



PROGRAM

# IBECAM

1<sup>st</sup> International Baltic Congress  
of Aesthetic and Anti-aging Medicine



Under the auspices of  
World Health Academy of Dermatology



With the support  
of the Embassy of Belarus in Estonia

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**8-9 JUNE 2018**

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**HILTON TALLINN PARK**

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  IBECAM

PLASTIC SURGERY // DERMATOLOGY // COSMETOLOGY

**Dear friends, dear colleagues,**

We invite you to take part in **The 1st International Baltic Congress of Aesthetic and Anti-Aging Medicine**, which will be held **on June 8 and 9, 2018 in Tallinn (Estonia)** under the patronage of the World Health Academy and with the support of the Belarusian Embassy in the Republic of Estonia.

IBECAM «Face to face» — is an international educational event where leading scientists and experts, practicing specialists and business representatives of Europe and the CIS can meet and openly discuss the issues of human aging, exchange experiences, present innovative methods and technologies for achieving the best results in aesthetic and anti-aging medicine. Many outstanding doctors, medical experts and scientists will take part in this congress.

«Cost» and «Value» beauty in aesthetic medicine will be the main theme of the congress in 2018. IBECAM 2018 — «educational navigator» in the world of aesthetic and anti-aging medicine, which will help doctors-cosmetologists:

- to choose appropriate technique;
- to define «cost» and «value» of the technique;
- develop practical skills;
- to obtain skills of competent assessment of the patient's condition;
- to predict complications and choose ways to eliminate;
- to get new solutions for better results.

Leading international companies will be there so you can get acquainted with their latest products, technologies and services.

**See you in Tallinn! We hope you enjoy the congress, where you will find the best, quality and useful!**

#### Scientific leaders



 Vladimir Podgajskij

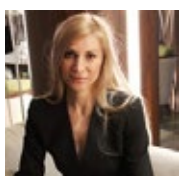


 Svetlana Korman



 Torello Lotti

#### IBECAM founders



 Natallia Pasnova



 Viktor Sossulin

#### Coordinator



 Svetlana Kolodijchik



**09:30 РЕГИСТРАЦИЯ / REGISTRATION**

Утренняя кофе-пауза / Morning Coffee Break

**09:45 ОТКРЫТИЕ / OPENING SESSION**

Приветственное слово Торелло Лотти / Opening speech Torello Lotti

Представитель министерства здравоохранения Эстонии / Representative of Estonian Health Care

**ДОКЛАДЫ / REPORTS****10:00 Патриция Далессо / Patricia Dalessio****10:45** Профессор, доктор наук, автор, тренер / Professor, MD, PhD, lecturer, author*Что происходит со старением человечества? Проблемы продолжительности жизни на краю XXI века? Что не так с нашим образом жизни?**What happens to the aging? Life expectancy issues at the edge of the XXIst century: what is wrong with our lifestyle?*Клеточная биология,  
преждевременное  
старение человечества /  
Cell Biology,  
Premature Aging**10:45 Клаус Хоффман / Klaus Hoffman****11:30** Врач, автор, тренер / Doctor, author, lecturer*Комплексное применение филлеров, тредлифтинга и лазерной терапии. Уровень безопасности. Последовательность применения. Эффективность процедур.**Complex application of fillers, thread lifting and laser therapy. Security level. Sequence of application. Efficiency of procedures.*Дерматология, косметология /  
Dermatology, Cosmetology**11:30 Юрий Качина / Yury Kachina****12:15** Врач, тренер / Doctor, lecturer*Философия и логика подтяжки лица. Своевременный переход от косметологии к хирургии. Степень эффективности нитей. Нити или SMAS-подтяжка.**Philosophy and logic of facelift. Timely transition from cosmetology to surgery. The degree of efficiency of threads. Threads or SMAS-lift.*Пластическая хирургия /  
Aesthetic surgery**12:15 Мирко Фукс / Mirko Fuchs****13:00** Врач, автор, тренер / Doctor, author, lecturer*От теории к практике, анатомия в волюметрии – 5 основных правил. Комплексный подход к бьютификации возрастных изменений. Особенности коррекции и моделирования лица у пациентов разных возрастных групп.**From theory to practice, anatomy in volumetry is the five basic rules. Comprehensive approach to the beauty of age changes. Features of correction and face modeling in patients of different age groups.*Пластическая хирургия /  
Aesthetic surgery**13:00****14:00** Обед (шведский стол) / Buffet lunch standing**ПРАКТИЧЕСКИЙ МАСТЕР-КЛАСС / PRACTICAL MASTERCLASS****14:00 Наталья Моисеева / Natalia Moiseeva****15:50** Врач, тренер / Doctor, lecturer*Пропорция старения, анатомия старения, послойная 3D анатомия для послойного 3-D моделирования лица на примере анатомических схем и секционных материалов. (Мастер-класс - 2 модели).**Proportion of aging, anatomy of aging, layered 3D anatomy for post-linear 3-D face modeling using the example of anatomical schemes and sectional materials. (Master-class - 2 models).*Дерматология, косметология /  
Dermatology, Cosmetology**15:50 Светлана Колодийик / Svetlana Kolodiyichik****17:30** Врач, тренер / Doctor, lecturer*Стабилизация щеечно-скуловой зоны с помощью мезонитей, как первый этап патогенетической коррекции гравитационног птоза лица. (Мастер-класс - 1 модель)**Stabilization of the cheek-zygomatic zone using mesonites as the first stage of pathogenetic correction of gravitational ptosis of the face. (Master-class - 1 model)*Пластическая хирургия /  
Aesthetic surgery**17:30** Кофе-пауза / Afternoon Coffee Break**20:00** Бальный зал + Ужин (шведский стол) / Сергей Лапковский и Jazz Band La Manch**20.00-23.00***Ballroom+Seating Buffet Dinner  
Banquet Style**Jazz Band La Manche & Sergey Lapkovskiy*

