed journals, and the reasons for and against this particular type of therapy.

In-depth studies

As well as these subjects, this year's SIME Congress - which is of particular significance, since it marks the 40th anniversary of the event - will offer opportunities for the in-depth study of specific subjects. Some salient examples are sessions dedicated to **physical exercise, nutrition and fitness**, a subject which is of increasingly great interest; an in-depth session on the world of **cosmetics in Aesthetic Medicine**, which will attempt to dispel false myths to get to the truth behind these products; sessions dedicated to the treatment of **secondary or iatrogenic imperfections**; to a comparison between the **Oriental diet and that of the Mediterranean**; to the analysis of **the most suitable tests to prescribe in the context of Anti-Aging Medicine**; to **hormones that dominate the news: DHEA and melatonin**; to therapy with the use of **Vitamin A in its topical and systemic formulations**. A session held in cooperation with SIE will be focused on DHEA, while a session will be held with ADI, ANSISA, SIO, SISDCA and SIME on **nutrition and the brain**. There will also be in-depth studies on cellulite and on techniques and innovations in the various fields of Aesthetic Medicine, such as **fillers, peelings, bio stimulation, lasers, etc.** The spotlight will also shine on **innovative marketing tools in the service of Specialists in Aesthetic Medicine**.

Click on the pictures or read QR code by your electronic device to watch the interview



Dr. Emanuele Bartoletti
Social evolution and Aesthetic Medicine: The future of well-being



Dr. Annarosa Catizzone
New challenges in Aesthetic Medicine: forgotten anatomical areas



Dr. Loredana Cavalieri
Dark Circle: from etiopathogenesis to therapy



Dr. Domenico Centofanti
Exposome: the environmental map of the aging



Prof. Carla Scesa
Cosmetics in Aesthetic Medicine: myths and realities



Dr. Gloria Trocchi
Complications in Aesthetic Medicine



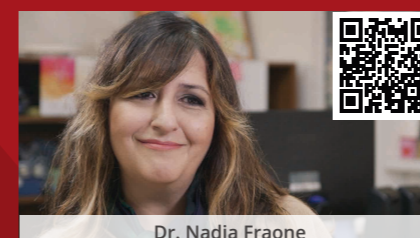
Prof. Felice Strollo
Aging: which tests?



Dr. Elisabetta Fulgione
Acne universe: a multidisciplinary approach
Day Light and PDT: methodologies for Aesthetic Medicine



Dr. Domenico Centofanti
Oriental diet vs Mediterranean diet



Dr. Nadia Fraone
Problem solving in Aesthetic Medicine



Prof. Francesco Romanelli
DHEA: the youth hormone?
Melatonin and its implications for Anti-Aging Medicine



Prof. Giuseppe Alessandrini
Vitamin A: protagonist or antagonist?



Prof. Massimo Sacchetti
Physical exercise, nutrition and fitness

PRE-CONGRESS COURSES

Medical Rhinoplasty: not just fillers



16th may 2019

Sergio Maggiori room (lobby level)

9:00 am - 1:25 pm

Scientific Director: Emanuele Bartoletti
Instructors: Andrea Alessandrini, Dario Bertossi, Can Nejat
Training objective: Guidelines - Protocols - Procedures (2)
Number of participants: 50
Duration of the training activity: 4 hours of scientific activities
Assigned Credits: 4 CME formative credits
Professions that the Course is open to: Surgeons (all fields)

COURSE PROGRAMME

COURSE REGISTRATION

Complications in Aesthetic Medicine: diagnostic-instrumental evaluation and therapeutic intervention



16th may 2019

Sergio Maggiori room (lobby level)

2:15 pm - 7:40 pm

Scientific Director: Gloria Trocchi
Instructors: Bruno Bovani, Maurizio Cavallini, Francesca Romana Grippaudo, Lia Pirrotta, Giovanni Salti, Gloria Trocchi
Training objective: Patients safety, risk management and professional responsibility (6)
Number of participants: 80
Duration of the training activity: 5 hours of scientific activities
Assigned Credits: 6,5 CME formative credits
Professions that the Course is open to: Surgeons (all fields)

