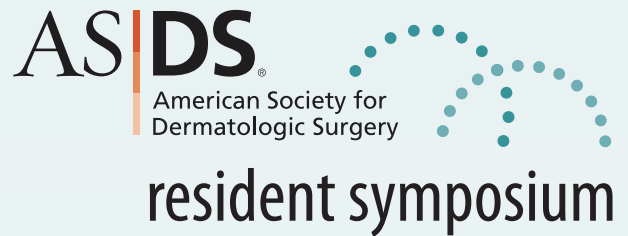


Residents Gather for Hands-on Cosmetic Dermatology Training

On April 8-10, more than 100 residents convened in Dallas, Texas, for the return of the in-person Premier Annual Resident Cosmetic Symposium. Ten leading experts joined Co-directors Susan Weinkle, MD, and Eric Bernstein, MD, MSE, for a comprehensive look at cosmetic dermatology including high-yield talks, interactive small group discussions, live patient demonstrations, hands-on training and dedicated time for networking with the faculty.



Eleven exhibitors were eager to meet with the next generation of dermatology, and residents filled their passport card at every exhibitor booth for a chance to win prizes in a drawing on Saturday. At the conclusion of the event, the majority of attendees strongly agreed that the selection of content and information presented was given at an appropriate level and achieved the learning objectives, with an overall average rating of 4.73 out of 5.

Residents commented that they would enjoy additional content on microneedling, lasers, platelet rich plasma, scar revision and different practice models that incorporate cosmetic dermatology.



**THANK YOU TO THE 2022 EXPERT FACULTY
FOR THEIR DEDICATION TO RESIDENT EDUCATION.**



Susan Weinkler, MD
Co-Director



Eric Bernstein, MD, MSE
Co-Director



Diane Berson, MD



Kimberly Butterwick, MD



Suneel Chilukuri, MD



Sue Ellen Cox, MD



Timothy Flynn, MD



Deidre Hooper, MD



Elizabeth Houshmand, MD



Margaret Mann, MD



Jennifer Rullan, MD



Brian Zelickson, MD



Presentations covered facial aesthetics, injectable anatomy, chemical peels, vein treatments, cosmeceuticals and more.



Drs. Susan Weinkle and Eric Bernstein welcome the residents to the Society's first in-person symposium since 2019.

"It was great to learn about all the injectables and get real-time demonstrations and tips for injecting. I learned about products I have never seen or used before."



Jennifer Coias, MD, posed with fellow Mayo Clinic residents.



Residents spoke with industry representatives in the exhibit area.

"All of the lectures were amazing and relevant and taught in a way to the level of resident but with PEARLS that were fantastic and so helpful!! Loved meeting all the faculty and getting to network. Makes me want to definitely continue to participate with ASDS!"

"Wonderful to the point and informative lectures. I learned more this weekend than I did all year regarding cosmetics!"



Drs. Sue Ellen Cox and Susan Weinkle engage residents in a small group discussion.



Jennifer Rullan, MD, gave tips on the tools, mixing and prep of chemical peels.



Timothy Flynn, MD, discusses injection techniques.

"I loved the hands on portion of the course and the live patient demonstrations. It was great to see how expert injectors practice, especially on difficult areas of injection like the temples. I feel more comfortable counseling patients on their options moving forward."

"Overall, this Symposium made cosmetics seem a lot more approachable and increased my likelihood of incorporating them into my practice." ●

Camaraderie: My Favorite Attribute of the Resident Symposium

For many, residency can be a challenging time. From clinical duties to studying for our final examinations, it's easy to get caught up with our responsibilities. However, residency can also be an exciting time. We have the opportunity to form lasting friendships with our co-residents and mentors, attend a plethora of conferences and have the privilege to care for and learn from our patients so that we may one day proudly call ourselves board certified dermatologists.

It goes without saying that the COVID-19 pandemic has impacted each of us in different ways, and our respective residency programs were no different. While it ushered in the era of virtual education, it limited our interactions with co-residents, preceptors and mentors. Meetings and conferences, which were not only educational but served as a platform to share ideas and connect with our colleagues, were put on hold. For many, this loss reminded us of the importance of community.

Now, two years into the pandemic and with restrictions starting to ease, I had the opportunity to attend one of the Society's outstanding educational programs, the 2022 Premier Annual Resident Cosmetic Symposium. Teaching on cosmetic and procedural dermatology is invaluable to resident education, especially if we are to steward and champion the field. Moreover, as dermatology curricula and cosmetic exposure varies between

programs, the Symposium offers both didactic and practical teaching to supplement and augment one's own education.

From the very first day, the atmosphere was friendly, supportive and engaging, thereby setting the tone for the remainder of the event. Over 15 high-yield lectures were presented, a number of demonstrations and practical workshops were delivered and countless laughs were shared. Between sessions, as well as during the receptions and dinner, we had further opportunity to mingle and get to know each other — it was refreshing to see how approachable the faculty were. Overall, not only have I walked away from this event with a greater knowledge base, but newfound friends that I hope to continue to see at future conferences and more.

With that all being said, what stood out for me beyond the exceptional teaching, demonstrations and hands-on training were the people. It is no small feat to organize and host a weekend-long educational event for over 100 residents from across the United States and Canada, and all in the middle of a pandemic. It is no smaller feat to then have leading ASDS experts volunteer their time towards teaching the resident body; providing us with the opportunity to get to know them was inspiring. Nearing the end of the Symposium, when each faculty was asked to share stories



Danny Mansour, MD

Danny Mansour, MD, is a PGY4 dermatology resident at the University of British Columbia and acting Chief Resident. He completed his medical school at the University of Toronto before moving out west. He is the current co-chair of the Canadian Dermatology Association's Resident and Fellow Society, and his interests include teaching, medical education and mentorship. Outside of medicine, he loves to bake, catch up on the latest episode of RuPaul's Drag Race with friends and explore British Columbia's beautiful outdoors.

about their experiences that led them to where they are today, one theme remained constant: the importance of supporting each other. There is something to be said about being in a room with leading experts and have each of them share how they were each other's inspirations and even mentors — true colleagues that have and continue to support each other, as well as be lifelong friends.

I returned to the west coast with a true appreciation for the faculty, organizers, the countless others involved and ASDS for creating a platform to give back to the community, engage residents and foster camaraderie. I look forward to further opportunities with the Society and learning how to be involved so that I may one day give back just as so many others have done. While the grey, rainy skies in Vancouver continue and the pandemic is not without its uncertainty, one thing is clear: the future of dermatology is bright.