

The 10th Annual Meeting, Iranian Society of Dermatology, Tehran, 16-18 June 2010

The 10th annual meeting of Iranian Society of Dermatology was held in Tehran attracting a considerable number of attendants from all over the country. International invited lecturers were from all over the globe, including Professor Terrence Ryan (UK), Dr. Shyam Verma, Dr. Koushik Lahiri and Dr. HR Jerajani (India), Dr. Louis Dubertret (France), Dr. Agneta Troilies (Sweden), Dr. Reza Ghohestani (USA), Dr. Shahin Aghaiee (Austria) and Dr. Behrooz Kasraee (Switzerland). (Figure 1)

The congress began with the lecture of Professor Parviz Toossi, the congress chairman and president of Iranian Society of Dermatology, upon the news of the society. Many impressing lectures in multiple formats were presented by both international and Iranian colleagues. Lymphatic skin disorders, skin and public health, laser and cutaneous surgery, pigmentary disorders and autoimmune bollous diseases along with new topics in skin research garnered considerable attention.

Professor Terrence Ryan (Oxford, UK) discussed the management of lymphedema, and emphasized that fluid accumulation is much less than tissue overgrowth in this setting. He also emphasized the

relationship between skin diseases and public health and the need to pay more attention to community dermatology to facilitate skin care for all.

The comments of Dr. Louis Dubertret (Paris, France) on psoriasis and atopic dermatitis imparted the sagacity of a well-rounded spectrum of expertise. Dr. Reza Ghohestani (San Antonio, USA) highlighted new topics in skin research and new aspects in bullous disorders, especially epidermolysis bullousa.

Dr. H.R Jerajani (Mumbai, India) lectured on the use of ELISA in the diagnosis and monitoring of pemphigus vulgaris. She has also discussed the efficacy of ultrasound in measuring neural thickness in leprosy. Dr. Koushik Lahiri (Kolkata, India) gave two tremendous lectures upon the nature of pruritus in the elderly and the treatment of vitiligo with especial attention to the surgical approach with punch grafting even in the lip and genital area with successful results. Dr. Shyam Verma (Vadodara, India) gave an interactive lecture on interesting case reports from his ancient country. Remarkable cases of cutaneous malakoplakia, cutaneous histoplasmosis and vitiligo with inflammatory borders were presented. He also emphasized the need for more effort by developing countries such as Iran and India to introduce the science of dermatology from eastern countries with more population to the world. His inspiring character and warm helpfulness to interact more with Iranian Dermatology Society was very impressive.

Dr. Agneta Troilius (Malmo, Sweden) gave two



Figure 1. Left to right; P Saket, O zargari, T Ryan, L Dubertret, H Ansarin, P Toossi, HR Jerajani, A Troilius, Sh Verma, B Barikbin, F Handjani, K Lahiri, RM Robati, Sh Aghaie, B Kasraee.

impressing lectures on classification and treatment of skin vascular malformations and tumors. Infantile hemangiomas have been the most common tumor in the last 5 to 10 years. Infantile hemangiomas respond to oral propranolol 2 to 3 mg/kg per day for about 5-6 months and within 24 hours, the tumor shrinks. Minimal side effects have been reported. The hemangiomas soften and change in color from bright red to purple. Since first serendipitously observed to be of extraordinary value in 2008, this beta blocker has been gingerly acclaimed as an excellent new candidate for first-line therapy, although caution needs to be exercised in its use. She also discussed new aspects in the treatment of cultural and traumatic tattoos. The released tattoo ink might be very allergenic. Development of feedback systems to detect the absorbance characteristics of tattoo inks, dermal clearing agents and lasers with shorter pulse duration of picoseconds might improve the results of tattoo removal in the future.

Complications of skin surgery were reviewed by Dr. Shahin Aghaiee (Vienna, Austria). He also ran a workshop on the treatment of palmoplantar hyperhidrosis with the use of botulinum toxin.