09:30 Утренняя кофе-пауза / Morning Coffee Break

**ДОКЛАДЫ / REPORTS****10:00 Олег Панкратов / Oleg Pankratov****10:30** Профессор, научный деятель, автор, тренер / Professor, MD, PhD, lecturer, author

*Современные требования к профессиональной подготовке врачей косметологов.  
Modern requirements for professional training of cosmetologists.*

Дерматология,  
Дерматовенерология /  
Dermatology, Dermatovenereology

**10:30 Мария Моргунова / Marya Morgunova****11:20** Врач, тренер / Doctor, lecturer

*Иммункосметология – новый подход к пониманию основных регуляторных механизмов патологических состояний кожи. Иммунорегуляторные физиологические процессы в коже и их участники. Экзо- и эндогенные причины снижения иммунитета кожи. Дермато-симптомокомплекс, ассоциированный со снижением общего и местного иммунитета.  
Immunocosmetology is a new approach to understanding the basic regulatory mechanisms of pathological skin conditions. Immunoregulatory physiological processes in the skin and their participants. Exogenous and endogenous causes of decreased skin immunity. Dermato-symptom-complex, associated with a decrease in general and local immunity.*

Дерматология,  
Онкология, Косметология /  
Dermatology,  
Oncology, Cosmetology

**11:20 Кристиан Диль / Christian Diehl****12:00** Профессор, врач, автор, тренер / Doctor, lecturer

*Факторы, влияющие на результат эстетических процедур. Неочевидные признаки возрастных изменений и критерии молодости. Секретный код Anti-Age (1 2 3): 1-подготовка, 2-выбор, 3-восстановление. Взрослеть, но не стареть!!!  
Factors affecting the result of aesthetic procedures. Unclear signs of age-related changes and the criteria of youth. Secret code Anti-Age (1 2 3): 1-preparation, 2-choice, 3-recovery. Grow up, but do not get old!*

Дерматология /  
Dermatology

**12:00 Галина Палькова / Galina Palkova****12:40** Врач, тренер / Doctor, lecturer

*Неочевидные признаки возраста. Факторы влияющие на результат эстетических процедур.  
Какие признаки возрастных изменений выдают вас с головой.*

*Unclear signs of age. Factors affecting the result of aesthetic procedures. What are the signs of an age-old change?*

Эндокринология,  
Дерматология, косметология /  
Endocrinology,  
Dermatology, Cosmetology

**12:40 Мария Жиленко / Maria Zhilinko****13:20** Врач, тренер / Doctor, lecturer

*Клинические и эстетические последствия старения. Негормональные препараты для поддержания менструального цикла и устранения негативных клинических симптомов в перименопаузальном периоде, в практике врача анти-эйдж медицины.*

*Clinical and aesthetic consequences of aging. Non-hormonal drugs to maintain the menstrual cycle and eliminate negative clinical symptoms in the perimenopausal period, in the practice of a doctor of anti-aging medicine.*

Гинекология, Эндокринология /  
Gynecology, Endocrinology

**13:20 Кирилл Прощаев / Kiryl Prashchayeu****14:00** Профессор, научный деятель, автор, тренер / Professor, MD, PhD, lecturer, author

*Синдром хронического информационного истощения и преждевременное старение: диагностика, профилактика и реабилитация.*

