

The *only* American Academy of Anti-Aging Medicine (A4M) congress in *the Middle East*.

Interview

Sabine Zenker, Germany

What is your area of expertise?

My daily work is dedicated to general dermatology, as well as to aesthetic dermatology. I work on a daily basis in my dermatology surgery clinic in Munich, where I provide the whole spectrum of general dermatology such as mole surgery, treating skin disorders such as skin cancer and its precursors, allergies, acne, varicosis, infections, hairloss etc.

In aesthetic dermatology my daily work is based on relaxing, filling and volumizing therapies, skinresurfacing, skin remodelling, skin regeneration and –stimulation, as well as topical and oral skincare. Due to my experience in medical peelings and because of a real need for effective treatments of melasma, I developed a self-designed anti-melasma-peel, which I have been practicing in my clinic for the last 7 years.

Due the overall specialisation and my special interest in the aesthetic field I love to speak, teach and train internationally on aesthetic interventions such as botulinumtoxin, fillers, medical peelings, Laser- and Intense Pulsed Light Systems, BiAction-Technology, skin regeneration via Platelet Rich Plasma (PRP), Carboxytherapy, cosmeceuticals etc..

What will you be discussing during the DCAAAM congress?

It`s about biodegradable fillers:

I love to do filler treatments: That`s why I chose this vaste subject of filling, remodelling, volumizing, restoring, liquid lifting etc. with the resorbable fillers such as hyaluronic acid and calciumhydroxylapatite. Regarding the techniques to inject resorbable fillers and especially HA, I do think, that we are stepping into a new decade of more precise injection techniques, which offer patients litte discomfort and more refined aesthetic outcomes. This is now possible thanks to innovative filling techniques combined with the new way of HA delivery by a new automated injection system. I will explain and show how this new way of HA-injections works and as well as presenting clinical proof that this technique really works by a 3D-photoimaging-analysis system. Regarding calciumhydroxylapatite I will show how a bioresorbable and longerlasting filler gives back volume to the face by a liquid lifting approach.

In the WALA-one-day-laser Symposium I am going to lecture on the treatment-possibilities for teleangiectasias, lentigines, overall-skinrejuvenation and skintightening with the newest IPL-technologies as well as on high-power pixeled facial skinresurfacing with the Erbium YAG 2940nm.

What do you think the future trends are in aesthetic medicine/surgery?

I think it's all about refining techniques, working more precisely in order to achieve better aesthetic results. It doesn't matter whether we deal with laser-, IPL-treatments or any other technical procedures or treatments like fillers, botulinumtoxin, platelet rich plasma, carboxytherapy or with working-in-techniques for cosmeceuticals or active ingredients with eg ultrasound, physical pressure combined with pixel resurfacing techniques- It's all about being more precise and efficient!

It is also about combining procedures as there is a huge need first of all on the patient's behalf, but also on the doctors side to fulfill global demands in the aesthetic field.