Dr. Behrooz Kasraee (Geneva, Switzerland) discussed the efficacy of Ebselen in the treatment of skin hyperpigmentation. It is a new depigmenting agent that inhibits melanin synthesis and melanosome transfer in vitro and in vivo. He also presented another lecture on the use of different retinoid molecules as depigmenting agents and stressed that retinaldehyde seemed to have a better depigmenting effect in comparison with retinoic acid.

Moreover, two important sessions on the establishment of genodermatosis and psoriasis international networks were held on the periphery of the congress. Dr. Louis Dubertret (Paris, France) introduced his valuable experience in this regard and discussions upon the necessity of creating these networks took place. It seems that these networks can be founded in Iran in a not too far future.

Furthermore, many interesting and useful topics were presented by Iranian dermatologists including updates in retinoid, updates in immunobullous diseases, treatment of cutaneous lymphoma, skin manifestations of HIV/AIDS in Kenya and Ghana, the panel of skin manifestations of chemical warfare, the efficacy of Azathioprine in the treatment of alopecia areata, the role of microRNA in the pathogenesis of male pattern baldness and an interactive panel on hair transplantation.

Finally, this congress was very inspiring for its many up-to-the-minute information from valued honored lecturers and in particular, for its potential to develop more international relationships with other national dermatology societies all over the world.

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An Indian Impression of Iran and Iranian Dermatology

Dear readers of this esteemed journal and members of the Iranian Dermatology Society,

This is a publication with a difference if it will be accepted! It has no science but it is written from the heart and is an expression of gratitude to the Iranian Dermatological Society for inviting me to their 10th annual congress to lecture. The invitations extended to me, Dr. Jerajani and Dr. Lahiri were quite an opportunity because to the best of my knowledge, few people from India have visited Iran on a dermatological mission. And now we look forward to having you with us in our national congresses and other meetings that we regularly hold.

I would like to share a few impressions of my short but very eventful and eye opening visit to your beautiful country. First of all, it opened my eyes to how stereotypical impressions are carried forward by the media and by people like me who have never had the opportunity of actually visiting the place in question. The lesson to be learnt here is to wait to personally experience the country and not to go by judgemental opinions passed by persons, media or internet reviews.

With over 80 international talks in various national and international congresses and universities under my belt, I think I am qualified to say that the 10th Annual Congress of the Iranian Dermatological Society was impressive on many counts. The faculty were well chosen, the topics were relevant, there was much interaction and the input given by local dermatologists was astute and very scientific. We, as outsiders, learned to respect your skills as dermatologists and organisers of big congresses. We hope to work with you in the future in many platforms. I strongly recommend more Iranian dermatologists become members of International Society of Dermatology (ISD) and I am sure they will benefit from the many

advantages of the membership of ISD. Your skills and your organisational capacity must be showcased internationally and this would be an ideal platform to do so. I would urge you to enroll and I will be delighted to be of help.

I thank my friend, Omid Zargari, who made Iran proud by his impressive talk at the ISD Sister Society Meeting in Paris, 2008, and suggested us to Prof. Toossi and his team who graciously invited us. There are many people I met and I may miss many names but I take this opportunity to thank them all for their hospitality.

We are fellow Asians separated by manmade boundaries. We share much including the language, it was so refreshing to hear so many words that we have borrowed from Farsi. It was so heartening to sample cuisine which is different but shares common roots. I take this opportunity to invite you to India and to stay in touch with us. We are almost neighbours and I can assure you of a good scientific congress, whichever you decide to participate in. It

will be our pleasure to assist you. I take this opportunity of thanking you all for your ready smiles, the beauty and warmth of your spirit, your congeniality and your hospitality which will remain etched permanently in my mind. I look forward to reciprocating this kindness to one and all of you who touched our lives from 16th to 18th June, 2010.

Salaam!

Shyam Verma, MD

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