

IN CONVERSATION WITH

Dr Michael Gold

We were delighted to chat to **Dr Michael Gold**, President of the 5CC Congress in Barcelona, about his renowned career in dermatology.



You are internationally recognised in the field of dermatology – can you tell us a little bit about your background?

I am a dermatologist from Nashville, Tennessee in the US and have been in practice for 30 years now. I have a clinical practice which covers medical dermatology, cosmetic and aesthetic dermatology. Dermatology has been really good to me as I have been fortunate to have been at the forefront of much exciting work in our field – including the use of silicone gel for hypertrophic scars and keloids, the use of intense pulsed lights (IPLs) for hair removal, photodynamic therapy (PDT) for actinic keratosis (AKs) and acne, as well as absorbable sutures for lifting the face. I have been involved with all the injectable filler and toxin products through our research centre and have been involved with many lasers and other energy based devices (EBDs) which are used throughout the world. This has led to travel and teaching opportunities all over the world, including being involved in helping dermatologists and plastic surgeons in China become EBD masters in many fields.

I have also been involved in meetings and have helped facilitate the Music City SCALE meeting in Nashville, the 5CC meeting in Barcelona, and the DASIL World Congress, which in 2019 will be held in

Goa, India. This has enabled me to work with the best teachers in the business and also showcase the latest in medical and cosmetic dermatology. Giving back, through these endeavours, has been the best part of what I do, and I am very fortunate for these opportunities and take nothing for granted.

What has been the best piece of advice that you have received in your career and what advice would you offer to those following in your footsteps?

The best piece of advice I ever received was from my Chairman of Dermatology, Dr Henry Roenigk, who encouraged all of us to follow our dreams, to always strive to be our best, and to put patient care above everything else that we do. I tell younger clinicians the same thing – and to embrace the fact that as dermatologists, we are truly blessed and to remember that we are in the greatest specialty in the world, where one can do medical or cosmetic medicine, one can do surgery or pathology, or paediatrics, or whatever you want within our field – and that we are so very fortunate to do this each and every day.

Dermatology and plastic surgery are evolving all the time; what do you think have been the most exciting developments in recent years?

There have been many exciting developments in the dermatology and plastic surgery field in the past few years – all which revolve around the minimally invasive space. All of the injectables, led by botulinum toxin, have changed the landscape and allowed us to do procedures with toxins, fillers, and EBDs that truly can change lives. Proper training and education are required for all – and once one masters the procedures, then we have the incredible potential to make people look and feel better with minimal downtime and with minimal risks. This to me has been very exciting.

As a clinician well known for presenting at international

meetings do you see this as a vital part of your work?

I do – by being present at many international meetings, I have been fortunate to be able to learn from my colleagues' ideas and techniques that we have brought back to my patients – and this has been wonderful for them. It also has allowed me to realise that cosmetic medicine is global and that we have incredible colleagues from all parts of the world. I have friends from every corner of the globe, and I am not sure that this would have been possible if I remained in my office bubble.

You are, of course, President of the 5CC Congress in Barcelona – can you tell us about the highlights of this year's meeting?

The 5CC is a special meeting, a boutique global conference that has grown to almost 2000 people which is held in a great city, Barcelona. The 5CC team, some of the most respected aesthetic and medical dermatologists in the business, are dedicated to providing the most cutting-edge lectures, demonstrations, and scientific exchange that is seen anywhere in the world. Our faculty is truly global, and we offer something for everyone – whether it be medical dermatology, what's new in psoriasis, atopic dermatitis, acne, rosacea, actinic keratosis (AK) and skin cancers. We also showcase everything aesthetic and promise to bring to the forefront the latest in technology, the latest in innovation, and to have the experts teaching and being accessible to everyone. It is one of those conferences that I would mark on the calendar early and plan on attending – truly one of the best meetings of the year.

Many thanks for your time!

SAVE THE DATE

5CC 2019

29 AUGUST – 1 SEPTEMBER 2019
BARCELONA, SPAIN



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