

Joint BAD/NIHR Travel Bursary - American Academy of Dermatology Annual Meeting 2013 (1-5th March, Miami Beach, Florida)

Dr Alia Ahmed

I was delighted to present my poster on cutaneous sarcoidosis treated with infliximab at the annual meeting of the American Academy of Dermatology. I was particularly interested in attending this meeting as much of the current research on the use of biologics for the treatment of both cutaneous and multisystem sarcoidosis originates from the United States of America (USA). The meeting was an opportunity to discuss our experience and gain a global perspective on systemic treatment of this granulomatous disease. I was able to view other posters during the meeting and found the work of other Dermatology colleagues both stimulating and insightful.

I took advantage of the opportunity to attend several of the scientific sessions. Including the following:

- Obsessive compulsive disorder in dermatology – recognition of patients with obsessive compulsive disorder who present primarily to dermatologists with skin-related complaints. Management of these patients with both topical and systemic treatment (including the use of psychotropic agents) was reviewed as well as the use of psychotherapy as a treatment adjunct
- Vitiligo – I chose this session as I am currently developing a research project with the Dermatology Clinical Trials Network (UK DCTN). The session was a good refresher of the pathogenesis, presentation and treatment methods for vitiligo, including insight into new methods of treatment
- Chronic urticaria and angioedema – after seeing a number of patients with these conditions I was keen to attend this session to learn to differentiate between chronic urticaria and angioedema, and also review the most current management
- Psychodermatology – I have a special interest in psychodermatology and see patients in a specialist clinic, so these sessions were a good review of both primary cutaneous and primary psychiatric disease presenting to dermatologists. The part of the session dedicated to Morgellons was particularly interesting
- Body dysmorphia – this session covered the assessment, diagnosis and management of body dysmorphic disorder, including an interesting discussion on what constitutes beauty and the different cultural influences on the perception of beauty

Attending this meeting was an excellent opportunity not only to present my own research but also to appreciate the work of other researchers in Dermatology and gain understanding into the most recent advances and discoveries in my chosen specialty. I would like to thank the British Association of Dermatologists (BAD) and the National Institute for Health Research (NIHR) for giving juniors the opportunity to apply for this bursary and supporting us in our endeavours to increase our knowledge and understanding of dermatology.