

Skin Pigmentation in Universal Dermatology

Specialists Course | 10-11 February 2025 | Vilnius, Lithuania

Course Description

Skin pigmentation is a major protective factor of human skin health. It is the most prominent phenotypic characteristic of humans. Its disorders can manifest as a wide spectrum of hyperpigmentation, hypopigmentation and depigmentation, including various benign and malignant skin diseases, which are common skin conditions diagnosed and treated by dermatologists. Protection against the harmful characteristic of ultraviolet radiation (UVR), which is a common skin ageing-inducing and carcinogenic factor, without skin pigmentation is impossible. In recent years, incredible progress has been made in understanding the regulation of human skin pigmentation and photo-ageing, the influence of different visible light spectrums, and the importance of UVR protection for pigmentary processes in the skin. Pharmacological agents and cosmeceuticals, options of aesthetic medicine and LASER procedures to control skin pigment has been a goal in both the medical and cosmetic fields and has significant implications for skin cancer prevention, photoaging, and aesthetics. On the other hand, skin in colour and its diseases, which are phenotypically different than the known pictures in fair skin, currently, gains a great interest and the resulting knowledge invites dermatologists to become familiar with it. That is why it is necessary to delve into various aspects of human skin pigmentation, including its biochemical and hormonal control, response to UV, manifestations of skin pigmentation abnormalities, diseases and ageing, diagnostic techniques as well as pharmacological and interventional manipulations in both fair skin and skin of colour, in order to help patients as effectively as possible in daily dermatological practice.

Learning Objectives

1. Basic understanding of melanocyte biology.
2. Basic and modern understanding of the pigmentation processes in human skin.
3. Clinical comprehension of dermatological pigmentary conditions, abnormalities and diseases.
4. Molecular aspects of pigmentary conditions, abnormalities and diseases.
5. Current pharmacological and interventional manipulations for the main pigmentary skin conditions, abnormalities and diseases.

Faculty

Chairs: Rūta Gancevičienė, Christos C. Zouboulis
Speakers: Carmen Salavastru, Mauro Picardo, Alessia Paganelli
Tutors: Tadas Raudonis, Agnė Sausdravė, Jorinta Jokubaitė

Programme

Monday, 10 February 2025

- 10:00-10:15 Welcome and introduction
Rūta Gancevičienė
- 10:15-11:00 What do I know about skin pigmentation (test)
All
- 11:00-11:30 **Coffee Break**
- 11:30-12:00 What do we know about skin pigmentation and its regulation: understanding the melanocyte biology
Mauro Picardo
- 12:00-12:30 UV radiation and skin pigmentation: the darker and the brighter side of effects
Carmen Salavastru
- 12:30-13:00 Biology of hyperpigmentary disorders
Alessia Paganelli
- 13:00-14:00 **Lunch break**
- 14:00-14:30 Acquired disorders of hypopigmentation
Rūta Gancevičienė
- 14:30-15:00 Vitiligo: new insights of immunopathogenesis
Mauro Picardo
- 15:00-15:30 Genetic disorders of pigmentation: from fancy genes to complex traits
Carmen Salavastru
- 15:30-16:00 **Coffee Break**
- 16:00-16:30 Alterations of the pigmentation system in the ageing process
Christos C. Zouboulis
- 16:30-17:00 Melasma as a photodamage disease
Mauro Picardo
- 17:00-18:00 Management of skin disorders with hypopigmentation: A clinical approach to diagnosis and treatment
Mauro Picardo, Alessia Paganelli
- 18:00-18:30 Photoprotection according to skin phototype and dermatoses: facts and controversies
Rūta Gancevičienė
- 20:00-22:00 **Networking dinner with speakers and participants**

Tuesday, 11 February 2025

- 09:00-10:00 Practical session I: The significance and challenges of differential diagnosis of pigmented skin changes:
 - Possibilities and needs of dermoscopy
 - Implication of Wood's lamp
 - Significance of a skin biopsy*Rūta Gancevičienė, Tadas Raudonis, Agnė Sausdravė, Jorinta Jokubaitė*
- 10:00-10:30 New and emerging treatments for the facial hyperpigmentation
Alessia Paganelli
- 10:30-11:00 **Coffee Break**
- 11:00-11:30 New and emerging treatments for depigmentation disorders
Mauro Picardo

- 11:30-12:00 Laser treatment of hyperpigmented lesions
Rūta Gancevičienė
- 12:00-13:00 **Lunch break**
- 13:00-16:00 Practical session II: Understanding selective photothermolysis by hands-on session:
• IPL/ Nd:YAG/PDL
• Common pitfalls
• Safety of lasers and Intensive pulse light (IPL) systems
• Interactive case demonstration and discussion
Rūta Gancevičienė, Tadas Raudonis, Agnė Sausdravė, Jorinta Jokubaitė
- 16:00-16:30 **Coffee Break**
- 16:30-17:00 Chemical peelings for melasma: current knowledge and innovations
Alessia Paganelli
- 17:00-17:30 The Rationale of Anti-Aging
Christos C. Zouboulis
- 17:30-18:15 What do I know now about skin pigmentation (test)
- 18:15-18:30 End of the course and farewell
Rūta Gancevičienė, Christos C. Zouboulis

The programme might be subject to changes.

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