

BAD/DC Travel Fellowship - AAD Report

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With the AAD app downloaded onto my phone, I was ready to start my educational journey. There were so many lectures and workshops happening at the same time, it was hard to choose from as they all sounded interesting. With sessions starting as early as 7am the Walter E. Washington convention center was full of eager attendees.

I started off my first morning by attending a lecture on the diagnostic and therapeutic approach to the patient with blisters. Dr. Marinovic gave a good overview of all the different causes of blistering conditions and the different treatments available.

Next I attended the gross and microscopic symposium where I had the chance to present an interesting clinical case. This was a two-day symposium with 192 presentations. There were residents and medical students presenting interesting 5-minute presentations from all over the world.

Controversies in contact dermatitis was my next stop. Dr. Machler talked about dietary manipulation in patients with systemic contact dermatitis. Including diets like the nickel free diet. New emerging allergens were also discussed.

Later in the afternoon, I attended a session called highlights from the medical literature. I was surprised to learn that there had been recent evidence in a prospective cohort study to suggest the link between sildenafil(Viagra) a PDE5 inhibitor and the increased risk of melanoma. Nicotinamide has also been shown to lower NMSC and AK formation and is currently being studied in transplant patients.

Bright and early, on the second day I attended a very informative one-hour lecture on conditions affecting the tongue.

The skin of colour session had been recommended to me by many colleagues who has attended in the past as being very useful. It covered practical topics such as hidradenitis suppurativa, problems affecting the hair and scalp and other challenging pigmentary problems.

My next stop was genetics disorders where I learnt that naevus anemicus and juvenile xanthogranulomas are now considered distinctive findings in patients with neurofibromatosis type 1.

I ended the day with the approach to sclerosing skin conditions lecture discussing systemic sclerosis and morphea.

On the third day I attended an interactive session where we could participate in an audience response system by using our app downloaded onto our phones solving case based challenges of skin signs of internal disease.

That evening, the British dermatology reunion was held in a hotel nearby. Our BAD president Dr. David Eedy gave a welcoming speech and introduced the new edition of the Rook Book, which was also on display. It was a great opportunity to catch up with colleagues.

On my last day I attended a lecture on head to toe region specific contact dermatitis and decided to roam around and watched a few e-posters being presented.

I thoroughly enjoyed the AAD meeting and found it extremely informative and useful for my daily dermatological practice. I would definitely recommend that other registrars attend this meeting as it will help improve clinical knowledge and keep one up to date with the current findings and treatments in the dermatological world. Next years meeting will be hosted in Orlando. I would like to thank the BAD for the travel fellowship and giving me the opportunity to attend this amazing meeting. I will definitely be attending more AAD meetings in the future.