*«Squeezed» syndrome and premature aging: diagnosis, prevention and rehabilitation.*

Геронтология /  
Gerontology

**14:00** Обед (шведский стол) / Buffet lunch standing  
**15:00****ПРАКТИЧЕСКИЙ МАСТЕР-КЛАСС / PRACTICAL MASTERCLASS****14:00 Раджат Бхандари / Rajat Bhandari****15:50** Врач, тренер / Doctor, lecturer

*Ботулотоксин – современный эликсир молодости. Практический опыт применения ботулинотерапии.  
Успехи и разочарования. Работа с препаратом ботулотоксина согласно требованиям сегодняшнего дня.  
Акцент на естественность и индивидуальность.*

*Botulinum toxin – a modern elixir of youth. Practical experience with botulinum therapy. Successes and disappointments.  
Work with the preparation of botulinum toxin according to the requirements of today. Focus on naturalness and individuality.*

Стоматология,  
Дерматология, Косметология /  
Dentistry,  
Dermatology, Cosmetology

**16:00 Екатерина Канжа / Ekaterina Kanzha****17:00** Врач, тренер / Doctor, lecturer

*Эволюция тредлифтинга – от моно методики к комплексному подходу.  
Критерии выбора материала для имплантации, основанный на личном опыте.*

*The evolution of treading is from mono to complex approach. Criteria for selecting material for implantation, based on personal experience.*

Дерматология, косметология /  
Dermatology, Cosmetology

**17:00 Ирина Кабасакал / Irina Kabasakal****18:00** Врач, тренер / Doctor, lecturer

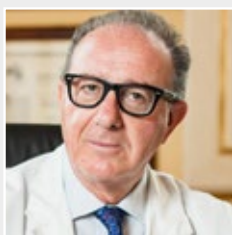
*Рациональное питание – источник молодости, красоты и долголетия.  
Физиологические потребности, значение и принципы. Этика питания.*

*Rational nutrition is the source of youth, beauty and longevity. Physiological needs, meaning and principles. Ethics of nutrition.*

Диетология, Психотерапия,  
Косметология /  
Dietology, Psychotherapy,  
Cosmetology

**18:00** Кофе-пауза / Afternoon Coffee Break

Экскурсия по Таллину / Tallinn Excursion (9 June 19:00–21:00 / 10 June 11:00–13:00)

**TORELLO LOTTI**

Professor, Doctor, Author, Lecturer  
Dermatology, Cosmetology



MD, PhD, dermatologist. Professor of the Dermatology and Venereology at University of Studies Guglielmo Marconi, Rome, Italy. He is President of the World Health Academy; Chair, Executive Scientific Committee Vitiligo Research Foundation, New York, NY USA. He has been President of numerous international congresses and is currently Editor in Chief of the Giornale Italiano di Dermatologia e Venereologia ( 2010-2020 ). He is the Member of the main Scientific Societies worldwide (EADV, SIDEV, ESDR, ISD, AAD, SID) and Honorary Member of several Scientific Societies of the Dermatology field. He has authored 1507 scientific publications (651 peer reviewed articles, 488 books chapters and 1062 abstracts).

**PATRIZIA A D'ALESSIO**

Professor, MD, PhD, lecturer, author  
Cell Biology; Premature Aging, Induced By Stress



Pr Dr Patrizia A D'ALESSIO, MD PhD expert of mechanisms of inflammation in chronic inflammatory diseases, aging and stress. Prof. d'Alessio studied Medicine and Hematology at the University of Milan, obtained her PhD in Sciences from the Utrecht University and worked as professor and researcher at the department of Cell Biology at the Universities of Paris 5 and Paris 11. Her work has been focusing on cellular mechanisms of premature aging, induced by stress. Procrastinated inflammation and stress able to induce and accelerate diseases, as consequence of increased cell senescence. 3 patents granted in Europe, USA and Chia decorate these discoveries. Since 2015, the AISA Moleculum trademark, resulting from 10 years of preclinical and clinical studies - including the European FP7 Ristomed project - offers a dietary and cosmetic supplement to relieve stress and the signs of inflammation.

**KLAUS HOFFMAN**

Doctor, Author, Lecturer  
Dermatology, Cosmetology



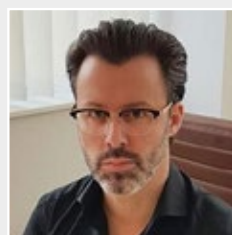
MD, PhD, dermatologist. He is head of the German Laser Center ZELM-NRW supported by the local government with about 21 different lasers and 3 IPL's. He is in the advisory board of several companies as well as editor of several journals. He published 8 books. He is co-editor of European Medical Journal and associated editor of Skin Research & Technology. He is organizer of the congress www.cosmedica.de the hugest German congress with live surgery, plenary sessions as well as workshops. He has experience in about 100 clinical trials since 1987. He published about 200 peer reviewed papers. He is in the Editorial board several journals, and won different national + international prizes. The latest prize (AWMC Paris) was for the best surgical body procedure (done by liposuction and 1440nm Lipolaser). He is honorary president of the International Society for Bioengineering and Imaging of the skin.

