



CAAM 16th Annual Conference
 October 25-26, 2019 | Markham, ON
 Hilton Toronto/ Markham Suites
 Conference Centre

Program Schedule

Friday, October 25, 2019		
0700 - 1715	Conference Registration	Markham Foyer (1 st Floor)
0700 - 0800	Breakfast	Markham Foyer (1 st Floor)
0800 - 0815	Official Welcome and Introduction by the President Julia Carroll, MD, FRCPC	Markham Ballroom
0815 - 0900	Opening Keynote: The Evolution of Aesthetics Shino Bay Aguilera, Board Certified Dermatologist and Dermatologic Surgeon Chair of session: Julia Carroll, MD, FRCPC Learning Objectives - At the conclusion of this activity, participants will be able to: <ul style="list-style-type: none"> • Recognize new and future trends in aesthetic medicine • Explain new neuromodulators available in North America • Discuss the various types of threads available in the US and how they are being used practically in aesthetic practice in comparison to our existing tools 	Markham Ballroom
0900 - 0945	Stem Cells - Where do we go from here? Martin Braun, MD and Jonathan Brock, MD Chair of session: Renier van Aardt, MD, (MB, ChB), CCFP Learning Objectives - At the conclusion of this activity, participants will be able to: <ul style="list-style-type: none"> • Comprehend the function of stem cells in the human body • Explain the rationale of stem cell treatment • Distinguish the potential benefits of stem cell therapy compared to platelet rich plasma • Judge the controversies surrounding stem cell therapy • Understand the potential applications for current and future potential use of stem cells 	Markham Ballroom
0945 - 1030	Refreshment Break amongst Exhibits	Conference Centre (Convention Floor)
1030 - 1130	Safety First: Anatomy and live injections Chair of session: Julia Carroll, MD, FRCPC Sebastian Cotofana, MD, PhD - by video conference - Shino Bay Aguilera, Board Certified Dermatologist and Dermatologic Surgeon - in person live injections - Learning Objectives - At the conclusion of this activity, participants will be able to: <ul style="list-style-type: none"> • Identify the relevant anatomy related to facial injections • Choose the appropriate injectables to get the best results for their patients • Achieve excellence aesthetic results combining relevant anatomy and appropriate product choice 	Markham Ballroom
1130 - 1215	Game of Consults By Special Guests Chair of session: Haneef Alibhai, BSc, MD, CM, CCFP, FCFP Learning Objectives - At the conclusion of this activity, participants will be able to: <ul style="list-style-type: none"> • To learn how to perform an effective and productive consultation • To learn how to approach a consultation with a challenging patient • To learn how to turn a challenging consultation into an effective patient interaction 	Markham Ballroom

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1215 - 1345	Lunch amongst Exhibits	Conference Centre (Convention Floor)
1345 - 1515	<p>Panel Presentation - Innovative New Facial Treatments and Technologies Chair of session: Jennifer A. Upitis, <i>HBSc, MD, CCFP</i></p> <p>Aesthetic Treatments for Transgender Patients <i>Sean Rice, BA(Hons), MD, MSc, FRCSC</i></p> <p>Learning Objectives - At the conclusion of this activity, participants will be able to:</p> <ul style="list-style-type: none"> • Understand the basics of gender reassignment surgery • Recognize the unique aesthetic needs of transgender patients • Learn how and when to apply the principles of treating transgender patients to all aesthetic patients <p>Duplex Ultrasound of the Face-Seeing Anatomy In Real-Time <i>John Rowen, MD, CCFP(EM)</i></p> <p>Learning Objectives - At the conclusion of this activity, participants will be able to:</p> <ul style="list-style-type: none"> • Understanding the use of Duplex Ultrasound(DUS) in assessing facial anatomy • Recognizing that the different fillers available in Canada are identifiable on DUS post injection • Vascular complications can potentially be better treated by US guidance with hyaluronidase <p>Acne, Rosacea, Scarring <i>Jerry Tan, MD, FRCPC</i></p> <p>Learning Objectives - At the conclusion of this activity, participants will be able to:</p> <ul style="list-style-type: none"> • Classify the different types or scars • Explain the mechanism of action of scar formation • Formulate a plan for acne scars and prevention • Review the limitations of scar treatment • Describe the updated diagnostic criteria for rosacea • Use the phenotype classification in clinical management of rosacea <p>Cosmeceuticals <i>Heather Woolery-Lloyd, MD, Dermatology</i></p> <p>Learning Objectives - At the conclusion of this activity, participants will be able to:</p> <ul style="list-style-type: none"> • Classify the various cosmeceuticals • Determine where and when to use cosmeceuticals • Recognize how to incorporate cosmeceuticals into your daily practice • Review potential adverse effects of cosmeceuticals 	Markham Ballroom
1515 - 1600	Refreshment Break amongst Exhibits	Conference Centre (Convention Floor)



