

# American Academy of Dermatology Meeting- Washington D.C. 1-5th March 2019

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*From left to right: Dr Jonathan Kentley, Dr Livia Soriano, Dr Margo Gkini, Dr Zoi Tsianou,  
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I was fortunate to attend the 2019 Annual Meeting of the American Academy of Dermatology held in the urban jungle of Washington DC, home to the famous Smithsonian museums, Washington Capitol, the Pentagon, and of course the White House. Traveling in from the airport an hour away from the city centre, one could already feel the hustle and bustle of the city through the circulating helicopters in the sky to the wailing sirens of firetrucks and police cars emanating from downtown. The weather was very much like that in the UK: varied and unpredictable. From clear blue skies, to snow, and heavy rain, I experienced all in just under a week during my stay.

My colleagues and I spent most of our days in the Walter E. Washington Convention Center, the vast 2,300,000-square-foot venue of our educational activities. There were more than 350 educational sessions and hot topics, which required premeditated planning of your daily ventures to attend your topics of interest. The AAD app was especially handy to organise selected sessions.

Several new and emerging treatments for inflammatory dermatoses are exciting the dermatology world. For psoriasis, a rich pipeline of small molecules such as JAK inhibitors, TYK inhibitors, and ROR gamma inhibitors, is working its way through clinical trials. For alopecia, there are approximately 256 studies in progress or in completion with ClinicalTrials.gov. New discoveries include Wnt signaling glycoproteins, signaling cytokine interrupters (such as JAK inhibitors), fibroblast growth factors, neural stem cells, prostaglandin inhibitors, regenerative cells and botanicals. Current available treatments include dietary supplements, platelet rich plasma (PRP), microneedling, laser-assisted drug delivery, and scalp tattooing.

In the world of allergic contact dermatitis (ACD), parabens have been declared as the contact (non) allergen of the year. The frequency of sensitivity to this widely used preservative has remained low and stable for many years despite extensive use worldwide. Coconut derivatives such as cocoamidopropyl betaine found in 'No more tears' Baby Shampoo are increasing in prevalence as causes of ACD.

For dermatologic surgery, a combination of distraction techniques such as using an iPad and/or topical anaesthetics, and excellent local anesthesia (buffered, warmed, and injected slowly along with cooling and vibration to the area) can make a big difference to patient's comfort during dermatologic procedures. Tips to simplify nail surgery include pre-operative soaking of nails, using a glove finger as a makeshift tourniquet, diluting anaesthesia in saline first prior to using anaesthesia with adrenaline, and using nail blanching when administering anaesthesia as a sign of sufficient anaesthetic. Key updates to the 2018 melanoma guidelines included changes to American Joint Committee on Cancer melanoma staging, melanoma and pregnancy, increasing role of genetic testing in melanoma, and the cutaneous toxicity of checkpoint inhibitors and targeted therapies.

The exhilarating future of dermatology includes the use of Artificial Intelligence (AI) to augment our clinical roles as more people will be driven to see dermatologists. Recent data from 2018 unveiled algorithms that can diagnose melanoma and six other types of skin cancers using skin images more accurately than 97% of expert dermatologist readers. Currently, AI has limited data sets on tumours from darker skin types and work is being undertaken to help train these algorithms.



*From left to right: Dr Jean Bologna (USA), Dr Luca Borradori (Switzerland), Dr Jason Thomson (London), Dr Jonathan Kentley (London), Dr Douglas Maslin (Cambridge), Dr Livia Soriano (Cardiff), Dr Aadarsh Shah (Basildon), Dr Fangyie Xie (Cornwall), Dr Beth Wright (Bristol)*

Apart from the busy schedule of educational sessions, there were opportunities to network with consultant dermatologists and fellow registrars at the British Dermatology Reunion and other evening gatherings. I also took the chance to explore Washington's important cultural and historic attractions, enjoy the local cafes and restaurants.

I truly enjoyed this wonderful educational experience and I am very thankful to the British Association of Dermatologists and the Dowling Club for awarding me the BAD/DC Travel Fellowship Grant to support my attendance at the 2019 Annual Meeting of the American Academy of Dermatology.