

# Mature Skin

Specialist Course | 3-5 June 2026 | Bucharest, Romania

## Description

Over 30% of patients seeing dermatologists are over 65, and more than half are older than 50 years of age. Over time, there are changes in the immune system and the skin barrier to favor the development of dermatitis, while management can be more complicated with comorbid conditions and medications. Older age may also be accompanied by changes in pharmacokinetics or pharmacodynamics, or both that may alter drug safety and efficacy profiles.

These factors contribute to the greater likelihood of adverse drug reactions in older adults. The goal of this course is to provide practicing dermatologists a foundation of the pathophysiologic mechanisms driving various skin diseases in older patients, diagnostic tools to make the diagnosis, as well as optimal management strategies accounting for age and comorbidities. Along with the inflammatory skin diseases and their particularities in the geriatric patient, the programme will address skin cancer prevention and treatment and their integration into the concept of “well ageing”.

## Learning Objectives

- ✓ Following this course, the attendee should be able to:
- ✓ Better understand the mechanisms of the aging immune system.
- ✓ Differentiate possible causes of inflammatory diseases in the older patient.
- ✓ Optimize management strategies for inflammatory diseases in the older patient.
- ✓ Skin cancer prevention strategies and therapies with the help of Energy-Based devices.
- ✓ The concept of “well ageing” and its role in the Dermatologist lead management of the geriatric patient.

## Faculty

Chairs: Carmen Salavastru, Mihaela Leventer  
Speakers: Alina Fratila, Klaus Fritz, George-Sorin Tiplica  
Tutors: Aikaterini Patsatsi

## Programme

### Wednesday, 3 June 2026

|             |   |
|-------------|---|
| 13:00-13:05 | Wellcome & Introduction   |
| 13:05-14:00 | MCQ: what do you know about mature skin<br>Carmen Salavastru                                      |
| 14:00-14:20 | Ageing skin: from clinical appearance to structural changes<br>Mihaela Leventer                   |
| 14:20-14:40 | Ageing skin: cutaneous signs. How to assess and treat aged skin (I)<br>Photoageing<br>Klaus Fritz |
| 14:40-15:00 | Q&A   |

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| 15:00-15:15 | Coffee Break   |
| 15:15-15:35 | Ageing skin: cutaneous signs. How to assess and treat aged skin (II)<br>Hair loss<br>Carmen Salavastru |
| 15:35-15:55 | How to assess and treat aged skin (III): Discromia and Benign tumors<br>Alina Fratila, Klaus Fritz     |
| 15:55-16:15 | Clinical cases presented by the residents  |
| 16:15-16:30 | Skin cancer in older patient<br>Mihaela Leventer   |
| 16:30-16:45 | Chemical peels for mature skin<br>Mihaela Leventer   |
| 16:45-17:30 | Clinical cases presented by the residents  |
| 17:30-18:00 | Q&A  |

### Thursday, 4 June 2026

|             |   |
|-------------|---|
| 9:00-9:20   | "Well Ageing" concept and it's inter-relation with Geriatric Dermatology: how to approach the elderly cosmetic patient<br>TBA |
| 9:20-9:50   | Radiofrequency for the mature skin: tightening<br>Klaus Fritz   |
| 9:50-10:30  | Nonablative lasers and other light based technologies for mature skin<br>Alina Fratila  |
| 10:30-10:50 | Clinical cases presented by the residents   |
| 10:50-11:10 | Coffee Break  |
| 11:10-11:40 | Botulinum Toxin for mature skin<br>Alina Fratila  |
| 11:40-12:30 | Injectable bioregenerating treatments for mature skin<br>Alina Fratila & Mihaela Leventer                                     |
| 12:30-13:30 | Lunch Break   |
| 13:30-14:00 | Moving to the Colentina Hospital  |
| 14:00-18:00 | Hands On Training   |
| 19:00-22:00 | Networking event with faculty members and participants  |

### Friday, 5 June 2026

|           |   |
|-----------|---|
| 9:00-9:20 | Inflammatory diseases in the older patient (I)<br>Carmen Salavastru     |
| 9:20-9:40 | Autoimmune bullous diseases in the older patient<br>Aikaterini Patsatsi |

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|-------------|--|
| 9:40-10:00  | Adverse drug reaction in older patient<br>George-Sorin Tiplica, (TBC)                              |
| 10:00-10:15 | Q&A  |
| 10:15-10:30 | Coffee Break   |
| 10:30-10:50 | Skin care in the elderly patient<br>The dermatological needs of the nursing homes residents<br>TBC |
| 10:50-11:10 | STIs in older patients<br>George-Sorin Tiplica, (TBC)  |
| 11:10-11:40 | MCQ  |
| 11:40-12:00 | Q&A  |
| 12:00-12:30 | Concluding Remarks   |

*The programme might be subject to changes.*

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