COURSE PROGRAMME

COURSE REGISTRATION

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C.A. BARTOLETTI <small>GARDEN LEVEL</small>	G.B. ROBUTTI <small>GARDEN LEVEL</small>	S.B. CURRI <small>GARDEN LEVEL</small>	J. FONT RIERA <small>GARDEN LEVEL</small>	G. C. DONADI <small>GARDEN LEVEL</small>	S. MAGGIORI <small>LOBBY LEVEL</small>
<p>8:45 am Aesthetic Medicine</p> <p>10:05 am Innovative trends in Aesthetic Medicine</p> <p>11:30 am New proposal in Aesthetic Medicine</p>	<p>9:00 am New challenges in Aesthetic Medicine: forgotten anatomical areas</p> <p>10:30 am Striae distansae: mission possible</p> <p>11:30 am EFSP: just a proven truth?</p>	<p>9:15 am Innovation and technology in Aesthetic Medicine</p> <p>10:30 am Metabolic syndrome: aesthetic flaws and health conditions (in collaboration with SIMI)</p> <p>11:40 am Cases in Aesthetic Medicine: competence and scientific basis</p>	<p>9:25 am Trichology updates</p> <p>11:00 am Cutting - edge in trichology (in collaboration with SITRI)</p>	<p>9:00 am My experience with fillers</p> <p>10:10 am Dermatological competences of Aesthetic Medicine</p>	<p>9:00 am Improving results in body remodelling 1</p> <p>10:20 am Nutrition, obesity and anorexia</p> <p>11:35 am Press conference</p>
<p>1:00 pm Lunch</p>					
<p>1:30 pm Opening Ceremony - Lectures</p>					
<p>2:30 pm Social evolution and Aesthetic Medicine: the future of well-being</p> <p>3:30 pm Dark circle: from etiopathogenesis to therapy</p> <p>4:50 pm Update on activities of CISSME</p> <p>5:10 pm Lips: from function to aesthetics</p> <p>6:25 pm Medical profiloplasty... not just the nose</p>	<p>2:30 pm Innovative trends in cosmetology updates</p> <p>3:45 pm Acne universe: a multidisciplinary approach</p> <p>5:15 pm BOXING RING Bioregeneration with diluted insulin: myth or reality?</p> <p>6:00 pm Filler: the challenge of the upper third</p>	<p>2:30 pm Integrated safety protocols for better outcomes</p> <p>4:00 pm Peeling: what's new & what's true</p> <p>5:40 pm DHEA: youth hormone? (joint session SIE-SIME)</p> <p>6:25 pm Non-surgical lifting: HIFU</p>	<p>2:30 pm Day light and pdt: methodologies for Aesthetic Medicine</p> <p>3:45 pm Preventing and avoiding risks and complications</p> <p>5:10 pm Physical exercise, nutrition and fitness</p> <p>6:15 pm Laser in Aesthetic Medicine: innovations and current trends 1</p>		<p>2:45 pm Complications in technology (in collaboration with GIST)</p> <p>4:00 pm Tattoos: risks, safety and care</p>

Download the free App "SALUS"

Follow SIME Congress on your smartphone or tablet.
 You will receive alert for the beginning of the main sessions or events of SIME 2019 and all the real-time information.



