

Emanuele Bartoletti (2024)

We were delighted to catch up with Dr Emanuele Bartoletti, President of Società Italiana di Medicina Estetica (SIME), about the latest news from the society.

You have been involved with SIME for many years now; what have been the highlights of your time as President?

Since 2015, I have had the honour of being the President of SIME. Thanks to a very active Board of Directors, we have initiated various activities and initiatives that have contributed to the growth of the society and an increase in the number of members by approximately 40%.

We have perfected a software for digital medical records to help members manage patients comprehensively.

We have succeeded in accrediting the society with the Higher Institute of Health, thus joining the societies authorised to define guidelines in the field of aesthetic medicine. In line with the social mission of SIME, we have enhanced collaboration with oncology to support pathological patients during and after the treatment journey. In this context, on 2 December 2023, a dedicated event for oncology patients took place with theoretical presentations at the Ministry of Health and booths for skin check-ups, makeup, and hairstyling at Gemelli Island Hospital.

In addition to this, the social mission of SIME has envisioned an increasing openness to the public to provide accurate information through the organisation of talk shows, dedicated informative events, and the publication of an informative magazine called *Aesthetic Magazine*, distributed free of charge to all members. This crucial approach to the public is facilitated by the widespread efforts of SIME's regional coordinators.

Since 2018, I also have the honour of being the Secretary-General of UIME, the International Union that gathers 30 aesthetic medicine societies worldwide and manages the *Aesthetic Medicine* journal, the first English-language journal dedicated to the discipline, now indexed on Scopus.

And what have been the biggest challenges?

The most significant challenges that SIME aims to overcome are the recognition, which is currently lacking, of the discipline by institutions and the acknowledgment of a specific and comprehensive training path in the field. Any comprehensive training path cannot disregard a diagnostic approach.

Having completed such a training path should then grant the physician the opportunity to be included in a national registry where patients can verify whether the doctor they are consulting has received valid training or not.

Would you encourage doctors new to the field of aesthetic medicine to join the society?

The society is very close to its members and seeks to create moments of updates and connection with them. There are many free courses for their continuous education, including distance learning (FAD) and monthly webinars on key topics in the field. The Digital Medical Record itself, as a benefit for the member, is a crucial support to enable the physician to conduct an aesthetic



medicine check-up following the society's guidelines, starting from the diagnostic approach to identifying the most appropriate therapeutic path. In the record, one can also find informed consents for major therapies validated by an ethics committee, as well as a list of cosmetics categorised by clinical indications, making cosmetic prescriptions more accessible.

The 45th Congress of the society will be taking place in Rome in May; what can you tell us about the programme?

Before discussing the scientific programme, it should be mentioned that this edition will be a unique event as it marks the transition from a historic venue like the Waldorf Astoria Congress Center to the Convention Center La Nuvola, an innovative and futuristic structure that resembles the shape of a cloud, symbolising the openness, growth, and modernity of SIME. Our goal is to give the Congress an increasingly international dimension, also with the presence of numerous foreign key opinion leaders (KOLs). We have enhanced the practical live

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sessions on challenging anatomical areas and updates from companies in the aesthetic medical field.

Among the main themes of the Congress, titled 'Image, Ethics, and Science', we will explore solutions to ethical issues, artificial intelligence and telemedicine, male ageing, and the importance of distinguishing therapeutic approaches based on gender to respect anatomical peculiarities. Additionally, there will be sessions on challenging topics such as acupuncture, complications, especially concerning interactions between fillers and autoimmune diseases, ultrasound – a significant aspect for clinical practice – cosmetics, extracellular vesicles (exosomes), and updates on edematofibrosclerotic panniculopathy (EPFS).

Many scientific societies, especially increasingly this year, are contributing to the programme through specialised sessions on shared themes. Examples include societies focusing on nutrition, plastic surgery, oncology, and more.

Apart from the Congress are there any exciting new initiatives for SIME coming in 2024?

A recognised definition of aesthetic medicine is still lacking. Therefore, we will attempt to draft guidelines that we will submit for approval to the Higher Institute of Health. We aim to frame the discipline to help everyone understand what aesthetic medicine entails, encompassing not only mere correction but also, and above all, prevention and diagnosis.

In this perspective, we will continue working towards the recognition of the discipline and the educational path.

We will enhance the capabilities for the social approach to oncology patients, victims of violence, or traumatised patients. We will aim for the indexing of the scientific journal *Aesthetic Medicine* on PubMed. Additionally, we are organising podcasts directed towards the public to assist patients in navigating through the abundant and often misleading information about the discipline. The goal is to redirect attention to the ethical and scientific aspects of aesthetic medicine.

Many thanks for your time!

SIME Congress 2024

10–12 May 2024

Rome, Italy

**[https://www.lamedicinaestetica.it/
index.php/45-congress-sime/?lang=en](https://www.lamedicinaestetica.it/index.php/45-congress-sime/?lang=en)**