Friday, October 25, 2019		
1600 - 1715	<p><i>Panel Presentation - Hot Topics in Body Aesthetics</i> Chair of session: Mandy Wong, MD</p> <p>Vaginal Rejuvenation Nathan Guerette, MD, FACOG, FPMRS, FAAFP</p> <p>Learning Objectives - At the conclusion of this activity, participants will be able to:</p> <ul style="list-style-type: none"> • Understand what treatments are encompassed by the term "vaginal rejuvenation" • Understand the mechanism, possible side effects, and evidence based results of non-surgical, energy based vaginal rejuvenation devices <p>How to Dump Rump Bumps Sam Hanna, MD, FAAD, DABD</p> <p>Learning Objectives - At the conclusion of this activity, participants will be able to:</p> <ul style="list-style-type: none"> • Differentiate between cellulite and other causes of buttock irregularities • Discuss traditional management options for cellulite • Explain current options for cellulite <p>Treatment of Small Leg Veins - Basic Concepts and Treatment Strategies Jaggi Rao, MD, FRCPC</p> <p>Learning Objectives - At the conclusion of this activity, participants will be able to:</p> <ul style="list-style-type: none"> • Understand how veins in the legs are different from veins in the rest of the body • Know which veins are appropriate for treatment by an aesthetic physician without a background in phlebology and when to refer the patient to a phlebologist • Understand the mechanism of sclerotherapy and laser treatment of varicose veins and their associated possible adverse reactions 	Markham Ballroom
1715 - 1720	Closing/Evaluation Forms	Markham Ballroom
1715 - 1900	Reception amongst Exhibits	Conference Centre (Convention Floor)

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Saturday, October 26, 2019		
0700 - 1715	Conference Registration	Markham Foyer (1 st Floor)
0700 - 0900	Breakfast amongst Exhibits	Conference Centre (Convention Floor)
0900 - 0945	<p>CBD and Thee: Beauty & the Bong! Sheldon Pollack, MD, FRCPC Chair of session: Fernando Luna, MD, LMCC</p> <p>Learning Objectives - At the conclusion of this activity, participants will be able to:</p> <ul style="list-style-type: none"> List the physiological effects of CBD and THC on the skin and other organ systems Describe the Endocannabinoid System (ECS) and how this functions in the human body Better evaluate the relevance of new literature and claims regarding cannabinoids and the skin 	Markham Ballroom
0945 - 1030	<p>Bioidentical Hormone Replacement Therapy (BHRT) Randy Knipping, BSc, MD, CCFP, FAARFM, ABAARM Chair of session: Fernando Luna, MD, LMCC</p> <p>Learning Objectives - At the conclusion of this activity, participants will be able to:</p> <ul style="list-style-type: none"> Understand the evidence basis of the new trend in optimal hormone replacement and how implementing this therapy into your practice can benefit all of your patients Understand the co-morbidities associated with suboptimal hormone levels as well as the beneficial effects of hormones on fat loss, improved metabolism, reduced health risk and aesthetics Understand the scientific basis behind optimal hormone replacement as a key element of aesthetic and preventive medicine, and consider that this therapy should be offered by all physicians for health and wellness Understand that some indications for hormonal therapy are: <ul style="list-style-type: none"> -Off-label yet still evidence based and safe when monitored by an experienced and trained physician -Subject to informed consent according to the CPSO guidelines Determine your professional need and desire to complete post graduate training in evidence based hormone optimization before implementing BHRT in your medical practice 	Markham Ballroom
1030 - 1115	Refreshment Break amongst Exhibits	Conference Centre (Convention Floor)
1115 - 1145	<p>Administrative Aspects of Aesthetic Medicine: Behind the Scenes Marina Savelyeva, General Manager, Alberta DermaSurgery Chair of session: Jaggi Rao, MD, FRCPC</p>	Markham Ballroom