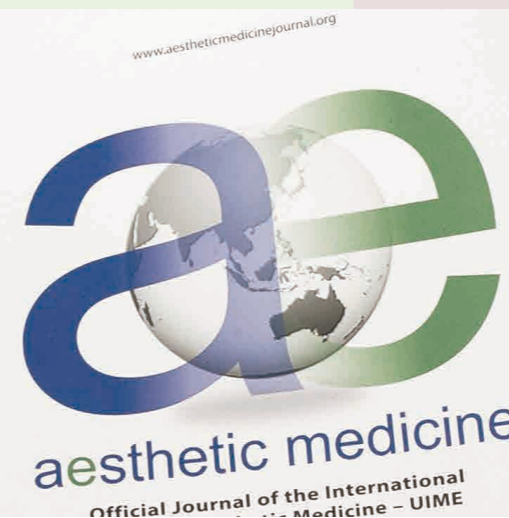


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<p>8:30 am Combined protocols: the advantages of synergies</p> <p>10:05 am Filler: more than just volume 1</p> <p>11:20 am How to avoid and how to treat complications</p> <p>12:30 pm Current trends in neuromodulation</p>	<p>9:25 am Non-surgical lifting</p> <p>10:55 am Biostimulation and biostructuring: ebm and personal experiences</p>	<p>8:50 am Body aesthetic plastic surgery</p> <p>10:45 am Facial aesthetic plastic surgery</p>	<p>9:00 am Cutting - edge technology in Aesthetic Medicine (in collaboration with AMI HI-TECH)</p> <p>10:05 am The businessman-physician: from sales to tax innovation (NON ECM SESSION)</p> <p>11:30 am Skin lesions: management wounds in Aesthetic Medicine</p>		<p>9:00 am Nutrition and the brain (ADI, ANSISA, SIO, SISDCA, SIME joint session)</p> <p>1:00 pm Multidisciplinary nutrition for health and well-being: poster endorsed by OMCEO Rome</p>
<p>1:30 pm <i>Lunch</i></p>					
<p>2:00 pm Knowledge exchange: SIME and other partner scientific societies</p> <p>3:15 pm Lower third and the mandibular region: the potential in Aesthetic Medicine</p> <p>5:10 pm Dangerous areas in Aesthetic Medicine tips and tricks</p> <p>6:05 pm Medical rhinoplasty: advanced techniques 1</p>	<p>2:00 pm Cosmetics in Aesthetic Medicine: myths and realities (NON CME SESSION)</p> <p>3:15 pm Cryolipolysis: state of the art</p> <p>4:55 pm Secondary or iatrogenic blemishes: side effects or ... desired results?</p> <p>5:40 pm Regenerative medicine the future of well-being?</p>	<p>2:00 pm Melatonin and its implications for Anti-Aging Medicine</p> <p>3:00 pm Problem solving in Aesthetic Medicine</p> <p>3:45 pm Aging: which tests?</p> <p>5:00 pm Vitamin A: protagonist or antagonist?</p> <p>6:00 pm Aesthetic Medicine and aesthetic plastic surgery</p>	<p>2:00 pm Oriental diet vs. mediterranean diet</p> <p>3:10 pm The clinical social role of Aesthetic Medicine</p> <p>4:50 pm Exposome: the environmental map of aging</p> <p>6:20 pm New trends in genital treatment 2</p>	<p>6:00 pm Mesotherapy in Aesthetic Medicine: how deep should we inject?</p>	<p>2:00 pm Aesthetic and functional gynecology (in collaboration with AIGEF)</p> <p>3:00 pm New trends in genital treatment 1</p> <p>4:30 pm Aesthetic Medicine treatments for scars</p> <p>5:45 pm Laser in Aesthetic Medicine: innovations and current trends 2</p>

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SCIENTIFIC SESSIONS SUNDAY 19th

C.A. BARTOLETTI GARDEN LEVEL	G.B. ROBUCCI GARDEN LEVEL	S.B. CURRI GARDEN LEVEL
9:00 am Improving results in body remodelling 2	9:15 am Threads lift	9:15 am Phlebology in Aesthetic Medicine <i>(In collaboration with CIF-SIF)</i>
10:30 am Neuromodulation in Aesthetic Medicine	10:30 am Cosmetology updates	11:40 am Medical rhinoplasty: advanced techniques 2
12:15 pm Filler: more than just volume 2	11:45 am Lips: from assesment to correction	
1:30 pm Closing Ceremony		



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I'm a member because

I want to matter more!

Since 1975, Sime has nourished cooperations among Aesthetic MDs operating in the many different specialties of Aesthetic Medicine. Sime promotes and encourages the achievement, as well as the mending, of personal wellbeing, balance and harmony. As a leading mission, Sime intends to secure the knowledge of Aesthetic Medicine to MDs and patients.

JOIN SIME NOW!