**YURY KACHINA**

Doctor, Trainer  
Plastic Surgery



Plastic surgeon, candidate of Medecine, M.D. Board certified. Dr Kachina Yury was trained at the Kirov Military Medical Academy in the direction of «Medical business». In 2002 - 2015 he worked in the Burdenko Main Military Clinical Hospital. In 2006, Kachina Yu.A. successfully passed postgraduate studies and defended his thesis. In 2009, to improve the professional level, a course takes place at the Central Military Clinical Hospital No. Vishnevsky, and in 2014 receives practical skills in Germany in the field of aesthetic surgery. Kachina Yu.A. has a number of own know-how and techniques in general and plastic surgery, he annually shares his experience and knowledge with specialists from all over the world who come to Russia for congresses, conferences and seminars on plastic surgery.

**MIRKO MATTHIAS FUCHS**

Doctor, Trainer  
Plastic Surgery



Medical studies: Universität des Saarlandes, Homburg. Experience as a national and european trainer and speaker for injectables, threadlift and breast surgery since 2013. From 2013 - to date Head of Belstetica, private practice and clinic for plastic surgery. Specialized in: face & breast 1000 treatments per year with injectables, 150-200 upper and lower eye lifts per year, 30-40 facelifts per year, 150 breast surgeries per year.

**CHRISTIAN DIEHL**

Professor, Doctor, Author, Lecturer  
Dermatology



Professor of Medical Dermatology at University of Rome "Guglielmo Marconi" o 2012 President of CIFAC (Centro de Investigación Farmacológica Cutánea Guayaquil - Ecuador); 2012 Member of Sigma-Xi; o 2002-2013 University of Córdoba, Argentina Lecturer, Dpt. of Dermatology; 2000-2002 Business Development Consultant in Various pharmaceutical groups (LSI, Roemmers Labs); 1993-2000 ISIS Laboratories (Dermatology, Nutrition) Founder and General Manager; 1985-1992 Consultant (Product Development) in various companies (Hoffman-Laroche, Ciba-Geigy, Instituto Ganassini); 1980-1985 Sobrecos SA (Medicated Cosmetics) Founder and General Manager.

**NATALIA MOISEEVA**

Doctor, Author, Lecturer  
Dermatology, Cosmetology



M.D. Board certified, international certified trainer for mesoterapia and contour plastics by MD Skin Solution and Dr. Korman Laboratories Ltd. Chief Executive of the Medical Educational Center "Meduspeh".

**OLEG PANKRATOV**

Doctor, Author, Lecturer  
Dermatovenerology, Dermatology

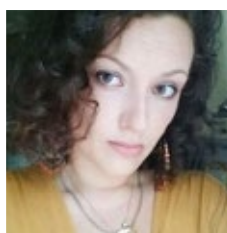


Head of the department of dermatovenerology and cosmetology of the Belarussian medical academy of post graduated education, the Member of the European Academy of Dermatology and Venerology (EADV).

**SVETLANA KOLODIYCHIK**

Doctor, Author, Lecturer  
Plastic Surgery

Plastic surgeon specializing in surgical and non-surgical methods of rejuvenation.

**MARYA MORGUNOVA**

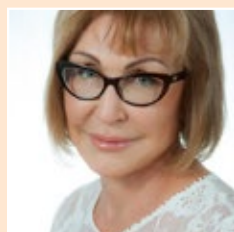
Doctor, Lecturer  
Dermatology, Cosmetology, Oncology

Dermacosmetologist, dermatooncologist. Arilis Opinion leader. International coach in medical cosmetology. Member of the Board of Directors and current lecturer of the International Association of Oncoesthetics, USA.

**GALINA PALKOVA**

Doctor, Trainer  
Endocrinology, Dermatology, Cosmetology

Endocrinologist, dermatocosmetologist, Professor assistant of the Department of Endocrinology, faculty of advanced training of medical worker at Peoples' Friendship university.

**MARIA ZHILENKO**

Doctor, Trainer  
Gynecology, Endocrinology

Gynecologist-endocrinologist, M.D. Board certified, Doctor of medical science, employee of medical clinic.