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Saturday, October 26, 2019		
1145 - 1230	CAAM Annual General Meeting - for Members only	Markham Ballroom
1230 - 1400	Lunch amongst Exhibits	Conference Centre (Convention Floor)
1400 - 1500	<p>Panel Presentation - Tighten, Tone, and Reshape the Body: Current & Emerging Treatments in Body Aesthetics Chair of session: Renier van Aardt, MD, (MB, ChB), CCFP</p> <p>My Approach to Skin Tightening Sonya Abdulla, MD, Dermatologist</p> <p>Learning Objectives - At the conclusion of this activity, participants will be able to:</p> <ul style="list-style-type: none"> Recall the different modalities used to achieve skin tightening Comprehend the mechanism of action of skin tightening devices Explain the treatment approach and protocols for the various available devices Comprehend the limitations and risks of skin tightening treatments Assess a patient to determine their suitability for treatment <p>Injectable Lipolysis Martin Braun, MD</p> <p>Learning Objectives - At the conclusion of this activity, participants will be able to:</p> <ul style="list-style-type: none"> Comprehend the treatment method and mechanism of Lipo-Dissolve treatment Explain the benefits, limitations and complications of Lipo-Dissolve Determine if a patient is a suitable candidate for treatment <p>Body Contouring Doris Day, MD, FAAD, MA</p> <p>Learning Objectives - At the conclusion of this activity, participants will be able to:</p> <ul style="list-style-type: none"> Recall and classify the available treatment options for Body Contouring Explain the mechanism of action of available treatments Select suitable patients for treatment Recall potential side effects and their management 	Markham Ballroom
1500 - 1515	Refreshment Break	Markham Foyer (1 st Floor)

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1515 - 1630	<p><i>Panel Presentation - About Face</i> Chair of session: Julia Carroll, MD, FRCPC</p> <p>What Men want in Aesthetics <i>Doris Day, MD, FAAD, MA</i></p> <p>Learning Objectives - At the conclusion of this activity, participants will be able to:</p> <ul style="list-style-type: none">• Identify the specific reasons why men seek aesthetic treatment• Tailor their consultations and treatments to the needs of their male patients• Recognized a unique perspective that men bring to aesthetic consultation and treatment <p>The Grind on Bruxism <i>Shino Bay Aguilera, Board Certified Dermatologist and Dermatologic Surgeon</i></p> <p>Learning Objectives - At the conclusion of this activity, participants will be able to:</p> <ul style="list-style-type: none">• Be able to recognize and diagnose bruxism in their aesthetic practice• Understand the importance of treating bruxism as part of our aesthetic armamentarium• Formulate a plan for the treatment of bruxism <p>Optimizing Facial Proportions <i>Michael Ghalili, DDS, MSD</i></p> <p>Learning Objectives - At the conclusion of this activity, participants will be able to:</p> <ul style="list-style-type: none">• Explore the science official proportions when it comes to aesthetic treatments• Apply their knowledge of facial proportions to achieve desirable outcomes with facial injectables• Recognize variations in official proportions and be able to apply those practically in their day-to-day interactions with patients	Markham Ballroom
1630 - 1700	<p>Closing Keynote: The Devolution of Aesthetics <i>Shino Bay Aguilera, Board Certified Dermatologist and Dermatologic Surgeon</i> Chair of session: Julia Carroll, MD, FRCPC</p>	Markham Ballroom
1700 - 1715	Closing/Evaluation Forms	Markham Ballroom