SCIENTIFIC ROOMS

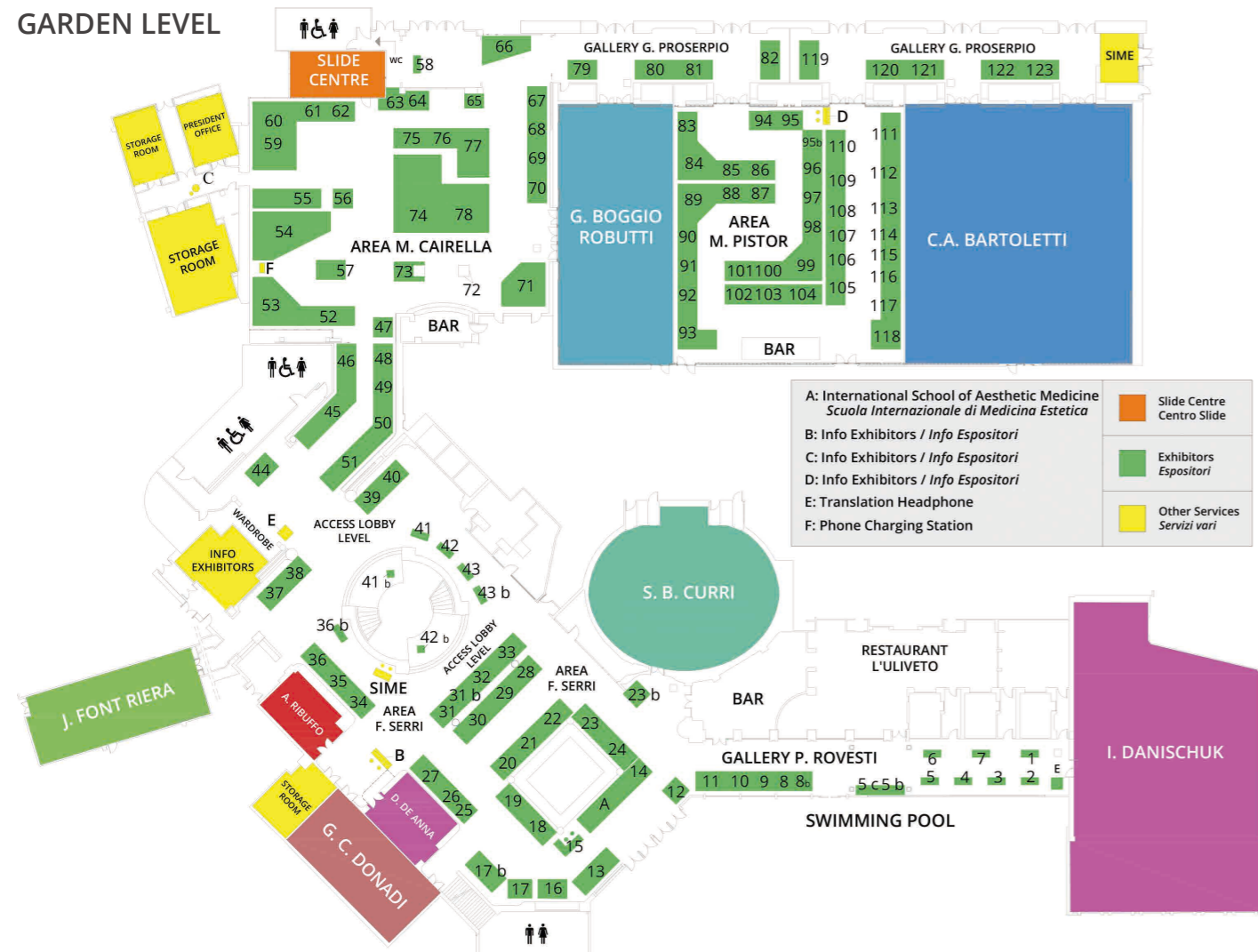


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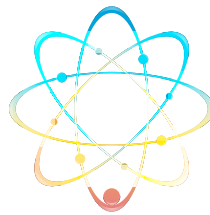


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FONDAZIONE
CARLO ALBERTO BARTOLETTI
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