**KIRILL PROSCHAEV**

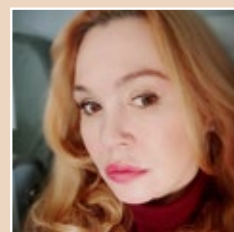
Professor, Scientist, Doctor, Author  
Gerontology

Doctor of Medical Sciences, Professor, Director of the Scientific Research Medical Center «Gerontology», a scientific consultant of Medconsultant.

**RAJAT BHANDARI**

Doctor, Trainer  
Dentistry, Dermatology, Cosmetology

Surgeon, dentist, assistant professor, Anti-Age medicine specialist

**EKATERINA KANZHA**

Doctor, Trainer  
Dermatology, Cosmetology

M.D. Board certified, Anti Age medicine specialist and nonsurgical treatment of rejuvenation, a member of the national dermatologists and cosmetologists alliance, a certified trainer in injection techniques, a winner of the contest for the best cosmetologist QMED 2011.

**IRINA KABASAKAL**

Doctor, Author, Trainer  
Dietology, Psychotherapy, Cosmetology

Dieting expert, psychotherapist, general practitioner, author of the book «From pepper to heart»

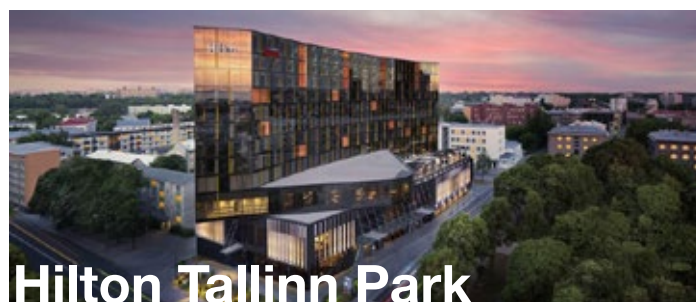




**Tallinn**

Tallinn (est. Tallinn) is the capital of the Republic of Estonia, a large passenger and cargo seaport. The political, scientific, economic and cultural center of Estonia. The city has all the branches of the republic's power, most of the country's higher and secondary vocational schools are concentrated.

Tallinn — a relatively small but rich in historical and cultural attractions of the city on the southern shore of the Gulf of Finland.



**Hilton Tallinn Park**

Hilton Tallinn Park (hotel chain: Hilton Hotels & Resorts) is located in Tallinn, 800 meters from the international bus station. It offers a restaurant, bar, free Wi-Fi in all areas and private on-site parking.

Distance from Hilton Tallinn Park Hotel to Tallinn Airport. Lennart Mary — 3 km, and to the Old Town — 1.3 km.

Hilton Tallinn Park can be booked at [www.booking.com](http://www.booking.com).



**Visa**

To enter Estonia, citizens of countries outside the Schengen zone need a pre-arranged visa. A visa to Estonia opens at the Estonian Embassy in your country. Estonia is part of the Schengen area, therefore entry to Estonia is possible if there is a valid Schengen multivisa category «C» (issued by any country in the Schengen area).



**Language**

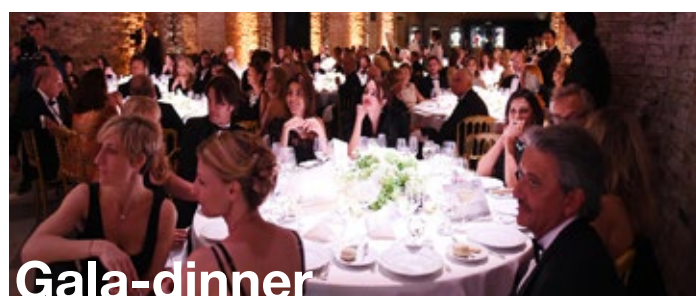
The official languages of the Congress are Russian, English, Estonian. During the presentation of lecturers with reports and conducting master classes, oral simultaneous interpretation will be organized.



**Delegate rate**

To participate in the congress it is necessary to buy a ticket on the website [www.ibecam.com](http://www.ibecam.com). The delegate's rate includes: scientific session, sponsored master classes, coffee breaks, certificate, gala-dinner, excursions around Tallinn.

To participate, you must pay 100% prepayment. The ticket price is not refundable. Following the results of the Congress, you will receive a CERTIFICATE OF ATTENDANCE.



**Gala-dinner**

Gala dinner (buffet) will be held June 8, 2018 in the Ballroom of the hotel. Before you will perform Sergei Lapkovsky and Jazz Band La Manche.

«La Mance» is a unique musical project for Belarus, in which the singer, accompanied by a band, performs famous jazz and dance hits.

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