



Meetings report: International integrative photodermatology in Southeast Asia

Bensachee Pattamadilok | Preya Kullavanijaya

Institute of Dermatology, Bangkok, Thailand

Correspondence: Bensachee Pattamadilok, Institute of Dermatology 420/7 Rajvithi Road, Ratchathewi District, Bangkok 10400, Thailand.

Email: training.inderm@gmail.com

1 | BACKGROUND

Within the broader field of dermatology, the practice of photodermatology is quite important. Many patients suffer from incurable, chronic, long-lasting, and psychologically traumatizing skin conditions, such as severe psoriasis, devastating vitiligo, intolerable atopic dermatitis, and refractory mycosis fungoides, for which standard medical treatments have produced limited results.

Advanced targeted medicines, including the new biologics, offer higher efficacy rates, but the treatment costs are so exorbitant that most patients simply cannot afford to pay them. Photomedicine, however, may still provide hope for many patients with difficult and refractory skin diseases. In contrast to the advanced medicines, this type of treatment is much more affordable.

Phototherapy also has fewer unacceptable side effects compared with immunosuppressive drugs and the newer targeted medicines. Phototherapy can also be performed on children, pregnant women, and even cancer patients, whereas the new biologics cannot be used in these patients.

2 | OBJECTIVE

The objective of this seminar was to stimulate and promote a better understanding of photodermatology among regional dermatologists to enhance their confidence in using photodermatology in clinical practice to best serve the patients in their countries.

3 | 3-DAY SEMINAR IN PHOTODERMATOLOGY

Developments and updates in photodermatology were the focus of our presentation. Professor Akimichi Morita, MD, PhD, Chairman

of the Department of Geriatric and Environmental Dermatology, Nagoya City University, Japan, and Dr. Preya Kullavanijaya, MD, PhD, Institute of Dermatology, Department of Medical Services, Ministry of Public Health, Thailand, conducted an International 3-day seminar entitled "Photodermatology" on October 11, 15, and 16, 2019, at Queen Sirikit National Institute of Child Health, Building B, 13th floor, Institute of Dermatology, Bangkok.

The speakers in the seminar included Professor Morita from Nagoya City University, Japan; Dr. Bensachee Pattamadilok and Dr. Nataya Voravutinon, from the Institute of Dermatology, Thailand; and Dr. Narumol Silpa-archa from the Department of Dermatology, Faculty of Medicine, Siriraj Hospital, Mahidol University, Thailand.

The following topics were highlighted and interesting workshops were provided.

Day	Morning: Workshop	Afternoon: Lecture
Oct. 11, 2019	Update in Vitiligo Treatment: Bensachee Pattamadilok, MD	Basic Knowledge in Photobiology for Dermatology: Prof. Akimichi Morita, MD, PhD
	Vitiligo Surgery: Nataya Voravutinon, MD	Photosensitivity Disease: Assist. Prof. Narumol Silpa-archa, MD
Oct. 15, 2019	Phototherapy Unit: Prof. Akimichi Morita, MD, PhD	Phototherapy for Refractory Skin Diseases and Practical Aspects: Prof. Akimichi Morita, MD, PhD
Oct. 16, 2019	Management of Psoriasis—Medical Approach Bensachee Pattamadilok, MD	Immunopathogenesis and Psoriasis Toward New Therapeutic Targets—Current and Future (Including a Case Study): Prof. Akimichi Morita, MD, PhD

4 | SUMMARY

This seminar was attended by 87 general practice doctors and dermatologists who came from many countries in the region, including Thailand, Cambodia, Myanmar, the Philippines, Pakistan, Bangladesh, Malaysia, Egypt, Bhutan, and Timor Leste. The seminar aroused keen interest as there are currently no phototherapy services in some of these countries. Many of the participants are current and former participants of the Diploma course in Dermatology and Dermatotomy in the long-established (36 years) bidirectional program between the Thailand Institute of Dermatology and the Japanese International Cooperation Agency.

This was the first such international meeting in the Southeast Asia region. All 87 participants were instructed in basic and updated photodermatology techniques. This seminar was very productive for our participants to generate more expertise in these

areas for their daily clinical practices. We hope all the participating doctors will take their updated knowledge of photodermatology and extend its application for patients in their respective countries.

We plan to organize and conduct such regional seminars yearly. We look forward to continuing this broader international cooperation and connectivity among regional dermatologists now and into the future in such a way that will benefit all our patients.

How to cite this article: Pattamadilok B, Kullavanijaya P. Meetings report: International integrative photodermatology in Southeast Asia. *Photodermatol Photoimmunol Photomed*. 2020;36:76–77. <https://doi.org/10.1111/phpp.12530>